

Welcome to the second issue of the WHHS Cougar Pride Foundation Newsletter. The purpose of this newsletter is to inform our stakeholders about our purpose, programs, and progress. This newsletter will include information from the 2020-2021 and 2021-2022 school years. We hope that you'll find it informative and compel you to become involved in our goal of supporting the students of Western Hills.

ORIGINS

The WHHS Cougar Pride Foundation (The Foundation) began October 25, 2017 as an initiative by Western Hills High School Alumni who saw a need to improve the quality of life for students attending Western Hills. The idea came after a meeting at LVTRise, an organization that assists the Las Vegas Trail community in west Fort Worth by providing communication and coordination among all local serving organizations and partnering with the people who live and work in the area. The first organizing meeting was held in November 2017 where it was decided to register as a 501c3 nonprofit organization, formulate a board, and proceed.

As WHHS Cougar Alumni and Friends, we try to do our part by helping current Cougars who are facing poverty-related hardships most of us could never imagine. We use social media; [Facebook](#), [Instagram](#) and our [Foundation web page](#), as one method to share ideas and collaborate with the community and local assistance organizations to show these Cougars that we support them and will do what we can to help them have the same opportunities we had.

CHANGING OUR SCOPE.....CHANGING OUR NAME

The scope of our outreach has traditionally been focused on the students at Western Hills High School. Principals at Leonard Middle School and Western Hills Elementary requested help in replicating Cougar Corner at their schools. In collaboration with LVTRise and FWISD, the WHHS Cougar Pride Foundation Board has agreed to expand its presence down into the FWISD school pyramid that WHHS sits atop. With this expansion comes a name change.

We are now called the Cougar Pride Alliance.



PROGRAMS



Cougar Corner (October 2017 - Current)

Located in Portable 306 on the Western Hills High School Campus, Cougar Corner houses a food pantry and a clothing closet. It is open during school hours when school is in session, and is accessible to all students. Shelves are stocked with free food items and snacks which have been purchased using funds from individual donations. Additional food items are received from the Tarrant Area Food Bank via Western Hills Church of Christ. Students can build a food bag with assorted items and nonperishable food to take home when needed. Cougar Corner also provides clothing, shoes, coats, and hygiene items free of charge.

No School, No Food (October 2017 - Current)

Since 2017, we have built and distributed food bags prior to both winter and spring break. These bags are loaded with meals that students can cook for themselves. Alumni, faculty, staff and community members donate food items from a list that we provide. Many of our students don't have the resources for meals while not attending school, so this helps the families fill the food scarcity gap over breaks. This is a continuing program that has helped many of our students over its 5-years of operation. **Over 3525 bags of groceries have been distributed since 2017.**



Feeding Student Organizations (Oct. 2017 - Current)

We continue to provide hot meals before on-campus extracurricular activities and sack lunches for away events. Simple hot meals include chicken burritos, spaghetti with meat sauce, chicken alfredo, burgers, and chicken sandwiches. Sack lunches included ham or turkey & cheese sandwiches with chips, a cookie, fruit snacks and granola bars. Providing sack lunches for student organizations like Student Council Meetings and Link Crew improved student participation in these groups. **We prepared and served over 15,000 meals this school year, and our 5 year total exceeds 55,575 meals served.**

Homecoming Help (2018 - Current)

Homecoming is such a fun time of year for high school students. Our organization shares in the festivities in several ways. For the past four years, volunteers have made Homecoming mums for students who might not otherwise have one. We regularly decorate the halls to add to the school spirit and help with the annual Homecoming Parade. The football team, cheerleaders, athletic trainers, band, and coaches are fueled up with a special meal before the big game.



Winter Storm Response (Feb. 2021)

With many in our community affected by the power outages during the February 2021 North Texas winter storm, volunteers leapt into action. The first step was to find water, which was desperately needed due to frozen pipes across the region. Volunteers delivered gallon jugs of water and cases of water bottles directly to neighborhoods and homes. Every day for 5 days, 150 hot meals were cooked and distributed. Sack lunches and bags of food were also given out. Student volunteers helped every day.



LVT Rise Collaboration (Oct. 2018 - Current)

Cougar Pride works alongside LVT Rise, helping out where we can. Volunteers regularly assist LVT Rise with their mobile food pantry. In turn, LVT Rise shares resources with the Cougar Pride community, including (but not limited to) providing vision services, free glasses, college financial aid application assistance, and other services that benefit students.



Senior Activities (2018 - Current)

The Foundation joins in celebrating the graduating senior class of Western Hills High School. Each year, volunteers help serve during the Senior Breakfast and Senior Field Day. Other events supported by Cougar Pride include Signing Day for Cougar athletes, College Decision Day, and Prom. For the past several years, Cougar Pride Foundation has provided the photo booth at Prom.

Summer Mobile Food Pick-Up (June 2021)

With very short notice, we were offered a drive through food pickup by another nonprofit organization who had access to food items. We gathered students to help unload food trucks, organize and bag the food items, and load cars in the Tower Parking lot starting at 1pm on a June afternoon, before the end of the school year. It was well over 100 degrees, but our Cougars came through. They rallied and loaded more than 75 cars with food items.



Breakfast Tacos & Snacks for Testing (2018 - Current)

Students will most likely perform better on standardized tests if they are rested and have had a good breakfast. During English STAAR testing, Cougar Pride volunteers get up at the crack of dawn and prepare hundreds of breakfast tacos in the Western Hills Church of Christ kitchen. These are passed out to students and staff as they arrive at school. On other testing days (PSAT, SAT, STAAR Algebra, History, Biology), snacks are provided during testing breaks. (It is estimated that 8000 breakfast tacos have been made to date.)



IMPACT

Developing Cougar Pride

The students at Western Hills High School feel the support of the Cougar Pride Foundation each and every day. The footprint (pawprint) of the Foundation is evident in the support given to groups (Band, Choir, Student Council, LINK Crew, TAFE, Senior Class) and athletic teams. School spirit and Cougar Pride are wonderful side effects of the work that we do on campus. Cougar Pride Never Dies.





Giving Back

Nearly every day, you can find Western Hills High School students helping out in their school and community. The kids love to help out in Cougar Corner every chance they get. Student groups and individual students volunteer in the community as well. Students participating in Band Leadership Training are learning how to get involved in the community. JROTC students can often be found volunteering at many different events at school and in the Fort Worth area.

DONATIONS & FUNDRAISING

Alumni Support/Donations

The Cougar Pride Foundation raises and spends approximately \$80,000 each year. These funds are spent on food and services, with a very small portion used for administrative services and software for accounting and tax reporting.

The scope of alumni support for the Cougar Pride Foundation is vast and varied. Our 2021 Homecoming Class Challenge brought in over \$8300 in funds last fall (Top

Givers: Class of 1976 = \$3250, Class of 1990 = \$2500, and the Class of 1982 = \$1220). Facebook Birthday Fundraisers and Birthday Shoutouts have resulted in thousands of dollars in donations. The Class of 1986 gathered for the Turkey Trot and made a generous donation in memory of classmate Chris Warhurst, who passed away in 2020. The Oestrichers, a WHHS alumni family, held an estate sale and donated the profits (and more) to the Foundation. Alum Robert Voegele managed a Cougar Pride Mug fundraiser. WHHS Alum Kelly Biggs, a Deputy with the Tarrant County Sheriff's Office, regularly acquires donations of Gatorade and other items for our student teams and groups. A call went out for clubs for the golf team, and alum Vicki Contreras led the charge and obtained dozens of clubs. The WHHS Class of 1971 raised \$8365 and the Class of 1977 raised \$500 at their recent class reunions. Donations of clothing, food, shoes, prom dresses, and more continue to pour in weekly. The Cougar Pride meeting in February 2022 was well attended by alumni and community members who are ready to help! Western Hills High School Alumni make a difference.

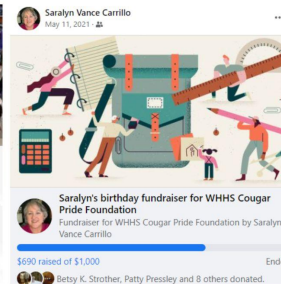




Every little bit counts
When millions of supporters shop with AmazonSmile, charitable donations quickly add up.



WHHS Cougar Pride Foundation
has received as of March 2022
\$1,236.22



Do Goodies
Sep 30, 2021 · 🌐

🙌 Thank you all for your support this month! We were able to send over a portion our proceeds to WHHS cougar pride foundation!



Happy Birthday Patty!
A donation was made to the WHHS Cougar Pride Foundation in your honor. Thanks for all you do!

Community Support/Donations

Community support of the Foundation continues to grow each year. We have benefited from several grants from foundations across Texas. A recurring grant from the Rainwater Charitable Foundation allows us to always have necessary food items on hand. We annually receive funds on North Texas Giving Day each September. Amazon Smile has donated over \$1200 to the Foundation since 2018. Last fall, cookie company Do Goodies donated proceeds to the Foundation from their September sales. The Benbrook Lions Club has supported us for the past 5 years with donations and a recent recognition with

the “Heart of the Lion” award. Western Hills Church of Christ allows us to use their kitchen for cooking hot meals and also purchases food from the Tarrant Area Food Bank for our students. Ridgela Presbyterian Church has donated funds and supplies for our sack lunch project the past 5 years. Financial donors are too numerous to list; from other charitable organizations to large donations from individuals (whose names we don’t have permission to list) to hundreds of smaller, but hugely meaningful donors who’ve responded to online campaigns we’ve run.

COUGAR PRIDE IN ACTION

Volunteers

Volunteers are the key to achieving the goals of the Foundation. Our volunteers include alumni, parents, students, WHHS staff (former & current), and community members. We are fortunate to have a core group of volunteers, led by Executive Director Patty Pressley, who help with the day-to-day operations of our group. Patty is the glue that binds the Foundation together. Her passion and love for the students is unwavering. She is either at Cougar Corner or involved in a Foundation activity every day of the week. She is backed up by Tiffany Gideon Bills, who steps in and steps up at Cougar Corner several days a week. Our Treasurer, Saralyn Vance Carrillo, is indispensable in keeping track of our finances, and was instrumental in helping secure grant funding to provide free parking for all FWISD graduating seniors and their families this year. Volunteers are the heart and soul of our organization.



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Cougar Pride Class Representatives

Many thanks to those who have volunteered to be WHHS Cougar Pride Foundation Class Representatives! If there is not a representative for your graduating class, and you would like to volunteer, please send an email to Karen Landon: karen@whhscougarpridefoundation.org Duties include: 1) Sharing Cougar Pride Foundation news & information with your classmates via social media and other methods. 2) Encourage classmates to volunteer and/or donate money to the Cougar Pride Foundation--especially when class reunions come around and during the Cougar Pride Homecoming Fundraiser Challenge. The Foundation relies on Cougar Pride Representatives to get the word out to their alumni and classmates about its activities and requirements. We sincerely thank them for their participation and efforts. There are currently some vacancies that need to be filled by a dedicated volunteer.

1970		1987	Marlena De la Garza	2005	
1971		1988		2006	
1972	Richard Hutchinson &	1989	Paige Gallagher Bacon	2007	
1972	Lisa McDonald	1990		2008	
1973	Kris Reynolds	1991	Lara Dale	2009	
1974	Cathy O'Neal	1992		2010	Leah Carter Smith &
1975	Cindy Vance Young	1993		2010	Viren Patel
1976	Vicki Contreras	1994		2011	
1977	John Medina	1995		2012	
1978	Carol Hancock Murray	1996		2013	
1979		1997	Amyjo Measles	2014	Erica Johnson
1980	Tiffany Gideon Bils	1998	Steven Davis	2015	
1981	Kate Moore Branson	1999	Rhonda Belota Psencik	2016	Melanie Mounce
1982	Cheryl Beauchamp	2000	Jennifer Pope	2017	Bailey Martin
1983	Michelle Adams	2001		2018	
1984		2002		2019	
1985	Dana Voyles Harris	2003		2020	Linda Mendoza
1986		2004		2021	
				2022	

Support The WHHS Cougar Pride Foundation

Volunteer: Volunteers are always needed and appreciated. If you are interested in becoming involved as a volunteer, please send an email to karen@whhscougarpridefoundation.org

Donate: Please send donations

via PayPal to: patty@whhscougarpridefoundation.org

via Venmo: patty@whhscougarpridefoundation.org

or by mail to: WHHS Cougar Pride Foundation

4455 Camp Bowie Blvd

Ste 114 PMB 109

Fort Worth, TX 76107

The Foundation's Board of Directors include:

Patty Pressley 1982 - Executive Director

Saralyn Vance Carrillo 1982 – Treasurer

Shawn Doherty 1982 – Chairman

Karen Lindsay Landon 1982 – Outreach

John Medina 1977 – Communications Coordinator