



Wake Forest High School PTSA Newsletter

Welcome to our October newsletter!

Our next **board meeting** will be on **Monday, October 13th at 6pm** in the media center. Please email us at ptsa.wfhs@gmail.com if you need the google meet link to join virtually. Otherwise we would love to see you there in person as we discuss our plans for this year!

We need you! Our organization is solely volunteer run, and we could really use some parents to help us with committee roles and short term projects. Some of the committees we could use help with are Advocacy, cougar no-fuss fundraiser, general fundraising. 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!

Thank you to everyone who attended the General Assembly meeting after Meet the Teacher to help us pass our budget for the year. It was an amazing turnout, and we appreciate your support so much. It takes a village, and as a volunteer run organization, we can't do this without all of you! Let's keep this momentum going for our no-fuss fundraiser and student and faculty events all year!

WFHS Cougar No-Fuss Fundraiser and PTSA Membership

Since we are starting a new year, it is now time to join or renew your PTSA membership for the 2025/26 school year.

1. **Show your support by joining.** You can be as involved as you want to be - giving to our **no-fuss fundraiser**, donating food or supplies to staff and student events, helping us with planning or leading a committee. It's totally up to you! We appreciate help of any kind.
2. **Donate to our Cougar No-Fuss Fundraiser.** Our goal for our Cougar No-Fuss Fundraiser is **\$5000**. We are at \$2085 so far. Help us reach our goal so we can keep supporting our school with grants, scholarships, grad events and staff appreciation, to name a few. Consider talking to your employer to see if they do a **company match**. You can easily double your donation!

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

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 October:

October: National Bullying Prevention Month

October is National Bullying Prevention Month, a time to raise awareness about bullying and support teens in developing safe, inclusive school environments. High school can be a challenging time socially and emotionally, making it especially important for parents to recognize the signs of bullying.

Signs Your Teen Might Be Experiencing Bullying

- **Emotional Changes:** anxiety, irritability, mood swings, or withdrawal from friends and activities
- **Physical Symptoms:** unexplained bruises, scratches, headaches, or stomachaches
- **Academic Concerns:** sudden drop in grades, reluctance to go to school, or lost/damaged belongings
- **Social Changes:** secretive about online activity, avoiding social situations, or shifting friend groups
- **Verbal Cues:** expressing fear, exclusion, or that they are being picked on

How Parents Can Help

- **Listen and validate:** Encourage open conversations about their day and feelings
- **Stay involved:** Know your teen's friends, routines, and online habits
- **Communicate with the school:** Reach out to teachers, counselors, or administrators if you suspect bullying
- **Promote kindness and empathy:** Model respectful behavior at home

Resources for Parents

- PACER's National Bullying Prevention Center – Guidance, tips, and activities for families
- StopBullying.gov – Information on identifying and addressing bullying
- National Bullying Prevention Month – Awareness campaigns and parent guides

By staying aware and involved, parents can help ensure that every teen feels safe, supported, and respected at school.

Spirit Nights

Our first spirit night was on **September 23rd at Alpaca** in Wake Forest. Thanks to everyone who participated, as well as to Alpaca. We earned \$52.02 for our school. Every little bit counts so keep on the lookout for our next spirit night in November!

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Hospitality

Thanks to everyone who donated to our Cougar Dash in September! We had a blast delivering goodies to our staff. There were SO many types of snacks - granola bars, cookies, chips, nuts, fruit and candy! To drink we had sparkling water, lemonade, sparkling Ice and energy drinks! Next month we are excited to be showing appreciation to our bus drivers!

Be on the lookout, our next sign up geniuses will include amazon wishlists. If it is easier for you to get items off amazon and have it delivered to the school than to bring it in yourself, just follow the instructions in our sign up genius and mail your donations to the school. This is a work in progress but we think it will make donating easier for a lot of families! Thank you to everyone who supports us throughout the year. We think our staff and students deserve being appreciated, and are glad you do too!

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

We distributed **beginning of year treats** to our students in September. Krispy Kreme donuts were delivered to homerooms along with water and some other treats for anyone who didn't want a donut. We will be distributing report card treats in November if you would like to donate or help! Sign up will be out soon.



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

Come help us plan all the fun events for our graduating class of 2026 this year! All are welcome! You don’t have to have a senior to get involved. **Our next planning meeting will be on Oct 29th at 6 pm in the media center.**

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

Important Upcoming Dates:

Nov 1st: PTSA Grad Scholarship application opens

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)

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Donate to the Giving Tree!



WFHS gets Double
Points each time you
donate from
Oct 13-18th



**Mention your supporting
WFHS at The Giving Tree
Wake Forest**

Bring gently used home goods to
donate, especially Fall decor! You
get points for purchases as well!!



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.

We get DOUBLE POINTS for all donations during Homecoming week - Oct 13-18th! Be sure to tell them your donation is for Wake Forest High School. So clean out those closets and take it over to the giving tree anytime that week, as many times as you like! They are especially looking for **fall decorations**. They accept donations Monday-Friday 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!

WANT TO EARN \$\$ FOR WFHS?!



*SHOP OR BRING A HOME DECOR
DONATION TO
THE GIVING TREE THRIFT SHOP,
MENTION WFHS AND EARN POINTS FOR US!*



@thegivingtreewakeforest
@thegivingtreeyoungsville

Scan
for more info!



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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.

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Attention Parents: Help Your Student Start (and Finish) Strong!

Your involvement makes a big impact! One of the simplest — and most powerful — ways to support your student's success is by encouraging **daily attendance** and **on-time arrival**. It really does make a difference! 🎓



Final Exam Exemption Opportunity

Students may qualify for **Final Exam Exemptions** if they meet **all** of the following criteria:

-  Maintain a projected **final grade of B or higher**
-  Have **10 or fewer absences** in the course
-  (For 9th–11th grade students) Have **9 or fewer tardies** in the course



Please Note: Participation in **state-mandated tests** (including field tests) is **required** for all students. These assessments are **not** eligible for exemption.

Let's work together to keep our students motivated and on track for a strong finish to the school year! 💪

#AttendanceMatters #FinalExamExemptions #StayOnTrack

Traffic Pattern for Student Drivers and Carpool.

Please click this [link](#) for the traffic pattern for WFHS. Traffic can be heavy and this pattern will help reduce safety concerns. Please note that students should never be dropped off in the road for carpool. Students should only be dropped off in the designated carpool area.

Please help us keep our school safe for students and staff by following this traffic pattern!



DINE TO DONATE! FUNDRAISING NIGHT

Wake Forest High School



Booster Club

Support

**WAKE FOREST HS
ARMY JROTC
PROGRAM**

**WED., OCTOBER 08
3 - 10PM**

(919) 569-2119

**11440 CAPITAL BOULEVARD
WAKE FOREST, NC**

10%

DONATION NIGHT

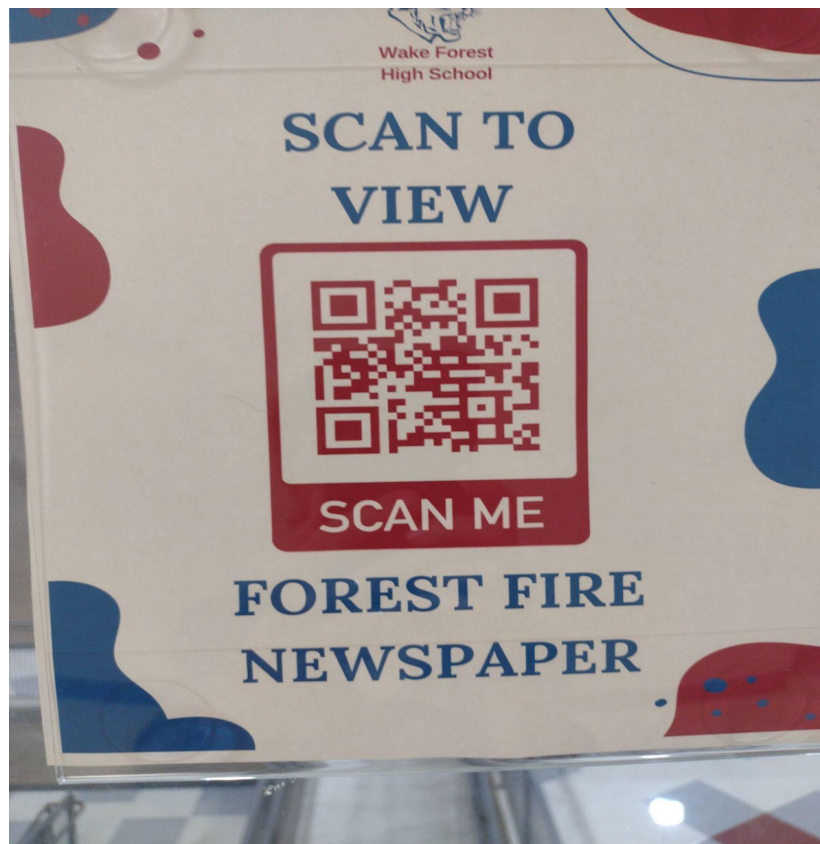
Support Wake Forest HS Army JROTC Program by presenting this flyer to the Wake Forest, NC location and Texas Roadhouse will donate 10% of your total food purchases to Wake Forest HS Army JROTC Program!

The Wake Forest High School Army JROTC Booster Club is hosting a Spirit Night! Please join us in supporting them by dining in or ordering To-Go to raise money for a great cause!



ZNY2TMY





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](#)

[READ MORE ON OUR WEBSITE](#)



WFHS PTSA