

THE JAGUAR PRIDE

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

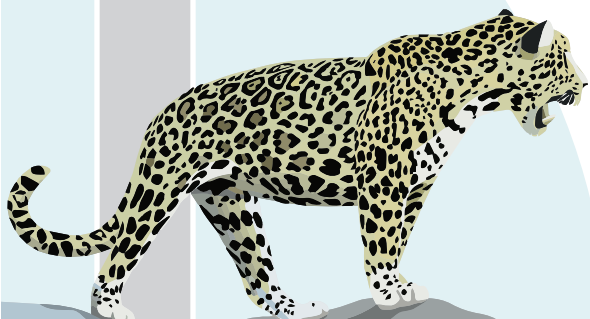
MARCH
2020
Issue 4

Finishing Strong

We are rapidly approaching the conclusion of this school year. Right now, the focus of your student should be on maintaining and improving school life and you can help. Your attention and involvement in this effort will reinforce the importance you place on your child's school experience and have a tremendous positive effect on his/her school life.

1. Talk to your student about his/her social, extra-curricular, and academic realities. High school can be stressful and these conversations will help you both by providing insight and new perspectives. Academics are important, but few of us have memories of those challenges. Instead, we tend to remember high school relationships and social experiences, but life was better during this time if we were confident about grades.
2. Reinforce positive and successful school habits. Attention in class, homework, test preparation, and attendance are key factors.
3. Access and review your student's class progress, attendance, and testing schedules on Parent Portal.
4. Talk to your student about ways to improve school life. You've 'been there/done that', and probably know how you might have improved your experience.
5. Identify and encourage tutoring and study assistance classes available at the school.
6. Help your student to increase focus and effort. 'Coasting' is a natural, but deadly tendency at the conclusion of the school year.

Your involvement is a tremendous positive factor for a successful high school experience. Your interest, willingness, and dedication to helping your child succeed provides an unmistakable message. Your child will thank you for it - someday.



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

5545 Union Road • Gastonia, NC 28056 | 704.861.2625 | Fax: 704.853.3323

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

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

The Jaguar Pride
March 2020
Published Four Times Per Year
Gaston County Schools
943 Osceola Street
Gastonia, NC 28054
Issue 4

Study Strategies that Work

Whether it's for a unit assessment, an AP test, or a final exam, knowing and using effective study techniques can make a huge difference in your performance and confidence. Test anxiety is generated from a number of factors, but one of the biggest is the lack of study skills and time devoted to studying. The following strategies will not only help you get a better grade on the test, but you will retain more of the information you're learning as well.

Keep the following tips in mind the next time you have a big exam:

- **FREQUENCY** - Cramming all of your studying into a short period of time is bad practice. Studying should happen in 20-40 minute increments with short breaks in between. Walk around, do some pushups, stretch, and then get back to work.
- **SLEEP** - All-nighters are still a thing for some students, but research has clearly found them to be detrimental. If your body cannot sink into a deep sleep and achieve R.E.M., the result will be a drop in retention, focus, and reasoning - the exact opposite of what you're shooting for.
- **TIMING** - On that note, scientists have found that reviewing difficult material right before bed will help in retention. Skip the social media and review some notes before flipping the lights off.
- **MIX IT UP** - Games, flashcards, rhymes, pictures, and practice tests all contribute to the retention of material. Don't just re-read your notes or texts, but rather challenge yourself to take good notes, create visual cues, and use flashcards to quickly review important topics and vocabulary.
- **DIET** - Avoiding junk food and choosing healthy proteins (nuts), fruits, and vegetables can help feed your body and brain. Eating a filling breakfast is important as well as having healthy snacks on hand. Your brain consumes glucose as you study and perform hard tasks, so make sure you're feeding it!
- **DISTRACTIONS** - Studying with music has proven to be distracting at the subconscious level, so finding a quiet space is important. Other distractions like cell phones, TV, and conversations with friends are even more of a deterrent.
- **ANXIETY** - If you are stressed out, your brain cannot perform well on difficult tasks. Working on stress relief techniques, taking study breaks, and avoiding the temptation to cram will allow you to approach exams with more confidence and less stress.

Jags Upcoming Events

Mar. 12	Parent Teacher Conference Day (Report Cards Distributed)
Mar. 13	Drive 4 Schools @ Tindol Ford in Gastonia (Donations for Band Uniforms)
April 2-4	Spring Musical 'Guys & Dolls' (7pm nightly; 2pm matinee Saturday)
April 4	Annual Run 4 Money Event (Gastonia Pavillion – Choose Forestview!)
April 7	Spirit Night @ JIA
April 9	Interim Reports
April 10-17	Spring Break
May 2	Prom (8pm-12am)
May 7	Report Cards Distributed
May 21	Interim Reports
May 21	Chorus Spring Concert
May 22	Blood Drive 8-2pm @ Forestview
May 26	Academic Scholarship Awards 6pm
May 27	School-wide Awards 8:30am
May 28	Band Spring Concert
June 3-9	Final Exams
June 12	Graduation Practice 8am-1pm
June 13	Graduation 9am



Spring Into Academic Success

We want you to be successful in the new semester. After school tutoring is available through May 28, 2020.

Here is how you can get the help you need.

1. Talk to your teacher first. Your teachers are a valuable resource and they are willing to help. All you need to do is ask. You may set up a time convenient to both you and your teacher to get the extra help you need.



2. We will offer a Tuesday/Thursday after school remediation program to help those students enrolled in EOC courses (Math I, Biology, and English 10). This program will begin March 24th and will run every Tuesday and Thursday from 3pm-4pm. We will provide bus transportation as well for those students that need it.

3. Take the time to get the extra help you need before you fall behind. Sometimes it only takes a short period of time, working in a small group or individually with teachers, to get on track to making good grades. Start early and invest the time; it will pay off in the end.

4. Saturday School Sessions are available each month to help

students make up work, recover a grade in a failed course, or prepare for Final Exams. You must see your teacher or Assistant Principal to sign up for Saturday School.

*Contact your teacher today to make arrangements for tutoring.

Parents, Get Involved !

The positive effects of parent involvement does not just benefit the students. Parents, teachers, and schools come out ahead, too. Children with parents who are involved in their education are more likely to:

- Earn better grades.
- Score higher on tests.
- Attend school regularly.
- Have better social skills.
- Show improved behavior.
- Be more positive in their attitude toward school.
- Complete homework assignments.
- Graduate and continue their education.

Parents who are involved in their children's education are more likely to:

- Be more confident at school.
- Be more confident in themselves as parents and in their abilities to help their children learn.
- Be held in higher esteem by teachers.
- Continue their own education.

Schools with highly involved parents are more likely to have:

- Better morale among teachers.
- Higher ratings of teachers by parents.
- More support from families.
- A better reputation in the community.

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Appointments Available 7am – 7pm
and Fridays & Saturdays

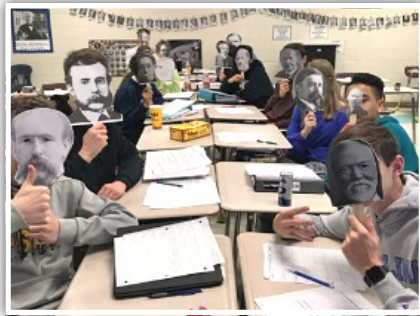
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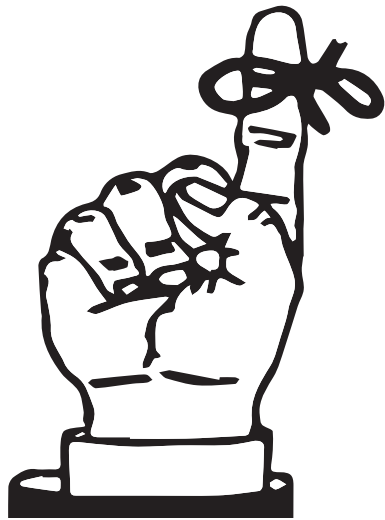
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GO JAGUARS!

Spring Musical Performance

Our Fine Arts Department (Chorus, Band, Theater Arts) is proud to present our Spring Musical Guys and Dolls. We will be competing for "The Blumeys".

Join us April 2-4, 2020 7pm Nightly with a 2pm Matinee on Saturday.



End of Year Reminders

- Please keep your ATTENDANCE, GRADES, and BEHAVIORS in check. You need to finish the semester strong to continue BUILDING A STRONG RESUME for college or a career.
- This semester grades and attendance will determine your ATHLETIC ELIGIBILITY for next fall. You must pass all of your classes and have no more than 12 absences for the entire semester.
- See your counselor for information about SUMMER JOBS. There are many jobs available to help you stay active in your community and earn some summer money. Check it out!
- Do the RIGHT things the RIGHT way!

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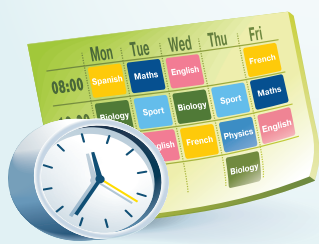
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Every School Day Counts

An estimated 5 million to 7.5 million U.S. students miss nearly a month of school each year.

- Research shows that missing 10 percent of school days, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and that's known as chronic absence.
- Chronic absence is a leading indicator that a student will drop out of high school.
- When students improve their attendance rates, they improve their school performance.
- Good attendance is an important life skill.

Parents play a key role in school attendance. Let your student know it is the expectation. Establish home-study routines and sleep habits that make attendance a non-issue. Encourage



participation in school clubs, organizations, and sports. Monitor his/her progress and talk about it. **Students who are engaged at home and at school rarely miss a day.**

Spirit of Community & Inclusion

Our School Raised over \$3000 for Special Olympics. Way to go JAGS!



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Focused on You



Graduation Is Around The Corner

Don't wait! Get your academic affairs in order NOW so that you get to make the walk across that stage on June 13th.

- Have you ordered your Cap & Gown?
- Are you **PASSING** your courses?
- Are you in good standing with **ATTENDANCE**?
- Have you served your Saturday School Time for FF's?
- Have you taken care any outstanding debt or fees?

AP Capstone™



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Forestview HS is one of 54 high schools in the state of NC to offer the prestigious, rigorous, AP Capstone pathway of study.

We will recognize our first graduating cohort of AP Capstone Diploma Candidates this year at our 2020 Graduation Ceremony.

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Forestview High School
Crystal Houser • cchouser@gaston.k12.nc.us

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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 Third 6-Week Grading Period
 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

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

