



FEBRUARY 2023

WAR EAGLE MONTHLY

THE OFFICIAL COMMUNITY NEWSLETTER OF SFHS

COUNSELORS

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11th Grade
Tom Wolff
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12th Grade
Scott Morlanne
ext. 100109

NOTEWORTHY DATES

February 8-9
Family Connect Nights



February 10
Donut Date



February Holidays & Schedule Changes



Mon., Feb.13- Even
Tues., Feb.14- Odd
Wed., Feb. 15- Even
Thurs., Feb. 16- Odd
Fri., Feb. 17- No School



Mon., Feb. 20- No School
Tues., Feb. 21- Prof. Dev. Day- Staff Only
Wed., Feb. 22- 7 Period Day
Thurs., Feb. 23- Odd
Fri., Feb. 24- Even



For a full list of extracurricular meeting dates and school events, please use the following link: <https://tinyurl.com/mryzdf7r>

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#SOUTHSTRONG



WILSON'S WAR EAGLE UPDATE

War Eagles-

Welcome to February. First, I'd like to share a thank you to Kristin Morrissey for serving our community for the past 12 years as our Board of Education representative. She always had our students' best interests at heart. Second, I'd like to welcome Mr. Mike Valdes, our new Board of Education representative. The next South Forsyth High School Local School Council (LSC) meeting is Tuesday, February 14, at 7:30 am in the media center. Mr. Valdes will join us for that meeting and will introduce himself and answer any questions you may have for him. Lastly, I'd like to introduce Mrs. Pamela Bibik, the incoming principal of South Forsyth High School. Mrs. Bibik began her teaching career in Forsyth County at South Forsyth High School and so, in essence, is coming home. Mrs. Bibik will also be present for the February 14 LSC meeting if you'd like to stop in to meet her and join the meeting.

Thank you all for participating in the course selection process for the 2023-24 school year. The course selection and waiver period has closed, and we are busy planning our teacher needs based on students' course selections. At this time, students cannot change their minds about switching electives or content areas. If your student wishes to move from an honors or AP course to a college prep level course, please notify your counselor immediately.

Hybrid or Full-Time Virtual Requests

If your student plans to take courses virtually either as a hybrid or full-time schedule, please complete the form- [SFHS Virtual Request 2023-2024](#) - as soon as possible to ensure proper placement for their educational setting next year. We will honor course requests as they were listed in Campus Portal or for courses not offered at South Forsyth High School.

Dual Enrollment deadline is April 28th, 2023. Please follow this [link](#) to view DETAILED information on steps to apply.

A thought to share on summer coursework: please consider that any course your student takes online over the summer is typically a 6 to 8-week course as compared with a 36-week course offered in the building during the school year. Time has shown that often students taking online courses that are sequential in nature struggle more in the next sequenced course as compared with classmates who complete the coursework face-to-face in school. We want all our students to reach their maximum potential, so we share this information for your consideration.

We need your assistance, please. We are noticing students arriving late to school to begin the day more now than since the first days of school. Rainy weather (at least in January) and traffic are a way of life in Forsyth County, so both should be anticipated and accounted for in the timing of departure from home. We appreciate your help if your student falls into the category of tardy to school for any reason. Students entering class late cause a distraction for students already engaged in learning. We appreciate you working with your students.

Spring is a busy time at South Forsyth High. I hope to see you around campus. Encourage your students to finish the year South Strong!

Warmly,
Laura Wilson

COUNSELING CORNER

We often talk a lot about academic topics such as college profiles, grades, and class rigor in addition to individual matters such as well-being, mood, balance, and stress relief. But one area that often gets left out of the conversation is the relationship between nutrition and all of the above.

The research and data on this very topic have become increasingly relevant and popular; so much so that over the last fifteen years a new field of study (Nutritional Psychology) has emerged and seen an explosion of growth. How does this relate to students at South Forsyth High School?

From this research we have seen more and more data to support that the way you eat, move, and sleep can directly impact your mood and production. This in turn has a huge correlation to the academic and individual topics that were touched on above, including things such as grades and stress.

So, what be done to make changes and positively affect our well-being? Changes take time and are not easy, but here are a few suggestions to get the ball rolling.

Healthy Eating

Cooking at home is the best way to control and be aware of the good and bad going into your system via food.

Visualize a plate and picture ways you can increase the good foods (ex. divide portions into proteins, whole grains, fruits, and vegetables).

Even a little change can make a big difference, you don't have to give up everything.

Water, water, water. Try to drink water as much as possible instead of sugary drinks and coffee. Use an app on your phone to track your intake and try your best.

Exercise

It is suggested to exercise at least three times a week for 45 to 60 minutes.

Do what you like and have fun--you don't have to have a gym membership.

Exercise can boost your mood immediately and give a sense of accomplishment.

Set realistic goals and work up to the major ones. Just try to get the heart pumping and don't set unrealistic instant goals that will give you a sense of failure and defeat.

Set a schedule for working out and try to stick to it. Once you start, it is easier to keep to it.

Sleep

Often overlooked, don't forget about sleep.

Try to go to bed and wake up at the same time, naps can often be detrimental when trying to fall asleep later in the night.

Try breathing techniques and put your phone down at bedtime to relax your mind and let it settle.

Avoid caffeine at night, it takes a while to wear off in your body.

Create a bedtime routine, your body will start to learn when it is time to shut down.

Remember, it takes time to start a new routine or habit, so give yourself the benefit of the doubt and do your best. With a stronger focus on healthy eating, exercise, and sleep, there is a stronger chance of positive effects in many aspects of your life, including the all-important academic side we talk about so much!

College & Career Fair with Scholar Trek

On February 2, our professional school counselors teamed with Scholar Trek to offer a great night of information and resources for families and students to learn more about postsecondary options.



Family Connect Night



YOUR PIE

2/8/23

**655 Atlanta Road #607
Cumming, GA**

**FAMILY-FRIENDLY
TRIVIA AT 7!**

Join us on Wednesday,
February 8 between 5-8
p.m. - A portion of sales
during this time will
support our South
Vertical Schools!



Family Connect Nights are designated homework-free nights to promote opportunities for families to disconnect from work, school, and technology to spend quality time together.