



NORTH GASTON HIGH SCHOOL

The Wildcat Way

We Support, Educate, Challenge & Motivate to Succeed!

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!



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

Nov. 7..... Pre-ACT (all 10th graders)
 Nov. 9..... Interim Reports Home
 Nov. 10..... Veterans Day Holiday
 Nov. 22-24 Thanksgiving Holiday
 Nov. 30..... Winter Chorus Concert 7pm - Auditorium
 Dec. 7 Winter Band Concert 7pm - Auditorium
 Dec. 14-20 Fall Semester Final EXAMS
 Dec. 21-Jan. 5 Winter Break
 Jan. 8..... Spring Semester Begins
 Jan. 11 Final Report Cards for Fall Semester
 Jan. 15 Martin Luther King Jr. Holiday – No School
 Feb. 1 Course Registration EXPO 5:30-7:30 (drop in)



**Wildcats
‘Lead The
Way’ in
Academics,
Arts, and
Athletics**

Academics

- NOGA launched its first annual Senior Expo. Over 100 people attended!
- North Gaston will participate in Free College Application Week, October 16th - 20th. This will give all seniors the opportunity to apply to colleges at no cost.
- 107 NOGA students taking 58 different college classes this Fall. The total is 172 classes for a total of 516 credits, saving our students over \$158,000 this semester alone.
- At least one student is on track to graduate with their associates degree.
- We are slated to have 10 students graduate who have completed the North Gaston's Leadership pathway.



The Wildcat Way
 November 2023
 Published Four Times Per Year
 Gaston County Schools
 943 Osceola Street
 Gastonia, NC 28054
 Issue 3

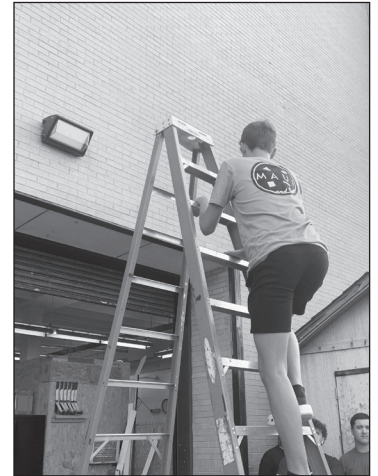
Spotlight in Academics

Career and Technical Education Pathways

New automotive teacher Mr. Joshua Poteat lead his classes in exploring career and college options with Tindol Ford and Nascar Technical Institute guest speakers.

New carpentry teacher Mr. Kyle Haywood is working with his classes on learning how to properly use various ladders while working on their safety unit.

Over 300 students at North Gaston get the opportunity to talk to Dallas Ag Center representatives about careers in fire safety during our monthly Lunch & Learn program.



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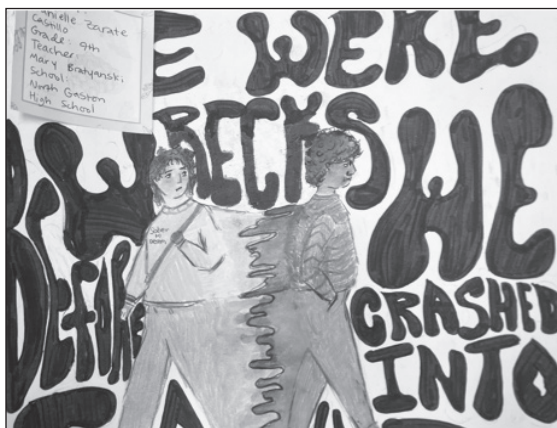
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Spotlight in Academics

Arts

Our visual arts students are working on artwork to submit as part of the "Arts on Osceola" Gallery that was established in 2005 to honor Dr. Sadler.



Athletics

Football is off to a great start. These young men have been working since last spring to hone their skills and create a tough as nails team on the gridiron. (Currently 3-3)



Congratulations to Men's Soccer (3-3 tied 3rd in conference) and Women's Tennis (5-1 looking for a top finish in conference). Stay tuned as we move closer to potential playoff berths.



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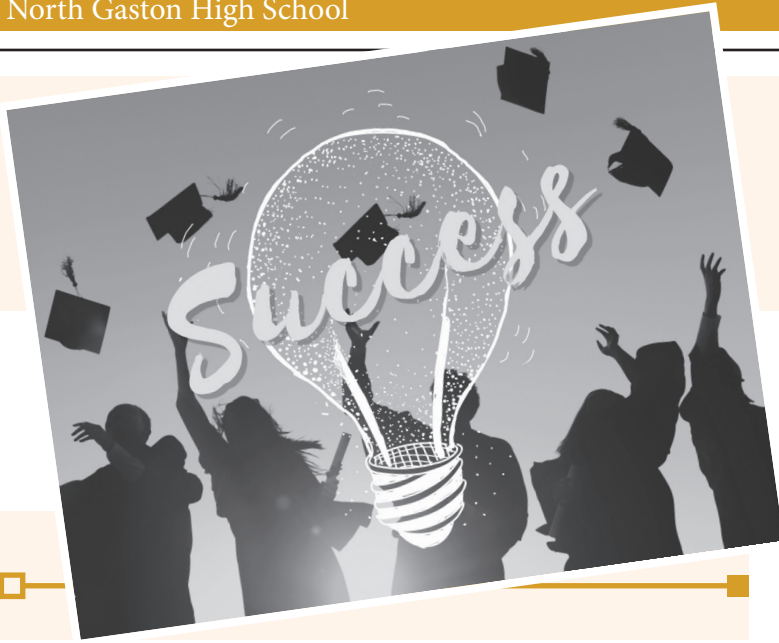
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Five “Must Do’s” For Parents To Assure Success In School

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

- 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

- 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.

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Leadership Pathway

North Gaston JROTC:

The first drill and color guard competitions took place at Freedom High School on Saturday, October 28.

Five separate teams competed; Color Guard, Squad Unarmed, Platoon Unarmed, Squad Armed, and Platoon Armed.

Our JROTC provides a Color Guard for all home football games. Thank you for your support and service.

Download our mobile app



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

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Psyched Up: Teens & Stress Management...

The American Psychological Association (APA) releases a "Stress in America" report annually. Consistently, findings have indicated "high stress and ineffective coping mechanisms appear to be ingrained in our culture". For teens, and as we could imagine, school was rated the most common stressor. In fact, eighty three percent of American teens report school as a "significant source of stress", fifty-four percent were unaware of the impact stress has on physical and mental health, and forty-two percent indicate lack of "coping with stress" or "not knowing how to manage stress". This is a significant concern given the impact stress can have on our lives.

APA recommends physical activity as one of the most effective coping strategies for stress, citing those who engage in physical activity for stress management (walking, dancing, cycling, joining sports teams, going to the park, etc.) report lower levels of stress. The following are additional suggestions for teens to manage stress per APA:

- **Get Some Sleep.** Between homework activities, and spending time with friends, sleep unfortunately can be neglected. Ideally, teens should be getting approximately nine hours of sleep nightly. To maximize sound sleep, reduce screen time in the evening hours, limit caffeinated beverages late in the day, and limit over stimulating exercise close to bedtime.



- **Focus on your strengths.** Find what you are good at and find ways to engage and excel in those areas. Focusing on strengths and positivity with help keep stress in perspective.

- **Engage in physical activity.** Physical activity, as stated prior, is one of the most effective stress relievers. Find activities you enjoy and add them into your daily routine such as walking, yoga, biking, etc. For added effectiveness, engage in physical activities that have a social component - you're more likely to have fun and maintain the routine if you're being active with friends.



- **Engage in activities that make you happy.** In addition to physical activity, find other interests or activities that you enjoy (listening to music, drawing, talking with friends, journaling, etc.) and try to maintain these activities even when stressed or busy.



- **Talk to someone.** Stress is more easily managed with support. Talk to a parent, teacher, or trusted adult, they may be able to help establish different ways to manage stress, or they may be able link you with someone who is more adequately trained in healthy life styles and stress management.



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JULY

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AUGUST

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DECEMBER

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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 Parent-Teacher Conferences (All Grade Levels) Early Dismissal for Students
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	■ Mandated Teacher Workday
● First/Last Day of School	■ Optional Teacher Workday
○ Teacher Annual Leave	■ 9-Week Report Cards Distributed
□ Parent-Teacher Conferences/Early Dismissal for Students	

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

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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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Academic Success Starts Now

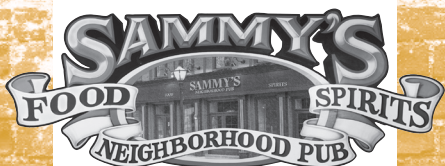
We want you to be successful in the semester. Here is how you can get the help you need.

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.

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.

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.



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