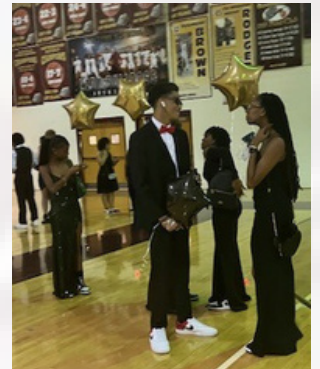

THE BULLDOG BARK

KFHS Sneaker Ball 2023



School sponsored dances have become quite the controversial topic over recent years. Those in favor of banning school sponsored dances often cite students' behavior and the music played at dances as well as a lack of staff support in the form of volunteers needed to chaperone dances as reasons to ban school sponsored dances. Banning school dances; however, misses out on opportunities to enhance school culture, provide students with real-life experiences, and strengthen bonds between the school and the community.

King's Fork High School sponsored its first Sneaker Ball this year. In the past, homecoming week traditionally culminated with a homecoming dance. Because this year's homecoming week coincided with the annual Suffolk Peanut Fest, it appeared that the homecoming dance would not take place. However, Dr. Tonya Spruill, Assistant Principal at King's Fork High School, was determined to make sure the students were still able to have a dance. She initiated the first Sneaker Ball. For many students it was their first opportunity to participate in this semi-formal event. It was quite the success.

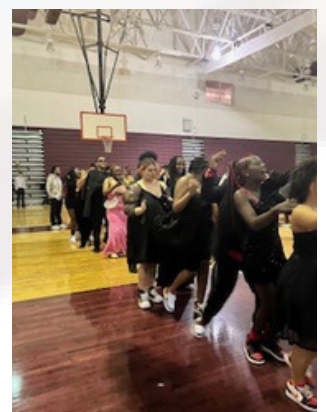


Over 300 tickets were sold. Zero behavioral infractions occurred. The Sneaker Ball helped enhance school culture by giving students an opportunity to interact with a diverse group of fellow students in a positive environment. Prior to the actual dance, the requirements for attending the dance provided students with the opportunity to experience real-life experiences. Students were given a specific window of time to purchase their tickets to attend the dance and they had to maintain their good standing in order to attend. In addition, the Sneaker Ball gave students a chance to relax and have fun after completing the first nine weeks of school.



Overall the dance was an opportunity to strengthen bonds between the school and the community. It was a spectacular end to the first nine-weeks in the Suffolk Public School district as King's Fork High School celebrates the whole child both academically as well as emotionally. Thank you everyone who participated in this event and I look forward to many more in the future.

~CHIRLENE MITCHELL





Monday, November 20, 2023

6:00pm: Basketball: Girls Varsity Scrimmage
vs. Hampton @ Hampton High School

Saturday, November 25, 2023

2:00pm: Basketball: Boys Varsity Scrimmage
vs. Varina @ King's Fork High School Gym-main

Monday, November 27, 2023

5:00pm: Scholastic Bowl: Varsity Match
vs. Great Bridge @ Great Bridge High School

6:00pm: Wrestling: JV Match vs. Multiple Schools
@ Deep Creek High School Main Gymnasium

Thursday, November 30, 2023

6:00pm: Basketball: Girls JV Game
vs. Nansemond River @ Nansemond River High School Gymnasium

7:30pm: Basketball: Boys JV Game
vs. Nansemond River @ Nansemond River High School Gymnasium

Friday, December 1, 2023

6:00pm: Basketball: Girls Varsity Game
vs. Nansemond River @ King's Fork High School Gym-main



Friday, December 1, 2023

7:30pm: Basketball: Boys Varsity Game
vs. Nansemond River @ King's Fork High School

Saturday, December 2, 2023

9:00am: Wrestling: Varsity Tournament
vs. Louisa County @ Louisa County
Davis Wells Duals

5:00pm: Swim and Dive: Girls/Boys Varsity Meet vs. Multiple Schools
@ Great Bridge Swim and Raquet Club

9:00pm: Basketball: Boys Varsity Tournament
vs. NC GBB Academy @ NC GBB Academy
Tyler Lewis Hoopfest Winston Salem NC Forsyth County Day HS
9:00 Kings Fork vs NC GBB

Monday, December 4, 2023

6:00pm: Wrestling: JV Match vs. Multiple Schools
@ Hickory High School Main Gymnasium

Wednesday, December 6, 2023

5:30pm: Wrestling: Varsity Match vs. Multiple Schools
@ King's Fork High School Gym-main

5:45pm: Scholastic Bowl: Varsity Match
vs. Indian River @ Indian River High School



Thursday, December 7, 2023 - Mr. Hinton's Birthday

6:15pm: Swim and Dive: Girls/Boys Varsity Meet vs. Multiple Schools
@ Great Bridge Swim and Raquet Club

Friday, December 8, 2023

1:00pm: Wrestling: Varsity Tournament
vs. Deep Run @ Deep Run
Richmond Invitational Two day tournament

6:00pm: Basketball: Girls JV Game
vs. Deep Creek @ King's Fork High School Gym-main

6:00pm: Basketball: Boys JV Game
vs. Deep Creek @ Deep Creek High School Main Gymnasium

7:30pm: Basketball: Girls Varsity Game
vs. Deep Creek @ King's Fork High School Gym-main

7:30pm: Basketball: Boys Varsity Game
vs. Deep Creek @ Deep Creek High School Main Gymnasium

THE BULLDOG BARK SPORTS

The End by Ajaye Davis

Senior Ajaye Davis' Love Letter to Volleyball



From the moment my friend told me to come to my high school's volleyball conditioning, I thought I would never enjoy it, but I loved it. My very first season in freshman year was cut short because of COVID-19. At the time of the last game I played, I had no emotion about losing because I didn't care about it. Then came my sophomore year, that's when I started falling more in love with the sport, also the people and the coaches I was playing with were awesome and cool. They made the sport a hundred times more fun for me.

During this season, we weren't bad and we made it to the playoffs but ended up losing in the second round. That loss had me in tears and I thought I would never cry over a loss in my sports career. But, overall, sophomore season was a growing season and it was fun.

Then came my junior year. All of this came so fast in a short amount of time. This was the season we made a goal to go to playoffs we worked hard, practiced hard, we had extra practices, and stayed back late. Most of the team put our main focus on volleyball and school. This was the season we wanted to make history for Kings Fork volleyball. We were doing well this year we were winning more games and the bonds with my teammates were so close, our chemistry was great.

Towards the end of the season we were going into playoffs, we made it to the semi-finals and even though we lost the rest of the games during regional playoffs, we still made it to states, but this felt like we didn't earn it but we ended up losing first round in states. I didn't mind it but I still felt bad losing, but that was the end of junior year.

My senior year was the best and most fun year for volleyball.

THE BULLDOG BARK SPORTS

The End by Ajaye Davis

Senior Ajaye Davis' Love Letter to Volleyball



This year was the year that new freshman rookies came in while most of us were seniors. The bonds I had with the freshman and my other senior teammates were strong, the coaches that I have had for the last four years were amazing. All of my fellow senior teammates and I thought this was the year we took over.

We were on a roll we were winning games after games and doing the best we have ever done. We didn't even notice how quickly the season had gone by because it was regular season and out of nowhere we were in playoffs. When we went into playoffs we made it to the regional finals but we sadly lost and got second place. This still gave us a chance to go to states and compete but we played the number one team in the bracket so we knew that if we wanted to win it wasn't going to be easy. So we worked hard and also had extra practice. The day comes of the first round of the state playoff and if we lose the season over we go home. We started the game off strong and then we started losing and then eventually we ended up losing the game and at first I thought well it's okay that we lost.

But while walking back to the bus I saw my teammates all walking and laughing and it all hit me at once that I would never play on a team with these guys again, the great times playing with these guys, and the bonds I had with them and that's when the ears started coming out. I wasn't ready for all of this to end I wanted to keep playing with these guys I didn't want to leave it but I had to. I thought this was the end and it was the best time I had during my high school years.

FIVE LETTERS

FROM PRISON THAT HAVE
CHANGED THE WORLD

History Teacher publishes
"Five Letters from Prison
that have Changed the
World" sought by
Hollywood Producer for
Book-to-Film Documentary



As a longtime U.S history teacher who has taught at multiple inner city public schools, I have become aware that a great number of my students had fathers who were incarcerated and some of their own homes were little more than hideouts for the high-risk affairs of fatherless youth. Statistically, boys with this background have a better chance of being incarcerated themselves than they have of graduating from college, or launching a stable career. Indeed, some of my students have actually looked forward to reuniting with family members and friends behind bars. Thoughtfully, I wrote "Five Letters from Prison that have Changed the World" with them in mind.

Five Letters From Prison That Have Changed the World objectively examines the embryonic stages of major historical events as conceived, or inspired in the ready minds of five incarcerated history-makers. Their lives, though halted by confinement, were approaching a crossroads of sorts and both resolutions as well as revolutions were started because of their influence for governmental change, justice, a new social order, or the application of spiritual or moral absolutism as they saw it. Each letter influenced a change in public policy to varying degrees and whole societies have been affected respectively.

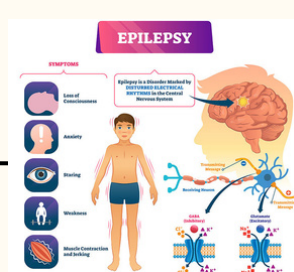
As a Hollywood producer has enthusiastically supported my work, we are excited about producing the documentary and ultimately marketing it through educational platforms as well as cable television networks. The documentary will be aligned with the standard curriculum for World History and U.S History high school state exams.

SIDNEY WALKER

Support this Documentary on Indiegogo

THE BULLDOG BARK

What is Epilepsy?



November is Epilepsy Awareness Month



Epilepsy is a brain disorder that causes seizures. It is estimated that 3.4 million people (around 1.2% of the population) in the United States have the condition. Not all seizures are created equal, though. There are three main types: focal onset, generalized onset, and unknown onset seizures. Focal onset seizures start in a specific area of the brain and don't always spread to other parts. Generalized onset seizures affect both sides of the brain at the same time.

Unknown onset seizures describe seizures whose point of origin is not known. While all seizures are taken seriously, the most serious type is called 'status epilepticus,' which is when a seizure lasts for more than five minutes or more than one seizure occurs within a short time frame.

Aurora Wasem, daughter of science teacher Samantha Wasem, has a particularly curious form of the condition. Aurora has Lennox-Gastaut Syndrome (LSG), which causes her to experience 40-50 seizures a day. There is no cure for LSG, but some medicines can be used to lessen the amount of seizures and their severity. Aurora requires assistance in her day-to-day life, but she is learning how to function by herself with small tasks, such as walking and feeding herself.

I had the pleasure of meeting Aurora at the Murder Mystery Dinner Theater on Friday. She is a wonderful little girl whose smile and laugh light up a room. She has a loving and dedicated support system in her mother and sister, who care for her and strive to help her live her best life. She is one of many children who will live with epilepsy for the rest of their lives, but it often isn't talked about. Let's all show our support for Aurora and children like her by wearing purple on November 30th to raise awareness for epilepsy. - Mariah Marks

"You are never too old to set another goal or dream a new dream." - C.S. Lewis

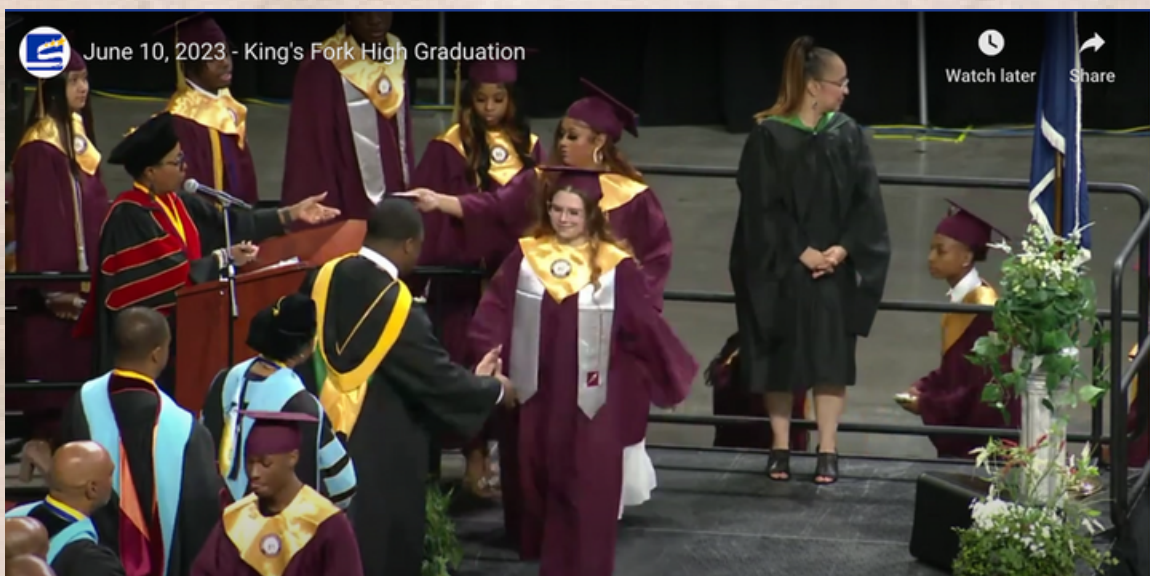
Bulldogs March Toward Graduation

Graduating is such a significant milestone in a senior's life. It's a time where they can reflect on their journey and celebrate their accomplishments within King's Fork High School. With this knowledge, I have discussed with seniors their feelings about reaching their academic achievement. "Graduating has made me realize I'm not going to be in high school anymore and that's a crazy thought to me." Lewis Thompson voices when I ask him, "How does it feel to graduate?" Seniors just like Thompson are determined to walk across that stage in June 2024.

As the seniors embark on their last year at KFHS, they are highlighting the memories and experiences that make high school so special. Some, like Trinity Wilson-Cobb, are doing everything to get through this time. "I'm always going to Ms. Miller to make sure I have all the qualifications to make sure I can walk the King's Fork stage." Graduation represents years of hard work, late night studying, and the ability to overcome challenges.

The importance of high school graduation is a stepping stone to future opportunities. Whether it's pursuing higher education, entering the workforce, or following a passion. This may open doors and set the stage for success as an individual. However, this may be a complicated thing as you're adjusting to the thought of entering adulthood. "Things are getting very serious and that comes with maturing and learning more as you enter the real world." Jada Robinson states.

Many seniors reminded me of the bittersweet feeling of saying goodbye to friends and teachers. Graduation marks the end of an era and the beginning of a new chapter. It's a time to cherish the connections made and look forward to new adventures ahead. Jacari Scott says a few encouraging words. "To be able to make it to the end, keep up with your grades and distance yourself when you have to." Graduation is just the beginning of a lifelong journey of learning and growth. I would encourage the seniors to embrace new experiences, stay true to themselves, and never stop pursuing their dreams. - Alana Givers-Wilson





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