

THE JAGUAR PRIDE

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

NOVEMBER
2021
Issue 3

Message From The Principal

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.

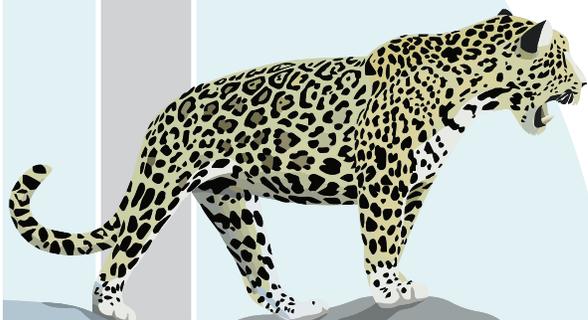
What we know:

- 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*



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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

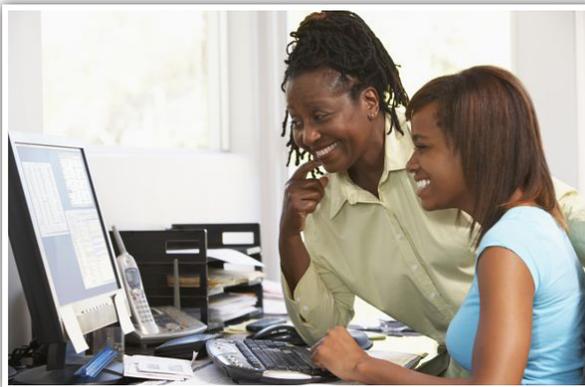
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Receptionist	Angela Olmsted
Attendance Receptionist	Charlotte Whitmire
Media Specialist	Melissa Heilig
Graduation Coach	Angela Blount
Guidance Counselors	
(A-F)	Kinsey Karup
(G-M)	Gulie Connolly
(N-Z)	Emily Slaughter
Career Development Coordinator	Heather Forbes
Testing Coordinator	Kelly Simmons
Nurse	Dawn Hall
Social Worker	Valerie Williams
Business Manager	Gordon Cobb

Five “MUST DOS” For Parents To Assure Student Success

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 online career questionnaires are available such as <http://www.careeroutlook.us/assessment/short.shtml> 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. Help your child establish a career goal then plan backward for how to achieve that goal.



Share what your hopes and dreams were when you were in high school and suggest family members and friends that they can talk to for insight and guidance. 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.

Building Champions In Our School

Excellence in Academics, the Arts, and Athletics

Athletics

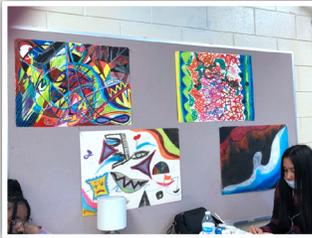


Keana Abrams was selected to represent Student Athletic Trainers for the NC/SC Shrine Bowl. Only 2 representatives from each state are selected each year. Congratulations Keana! We are proud you will represent Forestview HS.

The VIEW is Fabulous.



The Arts

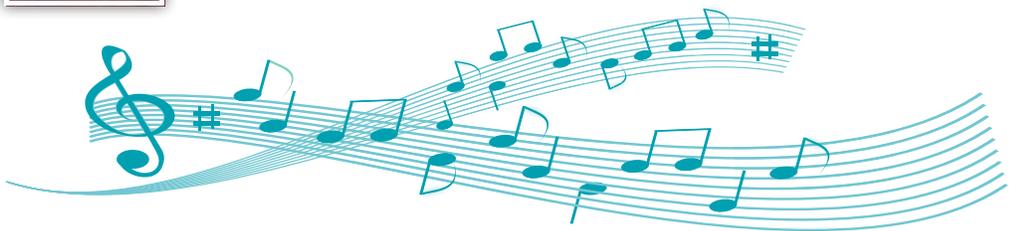


Art classes show off their talent in our Art in our school display.



Congratulations to Miss Erin Watson on being selected for the North Carolina Honors Chorus. Only 125 students from across the state of North Carolina are selected for this honor. Over 1,000 students auditioned.

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Academics



Morehead-Cain Nominees:
Evan Friday, Maggie Lu, and William Barnes



Park Scholar Nominees:
Evan Friday, William Barnes



UNCC Levine Nominees:
Josie Braddy, Tate Smith, John Albright, and Evan Friday

**Congratulations
to all of our
Scholar
Nominees!**

Spotlight in Academics: Collegiate Preparatory Academy Pathway

Our CPA students, grades 9-12, are finding their pathway to success in a variety of ways. Students are actively engaged in both individual and team activities where the development of critical thinking and leadership skills are the focus. Time management is a key element in achieving at a high level of success in the coursework. Congratulations to our CPA students for having the perseverance and grit to excel to a higher level of learning.



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8 Dangers of Social Media

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? Expertsoffer 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."

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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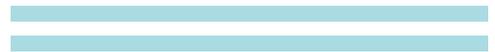
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Jags Upcoming Events

November 9	Pre ACT for ALL 10th graders
November 11	Veterans Day Holiday – No School
November 19	Miss Forestview Pageant 7pm – Auditorium Tickets \$10
November 22	Powder Puff Game 6pm – Joe Alala Stadium Admission \$3
November 24-26	Thanksgiving Holiday
December 7	Holiday Band Concert 7pm - Auditorium
December 9	Holiday Chorus Concert 7pm - Auditorium
December 15-21	Fall Semester Final EXAMS
December 11-January 7	Winter Break
January 10	Spring Semester Begins
January 13	Final Report Cards for Fall Semester
January 17	Martin Luther King Jr. Holiday – No School
February 3	Choral Music Fest 7pm (location TBD)
February 10	*Tentatively Scheduled Mr. Forestview Show 7pm – Auditorium



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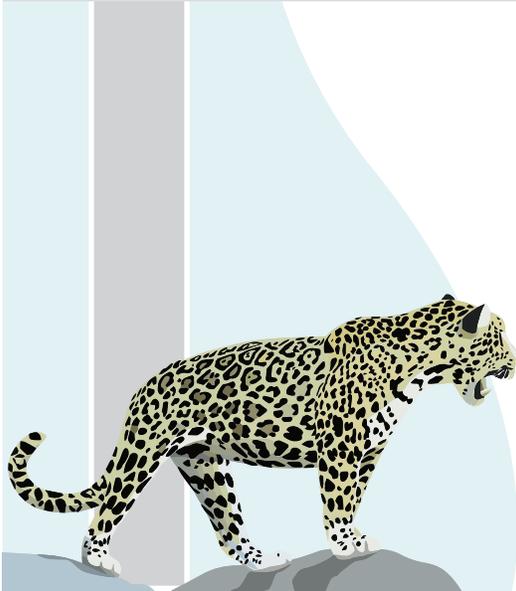
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Helping Your Student Focus on Schoolwork

To do well in school, students must learn to focus. They must be able to concentrate on one thing and not be distracted. Mastering this ability will benefit them throughout their lives. To strengthen your teen's ability to stay focused:

- **Help them recognize when they're not focused.** Say, "I think you've lost your focus" when you see them fidget, daydream, yawn or stare into space.
- **Don't make lack of focus a crime.** Your student needs to be able to admit when they've lost their concentration. Blaming them only makes them defend themselves. They're likely to make excuses instead of figuring out ways to focus.
- **Help them prioritize.** It will be easier for your teen to focus when they know what to do first, second and third.
- **Encourage them to break large tasks into smaller ones.** Students lose focus when a task is overwhelming.
- **Slow things down.** Don't move or talk too fast yourself. And comment when you see your student speeding up. Ask, "Are you taking your time?" and "Have you stopped to check your work?"
- **Get your student to relocate.** If they've lost their focus, it might be easier to refocus in another place, free from distractions.
- **Minimize distractions.** Make rules about TV and phone time, computer and video games. Schoolwork should come first.

