



# Forest PTA Footnotes ...

December 2011



## PTA Presidents Corner

December is approaching...Where does the time go?

We are approaching the end of 2011 and I want to publicly thank some terrific parents and volunteers!

First, thanks to all of you who come out rain or shine or sleet or snow to attend our monthly PTA meetings!

Second, thanks to all of our PTA board members who go above and beyond in their volunteering and helping!

Third, thanks to all of our PTA Chairpersons, without all of you we could not do everything that we do (you know who you are)!

Lastly, I want to be sure to acknowledge all of the helpers who assisted with the book fair. I really appreciate your help!

December brings about some fun activities for the PTA. The Holiday Shoppe will be on Wednesday, November 30<sup>th</sup> and the Classroom Holiday Parties will be on Tuesday, December 20<sup>th</sup>.

Reminder...there is no meeting in December but we will meet in the Forest Library on Tuesday,

January 17, 2012 at 7 pm. Please plan to join us there!

Happy Holidays!

Kim Rahm

PTA President 2011 - 2012

[kimrahm@gmail.com](mailto:kimrahm@gmail.com)



## Calendar of Events

### November

30 Holiday Shop

### December

8 3<sup>rd</sup> Grade Holiday Concert @ 7 PM

21 Holiday Break begins

### January

2 School resumes

16 Martin Luther King Day – no school

17 Forest PTA - 7:00 PM

19 Semester Break – end of 2<sup>nd</sup> nine weeks

20 Teacher in-service Day – no school

25 Report Cards go home

26 Parent / Teacher Conference Night

Submissions for the January newsletter are due December 16<sup>th</sup>. Please E-Mail them to:

[balsonr@neorsd.org](mailto:balsonr@neorsd.org)

## Principal's Corner *From Mr. Monnin*

We hope all had a good Thanksgiving break. It gave us all some time to spend with family and friends, resting up for a good stretch until the holiday break.

Our 3<sup>rd</sup> grade testing results from October arrived last week. These results are from the state OAA Reading Test. The results were encouraging, as a little less than 70% of our students demonstrated reading proficiency or higher. We're excited about the results, and also realize we have work ahead of us. We'll continue to help all of our students grow as the year moves on. All of our 3<sup>rd</sup> graders have two opportunities to take this test during the year. All students will have testing at the end of April, and we look forward to see how our students have grown between now and then.

Our "Apples for Students" program is up and running at Giant Eagle. If you shop there, make sure you have your bonus card linked to Forest Primary School. Our school code is #2261. Just ask at the register. Anytime you shop, a portion of the sale comes to the school in the form of equipment, supplies, etc. It's a terrific program, and your support is vital. If you have family or friends who shop there, even outside of North Olmsted, our school can still benefit if they use our school code above! If you have any questions, please call 779-3526.

As we move along with our health and wellness program, we started our Fitness Club on the 14<sup>th</sup> of November. Over 40 students are signed up and participating with Mrs. Horning and Mr. Guerry leading the charge, facilitating the program. We have had a great response so far, and look forward to students staying active after school. When our students are making healthy choices, our students' minds and bodies are more healthy, increasing their ability to learn.

A few nuggets for you:

- **Student Illness** - Our attendance numbers are back to normal, and all is moving smoothly. We still want you to keep your sick children home. If you log on to our school website, we've added a few documents that you can print out. One is an illness checklist. This can help you decide if it is a good idea to send your child.
- **Veteran's Day** - What an outstanding event! We had over 20 veterans join us for part of the morning. We started with a flag raising in the courtyard, followed by the Pledge of Allegiance. We then headed into the gym for some great singing by our students thanking our veterans for their sacrifices. The veterans introduced themselves, when they served, and who they were connected to at Forest. The event ended with every student either shaking hands with or giving high fives to each veteran saying thank you. The students also made thank you cards and posters which were delivered to the North Olmsted Post of the VFW, and also the VA Hospital.



- **What are you thankful for?** - I am grateful for the opportunity to serve the Forest community. I am thankful for the staff that works so hard to help our students reach for the stars. I am blessed with a great family at home (Nancy, Joseph, John, and Kate.) I hope all had a Happy Thanksgiving!

## Health and Wellness Team Mission Statement

The Forest School community will promote health and wellness through better nutrition, regular physical activity, education, and general well being at school and at home.

### Health and Wellness Corner (Volume #2)

You will find helpful ideas in this section that encourage all of us to be more active and eat healthier. If you ever want to submit an idea to share in this section, send an email to Mr. Monnin at [brent.monnin@nocseagles.org](mailto:brent.monnin@nocseagles.org).

### Pitch in

To help your child get comfortable in the kitchen, look for jobs she can do alone or with just a little help. Use these examples as a guide:

- • **Children who are 3-4 can...**tear lettuce for salads, mash soft foods with a fork or potato masher, pour liquids, stir batters, use cookie cutters, and sprinkle cheese on pizza.
- • **Children who are 5-8 can...**do any of the above, plus...cut soft foods with a dinner knife, scrub vegetables and fruits, sift, crack eggs, knead dough, use a rolling pin, gather and measure ingredients, spray or grease baking dishes, spread peanut butter on a sandwich, and use the microwave with adult supervision.
- • **Children who are 9-12 can...**do any of the above jobs, plus...peel carrots, open cans, peel hard-boiled eggs, and use small appliances like a blender or mixer with adult supervision. If you think your child's ready, you can teach her to cut or chop vegetables with a knife.

**Tip:** Give your youngster different jobs when you cook together. That way, she'll learn new skills and become more confident in the kitchen.

### Healthy Recipe to try at home: Oven Roasted Tomatoes

#### Ingredients:

- \* Tomatoes
- \* Olive Oil
- \* Garlic (optional)
- \* Sweet Pepper Slices (optional)

1. Coat a baking sheet with olive oil.
2. Cut the tomatoes in half.
3. Swirl them around in the olive oil a bit (with sliced peppers and chopped garlic if using) and leave them cut side up.
4. Roast in a 250 degree oven for a couple hours. I think I left mine for 2 1/2 hours. You'll know they are done when they are nicely shriveled and looking a bit caramelized. Use them in sauces, soups or on bruschetta. They freeze well too if you don't happen to gobble them all up right away like we did. :)

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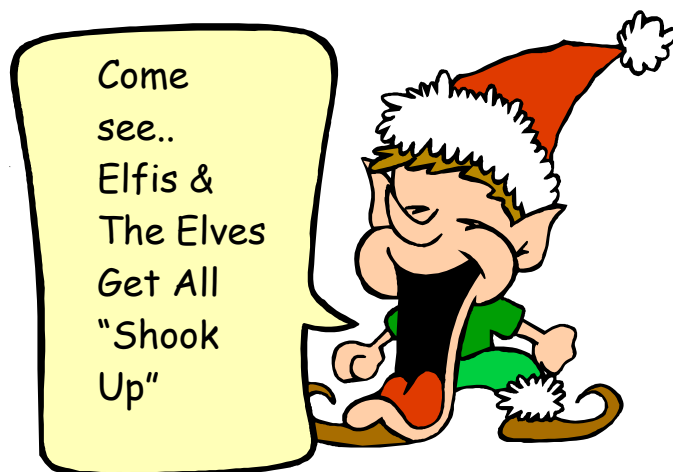
The third grade students are preparing for their Winter Performance. They will perform on Thursday, December 8, 2011 at 7:00pm in the gym. The theme is Elfis and the Elves Get All "Shook" Up and I think it's going to be a great show.

As always, please email me with any questions you may have and I look forward to seeing you at all the fun events planned for Forest!

Musically Yours,

Megan Stilla

[Megan.stilla@nocseagles.org](mailto:Megan.stilla@nocseagles.org)



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## GRANDPARENTS/SPECIAL PERSONS DAY

We wanted to send out a huge THANK YOU to everyone who participated in making this day very special for all of our children. We had a lot of Grandparents and Special people who attended and we couldn't have made it happen without each and every one of you. We had many volunteers to help and take pictures. We also had an overwhelming response with donations. We could not have done it so well without the help of all of you and look forward to doing it again next year.

Nicole Phillips and Nicole Dailey-Jones

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The Forest Family Bowling Party took place on November 13, 2011. We had 74 bowlers participate. We also had a prize raffle. The winners are:

2011 Save Around coupon book - Gribble Family

Entertainment book - Manco Family

2012 Save Around coupon book - Furlong Family

Eagles T-shirt - Kaitlyn Manco

50/50 raffle (winning \$40) - -Murphy Family

Thanks to everyone who attended.

We will have more events in the coming months. In the works are a dance and roller skating party!

Shari Kasarcik

Family Fun Coordinator

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## **Membership**

Thanks to everyone who has joined PTA! It's not too late to become a member and support Forest, the Ohio PTA, and the National PTA. A membership form can be found at the back of the newsletter. Please print it off and send it in to Forest in an envelope with your membership money.

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## Dine to Donate

Each month we are making money as we patronize local restaurants. In December Bruegger's Bagels on Lorain in North Olmsted is sponsoring our dine to donate. For 6 days, we can purchase something at Bruegger's and they will donate 15% of our purchase to the PTA. Dates are from Friday, December 16th thru Wednesday, December 21st. You must present a flyer. Flyers will be coming home with your child before the 16th or you can print off the flyer at the end of the newsletter. Thanks for your help!

