

Wolf Pack Press



Dear Parkwood Wolf Pack Family,

Hold on! This week has a LOT of great activities all week long!!!

- It's College Application Week! Seniors who have made appointments with their counselors will be working on next steps in the college application process.
- Also for seniors - Josten's will be on campus Monday and Friday.
 - Monday - to present information to seniors about graduation products for purchase
 - Friday - to collect orders for graduation products
- Monday is the day our students get their first report cards for the year!
- Tuesday, Legacy Photography will be back to take make-up portraits for seniors and underclassmen.
- Wednesday is our Fall blood drive.
- Saturday, our Parkwood Marching Band will be in competition at Providence High School!

It's going to be a GREAT week!
Gooooooooo Pack!

Dr. Tracy Strickland, Principal

Remember to follow us on social media:

Follow us on Facebook: [ParkwoodHSNC](#)

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

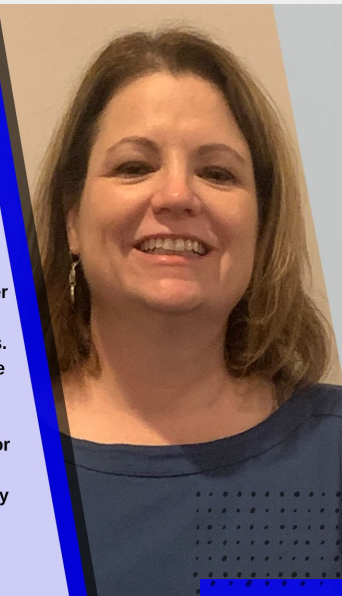
Follow us on Instagram: [@ParkwoodHSNC](#)



New Staff @ PWHS

WELCOME ARLETTE SPANG ML Teacher

Hello! I grew up in New Jersey and my first career was in finance. I have been teaching for 9 years. My undergraduate degree is from NJCU and my graduate degree is from UML. I've been married for 20 years and I have one son and 3 guinea pigs. My hobbies include reading and Disney!



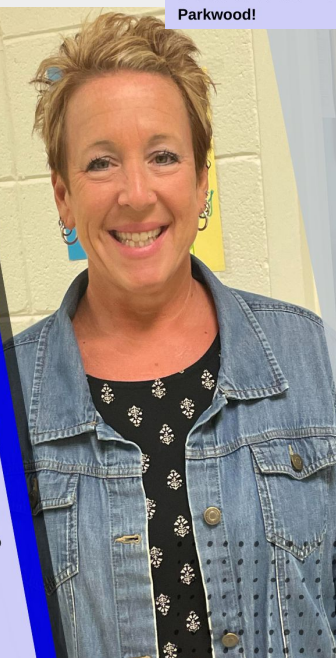
WELCOME BRIAUSHA ROBINSON CTE Business

Last year I taught middle school for half a school year. This will be my first full year teaching. I am from Charlotte, NC. I moved to Union County in 2011 and graduated from Parkwood High School in 2015. I am a North Carolina A&T State University Alum, GO AGGIES! I enjoy relaxing with my husband and our two dogs in my spare time. I am currently expecting my first baby in October. I am a DIE HARD COWBOYS fan, WIN or LOSE! I'm so excited to be back home working at Parkwood!



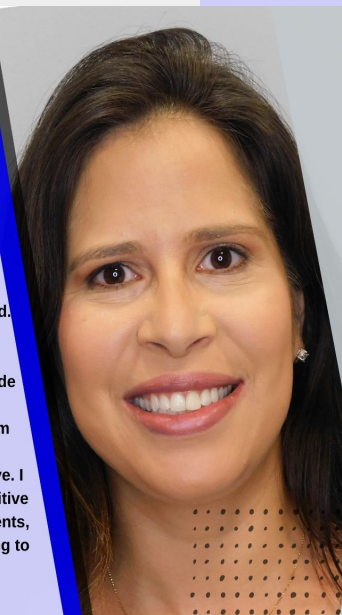
WELCOME RICHELLE SAUNDERS CTE Technology

Hello! This is my 24th year of teaching but my FIRST year at Parkwood! I am from Pittsburgh PA, went to the University of Pittsburgh, and am a true STEELERS FAN! I am married with 2 kids, both redheads! They both play sports, soccer, football, and basketball. We have 2 dogs, Bella and Emma Jean!! I love to exercise and go to the gym! I also love love love the BEACH! I am super excited to be part of the WOLFPACK this year!



WELCOME THAIS YEON Social Worker

I'm a native of Brazil and I came to the US at 12 years old. I have a Master's degree in Clinical Social Work from Boston College. In 2017, I made the move to Charlotte, NC in search of a better climate. I am thrilled to have joined the behavioral health collaborative. I look forward to fostering positive relationships with staff, students, and families, and collaborating to assist students to succeed.



WELCOME VALERIE SIMMETH Career Development Coordinator

I have worked for UCPS for 23 years. I started in Technology Services and then worked at PWHS for 10 years as a CTE teacher. Prior to coming back home to PWHS, I served as CDC at Cuthbertson High School and as a Curriculum and Instructional Management Coordinator. I am thrilled to be back at PWHS! I have been married for 36 years and have two children who are PWHS graduates. I love gardening, birding, reading, and going to the beach!





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



Attendance
Matters
...every school day counts!



Mark your calendars:

Food Pantry Drive
Now through November 4

Union County College Fair @
CATA
October 16

Powder Puff Football
October 26 @ 7 PM

Marching Band (Fall
Festival) @ NW Guilford HS
October 29

Fall Semester Band Concert
November 3 @ 7 PM

ASVAB Military Test
December 2

Winter Semi-Formal Dance
December 10

Fall Semester Parkwood Area
Music Dept. Showcase
December 15 @ 6:30 PM

Prom May 6

Graduation June 13 at 8 AM
in Wolf Pack Stadium



PWHS Calendar

Week of October 16 – October 22 School Events

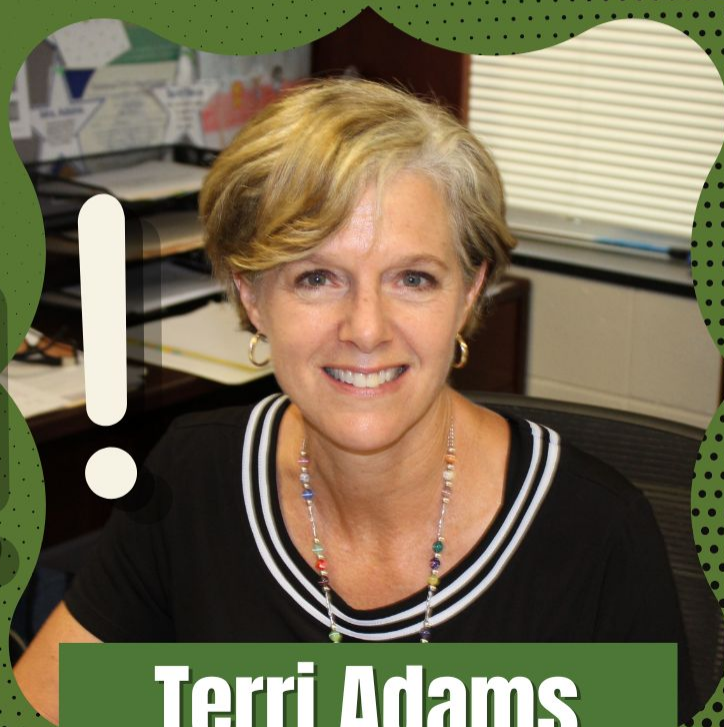
Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21	Saturday 10/22
College Application Week	College Application Week	College Application Week	College Application Week	College Application Week	Marching Band (Providence Cup) @ Providence High
Report Cards Distributed	Make-up Portraits	Blood Drive	Men's Soccer vs West Stanly 6 PM	Josten's @ PWHS to meet with Seniors during 1st block to collect orders	
Josten's @ PWHS to meet with Seniors during 1st block for info on senior items	Kent State University @ lunches		JV Football @ Anson 6:30 PM	Roanoke College @ PWHS	
US Marines @ lunches	Men's Soccer vs CATA 6 PM			Varsity Football vs Anson 7 PM	
	Cross Country RRC Championship @ West Stanly 4 PM				
Senior Portraits: Gentlemen should arrive to photo location wearing a plain white t-shirt for your yearbook sitting. Please note - tuxedo jackets size 38 through 56 will be provided for your use. Please make alternative arrangements if another size is required. Ladies should arrive to photo location wearing a thin-strapped tank-top shirt that can be worn under the provided drape for their yearbook sitting.					



Important Information

**UCPS Assistant Principal
of the Year Finalist**

**Top
Six!!**



Terri Adams



Congratulations!



Important Information

The Wolf Pack would like to congratulate Olivia Williamson for being selected to represent Parkwood High in the Union County Christmas Parade!





Additional resources



Apply for Assistance
with
**Christmas food and gifts/toys
for children 18 and under.**

Begins October 3 - Ends November 18
All Applications Taken by Phone:

CALL | 704.296.4828

Monday - Friday | 9 a.m. - 3:30 p.m.

Eligibility Requirements:

There must be children in the household, age 18 and under, at the time of application; or a disabled or senior adult receiving SSI or Medicaid.

Please have the following info available prior to calling:

Monthly gross income for everyone in the household, including salaries, type of benefits, child support, etc.

Your children's clothing sizes and a wish list for Christmas gifts for each child.

The Union County Christmas Bureau is donor funded and volunteer driven. The Christmas Bureau serves as a clearinghouse for all agencies that serve families during the Christmas season for Union County.

T 704.296.4828 E christmas@unioncountync.gov



Solicite Asistencia
con
**Comida de Navidad
y regalos/juguetes
para niños de 18 años y menores.**

Empieza el 3 de octubre - Termina el 18 de noviembre
Todas las Solicitudes son Tomados por Teléfono:

LLAME | 704.296.4828

Lunes - Viernes | 9 a.m. - 3:30 p.m.

Requisitos de Elegibilidad:

Deben haber niños en el hogar de 18 años o menores al momento de solicitar; o un adulto mayor o discapacitado recibiendo Ingreso de Seguridad Suplementario (SSI) o Medicaid.

Por favor tenga la siguiente información disponible antes de llamar:

Ingreso bruto mensual (antes de impuestos) de todos en el hogar, incluyendo salarios, tipos de beneficios, manutención infantil, etc.

La talla de ropa de sus hijos y una lista de deseos para regalos de Navidad para cada niño.

El Programa de Navidad del condado Union está financiado a través de patrocinadores y dirigido por voluntarios. El Programa de Navidad sirve como un banco de liquidación para todas las agencias que sirven a las familias durante la temporada navideña para el Condado Union.

T 704.296.4828 E christmas@unioncountync.gov



Athletics

PWHS Athletic Website

Rocky Richar
Athletic Director
rocky.richar@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>

Fall Sports

Head Coach

Email

Football Head Coach	Tim Boyd	timothy.boyd@ucps.k12.nc.us
Men's Varsity Soccer Head Coach	Sean Miller	sean.miller@ucps.k12.nc.us
Volleyball Head Coach	Katherine Irvin	katherineirvin1@gmail.com
Women's Tennis Head Coach	Kristy Erdelyi	kristy.erdelyi@ucps.k12.nc.us
Women's Golf Head Coach	Don Mather	donald.mather@ucps.k12.nc.us
Cross Country Head Coach	Astrid Weddle	astrid.weddle@ucps.k12.nc.us
Cheerleading Head Coach	Heather McWhorter	heather.mcwhorter@ucps.k12.nc.us

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



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 near Ms. Reeder's desk 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.



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

Kasey Boudreau- Counseling Intern

kasey.boudrea@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

Park Scholarships at NC State University

Students are selected based on scholarship, leadership, service, and character. A complete description of each quality is available [here](#). For more information, please visit:

<http://park.ncsu.edu/>. Deadline to submit

Park application: **November 1, 2022**

The Coca-Cola Scholars Program Scholarship

150 college scholarships awarded worth \$20,000.

Requirements: 3.0 GPA, demonstrated leadership, commitment to community, academic achievement, activities, service. Apply:

www.coca-colascholars.org

Due Date: **October 31, 2022.**

NACME Scholarships

- \$5,000 - 100 Awards (Deadline: **October 30, 2022**) To be eligible for the scholarship a student must: A) Be Black/African American, Latinx/Hispanic-American or Native/American Indian. B) Be planning to study in the fields of engineering or computer science with a minimum GPA of 3.0. Applications can be found by going to:

https://studentscholarships.org/scholarship/9612/nacme_scholarships_scholarship.php

John Montgomery Belk Scholarship-Davidson College

More information can be found at [John M. Belk Scholarship | Davidson](#)

Deadline to [submit interest form](#) and [senior brag sheet in SCOIR](#) to be considered as the school nominee:

November 15, 2022. Deadline for nominees to submit a completed admission application: December 15, 2022.



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

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



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 Computer Science and Engineering

Saturday, September 24, 2022

8:30 am - 1:00 pm

University of North Carolina at Charlotte

Financial Aid and Admission Process

Saturday, October 8, 2022

8:30 am - 1:00 pm

Queens University of Charlotte

Careers in STEM

(Science, Technology, Engineering and Math)

Saturday, October 29, 2022

8:30 am - 1:00 pm

Central Piedmont Community College

Topic: To Be Confirmed

Saturday, December 3, 2022

9 am - 1:00 pm

Belmont Abbey College

Careers in Education

Saturday, January 28, 2023

8:30 am - 1:00 pm

University of North Carolina at Charlotte

Careers in Health Sciences

Saturday, February 11, 2023

9 am - 1:00 pm

Wingate University

Careers in Economics and Pre-Business

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




UCPS
UNION COUNTY PUBLIC SCHOOLS

**COLLEGE
READINESS**

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

**CENTRAL
CENTRAL
SENIOR
2023**

NC Countdown to College October 2022

Virtual Student Sessions will be held all October long through CFNC.org. Topics include career planning; the FAFSA form; N.C. Residency; College Application Week assistance; and more. Register to attend [here](#).



Counseling

College Application Week Assistance

Seniors sign up at the following link <https://forms.gle/i8vhhC9nGnDPgair8> to get application help from counselors during College Application Week 10/17-10/21. During this week many NC colleges are waiving their fee if you apply through CFNC.org. [Click here](#) for a list of colleges waiving their fee during this week.

14 on the 14th- Monthly Liberal Art College Fairs

On the 14th of each month, October through December, we will come together to offer “15 Minutes of Tips” for the college application process followed by an hour long virtual college fair. You only need to [register](#) once and it is held from 7:45-9:00 PM ET.



Greetings,

You're invited to attend the Hispanic Scholarship Fund's (HSF) virtual College 101, on **Saturday, November 5, 2022, 10:00 AM - 1:00 PM Eastern Time.**

The HSF College 101 is a **FREE**, bilingual, 3-hour webinar designed to help students, and their parents, prepare, plan, and pay for a college education! Students and parents of **all ethnicities and backgrounds** are encouraged to attend.

Presentations will be delivered by subject-matter experts, in both English and Spanish, on the following topics:

- Preparing for and successfully applying to 4-year colleges
- Affording college: financial aid and scholarship opportunities
- Understanding the real cost of a college education
- Maximizing the college experience
- Successfully transitioning to a career after college

Additionally, the webinar will feature a panel with Admissions and Financial Aid representatives from **Cornell University, Georgia Tech, Harvard University, and the University of Florida.**

This event is **FREE** and open to the public; however, space is limited. **For further event details and to register to attend, please [visit the registration page.](#)**

Registration will close once capacity has been reached. Secure your spot by registering today!

[Register](#)

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[College_101_-_ET_-_English_Invitation.pdf](#)



[Regístrate](#)

Estás invitado al College 101 virtual, el **sábado, 5 de noviembre, 10:00 AM – 1:00 PM Hora del Este (ET).**

Este programa, organizado por Hispanic Scholarship Fund (HSF), es **GRATUITO** y bilingüe, y disponible a cualquier estudiante en la “high school” (preparatoria) y sus familias. Durante este taller, aprenderás cómo prepararte, planear, y pagar por una educación universitaria.

Las presentaciones serán dadas por expertos, y cubrirán los siguientes temas:

- Cómo prepararse para aplicar a la universidad
- Cómo buscar y aplicar por ayuda financiera, incluyendo becas
- Entendiendo el verdadero costo de la universidad
- Cómo maximizar la experiencia universitaria
- Cómo prepararse para una carrera exitosa después de la universidad

El taller virtual también tendrá un panel con representantes de Admisiones y Ayuda Financiera de **Cornell University, Georgia Tech, Harvard University, y University of Florida.**

El evento es **GRATUITO** y abierto al público. Sin embargo, hay cupo limitado. Para obtener más información sobre el evento y registrarte, visita la [página de registración.](#)

¡Asegura tu lugar y regístrate hoy!

PATROCINADOR
PRESENTADOR:



PATROCINADORES
PRESENTADOR
LOCAL:



PATROCINADORES
AUXILIAR:



[College_101_-_ET- Spanish_Invitation.pdf](#)



Counseling



North Carolina Governor's School
A Summer Program for Gifted and Talented High School Students

Curious about NC Governor's School? Join us for an informational meeting!

Monday, October 17, 2022

6:00 PM

<https://bit.ly/3RV4TbF>





Helpful Hints from the Counseling Department



5 Step Problem-Solving Model

The 5 Step Problem-solving Model is very helpful when you have a problem and don't know what to do or how to move forward.

Ask yourself these 5 questions to help find a solution.

- 1) **What is the problem?** State the problem. The more specific you can be, the better.
- 2) **What do you want to happen?** State the outcome you're hoping for.
- 3) **What have you already tried?** Make a list of things you have already tried to solve your problem.
- 4) **What else could you try?** Brainstorm some additional things you could try. List them all and pick one to try next.
- 5) **When are you going to do it?** Select a specific time to implement the something else you are going to try. Unless you DO IT, it's just an idea.



October is National Bullying Prevention Month

Specific Strategies You Can Use to Deal with Bullying

- Seek assistance from an adult, friend, or classmate when a potentially threatening situation occurs.
- Be assertive (not aggressive, fighting, or teasing back) when possible.
- Use humor to deflect a potentially threatening situation.
- Avoid unsafe places or walk away before a potential bullying encounter occurs.
- Agree with or “own” a belittling comment to defuse it.
- Walk with friends or a small group of friendly peers.
- Use positive self-statements to maintain positive self-esteem during an incident.
- Avoid getting emotionally upset when bullying occurs, as this may encourage the person bullying.

Strategies You Can Use to Prevent Cyberbullying

- Never accept a friend or network request from unfamiliar people.
- Use the “mom” principle: Do not post or share photographs or movies that you would not be willing to share with your mother, father, or another important caregiver.
- Follow the “forever” principle: Assume that everything you put online will be there forever.
- Follow the “no privacy” principle: Assume that everyone can access information about you in cyberspace.
- Block threatening or questionable people from seeing your profile and personal information.
- Do not post provocative, scandalous, or inflammatory remarks online.
- Do not reply to or retaliate against incidents of cyberbullying.
- Regularly change passwords to sites and applications, and immediately delete profiles that have been hacked.
- Avoid sites, networks, and applications that have poor security, provide easy access to personal information or encourage interactions among strangers.
- Ensure that information is approved before it is posted or shared socially.
- Limit involvement in social networking to a few familiar sites.
- Avoid joining sites that do not have adequate privacy settings.
- Never engage in sexting (sharing pictures or messages that have private sexual content).



Back to School Toolkit

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

[Parkwood PTSO Newsletter](#)

[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