



Wake Forest High School PTSA Newsletter

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Happy New Year - Welcome to our January newsletter!

As we have changed our newsletter format, we ask that you scroll to the bottom of this email, and be sure to click "view entire message". Gmail is cutting off the bottom part of the newsletter! Also, make sure you add ptsa.wfhs@gmail.com to your contacts so our messages won't go to spam or get lost in your promotions.

Please come join us at our first board meeting of the new year on **Monday, January 12th at 6pm** in the media center. We would love to see you there! Email us if you would like the google meet link.

We need you! Our organization is solely volunteer run, and we could really use some new volunteers. We are always looking for people who just want to get more involved and help with new ideas and projects. Please reach out if you are interested! If you can attend our board meeting we can discuss your interests and find the best way to help!

Finals are right around the corner - the schedule is below. From **Jan 16th - 23rd**, you should only be at school on the days and times you have a final exam.



Wake Forest High School

January 2026 Exam Schedule

Last Day of Regular Class: Thursday, January 15, 2026

EOC, CTE, and Teacher Made Final Exams as follows

- Classroom teachers will tell students when/where exams will be as exams get closer
- **Actual dismissal time each day will depend on the time the last exam session concludes.** This may vary from the scheduled time listed below.
- Students who wish to leave after their testing session will need to bring in an early release form **each day they have an exam**. This will be posted on the website in January.

Friday January 16	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23
7:20 am Math 1 EOC (not Foundations of Math 1)	7:20 am Math 3 EOC	7:20 am 1 st Period CTE exam Teacher Made exam _____	7:20 am 2 nd Period CTE exam Teacher Made exam _____	7:20 am Make-Up EOC Make-Up CTE Make-Up Teacher Made EOC Retests *Student check in will be by the Media Center at 7:20 am
7:20 am English II EOC	7:20 am Biology EOC	10:25 a.m. 3 rd Period CTE exam Teacher Made exam	10:25 a.m. 4 th Period CTE exam Teacher Made exam	 *Students who have multiple exams to make up will complete EOC and CTE makeups before teacher-made
Estimated Dismissal & Bagged Lunch 11:30 – 11:45	Estimated Dismissal & Bagged Lunch 11:30 – 11:45	Estimated Dismissal & Bagged Lunch 1:00 – 1:10	Estimated Dismissal & Bagged Lunch 1:00 – 1:10	

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WFHS Cougar No-Fuss Fundraiser and PTSA Membership

We would love for you to join or renew your PTSA membership for the 2025/26 school year!

We really appreciate everyone who has donated to our Cougar No-Fuss Fundraiser. Please consider donating! We have raised over half our goal of **\$5000**. Help us reach our goal so we can keep supporting our school with grants, scholarships, grad events and staff appreciation, to name a few.

See if your employer does a company match and you can easily double your donation! (our Non-profit EIN # is 61-1533916)

Click this [link](#) to go to our website where you can become a member, donate to our no-fuss fundraiser, or both!

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Advocacy

One of our main focus points with Advocacy is Health and Wellness. We have been trying to spread awareness with our student health and wellness committee, as well as provide useful information that may help parents have meaningful conversations with their kids. Here is our focus for January:

Fresh Year, Fresh Intentions

The start of a new year offers a chance to reset and refocus. With **January recognized as Mental Wellness Month**, it's an ideal time for families to reflect on emotional well-being—especially for high school students navigating academic pressure, social challenges, and growing independence.

High school can be a demanding season for teens and parents alike. Balancing coursework, activities, future planning, and social expectations can take a toll on mental health. Small, intentional shifts at home can make a meaningful difference.

High school students often face major transitions and decisions. Whether planning for college, trade school, the workforce, or other next steps, these changes can bring excitement, uncertainty, and stress—all at once. Families can support teens by acknowledging these mixed emotions, reinforcing that there is no single “right” path, and listening without pressure as students navigate what comes next.

Parents' mental well-being matters, too. Supporting teenagers can be emotionally demanding. Parents can care for their own mental health by setting boundaries, seeking support when needed, prioritizing rest, and giving themselves permission to pause. When adults model healthy coping and self-compassion, teens are more likely to do the same.

Five Ways Parents Can Support Teen Mental Well-Being

- **Normalize stress and emotions.** Let teens know it's okay to feel overwhelmed and that help is available.
- **Keep communication open.** Regular, judgment-free check-ins help teens feel heard and supported.
 - **Support healthy routines.** Consistent sleep, balanced schedules, and downtime matter.
 - **Encourage balance, not perfection.** Focus on effort and growth rather than outcomes.
 - **Model healthy coping skills.** How adults manage stress sets a powerful example.

Mental well-being isn't about fixing everything at once. It's about creating a supportive environment where both teens and parents feel seen, supported, and empowered.

State Budget

FYI - North Carolina still does not have an approved state budget, now over 6 months late. This impacts teacher pay, classroom resources, and student support. NC ranks among the lowest in the nation for education funding, and teacher pay has fallen behind the national average for decades, with average teacher pay at 43rd in the nation. If you would like to learn more, here is a brief article about what not passing an approved budget means for our state. [NC lawmakers haven't passed a comprehensive state budget. What does that mean for me? - NC Budget & Tax Center](#) You can also contact your state representatives about education funding.

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Student Health and Wellness

Our student health and wellness committee is student led and its purpose is to provide our students with resources to better their own health and wellness.

For **January we are focusing on Toxic Relationships**. Relationships are more than just with a boyfriend or girlfriend. Make sure you have healthy relationships in all aspects of your life. Here are some samples of healthy and unhealthy relationships. Start the new year off right by working to keep yourself and your relationships with others healthy!

Healthy Vs. Unhealthy Relationships

Healthy

- Commitment
- Trust
- Mutual respect
- Open communication
- Compromising
- Set boundaries
- Honesty/Transparency
- Able to be yourself
- Problem solving
- Affection
- Not afraid to speak up
- Mutual give-and-take
- Ability to joke around



Unhealthy

- Emotional/physical abuse
- Possessiveness
- Lack of trust
- Cheating on partner
- General unhappiness
- Dishonesty
- Gaslighting
- Lies/Manipulation
- Intimidation
- Jealousy
- Lack of support
- Feel unsafe
- Isolation/lonliness



Am I in a healthy
relationship?



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Spirit Nights

Thank you to everyone who came out to Culver's in December. We really appreciate Culver's continued support and we earned over \$300!

Our next spirit night is at **Red Robin on Tuesday, January 13th ALL DAY**. Mention our fundraiser for WFHS PTSA and we will receive 20% of the sales!



Red Robin® will give

**20% OF FOOD SALES*
BACK TO**

WAKE FOREST HIGH SCHOOL PTSA

**Show this flyer or simply mention the fundraiser to
your server to have your sales counted.**

FUNDRAISER DETAILS

11420 Capital Blvd, Wake Forest, NC 27587

January 13, 2026*

If ordering online, please follow these instructions:

- 1** Start your order at redrobin.com/order and select the restaurant above.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3** Click the "add" button, and then "add to bag."
- 4** Add your meal items and check out.
- 5** Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.



Red Robin.

Staff and Club Grants

Did you know there are staff and club grants available through the PTSA? We have gotten a few so far, so spread the word to students and staff that we would love to “grant” some more! Check out staff and students have been up to...

We purchased STEM activities for Ms. Raye to use in her CTE classes and club!



sphero
mini
-ACTIVITY KIT-
PLAY. LEARN. CODE.

CHOKING HAZARD - Small parts
Not for children under 3 yrs.



STEM
SCIENCE • TECH • ENGINEERING • MATH

1 APP-ENABLED ROBOTIC BALL & COVER • 15 ACTIVITY CARDS
6 PINS & 3 CONES • 28 PIECE CONSTRUCTION SET
Explore games and hundreds of coding activities through our free apps.

Hospitality

On December 17th we served hot chocolate and popcorn to the staff before the holidays! There was whipped cream and marshmallows, and lots of cookies and sweet treats to enjoy! We had a nutcracker theme and it was a great kick off to the holiday break!



Our **January** event will be assisting the staff with their second annual chili cookoff and cookie bakeoff! It is sure to be a fun event and we will let you know the winners!

Want to find out how to help with fun events like this? Join the PTSA and email us at ptsa.wfhs@gmail.com to get in on the fun!

Graduating Class of 2026

Our next event will be the Senior breakfast in February. We will be having a planning meeting in the coming weeks. We will post dates shortly! Be sure to remind your students to apply for our PTSA scholarship! The application window closes Feb 1st! Open the QR code below to apply through google form or click the link to print and fill out a manual form.

If you want to give a general donation for graduate events this year, go to [this link](#) and click “Class of 2026 donation” to contribute to these events specifically! We appreciate your donations to make this year special for our Grads!

Senior Dues – Senior Dues may be paid using this [link](#).

Important Upcoming Dates:

Jan 26th: Mid year graduation practice 2-3pm in auditorium (mandatory)

Jan 29th: Mid year graduation

Feb 18th: Graduation meeting followed by breakfast

Jun 11th: Mandatory Graduation practice 1-3pm in main gym

Jun 15th: Graduation at 4pm at the Raleigh Convention Center



WAKE FOREST HIGH SCHOOL PTSA



2025-2026 GRADUATE SCHOLARSHIP

Who Can Apply: 2025-2026 WFHS Graduates

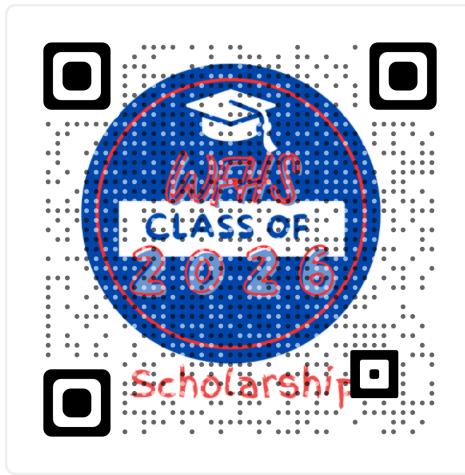
What Is Awarded: (2) \$750.00 scholarships awarded at Graduate Awards Day in May

What's Needed: Application, Essay & Letter of Recommendation

Where Do I Get An Application: The application will be on the PTSA website on November 1st. There will also be a limited number of paper copies available in Student Services.

Applications Open: November 1, 2025

Deadline: February 1, 2026 (midnight)



Our Scholarship application is now live! Click below to access the paper application, or use the QR code to fill it out online.

[2025-2026 WFHS PTSA Scholarship Application .docx - Google Drive](#)

More Scholarship opportunities:

The Trentini Scholarship application is live!

The Trentini Foundation awards one \$40,000 scholarship, five \$1,500 scholarships, and a \$2,500 Community College/Technical School Award to outstanding Wake Forest High School seniors.

The foundation has been committed to promoting and rewarding excellence at Wake Forest High School since 1981. It accomplishes this goal through its scholarships and educational grant programs.

- ➡ The Trentini Scholarship application deadline is January 14, 2026.
- ➡ The Community/Technical College Scholarship deadline is February 2, 2026.

Access applications at: <http://bit.ly/4ihrJcf>

Here is a link to more scholarships: [Student Services - Scholarships](#)

Make sure you look at deadlines - The Trentini Scholarship deadline is Jan 14th and the Women's Club is due on Jan 9th!

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Donate to the Giving Tree!

The Giving Tree is one of our biggest fundraisers every year, and it is a super easy way to help our school earn money! **We earned \$5750 from them last year and had the most points again of any school!!** So thank you to everyone who donated and shopped at the giving tree last year! Here's how it works:

The Giving Tree is a local non-profit that accepts donations from the community with the specific goal of using the proceeds to generate funds for local schools! Donating is simple. All you do is grab a paper bag or box, fill it with gently used home goods or toys, and drop it off at the giving tree (839 South Main St) any time Monday-Saturday from 10:30-4:30. There is a list of allowed goods and donation instructions on the [DONATE](#) page of their website. You get points for every donation and points every time you shop, so don't forget to look around while you are there. They are the cutest boutique!



You can also Link your Rewards Cards to give back to the school.

It takes just a couple minutes to do on your own and costs nothing. Go to the [Fundraising page](#) on our website to enter your information for [Lowes Foods](#) or click the links to go directly to the applicable page on each store's website. From August 1-July31, a portion of everything you buy at these stores will go to support the school, and you don't have to do a single thing after linking it except shop as you normally would.

★ Keep Your Student on the Attendance Track at WFHS! ★

Promoting Student Wellness & Strong Attendance at Wake Forest High School

The WFHS PTSA recognizes that student wellness is closely connected to academic success. When students feel healthy and supported, they are more likely to attend school consistently, stay engaged in class, and perform at their best. Here are a few simple ways families can help reinforce healthy habits at home:

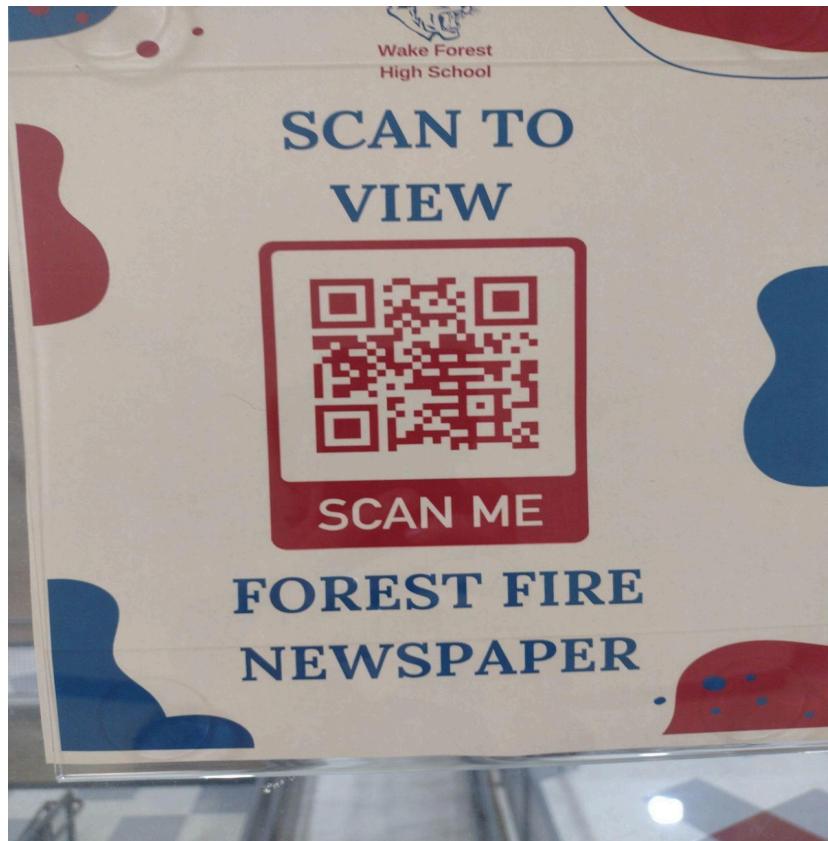
- **Practice good hygiene:** Encourage regular handwashing, especially before meals and after using the restroom.
- **Prevent the spread of germs:** Remind students to cover coughs and sneezes with a tissue or by using their elbow.
 - **Encourage involvement:** Participation in after-school clubs, athletics, and extracurricular activities supports physical health, social connection, and overall school engagement.

Thank you, WFHS families, for partnering with us to help every student stay healthy, present,

and prepared for success! 

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Helpful WFHS Links

Need to find a WFHS-related page, but can't find it ANYWHERE? Yeah, we get it! Here's your one-stop list of (almost) all things WFHS! If we're missing something, let us know so we can add it! Also follow WFHS PTSA on facebook, instagram and twitter!

Grade-Specific Facebook Pages

[Freshman Class of 2029 Facebook Page](#)

[Sophomore Class of 2028 Facebook Page](#)

[Junior Class of 2027 Facebook Page](#)

[Senior Class of 2026 Facebook Page](#)

[READ MORE ON OUR WEBSITE](#)



WFHS PTSA