



## Wake Forest High School PTSA Newsletter

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# Welcome to our December 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](mailto:ptsa.wfhs@gmail.com) to your contacts so our messages won't go to spam or get lost in your promotions.

December is such a busy month that we will not be having a meeting this month.  
Enjoy the holidays and spending time with loved ones!

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. 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!

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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.** Tuesday, December 2nd is giving Tuesday. 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 before the end of the year when taxes are due!** 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 November and December:

### **Stress and Anxiety During the Holidays: Tips for Teens and Parents**

The holidays are often described as “the most wonderful time of the year,” but for many high schoolers, they can also bring stress and anxiety. Between final exams, social plans, family obligations, and college preparation, it’s easy for teens to feel overwhelmed.

According to the **National Institute of Mental Health**, about **1 in 3 teens** experiences an anxiety disorder, and the **American Psychological Association** reports that **over 70%** cite stress as a major issue — especially during the busy school and holiday season.

### **Why Teens Feel Pressure:**

- Finals, projects, and college applications peak before winter break.
- Social and family expectations can heighten stress or feelings of comparison.
- Disrupted routines, late nights, and travel make coping harder.

### **How Parents Can Help Teens:**

1. Encourage balance and downtime.
2. Keep expectations realistic — holidays don't need to be perfect.
3. Maintain routines for sleep, meals, and short walks.
4. Listen without judgment.
5. Model calm behavior — teens mirror adult stress responses.

### **Coping Tips for Parents:**

- Prioritize your own self-care: short breaks, exercise, or quiet time.
- Set realistic expectations — focus on meaningful connection, not perfection.
- Practice mindfulness: deep breathing, journaling, or brief pauses reduce tension.
- Stay organized to reduce last-minute stress.
- Model healthy coping — calm problem-solving teaches teens how to manage stress.

If anxiety begins to affect sleep, school, or mood, consider reaching out to a counselor or mental health professional. Nearly **60% of teens** with anxiety or depression don't receive treatment, but early support can make a lasting difference.

The best gift we can offer our teens this season is understanding and presence. By slowing down, listening, and modeling calm while caring for ourselves, we help the whole family find confidence and peace amid the holiday rush.

### **Resources:**

- [NIMH – “I’m So Stressed Out” Fact Sheet](#)
- [NAMI: Kids, Teens, and Young Adults](#)
- Child Mind Institute – Coping with Stress and Anxiety in Teens

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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 November/December we are focusing on **Anxiety, Stress, and Coping Mechanisms**. The holidays can be a stressful time for a lot of people and we have got you covered. Don't let yourself get overwhelmed and try some of these coping mechanisms.

# COPING METHODS

## *Keep a Diary*

Writing out your thoughts and feelings is scientifically proven to relieve stress

## *Try Breathing Exercises*

Inhale for five seconds, hold for five seconds, and exhale five seconds; repeat as needed

## *Tension Method*

Tense different parts of your body and hold it for 10 seconds, then slowly release your body, this helps your muscles get rid of the stress they were holding



*For more coping methods*



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# Spirit Nights

Thank you to everyone who came out to Zaxby's in November! Our next spirit night will be at **Culver's of Wake Forest on Tuesday, December 2nd from 5-8pm**. We will receive 10% of all sales that night so come out for a great meal and show

your support!

# DONATE WHILE *You Dine!*

Join us on Tuesday, December 2<sup>nd</sup> to support Wake Forest High School's PTSA! Come into Culver's from 5:00pm-8:00pm and **10%** of your total purchase will go back to the school to support this fundraiser!

**Give LOCAL**  
FOOD. FAMILY. FUTURE.  
*Culver's*



Come on in to your local Culver's restaurant:

**Culver's of Wake Forest**

2819 Rogers Road, Wake Forest, NC 27587  
(919)435-1053

*Culver's*

CULVERS.COM

© 2018 Culver Franchising System, LLC  
Limited time offer. At participating Culver's restaurants. 6/18

# 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...

Not a grant, but the PTSA helped student services by donating fun treats so they can have students connect more with our counselors! They spin the wheel to answer questions and connect for help.



Update on Mr.Cofield's hydroponics grant - look at the little sprouts growing!



We were able to purchase books for the Book Club's "battle of the books"!



# Hospitality

On November 4th we served a “Friendsgiving” lunch to staff, with all the fixings. There were turkey meatballs with homemade gravy, rolls, mashed potatoes and green bean casserole, as well as homemade cranberry sauce and pies of all shapes and sizes! Thank you to everyone who donated food and helped with this event. We are very thankful this year for our wonderful staff and for all of your help!





Our **December** event will be a hot chocolate and popcorn treat to get the staff excited for the holidays!

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

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## Graduating Class of 2026

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We distributed **treat bags** to our Graduating Students with their report cards on Nov 7th. Thank you all for your donations towards these treat bags. You have been so generous! Our next event will be the Senior breakfast in February. More info to come!



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:

**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)**



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>

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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! ★

Did You Know?

- Students should miss no more than 9 days of school each year to stay engaged, successful, and on track to graduate.
- By 9th grade, attendance is actually a better predictor of graduation than 8th-grade test scores!

#### What Can Parents Do?

- **Talk about it:** Let your student know that showing up every day matters—for learning, friendships, and future goals.
- **Build routines:** Help them stay on track with regular sleep, homework, and morning habits.
- **Stay involved:** Know who your student spends time with—friends can influence how they feel about school.
- **Encourage connection:** Getting involved in sports, clubs, or other activities helps students feel more invested in school life.

**Every day in class makes a difference!**

👉 Learn more about the WFHS Attendance Policy [here](#)

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#### Help support our clubs with holiday drives!

Tri-Area Ministries canned food drive is being collected by National Technical Honor society, FCCLA, DECA, NHS, NAS, History Honor Society & Y&G, Key Club, and Environmental Club. Let's see which club brings the most cans! Donations can be sent in with students to club drop off locations or dropped in the front office if your child is not in one of these clubs.

WFHS NATIONAL TECHNICAL HONOR SOCIETY PRESENTS



# CAN WFHS CLUBS DRIVE

WAKE FOREST CLUBS ARE COLLECTING CANNED FOODS:  
THE CLUB WITH THE MOST CANS WINS BIG!

DONATIONS COLLECTED FROM 11/10 - 11/21



NATIONAL ACHIEVERS SOCIETY  
WFHS KEY CLUB

HISTORY HONOR SOCIETY & Y&G  
ENVIRONMENTAL CLUB



WFHS CAN DRIVE NEEDED GOODS:

PEANUT BUTTER  
CANNED SOUP  
CANNED VEGETABLES  
CANNED MEAT (TUNA, CHICKEN)  
CANNED FRUIT  
TOMATO SAUCE  
MAC & CHEESE  
APPLESAUCE  
**\*NO GLASS JARS\***



# BLOOD DRIVE

SAVE LIVES. **EARN REWARDS. DONATE TODAY.**

TBC REWARDS = TBC REWARD POINTS AWARDED IN DONOR PORTAL. REDEEMABLE FOR EGIFT CARD(S).

## HOSA - Wake Forest High

School

Kohl's Wake Forest Parking Lot  
12620 Capital Blvd  
Wake Forest, NC 27587

12/07/2025  
10:00 AM–03:00 PM



**THE BLOOD®  
CONNECTION**  
Your Community Blood Center

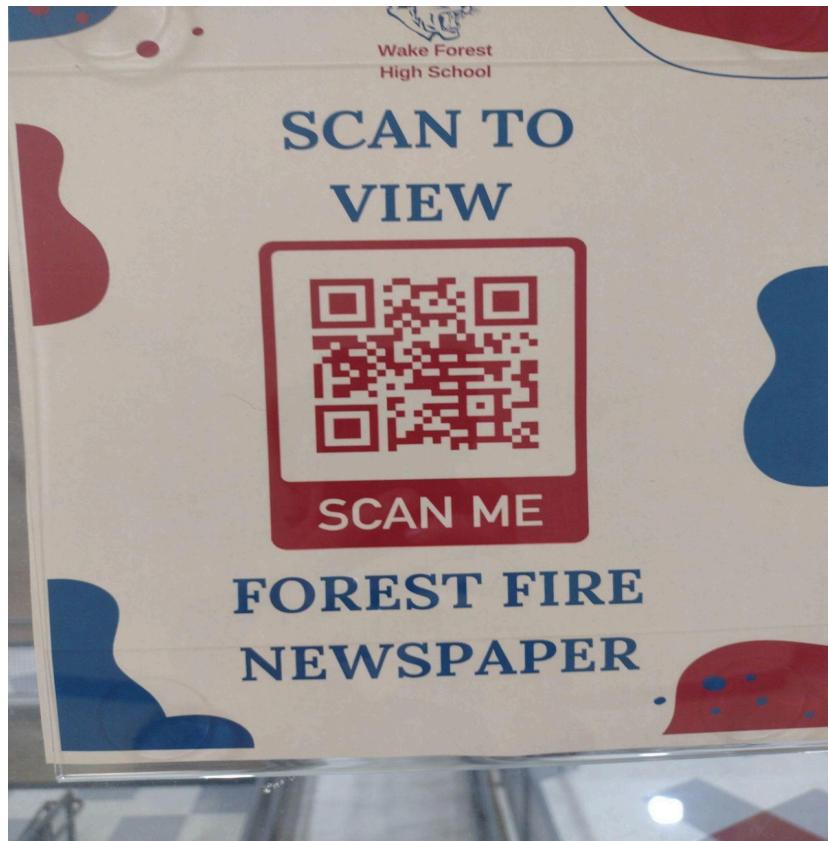
  
[thebloodconnection.org](http://thebloodconnection.org)

The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Written parental consent required for 16 year olds in SC, VA and GA, 16 AND 17 year olds in NC. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. Photo ID required to donate. Rewards are non-transferable and expire after 30 days.

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HOSA is collecting Toys and having a blood drive on December 7th in the Kohl's parking lot!



## 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