

# THE JAGUAR PRIDE

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

NOVEMBER  
2019  
Issue 2

## Principal's Message

### Latest on Vaping

From the CDC: September 19, 2019

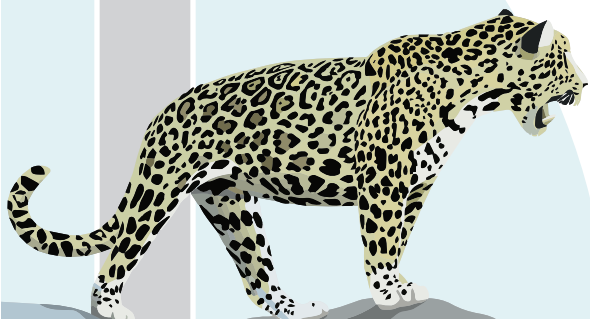
The Center for Disease Control, the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of lung injury associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use.

#### Key Facts about E-Cigarette Use, or Vaping:

- Electronic cigarettes - or e-cigarettes - are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette product is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs. The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.

#### What we know:

- There are 530 cases of lung injury reported from 38 states and 1 U.S. territory. Seven deaths have been confirmed in 6 states.
- CDC has received complete sex and age data on 373 of 530 cases.
  - Nearly three fourths (72%) of cases are male
  - Two thirds (67%) of cases are 18 to 34 years old
  - 16% of cases are under 18 years and 17% are 35 years or older
- All reported cases have a history of e-cigarette product use or vaping.
- Based on initial data from certain states we know: Most patients have reported a history of using e-cigarette products containing THC. Many patients have reported using THC and nicotine. Some have reported the use of e-cigarette products containing only nicotine!



With Jaguar Pride,  
Crystal C. Houser, *Principal*

*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

<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

## Is Your Student Going to College? -

### An Admissions Counselor's Guide for College Applicants

1. Build a strong foundation in high school. To get ahead, begin establishing a strong grade point average (GPA) in ninth grade.
2. Participate in at least one extracurricular activity and one community service activity. What you do in your free time reveals a lot about you, particularly your passions and values. Involvement in outside activities, particularly STEM-related clubs and organizations, may give you an edge over another applicant with equal academic qualifications.
3. Take standardized testing seriously. Test scores play a big role in landing an acceptance letter, so take plenty of time to prepare. Sign up for prep courses and practice tests like the PSAT. There are also free study guides and materials available online. Make the effort to take both the SAT and ACT and take at least one of them twice to get a better score. When taking advanced placement (AP) exams, keep in mind top colleges accept scores of only five or higher.
4. Prioritize your college applications. It takes time to compile a thoughtful, thorough college application. Keep that in mind as you decide which universities to apply to. Keep in mind, you'll still need time to manage your high school course load and enjoy your free time with friends and family.
5. Incorporate your personality in the personal essay. While you don't want to be too casual in your application, neither should you overuse jargon. A good practice is to give specific examples. So, for instance, instead of writing that you "value community service," tell a brief story from your volunteer work.
6. Show why you're special. Schools are looking for students who demonstrate noteworthy ideas and accomplishments. Sharing how you have triumphed in the face of difficulty like a challenging semester, family issue or other life circumstance demonstrates your best qualities.
7. Stay organized. Mark your calendar and stay on top of application deadlines, as well as cut-off dates for submitting deposits, transcript requests and immunization records. A missed deadline could delay registration, prompt additional fees or lead to a lack of admittance into the university altogether.
8. Do not let finances deter you. Don't automatically discount a school you're interested in just because of cost. Reach out to the Financial Aid office for more information and research your options. Dig deep enough and you'll find there are more scholarships available than you might think. Check out the Scholarship Search tool on [www.STEMStudy.com](http://www.STEMStudy.com), a great resource for students interested in applying to a STEM-focused college.
9. Contact the colleges. College fairs and university tours are a great way to not only collect firsthand information about the school, but also to meet one-on-one with an admissions counselor.
10. Be careful about your social media posts. Admissions Counselors may access your social media accounts, so be sure what they find is appropriate. Something negative or unfavorable can lead to a denial letter or withdrawal of acceptance.



## Building Champions In Our School



Spanish language class working on conversational skills during mini interviews.



Young artists on their gallery walk.



German Language class projects.

## 2019-2020

### Jags Upcoming Events

- Oct. 14-18 Spring Musical Tryouts
- Oct. 22 Beta Club Inductions (6pm) – Auditorium
- Oct. 21-25 Homecoming Spirit Week
- Oct. 25 Homecoming Football Game
- Oct. 31 Interim Reports
- Nov. 5 Spirit Night @ Panera Bread
- Nov. 11 Veteran's Day Holiday Parade (11am) - Gastonia
- Nov. 13 ACT Prep Day (9-12)
- Nov. 16 Miss Forestview Pageant (7pm) - Auditorium
- Nov. 19 National Technical Honor Society (NTHS) Inductions @ Stuart Cramer HS (6pm)
- Nov. 27-29 Thanksgiving Holidays
- Dec. 3 Spirit Night @ JIA
- Dec. 5 Report Cards; Holiday Chorus Concert
- Dec. 17 Holiday Band Concert
- Dec. 19 Interim Reports
- Dec. 20-Jan 3 Winter Break
- Jan. 7 Spirit Night @ Noodles & Co.
- Jan. 13-17 Final Exams
- Jan. 20 Martin Luther King Jr. Holiday
- Jan. 21-22 Teacher Workdays
- Jan. 23 Report Cards / Spring Semester Begins



Appointments Available 7am – 7pm  
and Fridays & Saturdays

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## 8 Dangers Of Social Media To Discuss With Teens

### Download our Mobile App!



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

### 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!

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Gastonia, NC 28054

By Nicole Fabian-Weber, July 23, 2019

Social media and kids. Yikes! Is there anything more terrifying for a parent? From cyberbullying to online predators, it seems like the dangers of social media for children are endless. Here's the thing, though: It isn't Instagram, Snapchat and Facebook that should be keeping you up at night.

"On its own, social media is not dangerous," says Lori Getz, a cyber education consultant and author of "The Tech Savvy User's Guide to the Digital World." "It's the manner in which it's used that can be the problem."

Concerned about the risks of social media for your phone-obsessed kid? Experts offer safety tips for eight common dangers of social media.

#### Danger #1: Sharing Too Much

While it certainly isn't advisable for kids to post information about the school they attend or their upcoming whereabouts, typically speaking, online predators work in much more nefarious ways than showing up at a given location they found out about on online (more on that in a bit). On the other hand, identity thieves thrive on knowing the everyday details of people's lives, as they can offer more info than posters realize.

"Identity thieves love social media because people talk about their pets, their hometown, their favorite sports teams, etc., which are all usually the answers to security questions and passwords," says Getz. "It's very easy for somebody looking on social media to steal someone else's identity just by paying attention to the things they say and do."

#### Danger #2: Assuming Private Means Safe

While having accounts set to private will offer some level of protection, the truth is, it isn't much.

"Kids think that when they use social media, they're safe if they set it to private," says Getz. "But when they accept the requests of friends of friends, mutual friends, people they may know and people they played games with, it's a different issue. Privacy equals control, and when a child posts a picture or a comment, they need to remember that they're transferring control of that thought, feeling, special moment or image to all of the people that they are sharing it with, and there's nothing to stop followers and friends from sharing it with others or even turning it into an embarrassing meme."

#### Danger #3: Connecting With A Predator

There are some serious creeps on the internet.

"Cyber-predators don't just see a child online and then look for their address and go take them," says Getz. "That's a predator of opportunity. Internet predators are predators that groom. They cultivate relationships with a child online and then have the child come to them, so they don't have to take the risky approach of locating the child to abduct them."

"Where Friends Meet to Eat"

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**GO JAGUARS!**

## 8 Dangers Of Social Media To Discuss With Teens

...continued from page 4

### Danger #4: Allowing Your Child To Get On Social Media Too Early

The national campaign Wait Until 8th suggests parents refrain from giving their children phones until they're in eighth grade and access to data until they're 16, given the potential, negative emotional and developmental effects of smartphone and social media use for children who are younger. Wait Until 8th points to the following study-proven reasons to wait:

- They interfere with school work and grades.
- They're addictive.
- They're preventing kids from getting outside and having real-life interactions.
- They increase anxiety and depression.
- They interfere with sleep.
- They can expose kids to sexual content.

### Danger #5: Not Having Clear-Cut Phone Rules

Regardless of when you give your child a phone, you want to restrict their use on it to avoid the issues above. Furthermore, drawn-out rules should be put in place from the get-go to avoid power struggles and arguments.

"When we first gave my son his phone, we didn't lay out any ground rules," says Jennifer Vaccaro, of Hillsborough, New Jersey. "He was on it all the time! Eventually, we needed to rein it in, and he wasn't happy at all. We should have done it right off the bat."

### Danger #6: Assuming You're In The Know If You're 'Following' Your Child

If kids don't want you to see what they're posting, they'll find a loophole.

"Many kids get a 'finsta' account [a blend of the words "fake" and "Instagram"] in order to stop their parents from seeing certain information," says Getz.

While their specially curated, secondary "finsta" account - the one their parents and older relatives have access to - will contain content and photos mom and dad will approve of, that may not be the case with their primary, "real" (or "rinsta") Instagram account.

### Danger #7: False Marketing

Adults may be able to see through deceptive marketing tactics and bogus Instagram posts, but for kids, it's not as easy.

"The content that is portrayed on social media and the internet often isn't real, which can lead kids to believe in false realities," Hamroff says. (Think skin that's edited to look flawless and influencers who seem to be on a never-ending vacation.) "This can be extremely damaging for kids when they're growing up and figuring out their self-identity and detrimental to their psychological development."

### Danger #8: Online Bullying

Cyberbullying is a huge concern for most parents and with good reason: The effects of it are serious, sometimes even resulting in self-harm or suicide.

"Children's identity and self-esteem are very fragile during early adolescence," says Grover. "Online bullying, gossiping, verbally abusive language can send a teenager into a profound depression or spike their anxiety beyond their ability to manage it, resulting in panic attacks, phobias and obsessive-compulsive behaviors."



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## Building Champions In Our School



Mixed chorus sings to their heart's content.



Students find a gem while researching at the Public Library.



Friday Night Football



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## 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**

## North Carolina's Law on Texting and Driving

While most motorists over 18 years old are allowed to talk on a cell phone while driving, texting while driving is banned. North Carolina is a "primary law" state, which means that the police can stop you and issue you a ticket solely for violating this law. It is illegal for drivers to:

- Manually enter letters or text in a cell phone in an effort to communicate with another individual
- Read an e-mail or text transmitted to or stored in an electronic device

There are exceptions to this ban on texting and driving. It will not apply in these situations:

- The driver is lawfully parked or stopped
- The person is a police officer, firefighter, or ambulance driver texting while they are performing official duties
- The technology used is a factory-installed or after-purchased GPS
- The person is using voice-operated technology



## 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](mailto:forestviewpto@gmail.com).

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

 GO JAGUARS! 

  
Tommy Bynum  
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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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**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**

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

