



NORTH GASTON HIGH SCHOOL

The Wildcat Way

We Support, Educate, Challenge & Motivate to Succeed!

Principal's Message

Back to School

After a summer of sleeping in or doing things on your time, the alarm bell announcing that first day of school can be a rude awakening. Whether you're an anxious new freshman or a confident senior, heading back to school signals a time of transition: new classes, new teachers, new schedules, and a new social scene.

Here are some ways to make the change from summer to school a little easier.

- The old saying "breakfast is the most important meal of the day" is never more true than when you're going to school. Students are more alert and do better in class if they eat a good breakfast.
- Get enough sleep. You need at least 8½ hours of sleep each night to feel rested. Sleep deprivation can lead students to fall asleep in class and can also make it hard to concentrate. It can be more productive to get the sleep you need than it is to stay up late cramming: Studies found that students who got enough sleep before a math test were nearly three times more likely to figure out the problem than those who stayed up all night. Try to go to bed the same time each night, and don't let yourself sleep too late on the weekend!
- Your parents/caregivers may want to help but don't know exactly how. They might have checked your work and communicated with teachers for you when you were younger. Let them know how to support you while also letting you take the lead.
- Do more at school and you'll have less to do at home. Take advantage of those times during the school day when you're not in class: Review notes, go to the library or computer lab, get a headstart on your homework, or research that big term paper. You'll be thankful later while you're at the mall or a concert and your classmates are stuck at home cramming!
- One of the best ways to make friends and learn your way around is by joining school clubs, sports teams, and activities. Even if you can't kick a 30-yard field goal or sing a solo, get involved in other ways. Go to a school play, help with a bake sale, or cheer on friends at a swim meet — it'll help you feel like a part of things.

School is a time to make friends and try new things. But it's also a place to learn skills like organization and decision-making that will come in handy for the rest of your life.

Medically reviewed by: Kathryn Hoffses, PhD

Date reviewed: August 2022

Note: All information on TeensHealth™ is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

© 1995-2023 The Nemours Foundation. All rights reserved.



ADMINISTRATION

Crystal Houser

Principal

Jennifer Bergerson

11-12 grade - Assistant Principal

Carlene Falter

9th grade - Assistant Principal

NaKishia Glenn

10th grade - Assistant Principal

Brent Boone

Assistant Principal

COUNSELOR STAFF

Lynn Glover | *9th grade*

Katy Eckert | *A-G*

Sharae Powell | *H-M*

David Rice | *N-Z*

SUPPORT STAFF

Emily Walters

Business Manager

Angela Olmsted

Guidance Receptionist

Lauren Winchester

Control Room

Candise Reynolds

Financial Secretary

Kristin Boone

Data Manager/Registrar

Chuck Harkey

Social Worker

Deena Whitesides

School Nurse

Amanda Payne

Graduation Coach

WEBSITE

gaston.k12.nc.us/ngaston





Wildcat UPCOMING Events

Aug. 14 Open House 5:30-7:30 drop in.

Aug. 16 First Day of School (start time is 8:20; arrive by 8am)

Aug. 25 First HOME Football @ 7:30 vs. Bessemer City

Aug. 30 School Pictures (grades 9-11) / Senior MAKE UP pictures

Sept. 8 Homecoming Football vs. Cherryville *Welcome class of '93

Sept. 19 ... Senior EXPO - All you need to know & expect for Senior Year - 6pm

Oct. 11 Josten's Order Day (Senior Cap & Gown/ Jr. Rings) - @ Lunches

Oct. 12 Parent Teacher Conferences 1pm-7pm

Oct. 16 Underclass Picture MAKE UP day (grades 9-11 only)

Oct. 19 Report Cards Distributed

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.

Are You Ready

- Arrive by 8am (school starts at 8:20)
- Clear bookbags & clear gym bags only (no tinted bags)
- Bus & Car drop offs (back entry)
- Student Drivers (front entry)



The Wildcat Way
August 2023

Published Four Times Per Year
Gaston County Schools
943 Osceola Street
Gastonia, NC 28054
Issue 3



BUILDING LEADERS OF TOMORROW

North Gaston Leadership Academy – We prepare you for life.

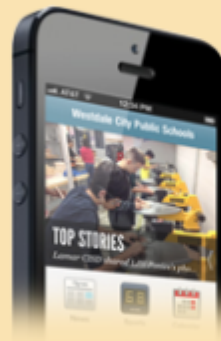


Career & Technical Education

Students Leading the Way

Our students earned over 900 industry recognized credentials and certifications through CTE course and pathway offerings. Our Career and Technical Education offerings include many opportunities on the campus of Gaston College. If you are interested in HVAC, Electrical Trades, Plumbing or Welding pathways, see our Career Development Coordinator Terri Cochrane today!

Download our
mobile app



- View news stories
- View calendar
- View sports scores
- Access school information
- Receive important alerts



Providing Comprehensive Primary Care Services For All Stages Of Life



Piedmont Adult & Pediatric
Medicine Associates, P.A.



Johnathan D. Williams, M.D. • Yaw A. Owusu-Addo, M.D. • John L. Scheitler, M.D.



- Comprehensive Primary Care
- 24 Hour Nurse Triage Line & Physician Call Coverage
- Same Day & Next Day Acute Care Appointments
- In-House Lab Draws By Labcorp
- Radiology Services Within The Same Building
- Coordinate In-Patient Hospital Care With Hospitalists at Caromont Regional Medical Center
- Walk-In, Urgent Appointments For Established Patients at 8:00am Daily

704-865-0626 • mypapma.com

640 Summit Crossing Place, Suite 204 • Gastonia, NC 28054



INSTALLATION REPAIR/SERVICE FINANCING

980-389-0008
ryeheatingandair.com

Free Estimates on Replacement
or New Equipment Installation

*Discounts for Teachers,
Military, and Seniors!*

Serving Gaston County and the
surrounding area, including Denver,
Mooresville, Huntersville, Lincolnton,
and Gastonia, NC





Five “Must Do’s” For Parents To Assure Success In School

- 1. GET AND STAY CONNECTED.** Register and access our online parent access software, monitor your child's progress on a weekly basis and communicate with your child's teachers if you have questions, concerns, or if you'd like to request additional information regarding resources that may help your child master course standards. Be aware of what's happening in your student's school life and TALK ABOUT IT. Your interest and involvement has a tremendous effect on your student's performance and attitude at school.
- 2. ESTABLISH A SOLID HOME STUDY ROUTINE.** 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. 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. 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. Commit three weeks

to assisting with your student's daily routine. Make good homework practices a habit for both of you.

- 3. MAKE DAILY ATTENDANCE THE EXPECTATION.** Very few things have as much negative effect on academic performance as poor attendance. Be clear in your attitude towards attending school every day. In the working world, attendance is equated with dependability.
- 4. ENCOURAGE EXTRA-CURRICULAR ACTIVITY.** Involvement in any of our many clubs, sports, and arts programs improves academic performance, attendance, and discipline issues. We have something for everyone. Participation in these activities enhances school life and looks good on career and college applications. Also, help your child plan and execute community service, which is a requirement for earning Bright Futures scholarship money.
- 5. HELP YOUR STUDENT PLAN FOR POST-GRADUATION.** Talk to your student about career interests and passions. Several free online career assessment questionnaires are available such as <https://www.sokanu.com/> that may help. Assist with a search for colleges or technical training programs that will prepare them for a career that interests them. Learn the entrance requirements and costs associated with attending those colleges or programs. They should be asking questions about career opportunities but may not know the right questions to ask. Our guidance counselors can help. No matter what they dream of doing after graduation, planning for the next step is a wise choice. Post high school education contributes to a better quality of life. But whether or not they go on to a college, university, career or technical school, the information and skills they learn in high school will always be important in the working world. Everyone, in every kind of job, needs to be able to write and speak clearly, listen carefully, understand what is written and spoken, and use math effectively.

PROFESSIONAL
DALLAS-VIRGINIA
QUALITY SERVICE
BEATY'S
SERVICE CENTER

PH: 704-922-6045 | CELL: 704-913-0039
BeatyJohn2@aol.com
302 W. TRADE STREET • DALLAS, NC

SHOP
POFFIE
PROM

PG
poffie girls

704-866-0198 | poffiegirls.com
512 S. New Hope Road • Gastonia, NC 28054

THE ULTIMATE POOL, SPA & OASIS
704-675-8026
theultimatepoolspaoasis.com
theultimatepoolspaoasis@yahoo.com

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, 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.



704-263-4747 | clippards.com

LIVING ROOM | DINING ROOM | BEDROOM | ACCESSORIES



914 North Main Street | Stanley, NC 28164
Mon-Fri - 10:00-5:00, Sat - 10:00-4:00

LA Z BOY
ComfortStudio



- Fast and Friendly Service
- Expert Top Quality Service & Materials
- Budget Friendly and Affordable

704.798.8419

mullisconstructiongroup.com

PROJECT MANAGEMENT, RENOVATIONS & REBUILDS,
COMMERCIAL PROJECTS

514 Woodlawn Street, Belmont, NC 28012

Tips for Success in High School

| By Grace Fleming |

Your high school years should be filled with learning and growth. Increasingly, students are finding that high school is also a time of stress and anxiety. It seems that students are feeling more pressure than ever before when it comes to performing well.

There are some things you can do to make sure your high school experience is enjoyable and successful.

Embrace a Healthy Life Balance

Don't stress about your grades so much that you forget to have fun. This is supposed to be an exciting time in your life. On the other hand, don't let too much fun get in the way of your study time. Establish a healthy balance, and don't let yourself go overboard either way.

Eliminate Those Time-Wasters

There's a fine line between helpful unwinding between periods of intensive studying and wasting precious hours and attention in ways that are not recharging your batteries. Pay attention to how much time you're spending on social media, on video games, binging on shows, or whatever your guilty pleasures might be. Staying connected to friends is vital, but make it quality time that leaves you clear-headed and rested. One helpful tactic is to set aside specific times of day to check your phone and adhering strictly to that schedule when studying.

Choose Extracurricular Activities Wisely

You may feel pressured to select several extracurricular activities that might look good on a college application. This can cause you to overextend yourself and get swamped in commitments that you don't enjoy. Instead, select clubs and activities that match your passions and your personality.

Appreciate the Importance of Sleep

We all joke around a lot about the poor sleep habits of teens. But the reality is that you have to find a way to get enough sleep. Lack of sleep leads to poor concentration, and poor concentration leads to bad grades. You're the one who pays the price if you don't sleep enough. Force yourself to turn off the gadgets and go to bed early enough to get a good night's sleep.

Fleming, Grace. "20 Tips for Success in High School." ThoughtCo, Aug. 26, 2020, thoughtco.com/tips-for-success-in-high-school-4105413.



Wildcat Athletics

TICKET SPICKET

Big events. Little effort.

Purchase your game tickets through our online site.



North Gaston Booster Club

Welcome Back Students, Parents, and Staff! We are the North Gaston Booster Club, and we are a 501c3

Non-Profit organization that helps to support ALL athletic programs here at NOGA. **We would love for you to join us and be a part of our group!** There are many ways to help - but one of the most important ways is to **VOLUNTEER!** We will have a **meeting at the beginning of the school year to discuss fall sports, so be on the lookout for a message very soon!** If you haven't already, like us or contact us on our Facebook page, or by email at mendykanupp@gmail.com



RUSHTON
General Home Improvement & Tree Service

Rushton General Home Improvement & Tree Service
is the one company that can do it all:

- Tree removal and trimming
- Lot clearing
- Landscaping
- Stump grinding
- Flooring
- Roofing, window and Siding replacements

704-351-5757

rushtongeneralcontractingandtreeservice.com

10% Discount for Military, Service, and Seniors, Call Today!

Servicing Lincoln, Gaston, and Surrounding Counties

"We'll go out on a limb for you"
Tree Removal and Trimming, Stump Grinding, Roof Repair and Replacement, and any of your Home Improvement needs.
We Won't "Leave" You Hanging.

MOSS
REALTY

Greg Holland
Broker, ABR

Cell: (704) 616-4880
Ph: (704) 865-5555

www.greghollandonline.com
Greg@MossRealty.com

945 N. New Hope Rd., Gastonia, NC 28054



JULY

S	M	T	W	T	F	S
2	3	4	5	6	7	1/8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2023-2024
School Calendar

CALENDAR DATES

July 4 Holiday (Independence Day)
 August 7 Optional Teacher Workday
 August 8-11 Mandated Teacher Workdays
 August 14-15 Mandated Teacher Workdays
 August 16 Students' First Day
 September 4 Holiday (Labor Day)
 October 12 End of First 9-Week Grading Period
 Parent-Teacher Conferences
 (All Grade Levels)
 Early Dismissal for Students
 October 13 Optional Teacher Workday
 October 19 9-Week Report Cards Distributed
 November 10 Holiday (Veterans Day)
 November 22 Student Holiday
 Teacher Annual Leave
 November 23-24 Holidays (Thanksgiving)
 December 20 .. End of Second 9-Week Grading Period
 December 21 Student Holiday
 Teacher Annual Leave
 December 22 Holiday (Winter)
 December 25-26 Holidays (Winter)
 December 27-29 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 4-5 Mandated Teacher Workdays
 January 11 9-Week Report Cards Distributed
 January 15 Holiday (Martin Luther King Jr. Day)
 February 19 Optional Teacher Workday
 March 7 End of Third 9-Week Grading Period
 Parent-Teacher Conferences
 (All Grade Levels)
 Early Dismissal for Students
 March 8 Optional Teacher Workday
 March 14 9-Week Report Cards Distributed
 March 29 Holiday (Spring)
 April 1-4 Student Holidays
 Teacher Annual Leave
 April 5 Optional Teacher Workday
 May 22 Students' Last Day
 May 23-24 Mandated Teacher Workdays
 May 24 Graduation Day
 May 27 Holiday (Memorial Day)
 May 28-31 Optional Teacher Workdays

Inclement Weather Makeup Days

January 5 February 19 March 8
 April 5 April 4 April 3 April 2

The Board of Education reserves the right to use early release days 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 available on the district website after they are determined by the state.

Calendar Key

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

Gaston County Schools

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

The Board of Education approved the 2023-2024 school calendar on February 20, 2023.

Calendar design produced by the Communications Department

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

APRIL

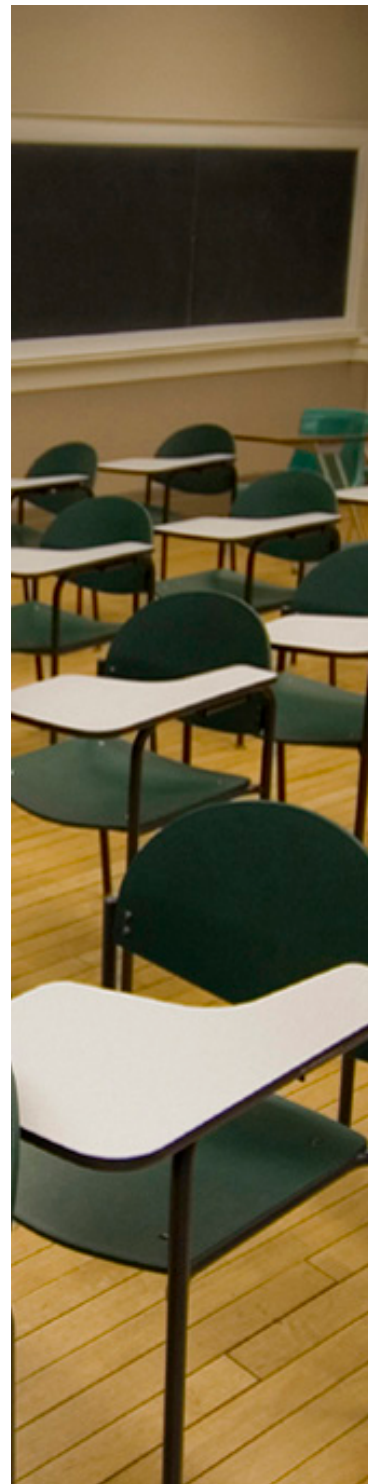
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE

S	M	T	W	T	F	S
2	3	4	5	6	7	1/8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



704-215-7461
sammypub.com/dallas
 130 W Trade St.
 Dallas, NC 28034

704-824-9160
dicksonanimalclinic.com
Excellent Pets Deserve Excellent Care
 2940 S. New Hope Road • Gastonia, NC 28056

LUNCH • DINNER
 124 North Main Street | Stanley, NC 28164
Phone: 704.263.1311
 Monday - Friday 10:30 am - 8:30 pm
 Closed on Saturday & Sunday



Gaston County Schools
North Gaston High School
1133 Ratchford Drive
Dallas, NC 28034

