Principal’s Message:

As we near the end of the school year, there is sometimes that temptation for students to ease up and drift to the finish line. Please encourage your students to finish strong. We still have three weeks remaining and for some students, the work they demonstrate at this time will make a huge difference in their grades. May is always hectic with all the EOCT and AP tests taking place prior to finals. We literally have a month of testing with one type of test or another being given each day. This does sometimes necessitate a change in class location or teacher. All of this adds to “May Madness” and all the more reason to help our students stay focused and keep their eye on the goal of finishing strong. The testing schedule is included in this newsletter and will give you an idea if and when your student has exams to take. Also, please encourage your student to complete all of those projects and assignments in a timely manner, as teachers have a timeline for having grades completed.

Periodically during the summer, check the school website, Twitter page, or Facebook page for announcements. We will post the dates and times for schedule and parking pass pickups soon. Last year, our 1st day activities were a huge success, and we are already planning for an exciting 1st day of activities when our students return in August.

Have a great summer and be safe!

Beth Hebert
Principal

Counselor Notes

Senior Honors Night will be May 17th at 7:00 pm in the NFHS Auditorium. Students who will be recognized will receive an invitation.

Graduation is May 30th at 7:00 pm at the Gwinnet Civic Center. To participate in the graduation ceremony, all work, including recovery work and APEX classes,
must be completed by May 22\textsuperscript{nd}. Students who have not successfully completed all the course work necessary for graduation will not be allowed to participate in the graduation ceremony.

**Caps and Gown Donations**

If you would like to donate your cap and gown after the ceremony for use next year, please drop them by the counseling office.

**Senior Graduation Preparation**

The list is long of what needs to get done for graduation. Cap, gown, tassel, invitations, diploma cover, senior fees, yard signs... It is no wonder that some things might be overlooked.

There are still several students that did not order caps and gown. Some students may be using caps and gowns from siblings but forget to order the tassel and pay the senior fee. If you still need to do so, please contact Balfour to make arrangements for ordering, payment, and pick-up. Balfour can be reached at 770-594-8155 or at www.gabalfour.com

**Senior Class of 2012 …Countdown to Graduation**

**May 11**  
Senior Slide Show - 7pm at NFHS Auditorium

**May 17**  
Senior Honors Night - 7pm at NFHS Auditorium

**May 18**  
Seniors Finals – 5\textsuperscript{th}, 6\textsuperscript{th}, 7\textsuperscript{th} periods

**May 21**  
Seniors Finals – 1\textsuperscript{st} and 2\textsuperscript{nd} periods

**May 22**  
Seniors Finals – 3\textsuperscript{rd} and 4\textsuperscript{th} periods

Last day for seniors and last day to complete and submit all work including APEX, online correspondence, and teacher recovery contracts.

**May 23**  
8:30 am in Stadium - Seniors Pictures (cap and gown) – 9:15 am in NFHS Café - Seniors Breakfast

Immediately following breakfast will be a brief meeting about graduation. Honor cords will be distributed.

* 7:00 pm – Arrive at Mountain Lake Church for Baccalaureate.
* 7:30 pm - Baccalaureate Services at Mountain Lake Church

**May 24**  
Senior Picnic

**May 30**  
Graduation

* 5:00 pm Arrive at Gwinnett Arena
* 7:00 pm Graduation Ceremony

**Senior Slide Show**

The NFHS Student Council will be sponsoring a Senior Night Slide Show. The event is scheduled for

* Friday, May 11\textsuperscript{th}
  * At 7 p.m.
  * In the NFHS PAC

It is FREE!! The event is for Seniors only.

Bring your yearbook for a yearbook signing party.

**NFHS Band Performs in Washington, D.C.**

In April, members of the award-winning NFHS Band traveled to Washington, D.C. The band members performed a program of patriotic music at the World War II Memorial including the Star-Spangled Banner, Armed Forces Medley, God Bless America, and more. While at the World War II Memorial, the band had the honor
of performing for a group of World War II veterans that had traveled from Colorado with members of the Air Force Academy. These veterans just happened to visiting the memorial when the band arrived to perform and decided to stay and listen, much to the delight of the band members, staff, and parents. After the performance, the veterans were kind enough to pose for pictures with the band. After pictures, the band thanked the veterans for their service to our country and for staying to listen.

**Volleyball Clinic**
There will be a clinic for female students who want to tryout for volleyball, but who have never played. The clinic will be held June 2 from 9 – 12 a.m. in the new gym. Please contact Kathy Houston for additional information at khouston@forsyth.k12.ga.us.

**Literary Magazine receives Awards**
We are so proud to announce that our 2011-2012 literary magazine, *Sigma*, has been honored with some amazing awards already (and it hasn't even finished printing!). This past week, the Georgia Scholastic Press Association gave out its individual awards, and we had four students recognized for their work.

Poem, Emily Herringdine, "Use These Words" -- Superior
Photograph, Emily Flores, "Hazy Youth 2" -- Superior
Short Story, Mason Allen, "Mama's Meel" -- All Georgia (highest honor)
Art, Bridgett Mazuran, "A Family Reunion" -- All Georgia (highest honor)

Please congratulate these talented writers and artists. Without them, we wouldn't win these awards -- it's their vision that gets Threshold noticed. Thanks to all for your support of the literary magazine!

**NFHS Choir**
The choir returned early this week from a competition in San Antonio, TX. Along with enjoying some great culture and history, our two traveling choirs performed extremely well. Both choirs won Superior Ratings and were each awarded
Outstanding in Class AAAAA. Senior Thomas Hartwell also won Outstanding Soloist for the competition weekend!

**News from the Science Department:**
We have had an exciting year in the Science Department at North Forsyth High School. Jayne Osborne, Biology Teacher, was named Teacher of the Year for NFHS. Ken Fahey was awarded Teacher of the Year by the Upper Etowah River Alliance for his volunteerism and dedication to environmental education. Dana Jones, Biology Teacher, was awarded first place in her Master’s Research Symposium. Congratulations!

EVSCA and the Environmental Club have worked to improve environmental awareness at NFHS while the physics students donated over 997 cans of food to the local food bank and contributed over 218 letters to support Teens for Troops and Patriots. The physics students are also designing lessons for students at Matt Elementary. Honors Chemistry students had visitors from Coal Mountain Elementary School. The two groups worked through a pH lab together as part of an outreach program. AHP (Aspiring Healthcare Professionals) has taken off by having professionals in healthcare and related fields visit with the students each month. Representatives from AHP worked the young children at Children’s Healthcare of Atlanta designing cookies and get-well cards. Michelle Smith and Amy Dykes are continuing their fight against breast cancer by participating in the Komen Breast Cancer 3-Day walk. Meighan Bassett is sponsoring the Anti-Bullying club. And, finally NFHS has received a charter to start a Science National Honor Society beginning with the 2012-13 school year.

**Congratulations to The Raider Wire**
Last week, the Georgia Scholastic Press Association presented awards for Newspaper General Excellence. Our school newspaper, *The Raider Wire*, was honored with an Achievement ranking.

Please congratulate the newspaper staff:
2011-2012 Editors: Hannah Myers, News Editor; Laura Stringer, Editorial Editor; Courtney Rovneyko-Features Editor; and Cassie Hicks, Sports Editor.
2011-2012 Staff: Clay Tennies, Tara Bailey, Kelly Bilbrey, Amanda Daffron, Marissa Fish, Emma Franklin, Rebecca Godwin, Bryan Montero, Maggie Owen, Emily Starling, and Ben Strube.

For a complete award list, select the following link: [http://gspa.squarespace.com/storage/GE_2011-12GSPA_NPB.pdf](http://gspa.squarespace.com/storage/GE_2011-12GSPA_NPB.pdf).

**Saturday Academy**
- Does your student need some help with a class?
- Additional time for tutoring?
- Time to make up missed assignments?

If so, please consider registering them for the Saturday Academy.

The last Saturday Academy date for the remainder of the 2011-2012 school year is May 19th.

Saturday Academy hours are from 9:00-11:00 am. Please contact your student’s teachers and/or Mrs. Benvenuto ([jbenvenuto@forsyth.k12.ga.us](mailto:jbenvenuto@forsyth.k12.ga.us) or 770-781-6637x160104) to register for any of the upcoming dates.
ORDER YOUR CLASS OF 2012 SIGNS AND CUSTOM BANNERS NOW

Let’s cover the community with reminders of how much we love our seniors! Take advantage of the incredible specials PTSO is offering this year.....

Buy 2 Yard Signs & Get 1 Yard Sign Free
or Buy 1 Yard Sign and 1 Banner
& Get 1 Yard Sign Free
(Signs and banners must use same graduate name to receive special)

You can order on-line at the school website: www.forsyth.k12.ga.us.
If you prefer to pay by check, you can print out an order form and mail in your order to:

Run for a Reason
Fifth Annual “Run for a Reason 5K” is Saturday May 19th. The race starts at 8:30am. Applications are in carousel by counseling office.

AP EXAM TIME

AP Exams will be administered during the week of May 7 and the week of May 14, 2012 at the First Baptist Church in Cumming. Please visit www.collegeboard.org/apstudents for detailed information about exams. You will find exam descriptions, study skills, test-taking tips, and scoring guidelines. If you have any questions, please email Ms. Glymph at oglympf@forsyth.k12.ga.us

NFHS May Testing Schedule for AP Tests, EOCT and Finals

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>12:01-1:52&lt;br&gt;Period 7</td>
<td>10:13-11:55&lt;br&gt;Period 6</td>
<td>8:25-10:07&lt;br&gt;Period 1 (Senior Finals)</td>
<td>8:25-10:07&lt;br&gt;Period 1 (9-11 Finals)</td>
<td>8:25-10:07&lt;br&gt;Period 1 (9-11 Finals)</td>
</tr>
<tr>
<td>8:25-10:07&lt;br&gt;Period 2 (Senior Finals)</td>
<td>10:13-11:55&lt;br&gt;Period 4 (9-12 Finals)</td>
<td>8:25-10:07&lt;br&gt;Period 2 (9-11 Finals)</td>
<td>8:25-10:07&lt;br&gt;Period 3 (9-11 Finals)</td>
<td>8:25-10:07&lt;br&gt;Period 5 (9-11 Finals)</td>
</tr>
</tbody>
</table>

April 30-May 18 will be 7 period days.
May is Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke. Yet, despite being a leading cause of death and adult disability, fewer than one in five people in the U.S. can recognize a symptom of a stroke.

A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die.

While stroke at a young age might seem out of the ordinary, the reality is that stroke affects people of all ages. Yet, stroke is up to 80 percent preventable when risk is properly managed

**Stroke Warning Signs**

If you notice one or more of these signs, don’t wait. Stroke is a medical emergency. Call 9-1-1 or your emergency medical services. Get to a hospital right away! Remember time lost is brain lost.

The American Stroke Association wants you to learn the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Recognizing stroke symptoms can be easy if you remember to think **FAST**.

- **F**= Face: Ask the person to smile. Does one side of the face droop?
- **A**=Arms: Ask the person to raise both arms. Does one arm drift downward?
- **S**= Speech: Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- **T**=Time: If you observe any of these signs, then it’s time to call 9-1-1.
Be prepared for an emergency.
- Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- Know (in advance) which hospital or medical facility is nearest your home or office.

Take action in an emergency.
- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!
- Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.
- If you have one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 9-1-1 or the emergency medical service (EMS) number so an ambulance (ideally with advanced life support) can quickly be sent for you.
- If you're with someone who may be having stroke symptoms, immediately call 9-1-1 or the EMS. Expect the person to protest — denial is common. Don't take "no" for an answer. Insist on taking prompt action.

For stroke information, call the American Stroke Association at 1-888-4-STROKE or visit their Web site or www.stroke.org

Mock Trial Team & Ms. Vail Honored at Law Day
The Mock Trial team was awarded the Forsyth County trophy for placing first in the Forsyth County competition earlier in the year. Ms. Kathy Vail was also recognized for her outstanding work with the Mock Trial team. The Bar Association presented Ms. Vail with a resolution commending her for her years of service and announced that they are naming their Mock Trial Scholarship after Ms. Vail. Congratulations go to the Mock Trial team and Ms. Vail.
Mr. Otwell, owner of Andean Chevrolet, brought out 6 cars on April 25th & 26th for the staff to test drive in an effort to raise money for the Attendance Incentive Fund.

Our test drive event raised over $2000.

The test drive incentive runs through May 30th at Andean Chevrolet in Cumming.

Just drop by Andean and tell them you are there to test drive for North Forsyth and our school will receive $50 for each drive.

Andean Chevrolet
527 Atlanta Road,
Cumming, GA 30040
Sales: (888) 335-0634
Service: (888) 204-3617
North Forsyth High School

Administration
Beth Hebert, Principal
Randy Herrin, Asst. Principal (9th grade)
Dawn Phipps, Asst. Principal (10th grade girls /10th and 11th grade boys)
Sharon Epperson, Asst. Principal (11th and 12th grade girls / 12th grade boys)
Olga Glymph, Administrator Assistant
Nathan Turner, Athletic & Activity Director

Counselors (assigned by alpha)
Kathy Wigley
Jordan Sitaras (A - Di)
Josh Owens (DO - Ki)
Lee Grimes (Ki - Q)
Kim Haynes (R - Z)

Together in the Pursuit of Excellence

NFHS is a non-traditional learning community where learning is
  Visible
  Individualized
  Student-oriented
  Integrated
  On-going
  Nationally Recognized