



Forrestdale School WEEKLY UPDATE



The Rumson School District ignites the potential of its learners by growing, inspiring, and cultivating personal excellence academically, socially, and emotionally

November 12, 2019

Parent Academy & PTO Meeting Tomorrow!

Parent Academy / Grade 4 CAP Program - Tomorrow

Grade 4 students will participate in the NJ CAP (Child Abuse Prevention) program in November. There will also be a parent academy on **November 13th at 6 PM**, for Grade 4 parents to learn more about the lessons taught. Please read the letter in the Virtual Backpack found [here](#) in order to learn more about the program and mark the calendar for the evening program.

Parent Academy / SCTP with Rutgers: School Survey - Tomorrow

Thank you to the parents who participated in the Rutgers School Climate Survey. This data will be presented to parents during a Parent Academy on **November 13, 2019 from 7:00 - 7:30 PM**. From here the SCTP Team at Forrestdale will work together with experts from Rutgers to develop goals and action steps to meet these goals regarding school climate. For more information, please read the letter found [here](#) and in the Virtual Backpack.

Nominate Forrestdale's 19-20 Teacher of the Year

Please visit the **Virtual Backpack** to view and print nomination forms for the Forrestdale Teacher of the Year and Education Professional of the Year. We would love parent nominations to assist in this process. **You can submit hard copies to us on or before December 3, 2019**. Please submit nominations in a confidential envelope to a designated basket in each Main Office.

Basketball Signups

Students who are interested in signing up for basketball tryouts should have signed-up through the link on the Rumson website. The process is 1. Sign up 2. Download the sports manual or forms from the sports home page or the virtual backpack 3. Student and parent, complete all forms. MD completes the physical. Physicals are valid for 1 year from the date of the exam. Students that tried out for a fall sports the health history update is the only required form. 4. Forms are submitted to the nurse, the nurse will reach out if there are any questions or incomplete forms. 5. School MD reviews all physicals and health history updates and approves or returns based on medical rationale 6. **Coach**

will receive the list of students cleared to tryout. The process takes time. If forms are submitted the day prior or the day of tryouts students may not be approved to tryout in time.

[BASKETBALL SIGNUP LINK](#)

Basketball Tryouts will be from 3:15-4:40 on the following dates:
Boys Basketball - November 12-14; Letter Meeting November 15
Girls Basketball - November 18-20; Letter Meeting November 21

Hometown Heros Basketball Game at RFH

Come out TONIGHT, November 12, to see the RFH Teachers play our own Rumson first responders! See the flier in the **Virtual Backpack** for more information.

Clubs /Sports and Chromebook Insurance

Please remember that if your student signed up for a club or sport, you have been billed a \$75 participation fee through mypaymentplus.com. If you have any questions regarding your club or sports bill, please email tzifchak@rumsonschool.org. All fall sports and club payments are due ASAP.

Chromebook insurance can also be purchased on mypaymentsplus.com for \$30. Information about what this insurance covers can be found in the **Virtual Backpack**.

Please check the [Sports Website](#) for all calendars, forms, coaching contact information, as well as **Remind** Instructions. Games, their locations, as well as practices can all be found on the calendar. In the event of a cancellation for practice or games, a Remind message will be sent to the team(s).

Lunch/Recess

Please remember not to pack glass bottles in your child's lunch box. Please remember with the weather getting colder, students need to remember to dress appropriately for outdoor recess.

Grade 7/Class of 2021 Fundraiser

Please shop online to support our fundraiser. We receive 40% of every sale. Shop for yourself or for gifts (such as birthdays, hostess or teacher thank you's) for someone special. Purchasing these beautiful products helps Forrestdale School meet our fundraising goal. Your contribution really adds up. Be sure to encourage your friends and family to participate as well! This sale will run through December.

Shop <https://www.boonsupply.com/293408>

Genesis Login Information

All parents in the district have access to the Genesis Parent Portal. You can access the portal through www.rumsonschool.org. The portal login can be found in quick links. **Your email address is your user name.** If you do not remember or have a password, click “forget password” and a new one will be emailed to you. If you have an old email in genesis that you would like to change or have any other genesis questions, please email tzifchak@rumsonschool.org. **Also make sure you add any emergency contacts to your child’s genesis account, include the emergency contact phone number.**



Nurse Notes

1. Vaccinations - Grade 6, newly registered students, and students outside of compliance must provide documentation of vaccine administration. Please contact your health care provider to obtain your vaccines or proof of vaccination. The following URL provides information on a resource for monmouth county residents to meet the vaccine requirements.
http://www.mcrhc.org/health_services/FLYERappointment-clinic.pdf
2. Eye injury prevention, please review the attached link provides a fact sheet on the prevention of eye injuries for parents.
<http://www.nj.gov/education/students/safety/health/SportsRelatedEyeInjury.pdf>
3. Attached link provides information on meningococcal invasive disease
http://www.state.nj.us/health/cd/documents/faq/meningococcal_faq.pdf
4. Attached link provides information on the HPV Vaccine
http://www.state.nj.us/health/cd/documents/hpv_brochure.pdf
5. Medication Administration-**All medications** administered at school nurse must have a signed physician order. The orders must include the name of the medication, dose, and frequency. All orders unless otherwise specified are maximally valid for that school year, prescribers may choose to provide an order for a shortened period of time i.e. class trips. Parents can bring in signed orders and medication in its original container to the nurse. Blank orders can be found on the Rumsonschool.org website under the Forrestdale tab in the health forms section.



Are Students Getting Enough Sleep?

CDC analyzed data from the 2015 national and state Youth Risk Behavior Surveys.⁵ Students were asked how much sleep they usually got on school nights. Students who were 6 to 12 years old and who reported sleeping less than 9 hours were considered to not get enough sleep. Teenagers aged 13 to 18 years who reported sleeping less than 8 hours also were considered to not get enough sleep.

Middle school students (grades 6-8)

- Students in 9 states were included in the study
- About 6 out of 10 (57.8%) did not get enough sleep on school nights

Help Your Child Get the Sleep They Need

Parents can support good sleep habits such as:

- Sticking to a consistent sleep schedule during the school week and weekends. This means going to bed at the same time each night and getting up at the same time each morning. Adolescents whose parents set bedtimes are more likely to get enough sleep.⁶ To help decide on a good bedtime for your child, go to the [Bedtime Calculator](#).
- Limiting light exposure and technology use in the evenings.
 - Parents can limit when their children may use electronic devices (sometimes referred to as a “media curfew”).
 - Parents can limit where their children may use electronic devices (for example, not in their child’s bedroom).
- Other tips for better sleep are available at [CDC’s Tips for Better Sleep](#).

Enrichment Opportunities- Grades 6-8

There is still time to sign up!

6th-8th grade Public Speaking , 6th-8th Grade **TREPS**

Please see the attached link below regarding enrichment opportunities for gr. 6-8 students.

https://docs.google.com/document/d/1Lwr3LJfpoJmESqfnN8pcv4h_3R5-SqP4fYXH-Afhplk/edit?usp=sharing

Guidance News

Bulldog & Beyond

The Forrestdale Guidance Counselors are kicking off our Bulldog and Beyond Student Recognition program once more. Each month, one student from each grade level will be selected to represent

Kindness. The following students have been nominated as Bulldog and Beyond recipients for September and October. They will also be recognized at an upcoming Board of Education meeting. We are so proud of our Kind Bulldogs and look forward to honoring more students this year!

| | Grade 4 | Grade 5 | Grade 6 | Grade 7 | Grade 8 |
|------------------|----------------|------------------|----------------|----------------|----------------|
| September | JP Quirk | Michael Rongetti | Dominic Miele | Kat O'Connor | Julian Duque |
| October | Riley Berry | Allison Harmon | Finley Neary | Grace McOrmond | Evan Pelissier |

Thank you to everyone who contributed to our **THINK KINDNESS** Sneaker Drive! We are currently tallying up our district total. We are also counting our random acts of kindness slips. Thank you to all students, staff, parents, and community members for participating and sharing kindness. A special thanks to our Kindness Crew for spreading Kindness through notes on lockers, signs on the wall, and encouraging their classmates to be kind!

Virtual Backpack

Please be sure to check the Virtual Backpack on the Forrestdale Homepage for all up to date flyers from the school, local organizations, and community. We ask that this becomes part of your Tuesday routine, as we will be updating the backpack on a weekly basis. Special Announcements are also posted on the District Homepage. **To easily find notices that have been posted in the Virtual Backpack since the last newsletter installment, look for those linked under “New.”**

Save the Dates

- Nov 13
 - PTO Meeting - 7:30 PM
 - VPA Assembly - District Wide
 - Parent Academy Part 1 - CAP for K & Gr 4 Parents (6:00 - 7:00 PM)
 - Parent Academy Part 2 - SCTP Survey Gr 4-8 Parents (7:00 - 7:30 PM)
- Nov 16
 - Dawg Dash
- Nov 19
 - Picture Re-takes
- Nov 20
 - BOE Meeting
- Nov 27
 - 1:00 PM Dismissal

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| Nov 28,29 | School Closed - Thanksgiving |
| Dec 4 | PTO Meeting - 9:15 AM |
| Dec 9 | Trimester 1 Ends |
| Dec 10 | Trimester 2 Begins |
| Dec 11 | RFH Orientation for incoming 8th Gr & Parents new to RFH- 3:30 PM |
| Dec 12 | TREPS Market - 3:00 PM |
| Dec 17 | FD Holiday Concert(grades 4-5, Senior Choir, Jazz Ensemble) -10:00 AM |
| Dec 18 | Report Cards Live BOE Meeting |
| Dec 19 | Snow Date for Holiday Concert |
| Dec 20 | 1:00 PM Dismissal |
| Dec 23-Jan 1 | School Closed - Holiday Recess |

Please visit this link to view the district calendar.

<http://www.rumsonschool.org/rumson/District%20Calendar/>

The 6-day rotation calendar is on the main page of the Forrestdale website.