

# THE JAGUAR PRIDE

F O R E S T V I E W   H I G H   S C H O O L

JULY  
2019  
Issue 1

## Principal's Message

### Helping Your Student Get the Most Out of High School

*From NEA and National Parent Teacher Association*

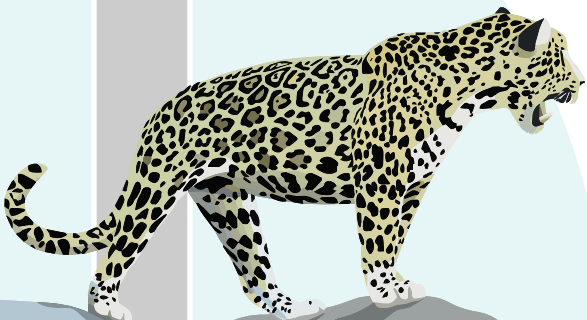
Parents want their children to do well in high school but sometimes it is a challenge to figure out how to support them. High school is a time when parent involvement is critical; teens need your help even if they don't realize it. Following are some hints on how to help your teen get the most out of high school.



#### **HELP YOUR CHILD SHOW UP AT SCHOOL WITH A GOOD ATTITUDE AND READY TO LEARN**

- Studies indicate that showing up is important but not sufficient for school success. Physical and mental states are important factors in getting the most from school.
- Keep tabs on school attendance. Check report card attendance reports. If you suspect a problem, immediately call the school. Do not encourage your child to skip school for special trips or activities not related to school such as a family vacation or an outing with friends. That makes school seem less important than having fun.
- Make sure your teen gets plenty of sleep. Recent studies show that teenagers need nine or more hours of sleep nightly and that students earning As and Bs generally are getting to bed earlier than students with lower grades.
- Don't accept the "I'm never gonna use this after high school" excuse for not working hard in a particular class. For example, algebra may not be everybody's favorite subject, but studies show that courses like algebra are critically important in college acceptance decisions and achievement.
- If you have a senior, beware of "senior slump." Recent reports

*continued on next page...*



*Building Champions in Academics, Athletics, and the Arts. Building Champions for Life.*

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# Principal's Message

...continued from front page

indicate that students may consider the last year of high school a waste of time. However, students who waste their senior year are often unprepared for college-level work even if they took challenging courses during their earlier high school years.

## HELP ORGANIZE TIME AND MATERIALS

- Just because students are in high school does not guarantee they are all prepared to do high school work, especially long-term projects, on their own.
- Help your teen keep an assignment calendar with dates for long-term projects as well as daily homework. Review the calendar at the beginning of the week to plan how time will be used and make allowances for other activities such as sports and clubs.
- Help your teen divide long-term assignments into smaller tasks and develop a timeline for when tasks should be finished in order to have the entire assignment completed on time.
- Make sure there is a place for quiet study away from the television and telephone along with a place to keep school materials, including materials necessary for long-term assignments.

## TAKE AN INTEREST

- Studies show that parent involvement drops dramatically as students move from elementary school into middle and high school. Yet given the complexities of today's high schools, this is a time when many students are most in need of parental support and involvement.
- You might not understand a subject such as physics or early American literature but you can still listen to your teen talk about what is happening in class. Also listen to what is happening outside of class. Listen to what your teen is trying to say without immediately judging or offering advice. Encourage your teen to join a club or sport at school. Outside activities are educational and often increase students' interest in school.
- Help your teens put their concerns or problems into words and encourage them to try and figure out possible solutions or coping strategies.
- Try to find at least one teacher with whom you can communicate regularly for updates or advice on your teen's general well-being in high school.

The ultimate goal is to help students become self-sufficient managers of their time and resources in order to get the most out of high school. They may need your help even if they don't realize it. Help them to develop habits and strategies for greater achievement while encouraging them to take increasing responsibility for their work.

As we prepare for the 2019-2020 school year, we want to share important dates with you:

**Paint the Paws Night** will be held August 15th from 4-6 pm for seniors. Parking Permits will be sold that night to Senior's for \$20 dollars (reg. price this year is \$25) and of course seniors will be allowed to pick out a parking spot and decorate it with duct tape or chalk. No paint please. \*Keep it clean; no derogatory symbols, pictures, or words. Thanks!

**Jag Freshmen Camp** will be held on August 13th from 9 am-11 am. This event will include general information for our incoming freshmen and a free class t-shirt.

continued on next page...

## VISION STATEMENT

To provide an educational experience committed to excellence in academics, arts, and athletics that ensures our students will have success as lifelong learners.

## MISSION STATEMENT

Forestview High School is dedicated to providing rigorous and relevant experiences that cultivate globally competitive students.

## FORESTVIEW ADMINISTRATION

<b>Principal</b>	Crystal Houser
<b>Assistant Principals</b>	Josh Bromley Janet Ramsey NaKishia Glenn
<b>Resource Officer</b>	Ian Martin
<b>Security</b>	Michael Chambers
<b>Financial Secretary</b>	Marianne Pekarek
<b>Data Manager</b>	Beth Quattlebaum
<b>Receptionist</b>	Angela Olmsted
<b>Attendance Receptionist</b>	Janice Strohm
<b>Media Specialist</b>	Melissa Heilig
<b>Graduation Coach</b>	Angela Blount
<b>Guidance Counselors</b>	
(A-F)	Amelia Clemmons
(G-M)	Julie Connolly
(N-Z)	Bianca Malloy
<b>Career Development Coordinator</b>	Heather Forbes
<b>Nurse</b>	Dawn Hall
<b>Social Worker</b>	Valerie Williams

The Jaguar Pride  
July 2019

Published Four Times Per Year  
Gaston County Schools  
943 Osceola Street  
Gastonia, NC 28054  
Issue 1

# Principal's Message

...continued from previous page

**Jag Freshmen Parent Night** will be held August 13th, at 6 pm. This informative event is designed just for parents. During this event parents will learn about the important programs available for their student and some of the important facts they need to know for the 2019-2020 school year.

**The View's Open House** will be on Thursday, August 22 from 5:00-7:00 p.m. At this time, students will be allowed to receive their schedules and meet their new teachers. This is always a big event in which parents can complete paperwork, visit with teachers, buy spirit wear, and join the FHS PTO and the Athletics Booster Club. Thank you Jaguars for your support of Forestview High School and enjoy the rest of your summer break!

With Jaguar Pride,

Crystal C. Houser  
Principal

## Forestview High School PTO

The Forestview High School PTO would like to welcome you to the 2019-2020 school year. For those of you who are unfamiliar with us, we are a volunteer organization made up of parents, teachers, administrators and support staff who are all dedicated to the successful education of our children. The mission and purpose of the PTO is to support academics and the arts at Forestview High School. Last year we provided funding to the choral and art departments, purchased technology equipment for the classrooms, and awarded the Robert Carpenter Scholarship in the amount of \$1000. Funds raised through our membership drive go directly to support academics and the arts at our school. We appreciate your support!

You can support us by:

- Joining the PTO and paying your \$10 membership fee
- Donate to the PTO • Consider being a corporate sponsor
- Support the PTO fundraisers Parents can contact us at forestviewpto@gmail.com.

Join your PTO today, and help make a difference in your child's education today!

# 2019-2020

## Jags Upcoming Events

- Aug. 3 . . . . . Football Parent Meeting 11:30 am
- Aug. 10 . . . . . Soccer Alumni Game 10 am
- Aug. 12 . . . . . Cross Country Tryout Week
- Aug. 13 . . . . . JAG Freshman Camp (9-11 am)
- Aug. 13 . . . . . JAG Freshman Parent Night (6pm)
- Aug. 14 . . . . . Drop/Add (Sr. & Jr. only) 8-11am & 1-4pm
- Aug. 15 . . . . . Drop/Add (Fr. & So. only) 8-11am & 1-4pm
- Aug. 15 . . . . . SENIORS ONLY - Paint the Paws 4-6pm (Senior Parking Pass Discount \$20)
- Aug. 17 . . . . . Volleyball Scrimmage 9am
- Aug. 19 . . . . . First Home Volleyball vs. E. Lincoln 6pm
- Aug. 21 . . . . . XC at Kings Mtn. 4:30pm
- Aug. 22 . . . . . Open House (5-7pm) & First Home Tennis vs. SP 4:00pm
- Aug. 23 . . . . . First Home Football vs. Northwest Cabarrus 7:30pm
- Aug. 26 . . . . . First Day of your BEST School Year!
- Sept. 2 . . . . . Labor Day Holiday



Appointments Available 7am – 7pm  
and Fridays & Saturdays

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# The View Is *Fabulous*

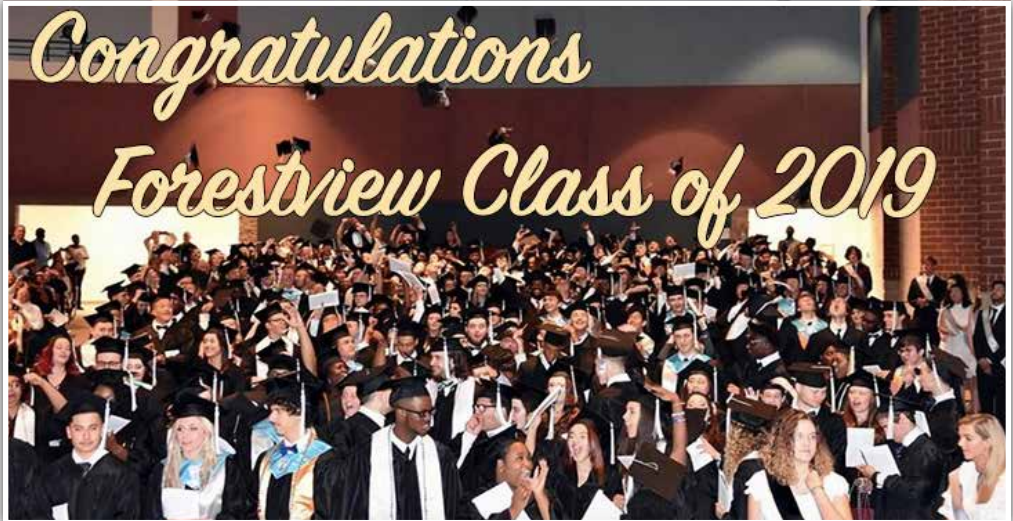
## Way to go Jags!



### Download Our Mobile App!

- View calendar
- View sports scores
- Access school information
- Receive important alerts
- Access PowerSchool and K12 payment center

### Champions in Academics



Congratulations to the class of 2019 for being awarded over 9M dollars in Scholarships and Grants.

Congratulations to our senior class who earned over 440 Industry Recognized Credentials.

We are proud to be the NEW CHOICE College Preparatory Academy of Gaston County!

We offer Choice, Flexibility, and a pathway to success for College and Career after High School.

Check out our website for lots of school information and updates!! [Bit.ly/FHSJags](http://Bit.ly/FHSJags).



Gaston County Schools  
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**Forestview High School**



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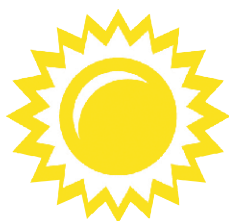
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**GO JAGUARS!**

# The View Is *Fabulous*

## Champions in Athletics

Congratulations to Forestview Athletics for supporting Conference, and Regional team winners.



## Summer Greetings from YOUR Forestview Athletics Booster Club!

Some of you may not even know what the FHS Athletics Booster Club does? Simply put, it supports and encourages FHS athletic programs, promoting projects that allow our athletes to have adequate facilities and equipment!

Here are just a few things your Booster Club has done over the last few years:

- Important improvements to the stadium, including a new speaker system, a new Spirit Shack and necessary stadium landscaping
- Much-needed improvements to the tennis area, including a new parking area
- Promoted school spirit (and fun!) at Tailgate events
- Organized concessions at numerous athletic events
- Purchased equipment or paid fees for FHS athletic teams

We are planning more and we want you to be a part of it. We know it is "summer" and your mind may not be on school starting, but, go ahead and plan to join the FHS Booster Club. Memberships are \$10. Information about our officers and membership forms are available on the FHS website at <http://www.gaston.k12.nc.us/Page/5021>. We will also have forms available at Orientation Night, team meetings, football games, etc. Please stop and join! Last, but not least, we want to thank all the volunteers who helped out last year in any way. It takes a lot of time and energy to keep our facilities and programs running, and we simply could not do it without your support. We are here to support all athletic programs, and we hope to see you get involved in the 2019-20 school year. Please feel free to contact us at [fhsbooster@gmail.com](mailto:fhsbooster@gmail.com).

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A few spots are left!



We need you!

Advertise in the *The Jaguar Pride!* This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Crystal Houser • [cchouser@gaston.k12.nc.us](mailto:cchouser@gaston.k12.nc.us)  
Forestview High School



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# The View Is *Fabulous*

## Champions in the Arts

Congratulations to our Band, Chorus, and Visual Arts for outstanding achievement and recognition on local, regional, and state levels.



## Champions in Our Community



## Official team doctors for Forestview High School.

At Carolina Orthopaedic & Sports Medicine Center, we are dedicated to keeping you in motion by providing exceptional orthopaedic care for your bone, joint, and muscle injuries and conditions.

2345 Court Drive | Gastonia, NC 28054 | [www.CarolinaOrthopaedic.com](http://www.CarolinaOrthopaedic.com)  

 **Carolina  
Orthopaedic**  
& Sports Medicine Center

*Focused on You*

## Their Name In Lights!

Jaguar Parents take the opportunity to wish your student a happy birthday or congratulate them for a job well done by placing their name in lights on our giant LCD Sign in front of Forestview! For just \$10 you can wish your student happy birthday or congratulations for graduating. Just fill out the following form and attach a \$10 payment. Your student's message will be up on the FHS marquee in lights for 1 week.

### Forestview High School LCD Sign Birthday/Graduation Request Form

Student's Name: \_\_\_\_\_

Student's Date of Birth: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Address: \_\_\_\_\_

Fee: \_\_\$10.00\_\_\_\_\_ Date Displayed: \_\_\_\_\_

Example of What Will Be Displayed:

\* HAPPY BIRTHDAY JOHN SMITH!

\*Congratulations John Smith Class of 2020! (Picture of Student Included if requested)

This form indicates that you have requested to have the above mentioned student's birthday message displayed on Forestview's LCD Sign in front of the school. There will be a \$10.00 fee for sign usage. Fee must be turned in with this form. All messages must be approved by the principal. Request must be turned in a minimum of 5 days prior to message date.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Principal Approval: \_\_\_\_\_

**\*\*Please Attach \$10.00 Fee\*\* Please make checks out to: Forestview High School**

## Strong Start

**PARENTS, ESTABLISH A SOLID HOME-STUDY DISCIPLINE** with your student. Encouraging and supporting this vital activity will improve your student's attitude and performance at school and instill a work ethic that endures for a lifetime.

- SET A SCHEDULE:** Establish a regular timeslot for this important daily activity. Seek your child's agreement and commitment to reserve this time each day for homework and study. Encourage this discipline. In many ways, it's his/her job and should be an important part of the daily routine. Your support and involvement in your student's home-study effort makes a huge difference in the high school experience.
- CREATE THE ENVIRONMENT:** Students can be easily distracted. Teach them to create an atmosphere conducive for concentration. Minimizing social media access, loud music, and other detractors will improve effectiveness and retention. If you notice distractions or deterrents, suggest possible remedies. Having a defined study area works with some students but not all. The most important factor is the discipline of doing it every day.
- OBSERVE AND ENGAGE:** Psychologists suggest that it takes three weeks to break or establish a habit. When school resumes this month, commit three weeks to observing your students daily routine. Make good homework practices a habit for both of you. Your daily assistance and attitude toward school have a huge impact on your child's success.



**GO JAGUARS!**

**Tommy Bynum**  
HEATING & COOLING

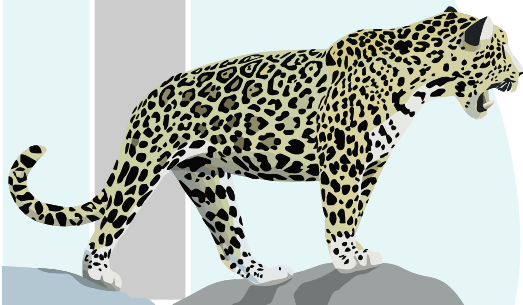
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Web:  
www.tbynum.com

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**Gaston County Schools**  
**Forestview High School**  
 5545 Union Road  
 Gastonia, NC 28056

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**2019-2020**  
**School Calendar**



July 4 ..... Holiday (Independence Day)  
 August 19-23 ..... Mandated Teacher Workdays  
 August 26 ..... Students' First Day  
 September 2 ..... Holiday (Labor Day)  
 October 4 ..... End of First 6-Week Grading Period  
 October 10 ..... Parent-Teacher Conferences (All Grade Levels)  
 Early Dismissal for Students  
 6-Week Report Cards Distributed  
 October 11 ..... Optional Teacher Workday  
 October 25 ..... End of First 9-Week Grading Period  
 October 31 ..... 9-Week Report Cards Distributed  
 November 11 ..... Holiday (Veterans Day)  
 November 19 ..... End of Second 6-Week Grading Period  
 November 27 ..... Student Holiday  
 Teacher Annual Leave  
 November 28-29 ..... Holidays (Thanksgiving)  
 December 5 ..... 6-Week Report Cards Distributed  
 December 20 ..... Optional Teacher Workday  
 December 23-25 ..... Holidays (Winter)  
 December 26-27 ..... Student Holidays  
 Teacher Annual Leave  
 December 30-31 ..... Student Holidays  
 Teacher Annual Leave  
 January 1 ..... Holiday (New Year's Day)  
 January 2 ..... Student Holiday  
 Teacher Annual Leave  
 January 3 ..... Optional Teacher Workday  
 January 17 ..... End of Second 9-Week Grading Period  
 January 20 ..... Holiday (Martin Luther King Day)  
 January 21-22 ..... Mandated Teacher Workdays  
 January 22 ..... Full Day Professional Development for Elementary and Middle Schools; Half Day Professional Development for High Schools  
 January 23 ..... All Report Cards Distributed  
 February 17 ..... Optional Teacher Workday  
 March 5 ..... End of Fourth 6-Week Grading Period  
 March 12 ..... Parent-Teacher Conferences (All Grade Levels)  
 Early Dismissal for Students  
 6-Week Report Cards Distributed  
 March 13 ..... Optional Teacher Workday  
 March 27 ..... End of Third 9-Week Grading Period  
 April 2 ..... 9-Week Report Cards Distributed  
 April 10 ..... Holiday (Spring)  
 April 13-16 ..... Student Holidays  
 Teacher Annual Leave  
 April 17 ..... Optional Teacher Workday  
 April 27 ..... End of Fifth 6-Week Grading Period  
 May 7 ..... 6-Week Report Cards Distributed  
 May 25 ..... Holiday (Memorial Day)  
 June 9 ..... Students' Last Day; Early Dismissal  
 June 10-12 ..... Mandated Teacher Workdays  
 June 13 ..... Graduation Day

**Inclement Weather Makeup Days**  
 December 20 January 22 February 17  
 March 13 April 17 April 16 April 15

The Board of Education reserves the right to use early release days, teacher workdays, student holidays, and Saturdays as makeup days for inclement weather. The Board may add days of employment to end of the school year.

Testing dates will be added to the calendar later when they are determined by the state.

**AUGUST**

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**SEPTEMBER**

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**OCTOBER**

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**NOVEMBER**

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**DECEMBER**

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**JANUARY**

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**FEBRUARY**

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**MARCH**

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**APRIL**

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**MAY**

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**JUNE**

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**Calendar Key**

- Holiday
- First/Last Day of School
- Teacher Annual Leave
- Early Dismissal
- Mandated Teacher Workday
- Optional Teacher Workday
- 6-Week Report Cards Distributed
- 9-Week Report Cards Distributed

**Gaston County Schools**

P. O. Box 1397 Gastonia, NC 28053 (704) 866-6100  
 www.gaston.k12.nc.us GCS 21 Education Station

Calendar approved by the Board of Education, January 18, 2019  
 Design by Communications/Public Information Department