

# Wolf Pack Press



Dear Parkwood Wolf Pack Family,

We are currently between athletic seasons. This gives everyone a GREAT opportunity to attend the band concert Thursday evening and the first round of the State football playoffs Friday! While the calendar after school is sparse, the lessons in our classes are still going STRONG! Every moment in all classes is very important!

In this issue:

- Message from the Principal
- Bell Schedule
- Advisory Schedule/Mark Your Calendars
- PWHS Weekly Calendar
- Additional Resources
- Athletics
- Teacher Shout-Out
- Senior Breakfast
- Parkwood Pop Up
- Winter Wonders Design Contest
- Entering/Exiting PWHS
- Updating powerSchool
- Counseling
- Scholarshi[ Information
- Counseling Resources
- UCPS Parent Education Series
- Helpful Hints - Staying Calm During Tests
- Back to School Toolkit
- Quick Links

Goooooooooooo Pack!

**Remember to follow us on social media:**

**Follow us on Facebook:** [ParkwoodHSNC](#)

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

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



# 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

1<sup>st</sup> Lunch 11:53-12:19

2<sup>nd</sup> Lunch 12:23-12:49

3<sup>rd</sup> Lunch 12:53-1:19

4<sup>th</sup> 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 <sup>st</sup> Lunch	12:04-12:30
2 <sup>nd</sup> Lunch	12:34-1:00
3 <sup>rd</sup> Lunch	1:04-1:30
4 <sup>th</sup> Lunch	1:34-2:00
Block 4	2:05-3:30



## Mark your calendars:

Food Pantry Drive  
Now through November 4

Last Day for Senior Pictures  
November 7

No School for Students  
November 8 & November 11

Early Release (End of Term 2)  
November 22

No School  
November 23-25

ASVAB Military Test  
December 2  
Please sign up [here](#)

Report Cards Sent Home  
December 2

Winter Semi-Formal Dance  
December 10

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

College/Career/Military Fair  
February 15

Prom May 6

Graduation June 13 at 8 AM in  
Wolf Pack Stadium



# PWHS Calendar

## Week of October 30 – November 5 School Events

Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4	Saturday 11/5
US Marines @ PWHS during lunches	No Events	No Events	Fall Semester Band Concert @ PWHS Auditorium 7 PM	1st round State playoff 7 PM	No Events



## 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](mailto: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](mailto: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	<a href="mailto:timothy.boyd@ucps.k12.nc.us">timothy.boyd@ucps.k12.nc.us</a>
Men's Varsity Soccer Head Coach	Sean Miller	<a href="mailto:sean.miller@ucps.k12.nc.us">sean.miller@ucps.k12.nc.us</a>
Volleyball Head Coach	Katherine Irvin	<a href="mailto:katherineirvin1@gmail.com">katherineirvin1@gmail.com</a>
Women's Tennis Head Coach	Kristy Erdelyi	<a href="mailto:kristy.erdelyi@ucps.k12.nc.us">kristy.erdelyi@ucps.k12.nc.us</a>
Women's Golf Head Coach	Don Mather	<a href="mailto:donald.mather@ucps.k12.nc.us">donald.mather@ucps.k12.nc.us</a>
Cross Country Head Coach	Astrid Weddle	<a href="mailto:astrid.weddle@ucps.k12.nc.us">astrid.weddle@ucps.k12.nc.us</a>
Cheerleading Head Coach	Heather McWhorter	<a href="mailto:heather.mcwhorter@ucps.k12.nc.us">heather.mcwhorter@ucps.k12.nc.us</a>

## Winter Sports

### Head Coach

### Email

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



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>





# Seniors!!

## Senior Breakfast and Who Gives a Hoot?

**Hoot**

Wed, November 9th  
Breakfast 8-8:30 am  
Media Center

Wear your Senior Wolfpack Shirt







Parkwood is hosting its first annual Pop Up vendor fair! The vendor fair will take place at Parkwood High School on Saturday, December 3rd from 10am-5pm. If your business would like to participate please complete this google form <https://buff.ly/3EZ9Zk6>



# Winter Wonders Design Contest!

SHOW OFF YOUR  
CREATIVITY AND  
DESIGN AN IMAGE  
THAT REPRESENTS  
"PACK PRIDE"  
ACCEPTING DIGITAL  
AND 2D SUBMISSIONS  
VIA GOOGLE FORM



WINNERS WILL RECEIVE A  
CUSTOM TSHIRT WITH  
THEIR DESIGN ON IT



**Deadline for submissions is  
November 14, 2022**



# 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](mailto:troy.harris@ucps.k12.nc.us)

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

[shari.davison@ucps.k12.nc.us](mailto:shari.davison@ucps.k12.nc.us)

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

[terri.onley@ucps.k12.nc.us](mailto:terri.onley@ucps.k12.nc.us)

**Lisa Cauthen - Student Support Counselor**

[lisa.cauthen@ucps.k12.nc.us](mailto:lisa.cauthen@ucps.k12.nc.us)

**Shawn Johnston - Counseling Center Administrative Assistant**

[shawn.johnston@ucps.k12.nc.us](mailto:shawn.johnston@ucps.k12.nc.us)

**Valerie Simmeth - Career Development Coordinator**

[valerie.simmeth@ucps.k12.nc.us](mailto:valerie.simmeth@ucps.k12.nc.us)

**Kasey Boudreau- Counseling Intern**

[kasey.boudrea@ucps.k12.nc.us](mailto: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

#### **Hispanic Heritage Youth Awards**

\$3,500 – 180 Awards (Deadline: **November 13, 2022**) To be eligible for the scholarship a student must: A) Be currently enrolled in high school and graduating in the spring of 2022. B) Have a minimum unweighted 3.0 GPA on a 4.0 scale or 7.5 on a 10.0 scale C) Be of Hispanic heritage and D) enroll at an accredited higher education institution in 2023-2024. Applications can be found by going to:

[https://studentscholarships.org/scholarship/13676/hispanic\\_heritage\\_youth\\_awards\\_scholarship.php](https://studentscholarships.org/scholarship/13676/hispanic_heritage_youth_awards_scholarship.php)

#### **Elks Most Valuable Student Scholarship**

US Citizen. The Elks National Foundation will award 500 four-year scholarships to the highest-rated applicants in the 2022 competition. Ranging from \$1,000 per year to \$12,500 per year, Most Valuable Student scholarships are for students pursuing a four-year degree, on a full-time basis (minimum of 12 semester hours), in a U.S. college or university. All scholarships are in the form of certificates of award conditional upon the full-time enrollment of the winner in an accredited U.S. college or university. Find the application [here](#). Due **November 15, 2022**

#### **The Michelle Obama Award for Memoir:**

(Deadline: **the first 1,000 submissions will be accepted**) To be eligible for the scholarship a student must: A) Be a current high school senior B) Attends a public high school in the USA and C) Plans to attend either a 2 or 4 year college. If you are interested, please apply at [michelleobamabooks.com/scholarship](https://michelleobamabooks.com/scholarship)

#### **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.

#### **National Space Club Scholarship**

\$15,000- 1 Award (Deadline: **November 15, 2022**) To be eligible for the scholarship a student must: A) Be a senior in high school. B) Have the intention of pursuing a career in the STEM fields. Applications can be found by going to : [https://studentscholarships.org/scholarship/12191/national\\_space\\_club\\_scholarship](https://studentscholarships.org/scholarship/12191/national_space_club_scholarship)



# 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



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](http://lawa.news/HighSchool)

### Careers in Computer Science

Saturday, January 28, 2023

University of North Carolina at Charlotte

University of North Carolina at Charlotte

### Financial Aid

Saturday, February 11, 2023

Wingate University

Wingate University

### Careers in STEM

(Science, Technology, Engineering, Math)

Saturday, March 4, 2023

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

University of North Carolina at Charlotte

### Careers in Health Sciences

Saturday, February 11, 2023

9 am - 1:00 pm

Wingate University

Wingate University

### Careers in Economics and Pre-Business

Saturday, February 25, 2023

9:00 am - 1:00 pm

Davidson College

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

Johnson C. Smith University

**UCPS**  
UNION COUNTY PUBLIC SCHOOLS

COLLEGE  
READINESS

## 2022-2023 UCPS College Readiness Parent & Student Sessions

Scior 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
Scior 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	
Scior for Juniors & Parents.....	May, 2023

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



@UCPSCollegePrep



ucpscollegeready





# Counseling

FAFSA Walkthrough with NCSEAA on Thursday, November 10th from 6-7 PM

Don't miss this opportunity to see how to fill out the FAFSA and get your questions answered. [Register now!](#)

## 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](#)

LEADERSHIP

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PRESENTING

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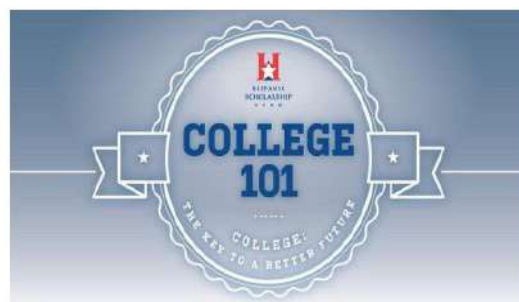


SUPPORTING

SPONSORS:



[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  
AJILIAR:



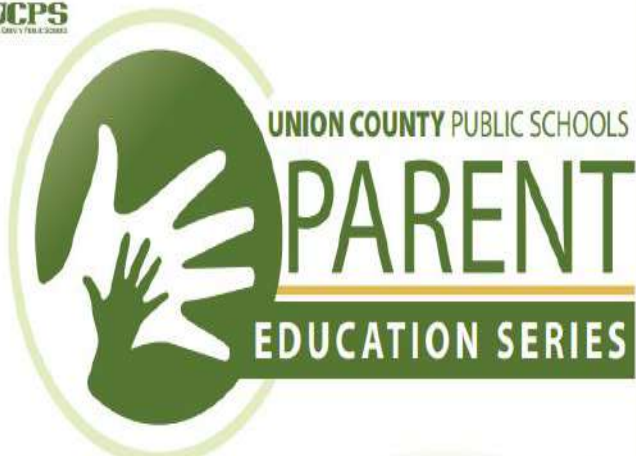
[College\\_101\\_-\\_ET\\_-\\_Spanish\\_Invitation.pdf](#)





# Counseling

UCPS  
UNION COUNTY PUBLIC SCHOOLS



UCPS is offering four workshops to help parents with resources and tools to navigate tough situations. All parents are invited and encouraged to attend one or all of the following sessions.

## VAPING

**Oct. 27, 2022 at 6:30-7:30 p.m. - Monroe High**

This presentation will review types of e-cigarettes (e-cigs, vapes), how to identify the different shapes and sizes of e-cigs, how to identify the use of e-cigs in teens, the epidemic use of e-cigs in teens and harmful effects, and how to prevent use and get help/support for teens who are using e-cigs.

PRESENTERS: Dr. Carolyn Ford and Erica High

## FAMILY WELLNESS

**Jan. 19, 2023 at 6:30-7:30 p.m. - Porter Ridge High**

How much is too much? Learn healthy ways of eating and all the benefits. Understand portion control. Participants will learn how much physical activity is needed to live a happier and healthier life.

PRESENTER: Tracey Leitner

## SUICIDE AWARENESS

**Feb. 16, 2023 at 6:30-7:30 p.m. - Sun Valley High**

Participants will learn about terminology related to suicidal activity, prevalence, risk factors, characteristics and warning signs. They will also receive information about community resources.

PRESENTERS: Belle Walker and Susan Slattery-Rogers

## ANXIETY AND STRATEGIES

**March 9, 2023 at 6:30-7:30 p.m. - Sun Valley High**

Trent Morrow, from L&B Counseling, will present "The Anxiety Trap." It's human to experience fear, self-doubt and confusion. In the right dose these feelings can be helpful—they keep us vigilant, engaged, and productive. However, sometimes anxiety can act as a trap when it begins to overburden our brains and undermine the way we and our kids perform. Trent will discuss how to break free from this kind of anxiety and discuss the strategies that can put us all in charge instead of the anxiety.

PRESENTER: Trent Morrow

STAY CONNECTED  [www.ucps.k12.nc.us](http://www.ucps.k12.nc.us)

UCPS  
UNION COUNTY PUBLIC SCHOOLS



UCPS ofrece cuatro talleres para ayudar a los padres con recursos y herramientas para navegar situaciones difíciles. Los padres están invitados a asistir a una o a todas las sesiones.

## VAPING

**Oct. 27, 2022 a las 6:30-7:30 p.m. - Secundaria Monroe**

Esta presentación revisará los tipos de cigarrillos electrónicos (e-cigs, vapes), cómo identificar sus diferentes formas y tamaños, cómo identificar el uso de e-cigs en adolescentes, uso epidémico de e-cigs en adolescentes y los efectos nocivos, cómo prevenir el uso y obtener ayuda para los adolescentes que usan cigarrillos electrónicos.

PRESENTADORES: Dr. Carolyn Ford y Erica High

## BIENESTAR FAMILIAR

**Jan. 19, 2023 a las 6:30-7:30 p.m. - Secundaria Porter Ridge**

¿Cuánto es demasiado? Aprende formas saludables de comer y todos sus beneficios. Entiende el control de porciones. Los participantes aprenderán cuánto actividad física se necesita para vivir una vida más feliz y saludable.

PRESENTADOR: Tracey Leitner

## CONCIENTIZACION SOBRE EL SUICIDIO

**Feb. 16, 2023 a las 6:30-7:30 p.m. - Secundaria Sun Valle**

Los participantes aprenderán sobre la terminología relacionada con la actividad suicida, incidencia, factores de riesgo, características y señales de advertencia. También recibirán información sobre los recursos de la comunidad.

PRESENTADORES: Belle Walker y Susan Slattery-Rogers

## ANSIEDAD Y ESTRATEGIAS

**March 9, 2023 a las 6:30-7:30 p.m. - Secundaria Sun Valley**

Trent Morrow, de L&B Counseling, presentará "La trampa de la Ansiedad". Es humano experimentar miedo, dudas y confusión. En la dosis correcta, estos sentimientos pueden ser útiles: nos mantienen vigilantes, comprometidos y productivos. Sin embargo, a veces la ansiedad puede actuar como una trampa cuando comienza a sobrecargar nuestros cerebros y a minar la forma en la que nuestros hijos y nosotros nos desempeñamos. Trent hablará de cómo liberarse de este tipo de ansiedad y de las estrategias que nos pueden poner a cargo en lugar de la ansiedad.

PRESENTADOR: Trent Morrow

MANTENTE CONECTADO  [www.ucps.k12.nc.us](http://www.ucps.k12.nc.us)



# 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...)



# 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