

# Wolf Pack Press



Parkwood Wolf Pack Family,

Please make sure that your student's absence notes for T3 are turned in by Friday, **12/9/2022**. If your student is absent after that date, please send their absence note(s) in upon their return to school. For additional information regarding the attendance policy, please use the link on the last page of this newsletter. We have 10 school days until the holiday break and 22 school days until the beginning of 1st semester 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 December 4 - December 10 School Events

Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9	Saturday 12/10
No Events	Basketball vs Piedmont M. JV- 4:30 W. Var- 6:00 M. Var- 7:30  Indoor Track @ Forest Hills 3:45 PM	Basketball @ Buford W. JV- 4PM M. JV- 5:00 W. Var- 6:00 M. Var- 7:30	Men's Wrestling @ Weddington 5 PM	Basketball vs Indian Land High W. JV- 4:00 PM M. JV- 5:00 PM W. Var- 6:00 PM M. Var- 7:30 PM  Women's and JV Wrestling @ Olympic High 5:30 PM	Pancake Breakfast with Santa 9-11 AM  Men's Wrestling @ South Stanly High  Winter Semi-Formal Dance



# 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:

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

Holiday Break- No School  
December 19-January 2, 2023

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

Cheer Alumni Night  
January 27

State Cheer Competition  
January 28

Senior Cheer Night  
February 10

College/Career/Military Fair  
February 15

Prom May 6

Graduation June 13 at 8 AM in  
Wolf Pack Stadium



# Athletics

PWHS Athletic Website

**Rocky Richar**  
**Athletic Director**  
[rocky.richar@ucps.k12.nc.us](mailto: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>

## 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>

## Spring Sports

### Head Coach

### Email

Baseball Varsity Head Coach	Rocky Richar	<a href="mailto:rocky.richar@ucps.k12.nc.us">rocky.richar@ucps.k12.nc.us</a>
Men's Golf Head Coach	Don Mather	<a href="mailto:donald.mather@ucps.k12.nc.us">donald.mather@ucps.k12.nc.us</a>
Men's Lacrosse Head Coach	Jacob Penner	<a href="mailto:jacob.pennerlax@gmail.com">jacob.pennerlax@gmail.com</a>
Men's Tennis Head Coach	Kristy Erdelyi	<a href="mailto:kristy.erdelyi@ucps.k12.nc.us">kristy.erdelyi@ucps.k12.nc.us</a>
Men's Track and Field Head Coach	Grover Moore	<a href="mailto:grover.moore@ucps.k12.nc.us">grover.moore@ucps.k12.nc.us</a>
Softball Varsity Head Coach	Mary Hughes	<a href="mailto:mary.hughes@ucps.k12.nc.us">mary.hughes@ucps.k12.nc.us</a>
Women's Lacrosse Head Coach	Nicole Gress	<a href="mailto:nicole.gress@ucps.k12.nc.us">nicole.gress@ucps.k12.nc.us</a>
Women's Track and Field Head Coach	TBD	TBD
Women's Varsity Soccer Head Coach	Erika Morelock	<a href="mailto:erika.morelock@ucps.k12.nc.us">erika.morelock@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>





# 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.





# 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

The new site [ApplyToTradeSchool.com](https://www.ApplyToTradeSchool.com) is launching now for high school students interested in attending a Trade/Vocational School. The site is backed by College Fairs Online who have been connecting students to colleges for over 10 years. The new site is just starting out and adding new trade schools every day. There is also a \$1000 scholarship opportunity at [ApplyToTradeSchool.com](https://www.ApplyToTradeSchool.com) for high school seniors.

To have students check out the site and/or apply for the scholarship drawing please feel free to place a link to [www.ApplyToTradeSchool.com](https://www.ApplyToTradeSchool.com) on your High School's website, the Counselors page, AVID page, College resources page or any other page you feel necessary. Please feel free to also include the link in emails that go out to students regarding preparing for college. You can also share the site on social media using the links below. Remember the site will be adding more and more trade schools every month.

### Niche College Scholarship

- \$2,000 - 12 Awards (Deadline: **December 31, 2022**)

To be eligible for the scholarship a student must:  
A) Be a senior in high school or a current college student.

B) Be attending or planning to attend college or university in 2023.

Applications can be found by going to:

<https://studentscholarships.org/scholarship/20304/niche-2k-no-essay-college-scholarship>

### Easton/NFAA Scholarship Program

- \$5,000 - 5 Awards (Deadline: **December 31, 2022**)

To be eligible for the scholarship a student must:

A) Be a member of the NFAA or the NAA/USA Archery.

B) Be applying to be a full-time student at a two or four-year college/university or a technical training college.

Applications can be found by going to:

<https://studentscholarships.org/scholarship/12654/eastonnfaa-scholarship-program>



# 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](mailto: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



## 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](https://lawa.news/HighSchool)

#### Careers in Computer Science

Saturday, January 24, 2023  
8:30 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

#### Careers in Sports and Motorsports Management

Saturday, December 10, 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  
Johnson C. Smith University

#### SPONSORS:



## LAWA PRESENTA 2022-2023

### REGISTRESE PARA...

Sesiones informativas GRATUITAS BILINGÜES 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 STEM

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  
Johnson C. Smith University

#### Carreras en educación

Sábado 28 de enero 2023  
8:30 am - 1:00 pm  
University of North Carolina at Charlotte

#### Carreras en ciencias de la salud

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

#### Carreras en economía y pre-negocios

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  
Johnson 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](mailto:scholarships@lawanc.org) for more

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### 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 el 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](mailto:scholarships@lawanc.org)

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# Counseling

**UCPS**  
UNION COUNTY PUBLIC SCHOOLS

**Choosing  
the Right  
Path in HS**

Learn about tools and resources available to UCPS students to help them choose the right path in high school!

*Tuesday, December 6, 2022  
6:00 PM - 7:30 PM*

Register by visiting <http://bit.ly/collegereadysessions>

The poster has a green background with a torn-edge effect. It features three yellow starburst graphics. The title is composed of three white arrow-shaped boxes pointing right, stacked vertically. The date and time are in a light green, italicized font. The registration link is underlined.



# Counseling

## COLLEGE PLANNING TIMELINE

### For 9<sup>th</sup> Grade & 10<sup>th</sup> 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 11<sup>th</sup> 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



## Studying Strategies

### 1. Plan a study schedule

- Begin studying several days before the exam
- Reduce distractions- Phone off and find a quiet location
  - Avoid multitasking

### 2. Efficient note-taking tips

- Use bullet points or symbols- For example: Use a \* for points you want to flashcard, use a ! for ideas you want to come back to, or a ? for points you would like to ask your teacher about
- Review notes each night the day they are written down

### 3. Study Tools

- Create flashcards out of notes
- Teach or explain the material to someone else
- Create stories or mnemonics to help you remember dates or words
  - Have a study group with friends

### 4. Healthy Habits

- Take a 5 minute break every half hour of studying to help with refocusing
  - Don't study right before bedtime
  - Make sure you are getting enough sleep
- Turn off screens at least an hour before bedtime





# 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