

King's Fork High School

First Edition, September 14th, 2023

THE BULLDOG BARK

MAJOR CHANGES AT KFHS POINT TO A SUCCESSFUL NEW SCHOOL YEAR



The building may be the same, but inside there is a completely different feel at King's Fork High School. In the hallways, morale is high as students and staff look forward to a brand new year.

One of the biggest changes was the move to 4x4 block scheduling. The 4x4 schedule allows students to take 8 classes per school year instead of the previous 7, this gives our students the opportunity to take 32 classes in a 4-year period. Students have stated that this gives them more opportunities to take electives...

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The Bark

“Children have never been very good at listening to their elders, but they have never failed to imitate them.” – James Baldwin, Nobody Knows My Name (1961) "Fifth Avenue, Uptown: a letter from Harlem"



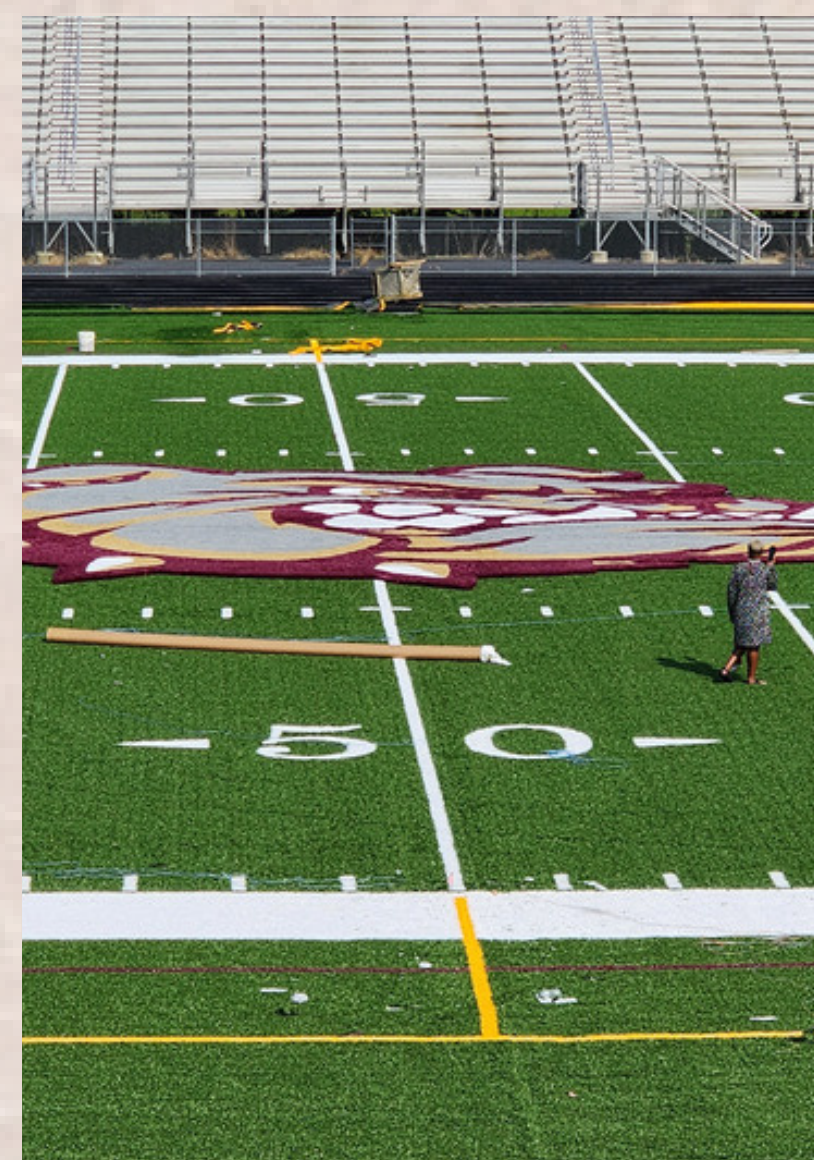
New School Year cont.

and try new things that in previous years they may not have had time for in their schedules. Moving to 4x4 also means students will be prepared for SOL Testing in half the time, which studies have shown helps with content retention.

King's Fork also has a number of familiar faces in new places as Football Assistant Coach Bullock enters the classroom, putting his degree to good use as the newest member of the History and Social Sciences Department. Ms. Dudley has also found her calling in the classroom as a teaching assistant and brings her talent and love for King's Fork to a new area.

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THE FOOTBALL FIELD GETS A NEW LOOK



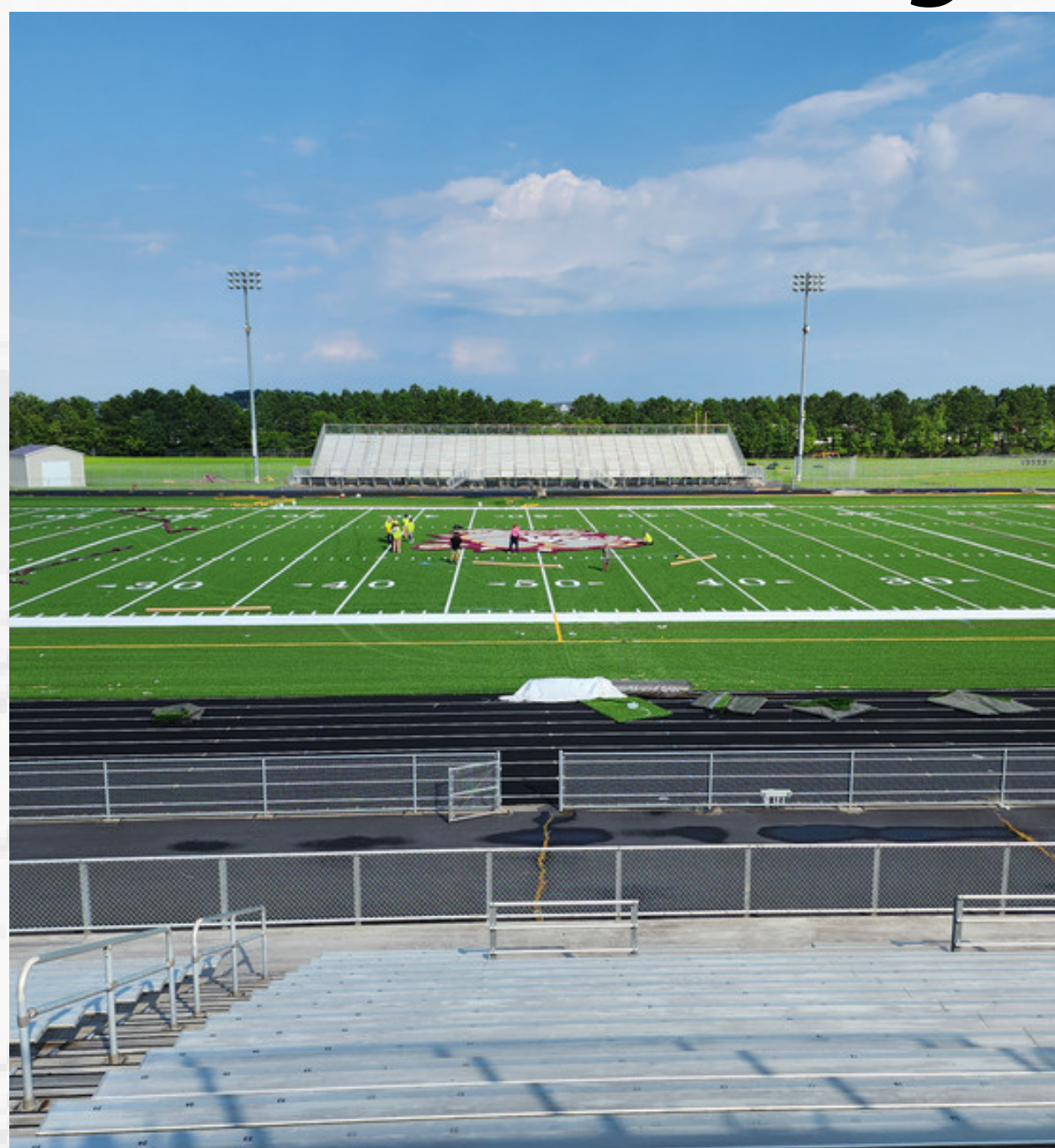
The Bulldog Football Field has a new look, moving to an all turf field with an impressive new logo, brand new end-zones, and an overall new vibe that will make King's Fork the envy of the area schools.

The Bulldogs are looking forward to showing off their new field in their first full game on September 15th against Great Bridge High School after defeating the Western Branch Bruins 26-0.

The Bark

“You can have everything in life you want, if you will just help other people get what they want.” – Zig Ziglar

Why Turf?



Here are some of the benefits of a turf football field:

- It is more durable than natural grass and can withstand more wear and tear.
- It is easier to maintain and requires less water.
- It is safer for players, as it is less likely to cause injuries.
- It is more consistent in terms of playing conditions, which can improve the quality of play.
- It can be used year-round, regardless of the weather.
- It can be used for other activities, such as soccer, lacrosse, and track and field.

OVERALL, A TURF FOOTBALL FIELD IS A GREAT INVESTMENT FOR ANY SCHOOL OR ORGANIZATION.

IT PROVIDES A NUMBER OF BENEFITS THAT CAN IMPROVE THE QUALITY OF PLAY AND SAFETY FOR ATHLETES.

THE FOOTBALL TEAM AND STAFF IS EXCITED, AND THE FANS WILL LOVE THE NEW LOOK FOR THE KING'S FORK BULLDOGS.





KFHS SEL NEWSLETTER



Sept 2023

The KFHS SEL Committee hopes that you enjoy this month's Newsletter! **This is for KFHS staff.** If you have any "columns," shout-outs, advertisements, or pictures of SEL around the building, please send them to Dr. Shaka Miller or Ashley Deese! Thank you!

Welcome back to KFHS for the 23-24 school year! We are looking forward to starting our after-school SEL Committee meetings (for staff) to discuss, brainstorm, and advocate for our school!

KFHS COUNSELING NEWS:

This section will be used for information coming from the KFHS Guidance/Counseling team! As schedules get finalized and the students return, stay tuned for SEL information from them!

TIPS, TRICKS, & TOOLS:

- [SPS Community Circle Topic Ideas](#)
 - (updated ones for 23-24 coming soon from SAO!)
- [SEL Support Request \(Google Form\)](#)
- [Stress Coping Handout/Flyer](#)
- [MHA Back to School flyer](#)
- [CIS Calming Center Strategies](#)
- [988 is the mental health 911!](#)
- [KFHS SEL Presentation \(from 09/01/23\)](#)

KFHS SEL SPOTLIGHT:

Kami Jackson from Communities in Schools (pictured right)

"My job, in a nutshell, is to collaborate with faculty and staff to provide wrap around support in course performance, behaviors and attendance, in a safe environment to students to thrive and meet their goals. I am certified in Mental Health First Aid."

Similarly to our School Social Worker, you can reach out to Kami directly in order for a student to receive support! She is located in the B200 pod and her email is kfhs@clsouthamptonroads.org



Communities
In Schools

Hampton Roads

NEXT COMMITTEE MEETING:

Date: Tuesday, Sept. 26, 2023

Time: 3:15-4:00pm

Location: D102 (Patton/Art)

All are welcome, no matter how often!

The Bark

“Be as bold as the first man or woman to eat an oyster.”
– Shirley Chisholm

NEW SCHOOL YEAR CONT...



In addition to Coach Bullock, Coach Keller of the JV Volleyball Team also joins the History and Social Sciences team, bringing a wealth of experience and compassion to her World History I students.

Mr. Reese joins us from Portsmouth Public Schools with over a decade of experience, and the theater department has new life with Ms. Millette in charge.

We also added a legacy member of the staff with Ms. Bagley, a KFHS Alumni with Mr. Riddick, a Lakeland transfer with Mr. Nelson, and the ever stylish Mr. Minix, all of whom bring different

experiences that our students can benefit from and many more new faces that we look forward to introducing.

The new school year brings a new slate of extracurricular activities for students to engage and develop new interests, including this newspaper. and...

OUR TEAM OF ADMINISTRATORS ARE EXCITED TO FACE THE CHALLENGES OF A NEW SCHOOL YEAR AND ARE READY TO MAKE THIS THE MOST SUCCESSFUL SCHOOL YEAR EVER!



The Bark

**“WHEN CHILDREN BRING UP SOMETHING FRIGHTENING,
IT'S HELPFUL RIGHT AWAY TO ASK THEM WHAT THEY
KNOW ABOUT IT.” - FRED ROGERS**

CLASS OF 2024: SENIOR SUNRISE



The Class of 2024 started off the year quickly with the Senior Sunrise, an early morning breakfast on the football field to welcome the Senior Class back to school, and start off the day with some fun and laughs as they enter their final year at KFHS.

This was the first of the scheduled senior class events for this school year, and the Class of 2024 and their senior sponsors look to be quite busy as this school year commences. The Seniors brought blankets and music to chill out, talk, play, and dance.

The students enjoyed Chick-Fil-a and Dunkin Donuts to start off the day, took pictures, and were able to relax and prepare for the upcoming school day.

**SPECIAL
THANKS TO
JAKYRA
WOODALL AND
AVA JACKSON
AND THEIR
FAMILIES WHO
MADE THIS
POSSIBLE.**





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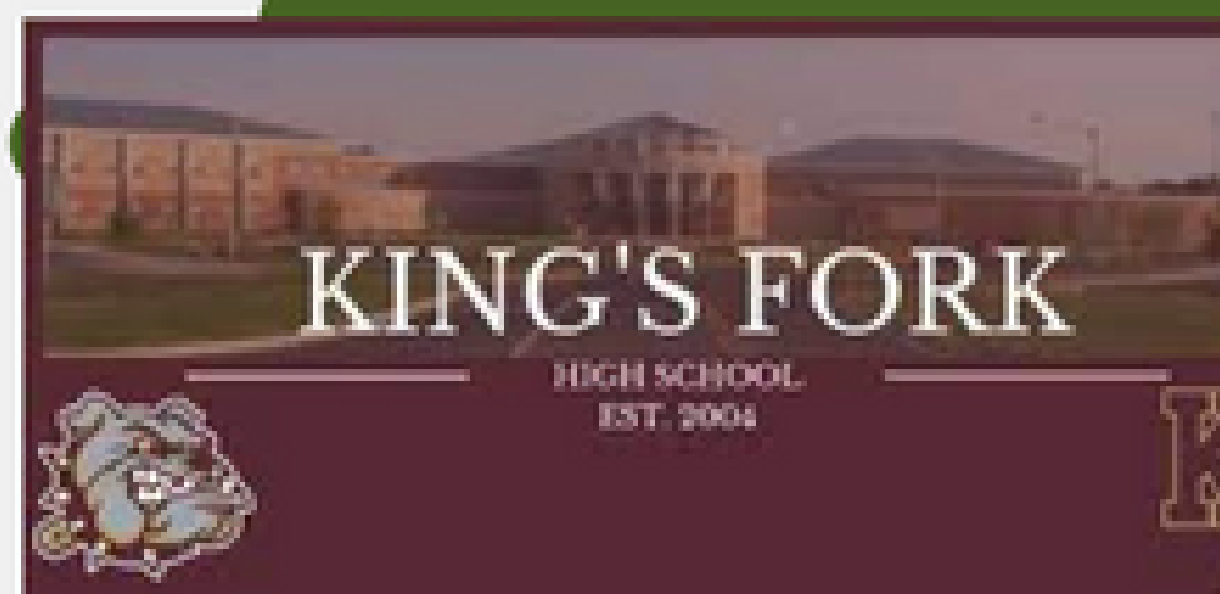
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CONTACT: KFHSBULLDOGBARK@GMAIL.COM
OR 757-923-5240 FOR MORE INFORMATION
SCHOOL AFFILIATED GROUPS - 50% OFF AD PRICES
AD PURCHASES ARE 100% TAX DEDUCTIBLE



The Bark is

HIRING

JOIN US !

Opportunities In the Fields Of:

Photographer/Reporter/Staff

Writer/Graphic Designer

Requirements :

- ▶ Good Academic Standing
- ▶ Good Attitude
- ▶ Hard Worker
- ▶ KFHS Student