



Wake Forest High School PTSA Newsletter

Welcome to our November 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.

With the holidays right around the corner, we understand that everyone is super busy! If you can spare an hour we would love for you to join us at our November board meeting!

Our next **board meeting** will be on **Monday, November 10th 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!

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!

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. You all were amazing with donations this month. We have raised \$2705 so far, over halfway to 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. Consider talking to your employer to see if they do a **company match**. 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!

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:

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



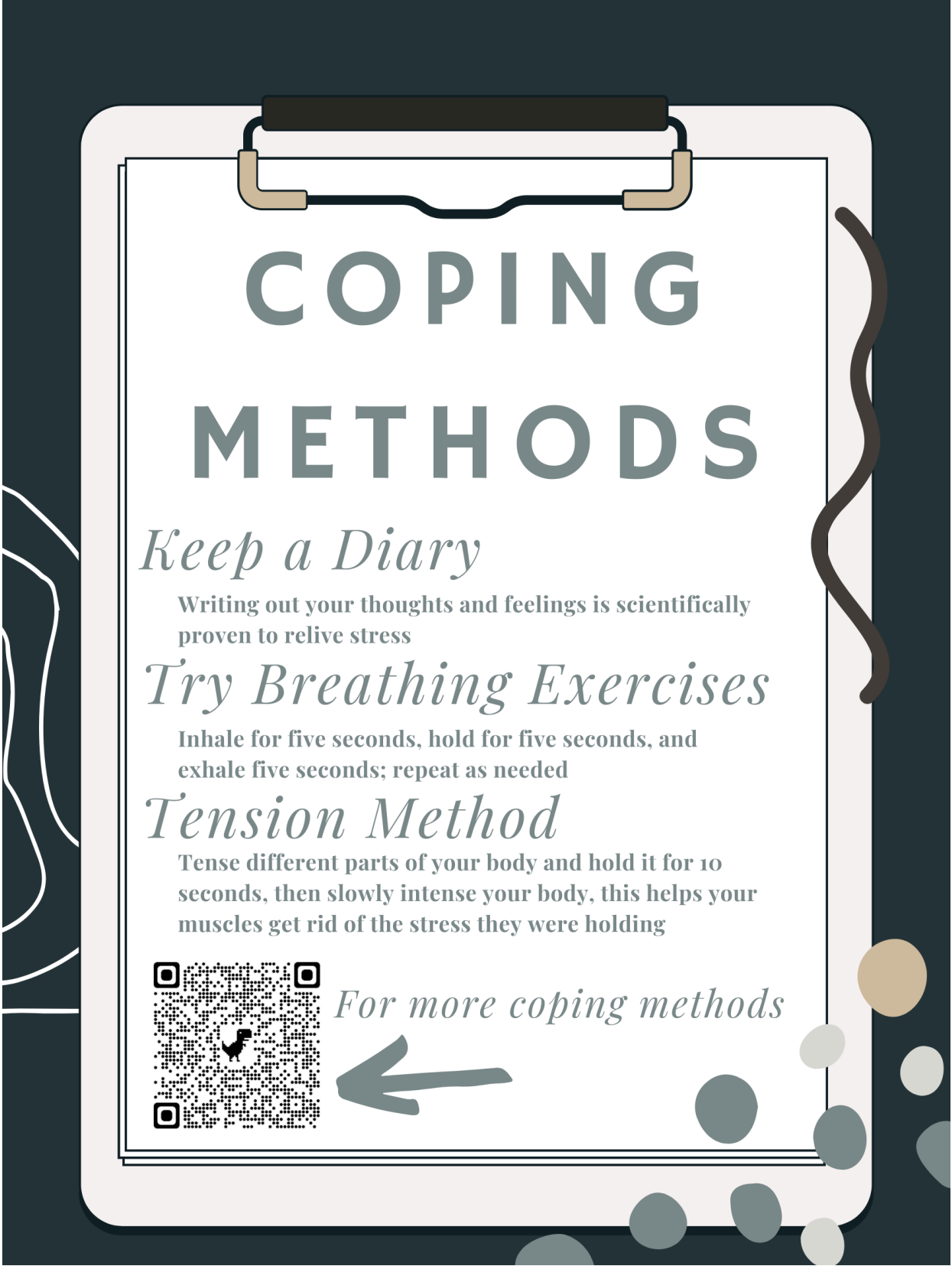
Voter Info

With the 2025 local elections on **November 4th**, make sure those of you 18+ get out and **vote!** Your vote matters!

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. **In October we focused on bully prevention.** There are so many different kinds of bullying - physical, verbal, cyber bullying and even micro aggressions. Don't just stand by... stand up and speak out.

For **November 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 relive 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 intense 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 Aye Toro in October! We had a great turnout and earned \$200! We have another spirit night at Zaxby's on November 12th from 5-8pm. We will receive 10% of all sales that night so come out for a great meal and show your support!



GOOD CHICKEN
FOR A GOOD CAUSE

**10% OF PROCEEDS WILL BE DONATED TO
WAKE FOREST HS PTSA**

NOVEMBER 12TH • 5:00 PM - 8:00 PM

AT THE FOLLOWING LOCATION:
995 Durham Road • Wake Forest, NC



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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...

Welcome to the future of gardening!! Mr.Cofield and his technology classes will be growing food for us over the winter thanks to a PTSA grant. We can't wait to see the harvest and will share pictures with you!



A picture is worth a thousand words... We certainly think that is true with our new mural done by Ms.Robert's student crew! They've been hard at work almost every

day working on this beautiful mural. Even with winter approaching you can take a stroll past this field of flowers all year long!

Paint supplies were donated by the PTSA to create this flower garden.



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Hospitality

In October we delivered bus driver treat bags and mailbox treats to our staff! The bus driver treats were adorable with lots of themed goodies and snacks, and the staff treats were “create your own monster kits.” Just take a look at the creativity of our staff!



On November 4th we will be serving a “Friendsgiving” staff lunch, with all the fixings! If you would like to help with this super fun event, we need volunteers still for cooking/serving on the 4th. Here is the sign up genius if you would like to help. [WFHS Hospitality- Staff Friendsgiving November 2025](#) Thank you to everyone who has donated food for this event!

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 are distributing **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!



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

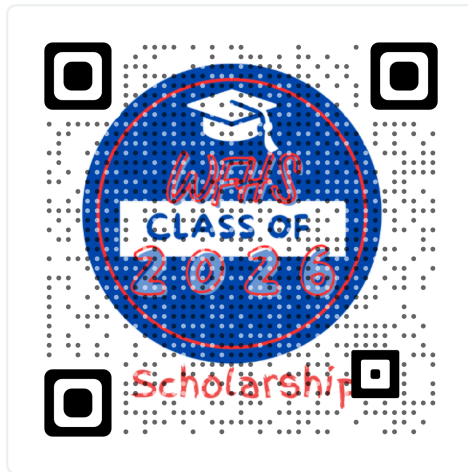
What Is Awarded: (2) \$750.00 scholarships awarded at Graduate Awards Day in May

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](#)

“FREEBIE” SENIOR PICTURE DAY

Do you want to have a senior picture in the yearbook, but you are not interested in a full session at the studio? Cady is coming to WFHS in November

A close-up photograph of a hand with red-painted nails holding a black Yashica camera. The camera is a SLR with a lens attached. The background is a textured, light brown surface.

Attention Seniors – Seniors who have not yet been photographed by CADY will be scheduled for a yearbook-only (tux or drape) photo session on Friday, November 14. Each student will receive an assigned appointment time and a pass for that day. This applies to all students who plan to graduate this school year. This is a free session with the option to purchase the photo. Any student not photographed on this day will need to make an appointment with CADY to be photographed at their studio.

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!

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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☀️ 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](#)

9th-11th grade parent night is virtual this year and scheduled for **November 12th from 6-8pm**. More info to come, but save the date! This is a great information session!

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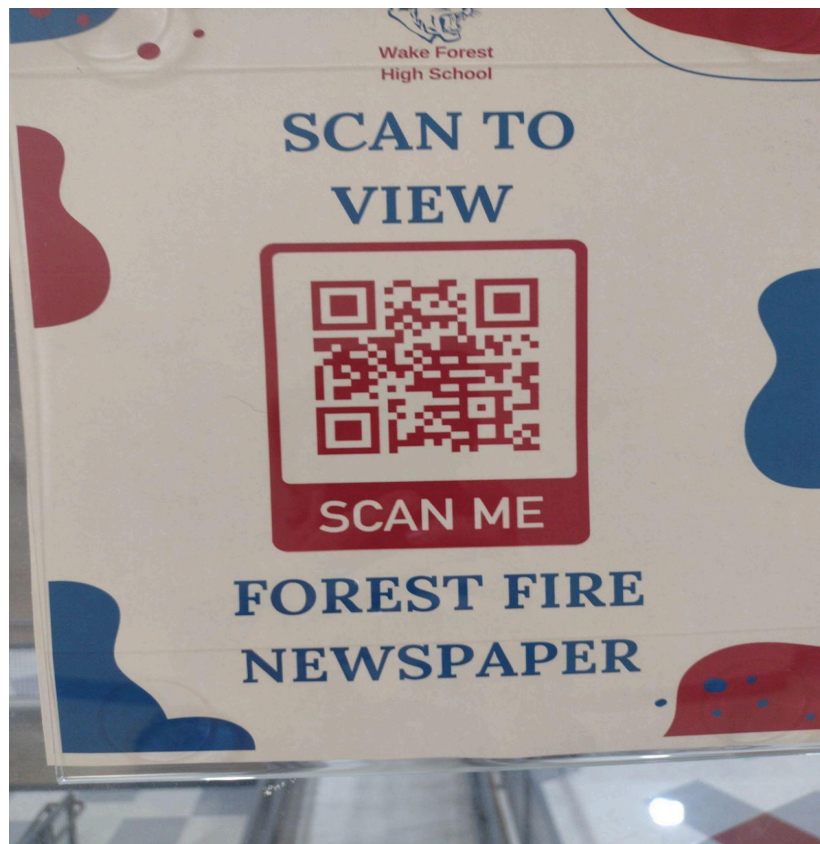
Traffic Pattern for Student Drivers and Carpool.

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!



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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](#)

[READ MORE ON OUR WEBSITE](#)



WFHS PTSA