

Wolf Pack Press



The end of the semester is right around the corner! Exams are Friday, January 20, 2023 through Thursday, January 26, 2023.

Students need to talk with their teachers about attendance recovery and the possibility of exempting their exams.

Remember to follow us on social media:

Follow us on Facebook: [ParkwoodHSNC](#)

Follow us on Twitter: [@ParkwoodHSNC](#)

Follow us on Instagram: [@ParkwoodHSNC](#)



PWHS Calendar

Week of January 8- January 14 School Events

Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13	Saturday 1/14
US Marines visiting PWHS during all lunches	US Army visiting PWHS during all lunches Basketball @ West Stanly 4/5/6/7:30 PM Indoor Track @ Forest Hills 3:45 PM	No Events	US Navy visiting PWHS during all lunches Men's Wrestling @ Forest Hills 6 PM	Men's Wrestling @ Jack Britt PM Basketball @ Anson 4/5/6/7:30 PM	Men's and Women's Wrestling @ Jack Britt AM Swimming @ Stanly County YMCA 1 PM



Important Information

Please see the information below regarding our Attendance Recovery for 1st Semester.

PARKWOOD HIGH SCHOOL

ATTENDANCE RECOVERY

2022-2023

Fall Semester

Attendance recovery will start on Tuesday January 3, 2023. It will take place in the Parkwood High School cafeteria. The specific dates and times for attendance recovery are as follows:

January 3rd through January 19th from 3:45pm-5:15pm Monday through Friday

On Saturday January 7 & January 14 there will be attendance recovery from 8:00 am to 2:00 pm in the media center.

Attendance recovery is for students who have accumulated more than 7 unexcused absences in any class. For any absences beyond the 7th unexcused absence, the student is responsible for attendance recovery.

No Recovery on January 16th

Your child should reach out to their administrator to set up a plan for attendance recovery.

Absences and attendance notes for T3 should be turned in as soon as possible but no later than Friday December 9th. Any absences that occur after December 9th, please hand in notes as soon as possible.

There is only a total of 30 recovery hours available. Please see your administrator if you have questions.

Mr. Mayes A - F Mr. Moore G - M Mrs. Adams N - Z

Note: If you fail a class for attendance, you will not have the opportunity to make that class up in summer school.



Important Information

Bell Schedule 2022-2023

Breakfast 8:00-8:25

Block 1 8:30-10:05

Block 2 10:10-11:45

Block 3 11:50-1:49

ANNOUNCEMENTS 11:50-11:53

1st Lunch 11:53-12:19

2nd Lunch 12:23-12:49

3rd Lunch 12:53-1:19

4th Lunch 1:23-1:49

Block 4 1:54-3:30

UCPS students will no longer receive free breakfast and/or lunch for the 2022-23 school year.

Lunch and breakfast prices will be as follows:

Breakfast \$1.75 per day

Lunch \$3.85 per day

If you feel your family may qualify for free or reduced meals, UCPS encourages parents to complete the [meal application](#) before the start of the school year.

Breakfast and lunch account charges will begin on the first day of school, which is August 29. If your application is approved, families may be eligible for the following benefits:

- Free or reduced-priced breakfast and lunch meals

Click [here](#) for more information on meal prices.

Click [here](#) to set up an account to make payments and monitor your child's lunch account.

If you have questions or need a paper copy of the application, please contact School Nutrition at 704-296-3000



Important Information

Advisory Bell Schedule (On Wednesdays) 2022-2023

Breakfast	8:00-8:25
Block 1	8:30-9:55
Advisory	10:00-10:25
Block 2	10:30-11:55
Block 3	12:00-1:59
ANNOUNCEMENTS	12:00-12:04
1 st Lunch	12:04-12:30
2 nd Lunch	12:34-1:00
3 rd Lunch	1:04-1:30
4 th Lunch	1:34-2:00
Block 4	2:05-3:30



Mark your calendars:

Polar Plunge @ Cane Creek
January 8 @ 2 PM

MLK Holiday- No School
January 16

Mini Cheer Clinic
January 18 and 19 and cheer at
the Varsity game
January 20

Semester 1 Exams
January 20-26

Teacher Workday- No School
January 27

Cheer Alumni Night
January 27

State Cheer Competition
January 28

Senior Cheer Night
February 10

College/Career/Military Fair
February 15

ACT Blitz
10-12 PM PWHS Auditorium
March 4

Prom May 6

Graduation June 13 at 8 AM in
Wolf Pack Stadium



Athletics

PWHS Athletic Website

Michael Helms
Athletic Director
michael.helms@ucps.k12.nc.us

All Sports Passes on sale for students! Can be purchased on ticket site. \$50 to enter all in season home games for the year! The passcode is your student ID #. It is good for the purchase of 1 ticket.

Purchase Tickets Here: <https://parkwoodathleticzone.com/event-tickets>

Winter Sports

Head Coach

Email

Men's Varsity Basketball Head Coach	Mike Helms	michael.helms@ucps.k12.nc.us
Women's Varsity Basketball Head Coach	Jesse Boyce	jesse.boyce@ucps.k12.nc.us
Wrestling Head Coach	Chris Linthicum	chris.linthicum@ucps.k12.nc.us
Swimming/Diving Head Coach	Susan Rhoads	susan.rhoads@ucps.k12.nc.us
Indoor Track Head Coach	Astrid Weddle	astrid.weddle@ucps.k12.nc.us
Cheerleading Varsity Head Coach	Heather McWhorter	heather.mcwhorter@ucps.k12.nc.us

Spring Sports

Head Coach

Email

Baseball Varsity Head Coach	Chad Nichols	Chad.Nichols@ucps.k12.nc.us
Men's Golf Head Coach	Samuel Mobley	samuel.mobley@ucps.k12.nc.us
Men's Lacrosse Head Coach	TBD	TBD
Men's Tennis Head Coach	Kristy Erdelyi	kristy.erdelyi@ucps.k12.nc.us
Men's Track and Field Head Coach	Grover Moore	grover.moore@ucps.k12.nc.us
Softball Varsity Head Coach	Mary Hughes	mary.hughes@ucps.k12.nc.us
Women's Lacrosse Head Coach	Nicole Gress	nicole.gress@ucps.k12.nc.us
Women's Track and Field Head Coach	TBD	TBD
Women's Varsity Soccer Head Coach	Erika Morelock	erika.morelock@ucps.k12.nc.us



Have a teacher you'd like to recognize? This is the place! Please give a shout-out to a teacher who makes a difference in your student's life!

<https://bit.ly/PWHSTeacherThankYou>





Entering Parkwood High School now that the Roundabout is open

- Parents dropping off their students will need to use the main Parkwood School Road entrance to the high school.
- All student drivers will need to enter campus from Crow Road and will need to display their 2022-2023 PWHS parking pass to be admitted at that entrance. All other drivers will need to use the entrance at Parkwood School Road.
- Students will need to be in their classes by 8:30 to begin their day.



- Remind your student(s) when they have parent permission to leave campus, they need to sign out with Ms. Reeder at the front of the school.



Parents & Guardians

With a new school year comes a need to make sure that we have the correct contact information for all our families. Please take a moment and verify in PowerSchool that the following are still correct:

- Contact Names
- Contact Numbers
- Contact Emails

Keep in Mind- You will need to show your ID when coming to the school so please remember to bring it with you.



Parents & Guardians

Parents and Guardians: Please use this [link](#) to view a video regarding Vaping that was presented at the UCPS Parent Education Series event at Monroe High School on October 27, 2023. If you have any questions regarding this valuable information, please feel free to reach out to the school or your student's counselor. Thank you.



Counseling

The focus of the PWHS Counseling Center is to provide students with support in their academic, career, and personal/social development. The counselors assist students with scheduling, course selection, career exploration, college and scholarship advising, coping with peer pressure and stress, developing time management skills and more.

Counseling Department Staff

Troy Harris - 9th Grade and 10th Grade last names A-F

troy.harris@ucps.k12.nc.us

Shari Davison - 10-12th Last names G-M & 12th A-F

shari.davison@ucps.k12.nc.us

Terri Onley - 10-12th Last names N-Z & 11th A-F

terri.onley@ucps.k12.nc.us

Lisa Cauthen - Student Support Counselor

lisa.cauthen@ucps.k12.nc.us

Shawn Johnston - Counseling Center Administrative Assistant

shawn.johnston@ucps.k12.nc.us

Valerie Simmeth - Career Development Coordinator

valerie.simmeth@ucps.k12.nc.us

Upcoming University Visits

We are bringing colleges, universities and trade schools to Parkwood to visit with you. You are allowed to sign up for 3 visits per semester and you must be passing the class that you will be missing to attend the information session. Please use Scoir to sign up for the visits you are interested in attending. This [Google Form](#) is updated when we have new opportunities for you so make sure you check it often. On the day of the visit, we will bring a hallway pass to your teacher for you to use to attend the session.



Counseling

Scholarship Information

Visit our [Wolf Pack Scholarship](#) page to see scholarship opportunities. We update this document frequently so visit this page to make sure you don't miss something that interests you.

This Week's Highlighted Scholarships

ECU Global Fellows

- \$15,000 - Study abroad scholarship
(Deadline: February 1, 2023)

To be eligible for the scholarship a student must have an unweighted GPA of 3.25 or greater. In addition to a \$1,500 study abroad scholarship, ECU Global Fellows are offered an opportunity to participate in a number of special activities that will prepare them academically and enhance their professional resume. Prospective students can explore the [Global Fellows website](#) or attend a virtual information session on Thursday, January 12th at 6:00 PM to learn more about the program. [Register to attend the information session.](#)

The [application](#) deadline for the program is February 1st.

Daughters of the American Revolution (Deadline: January 31, 2023)

To be eligible for the many scholarships that they offer, a student must: A) Be a United States Citizen B) Must attend or plan to attend an accredited college or university in the USA. To apply for Daughters of the American Revolution's Scholarships, please visit the [DAR](#) website

Asian and Pacific Islander American Scholarship

- \$20,000 - 500 Awards (Deadline: January 19, 2023)

To be eligible for the scholarship a student must:
A) Be of Asian and/or Pacific Islander ethnicity as defined by the U.S. Census.

B) Be enrolling as an undergraduate student in a U.S. accredited college or university in the Fall of 2022.

C) Have a minimum cumulative GPA of 2.7 on a 4.0 scale (unweighted) or have earned a GED.

Applications can be found by going to:

https://studentscholarships.org/scholarship/16225/asian_and_pacific_islander_american_scholarship_program_scholarship.php

The Monroe-Union Breakfast Rotary Club Scholarship

Deadline: January 31, 2023

To be eligible for this scholarship students must:

Write an essay of 250-300 words answering the question: "What have you done in the area of service to people, the community and the world to deserve this scholarship?"

Visit www.monroebreakfastrotary.org or see Mrs. Johnston in the counseling office for the formal application



Counseling

Counseling Meeting Request form:

<https://forms.gle/KD2NpkKz8q31xQxZ8>

(must be logged into your school google account)

Students fill out the form to request a meeting with their school counselor

School Counseling Support - Support is

available for students for mental health concerns.

Parents/guardians reach out to your students' school counselor who can assist with a referral to the school social worker or mental health therapist.

Robyn Mobley - School Social Worker

Thais Yeon - Mental Health Therapist

Atrium Health School-Based Virtual Therapy

SPCC CAREER AND COLLEGE PROMISE INFORMATION SESSION

*Join us for an information session about
Career and College Promise (CCP) program at SPCC.*

Topics covered:

- Pathways
- Eligibility
- Steps to Enrollment
- Career Coach vs. High School Counselor
- SPCC Technology
- Course Load
- Course Instructional Formats
- Accommodations
- Benefits of CCP
- and more

DATES

August 23, 2022
September 13, 2022
October 11, 2022
November 8, 2022
January 17, 2023
February 14, 2023
March 14, 2023
April 11, 2023

All info sessions begin at 6 PM.
(Virtual Microsoft Teams Sessions)

HOW TO ATTEND?

Simply click the link below to join:
Microsoft Teams meeting
Join on your computer or mobile app
[CLICK HERE](#)

CONTACT INFO

For more information, please
contact Secondary Education
Partnerships at sep@spcc.edu or
704.290.5090



2022-2023 UCPS College Readiness Parent & Student Sessions

Scoir for Seniors.....	August, 2022
College Entrance Exams 101.....	September, 2022
Paying for College.....	October, 2022
Finish the FAFSA On Demand.....	October, 2022
ACT/SAT Blitz.....	October, 2022
Union County College Fair.....	October, 2022
Scoir for Underclassmen Parents.....	November, 2022
Choosing the Right Path in HS.....	December, 2022
Getting Ready for College.....	January, 2023
College Recruiting for Athletes.....	February, 2023
ACT Blitz.....	March, 2023
SAT Blitz.....	April, 2023
Paying for College.....	April, 2023
What Makes a Good College Essay...	May, 2023
Scoir for Juniors & Parents.....	May, 2023

For info and registration, visit <https://bit.ly/collegereadysessions>.



@UCPSCollegePrep



ucpscollegeready



Counseling

COLLEGE
READINESS

UCPS
UNION COUNTY PUBLIC SCHOOLS

2022-2023 Parent Series

🐦 @UCPSCollegePrep 📷 ucpscollegeready

Getting Ready for College

January 10, 2023

6:00 PM - In Person

at Cuthbertson High School

To register visit: <https://bit.ly/collegereadysessions>

Come learn about the college admissions process and how to help your child get on a path to success. Target audience is parents of students in grades 8-11.

COLLEGE
READINESS

UCPS
UNION COUNTY PUBLIC SCHOOLS

2022-2023 Parent Series

🐦 @UCPSCollegePrep 📷 ucpscollegeready

Paying for College

January 24, 2023

6:00 PM - Virtual

To register visit: <https://bit.ly/collegereadysessions>

**Don't let sticker shock keep you from going to college!
Come learn about the true cost of college, the FAFSA, various types of loans and investments, and more!**



Counseling



LAWA PRESENTS 2022-2023 HIGH SCHOOL WORKSHOPS

FREE bilingual information session for students and caregivers on how to prepare, plan, and pay for postsecondary education. Learn about college applications, financial aid, career paths, bachelor & associate degrees, trade and vocational program options, & campus tours.

PATHWAY EXPLORATION SESSIONS AND MORE!

Free transportation from select sites
Register at: lawa.news/HighSchool

Careers in Engineering

Saturday, January 24, 2023
9:00 am - 1:00 pm
University of North Carolina at Charlotte

Careers in Financial Aid

Saturday, February 11, 2023
9 am - 1:00 pm
Wingate University

Careers in STEM

Saturday, February 25, 2023
9:00 am - 1:00 pm
Davidson College

Trade and Vocational Careers

Saturday, March 4, 2023
8:30 am - 1:00 pm
South Piedmont Community College

The JCSU Experience

Saturday, March 25, 2023
8:30 am - 1:00 pm
Johnston C. Smith University

SPONSORS:



LAWA PRESENTA 2022-2023

REGISTRESE PARA...

Sesiones informativas GRATUITAS BIUNGÜES para estudiantes y familiares sobre cómo preparar, planear y pagar estudios post-secundarios. Conozca cómo solicitar ayuda financiera, trayectorias profesionales, licenciaturas, carreras técnicas, oficios y visitas del campus.

SESIONES SOBRE CARRERAS Y MAS!

Transportación gratuita de sitios seleccionados
Regístrese en: <https://lawa.news/HighSchool>

Carreras en ciencias de la salud

Sábado 24 de enero 2023
8:30 am - 1:00 pm
University of North Carolina at Charlotte

Ayuda financiera y acceso

Sábado 11 de febrero 2023
9 am - 1:00 pm
Wingate University

Carreras en ciencias de la salud

Sábado 25 de febrero 2023
9:00 am - 1:00 pm
Davidson College

Carreras técnicas y oficios

Sábado 4 de marzo 2023
8:30 am - 1:00 pm
South Piedmont Community College

La experiencia JCSU

Sábado 25 de marzo 2023
8:30 am - 1:00 pm
Johnston C. Smith University

PATROCINADORES:



SCHOLARSHIPS

2023-2024 APPLICATION WINDOW

January 2 - April 2



APPLICATION REQUIREMENTS

2.5+ GPA; 3.0 GPA for Renewals

Letters of Recommendation

Personal Essay

Live in the Charlotte Area

Proof of Income

Transcript

College or Trade School Acceptance Letter

Community Involvement

We Accept all Legal Statuses

Contact scholarships@lawanc.org for more

LAWA IS A MIXED ORGANIZATION ADVANCING EDUCATION IN CHARLOTTE'S LATINO COMMUNITY SINCE 1992
lawanc.org • lawancnews.org • 784.512.1803 • P.O. Box 78138, Charlotte, NC



BECAS 2023 - 2024

PRESENTACION DE SOLICITUDES

Enero 2 - Abril 2



REQUISITOS GENERALES

Promedio mayor a 2.5+; 3.0 para Renovaciones

3 cartas de Recomendación

Ensayo Personal

Residir en a Área de Charlotte

Comprobante de Ingreso

Calificaciones

Carta de Aceptación al Colegio o Escuela de Comercio

Servicios Prestados a la Comunidad

Aceptamos a Todos los Estatus Migratorios

Para más información contacte:

scholarships@lawanc.org

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Counseling

COLLEGE PLANNING TIMELINE

For 9th Grade & 10th Grade

- Take courses that challenge you.
- Use Major Clarity to explore course options such as honors, AP, and Career Pathways.
- Pursue extracurricular interests such as clubs, sports or community service.
- Take the PreACT in fall, required school test.
- Start using free ACT and SAT test prep resources.
- Review your goals for the future with your counselor.
- Use Major Clarity and SCOIR (on high school start up page) to begin exploring careers and colleges.
- Check admission requirements for colleges that interest you.

For 11th Grade

- Take the PSAT in October. Must sign up through school, as test is optional.
- Prep for the ACT & SAT tests using ALBERT in high school start up page.
- Attend college fairs and financial aid workshops.
- Visit colleges.
- Use SCOIR & CFNC.org to start researching scholarships, grants and loans.
- Talk with coaches about college sports and scholarship eligibility.
- Take required school day test for ACT in spring.
- To take an additional ACT or SAT register online to take on a Saturday.
- Narrow down list of colleges.
- Plan your senior year courses carefully.



Helpful Hints from the Counseling Department



Strategies to Staying Calm During Tests

Before the test:

- *If you are aware that you have a problem with test anxiety, be sure that your teacher knows before any testing begins (and not the hour before!). There may be other options to evaluate your knowledge or performance within the subject matter, or your teacher may have other “stress-reducing” tricks to help you out.
- *Be prepared! Learn your material thoroughly, but avoid last minute cramming. Try to keep up day to day, attending tutorials or getting help right away if material seems confusing or particularly difficult.
- *Exercise regularly. Studies show that regular exercise sharpens the mind and reduces stress.
- *Stop studying the day of the test and **DO NOT TALK ABOUT THE TEST WITH CLASSMATES**. If you are prepared, studying the day of the test may only cause higher anxiety and cause you to second guess your answers. So, no “last minute” reviews. Talking about the test or how much someone else prepared will raise your anxiety level. And, talking may nourish group paranoia.
- *Do not compare yourself. Your grades are not your classmates concerns. It does not matter how well or how poorly they do. Set a realistic goal for yourself and do not get involved in the “whaja’ get?” competitions that go on among classmates and even friends.
- *Know time and place of the test and what you need to bring. Be on time, neither too early nor too late, with paper or other supplies. Don’t rush.
- *Get a good night’s sleep the night of the exam and a good protein breakfast. Avoid sweet foods or a heavily carbohydrate breakfast/ lunch that may cause lethargy or a “sugar- low.”

(To be continued...)



Quick Links

Office Phone: 704-296-0154

PWHS & UCPS Information

- [Counseling Department](#)
- [PWHS CTE](#)
- [UCPS Calendar](#)
- [Media Center](#)
- [School Calendar](#)
- [Transportation Bus App \(New!\)](#)
- [Volunteer Information](#)

Instructional Support

- [Student Technology Help Desk](#)
- [Technology Tutorials for Parents and Students](#)
- [EmpowerEd Parent Portal](#)
 - [Mobile Apps, Attendance and Grades, Canvas Access and Tutorials](#)
 - [Tutorial Video](#)

Back to School Forms

- [Free and Reduced Lunch Application](#) (If Applicable)
- [Military Connected](#) (If Applicable) *
- [Notice of Right to Withhold Consent](#) (If Applicable) *
- [Request for Medical Information](#) (Required) *
- [Authorization to Carry Medicine](#) (If Applicable) *

** Indicates physical copy. Please print, complete and return to homeroom teacher, if applicable. Physical copies are available in front office, upon request.*



Quick Links

[PWHS Student Handbook](#)

- Attendance Policy
- Student Dress Code

[Edulog](#) for Bus Transportation Zone

[Parking Pass Info](#)

[Yearbook Information](#)

[Say Something Anonymous Reporting System](#)

Chromebook issues:

- New students report to media center to collect new computer
- Broken computers/computer issues, see Mr. Gaither between 12:00 - 4:00