



# Forest PTA Footnotes ...

November 2011

## PTA Presidents Corner

Happy Autumn!

It is really hard to believe that the first quarter is just about complete! The time really does fly by.

As we move into November we begin to think about Thanksgiving and giving thanks!

I want to take this opportunity to thank all of our wonderful volunteers who donate their time to assist our children each and every day. Many of our activities would not occur without all of you!

So...many thanks to each and every one of you.

Thank you also to the teachers and staff members who joined our PTA.

We really appreciate you supporting the efforts of PTA and our students.

Looking ahead into November, we have a few more events planned.

- On 11/13, PTA has organized a Family Fun event at Buckeye Lanes.  
Bring your family and join us for some afternoon family fun!  
More information to follow in this newsletter.
- On 11/8, PTA is sponsoring a dine-and-donate at Bob Evans.  
Take a copy of our flyer and Forest PTA will receive a portion of the total back to be used for more great events!

We are up to 80 PTA members, but we always aim to gather more! There is still plenty of time to join and make a difference!

There are many opportunities to help. Plan to join us at our next meeting on Tuesday, November 15<sup>th</sup> at 7 pm and see what we are all about! Hope to see you there!

Thanks,

Kim Rahm, Forest PTA President 2011-2012



## Calendar of Events

### November

- 3 Market Day pickup @ 5:45pm in the gym
- 8 No school – GET OUT AND VOTE!!!
- 8 10am-10pm Dine to Donate at **Bob Evans**
- 9 Report cards go home this week
- 10 Usborne Book Fair Begins
- 10** Parent/Teacher Conferences
- 11 Veteran's Day Flag Raising
- 13 Family Fun event @ Buckeye Lanes
- 15** Parent/Teacher Conferences
- 15 PTA @ 7:00pm
- 23 Thanksgiving Break Begins
- 26 Online Market Day orders due
- 30 Holiday Shop

### December

- 1 Market Day pickup @ 5:45pm in the gym
- 21 Holiday Break begins

### January

- 2 School resumes

Submissions for the December newsletter are due November 18th. Please E-Mail them to:

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



## From Mr. Monnin's Desk

Hope this newsletter finds you and your family in a good place. You'll find in this edition a new section wrapped around "Health and Wellness." Please read and provide some feedback as we continue to make steps forward in more ways than one. Our "Get Active Get Fit" program is well under way, and our students have been working hard tracking their activity on their student tracking sheets. This program runs through November 26<sup>th</sup>, and then the forms will be due the week of November 28<sup>th</sup>. If you are completing a form with your child, please turn in yours too.

October has come and gone in a flash. Each day is packed with learning, teaching, and great effort from our students. I am so pleased with the progress we've made so far through the first two months of the school year. I've had a chance to watch and learn from our students in their classrooms.

I also had a chance to see our students in action during Special Person's Day. Students worked on projects with their special persons. They sang songs, performed Reader's Theatre plays for their special persons, and showed lots of love for those that mean so much to them. Excitement is taking place at Forest each and every day!

Here are a few items for you as we move forward:

**Student Illness** - Our absences have increased as October has moved forward. With the flu bug traveling around, I expect this to continue for a while. Please, don't send your child to school with a fever, or if they have thrown up. They need the rest, and they need to be healthy to return to school.

**Weather changes** - It's hard to believe that summer has come and gone. The cold weather is coming, and I am encouraging you to send your children to school dressed for the weather. Shorts can come back out in March or April. Use your judgment as parents. Thanks.

**Valuing School Time** - Parents, please do your best to keep your children in school for the entire school day. Avoid taking them out early if at all possible. If you need to schedule a doctor's appt., try for after school. We realize this isn't always possible, but please try. Every minute in the classroom is valuable, and when a child misses a portion of a lesson in math, or science, it makes a big difference.

If you must take your child out early, please make sure to send in a written note the morning of. Please don't call later in the day. We don't want to interrupt classes in session. To notify one student, we interrupt 24 others. Written notes in the morning cause no interruption. Thanks for your consideration. If you have any questions, please feel free to contact me to discuss it.

## 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 (NEW section!)

This year, we at Forest have worked to create a Health and Wellness Team to promote and encourage healthy habits and choices for our students, staff, and families.

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).

#### Less screen time

Experts recommend no more than 1–2 hours of screen time a day for children. Here are ways to help your youngster cut down.

#### TV journal.

Keep a notebook by the TV. Each time your child watches a program, have her write down the title, the time, and a one-sentence summary. She'll get writing practice, and you'll have a way to track how much—and what—she's watching.

#### Activity scale.

Does your youngster spend more time in front of a screen, or more time being active? Help him make a scale to find out. He can use a permanent marker to label two sandwich bags: "Screen Time" and "Active Time." Clip the bags to opposite ends of a coat hanger, and hang it on a doorknob. For each 15 minutes he spends in front of a screen or being active, he drops a nickel in the appropriate bag. At the end of a week, have him see which bag weighs the most.

#### Healthy Recipe to try at home:

##### **Tropical Treasure Smoothie**

Ingredients

- 1 cup Pineapple
- 1 cup Mango (Ataulfo is our favorite type)
- 1 cup Cantaloupe
- 1 cup Baby Spinach (or just start out with a couple of leaves)
- 1 cup Coconut Water (add more based on desired texture)
- 1 cup Ice

1. Wash all your produce thoroughly.
2. Cut up your fruits and veggies.
3. Place them all in the blender.
4. Add coconut water and ice.
5. Blend until smooth.
6. Enjoy!!!!

Dear Forest Parents and Students,

The Forest music program has many new updates! We have our second grade **Halloween performance** on **Thursday, October 27, 2011 at 7:00pm**. The students have been preparing very diligently and I think it is going to be a great show. Please remember to have your children dress in their appropriate Halloween costume for the performance. The students should plan to arrive at 6:40pm.

The **Veteran's Day celebration** is on **Friday, November 11, 2011 at 9:20am**. Please plan on bringing a family veteran or just a neighbor from down the street. It always proves to be an emotional day and we would like to invite as many veterans as possible to share in our program. The students will sing the Star Spangled Banner for our veterans and the fight song for each of the branches of the armed forces. Please plan on attending as it will be an exciting day!

The third grade students will be preparing for their **Winter Performance** in the upcoming months. Their performance will be 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!

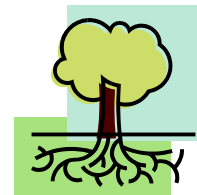
Musically Yours,  
Megan Stilla  
[Megan.stilla@nocseagles.org](mailto:Megan.stilla@nocseagles.org)



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## MEMBERSHIP MATTERS



Thanks to everyone who has joined Forest PTA. We currently have 80 members! We had a contest between classes to see which class had the most members join. Mrs Roll's afternoon kindergarten class won!! Congratulations! We will be providing popsicles for the class at their end of the year party

## Dining to Donate

Thanks to everyone who has participated in our Dining to Donate fundraisers. In September, Romeo's Pizza sponsored a night. Just last week, on October 26, Applebee's at Great Northern sponsored us. Amount earned was unavailable at time of printing. Thank you for choosing to eat at these restaurants and help Forest PTA earn money.

On **Tuesday, November 8th**, **Bob Evans** is sponsoring us! We have no school that day, so please bring in your family and friends from 10am to 10pm. Bob Evans will donate 15% of your purchase. You must have a flyer to participate. A flyer is attached below and one will be coming home a few days before the event.

Thanks,  
Jenny Mortensen

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**Bob Evans®**  
**COMMUNITY**  
**FUNDRAISER**

*Dine to make a difference*

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**Forest Elementary**  
**P. T. A.**

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**Tuesday, November 8, 2011**  
**10:00 A.M. - 10:00 P.M.**

Bob Evans will donate 15% of sales  
when you present this flyer\* to

**Bob Evans®**

25853 Lorain Rd (Great Northern Mall), North  
Olmsted

\*Flyer must be presented at time of check out.

#120

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## Holiday Shop Help Needed

Hello Forest Families!

My name is Kelly Basford and I am in charge of the holiday shop this year. I have a daughter in first grade in Mrs. Troyer's class. We are going to hold the Holiday Shop on November 30th this year. I know the vendors are very eager to help your child find that special something for loved ones. However I could use some help. I could use wrapping paper that is in good shape as well as small bags and tissue paper that are also in good shape. We also need parents to help out on that day so that the children have someone to go around with and help them find that special something. We also will need helpers to help wrap gifts for the students so they can bring the gifts home and have them be a surprise for their loved ones. I know my daughter always loves doing this and she is so excited that she gets to do this without mom and dad knowing what they are getting. Please consider helping us out. If you want to help, please contact me by e-mail at [Kellyburr\\_116@hotmail.com](mailto:Kellyburr_116@hotmail.com).

Thank you so much! Kelly Basford

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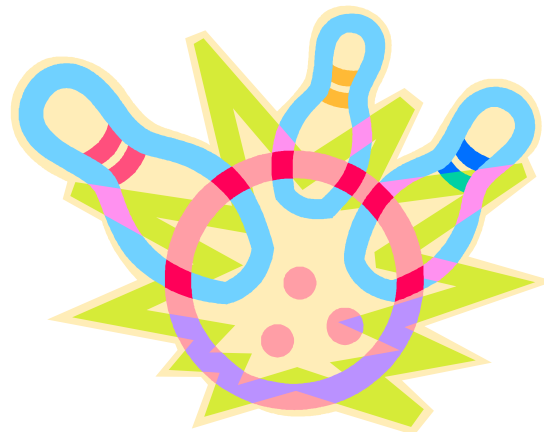
Mark your calendars!

**Sunday, November 13<sup>th</sup>, 2011.....**

Forest PTA is hosting a Bowling Party at Buckeye Lanes from 1:00 - 3:00. Space is limited, so please sign up early. A sign-up sheet is included in this newsletter. Another will be sent home w/ students. The cost is \$5.00 per bowler and includes your shoes and 2 games of bowling. We will also have a 50/50 raffle at this event. Tickets will be available for the raffle at the bowling alley.

We will have other "Family Fun" events later in the school year. Watch the newsletter for more information.

Shari Kasarcik  
Family Fun Coordinator



# Forest PTA Family Bowling

Sunday, November 13, 2011

1:00pm – 3:00pm

Buckeye Lanes  
24488 Lorain Road, North Olmsted

Tickets are on sale now through Monday, November 7<sup>th</sup>

Space is limited - Sign up early

Tickets are \$5.00 per bowler and include two games of bowling and shoes. All lanes will have the bumpers available. The concession area will be open to purchase refreshments. For safety reasons, children **must** be accompanied by an adult. Why not bowl while you are there?

New this year: Prize Raffles and 50/50 Raffle!

Please return the order form to school – reminders will be sent home with your child

Any questions? Please call or email Shari Kasarcik (440) 779-9608 or [skasarcik@hotmail.com](mailto:skasarcik@hotmail.com)

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## Forest PTA Family Bowling Ticket Order Form

Student's name: \_\_\_\_\_

Teacher and grade: \_\_\_\_\_

Bowler 1: \_\_\_\_\_

Bowler 2: \_\_\_\_\_

Bowler 3: \_\_\_\_\_

Bowler 4: \_\_\_\_\_

Additional bowlers? Just write their names on the back of the form. Thanks!

Let us know if you wish to bowl w/ another family. We will do our best to honor all requests.



# Market Day.

I would like to thank everyone that ordered in the month of October. Together we raised \$206.63 for our school. We had several new customers and I am excited to keep meeting more of the great families we have here at Forest! Our November Sale ordering has come to a close and I would like to remind the families that ordered that the pick-up date is November 3 from 5:45-6:30pm in the school gym.

The December order forms will be coming home soon and you will notice that it is the **Cookie Bonus Days**. This is a great time to try out market day and make the holiday season a breeze with the simple and ready to bake cookies. They are individually frozen chunks of cookie dough so you can bake one or as many as you like depending on your mood or event. They come in many varieties and the best part is that there is minimal clean-up. Please take a look at the order form and give it a try. I guarantee you will love them! The December sale internet orders are due 11/26/11 by midnight and the pick-up date is 12/1/11.

Thanks Again,

Tina Giraldo

Market Day Chairperson

440-343-4365

