

FOXTALES



“How do we change the world? One random act of kindness at a time.” ~Morgan Freeman

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” ~Maya Angelou

Important February Dates:

Monday, February 3rd : Donuts with Loved Ones 8-8:40am (K-2nd)

Tuesday, February 4th: Donuts with Loved Ones 8-8:40am (3rd-5th)

Tuesday, February 4th: 2nd MP report cards go home

Friday, February 7th: EBL 4th/5th grade basketball playoff games (6pm girls/6:45pm boys) at Claymont

Tuesday, February 11th: Forwood PTA meeting 6:30pm (Speaker: Dr. Lawson, BSD Superintendent)

Thursday, February 13th: Forwood 2nd/3rd grade concert 7pm at Claymont Elementary

Friday, February 14th: Spirit Day: Wear red and/or pink

Monday, February 17th: NO School (Presidents’ Day)

Tuesday, February 25th: Key Arts Black History Month Assemblies

Friday, February 28th: MTSS Assemblies and Spirit Day (wear Forwood gear or blue/white colors)

Month of February: Kindness Challenge and Black History Month

Save the **March** dates:

Friday, March 7th: No School (Parent/Teacher Conferences)

Tuesday, March 11th: Forwood Night at Delaware Bluecoats

Thursday, March 27th: Forwood Band/Chorus/Orchestra Concert at 7pm (Claymont ES)

Friday, March 28th and Monday, March 31st: No School (Prof. Responsibilities/Development Day)

Forwood’s Kindness Challenge

This month, Forwood Foxes are taking the Kindness Challenge! Beginning February 3rd we challenge all students, staff and families to perform at least one act of kindness each day for 30 days. Students received a chart of 30 different kindness acts. They should color each square when they complete that task. All completed cards should be turned in by March 6th. Students will be talking in their classrooms about what kindness means and looks like as well as sharing how they have been kind to others or how others have been kind to them.

In addition, we will be decorating our halls with a kindness chain as we perform and receive acts of kindness. Let’s spread kindness like confetti!!!

Special Olympics Updates

Our **Friendship Bracelet Fundraiser** is back again! We are kicking off our fundraiser at the "Donuts with Loved Ones" breakfasts on Monday 2/3 and Tuesday 2/4. We will continue to sell bracelets on Thursday and Friday mornings during the month of February! Beaded bracelets will be sold for \$2 and string bracelets will be sold for \$1.



Spread the Word T-shirt order forms went home with students last week. Those order forms are due to Mrs. Parker by Friday February 7th. The shirts are \$7 each. Please return the bottom portion of the paper with exact cash. Shirts should be delivered by the end of February so we can wear them during our upcoming Spirit Week in March.

We will be selling friendship bracelets on Thursdays and Fridays during the month of February as a fundraiser to support Special Olympics Delaware. String bracelets are \$1 each/ Beaded bracelets are \$2 each. They will be sold during arrival time at the 200/300 corner and 400/500 corner.

Save the Date! **The Best Buddies Friendship Walk** is scheduled for Saturday April 19th at Frawley Stadium. Check-in for the walk begins at 10, opening ceremonies at 11, and the walk officially begins at 11:15. One short lap around the field and then guests are free to enjoy festivities until 1pm.

The Best Buddies Friendship Walk is the leading event in the country supporting inclusion for people with intellectual and developmental disabilities. Stay tuned for more information to join our team!

Black History Month

During Forwood's Annual Black History Month recognition, Key Arts Productions will join the fox den on January 25th for an energetic interactive multimedia program called *Getting Along*. The engaging program supports our schoolwide expectations of *Respect, Responsibility and Safety*. Through song and spoken word, *Getting Along (Elementary versions)* helps our K-5 foxes identify why conflicts occur and provides the skills needed to engage in Restorative Practices that peacefully resolve problems, repair harm and restore relationships.

MTSS/Glow Party

The Glow Party is back! As we enter the *3rd marking period*, our team is planning a Glow Party incentive for students with no more than 2 behavior referrals and no suspensions during the months of February and March. Our Glow Party will be held on April 3rd in the gym. Students who earn this incentive will have the opportunity to use their Dojo points to cash out for glow sticks and glasses while they dance. Please continue to have conversations with your child(ren) about being responsible, respectful, and safe in school!"



We would like to wish a **“Happy School Counselor Week”** to our very own school counselor, Catherine Ward. We are so appreciative to Mrs. Ward for her dedication and compassion to each and every student, family, and staff member. We appreciate her time and commitment to supporting us all and helping create a positive school climate at Forwood.

February Nurse's Notes

By Nurse Sheila & Nurse Angela



Heart disease is the [leading cause of death in the United States](#). The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Studies show that heart healthy habits in children and teens affect our health as adults.

Three simple concepts to teach your children to have Heart Power:

- 1. EAT HEALTHY STUFF**-limit sweets and sugary drinks
- 2. MOVE AROUND ENOUGH**-exercise, limit screen time, get active
- 3. LIVE TOBACCO FREE**-no smoking/vaping, that includes second hand smoke

Parents make sure you are scheduling well visits for your children every year and that includes dental health every 6 months.

- Know your child's BMI
- Know your child's blood pressure
- Know your family history and risk factors

Resources: [Kids Health Initiatives | American Heart Association](#)
[Heart Disease | cdc.gov](#)
[American Heart Month 2024 Toolkits | cdc.gov](#)
[Heart Health \(Topic Center\) - Nemours KidsHealth](#)



Tis the season for colds, flu, pneumonia, whooping cough, and so much more. We want our Forwood Foxes to be healthy and free of illnesses, but realize sometimes sickness will occur. **The common cold** is a contagious viral infection of the upper respiratory tract. Most adults catch a cold from time to time, but kids can get 8 colds per year or more. They're the top reason kids visit the doctor and miss school.

Please refer to the following resources to learn more about the flu, pneumonia, and whooping cough. Also enclosed are the CDC and the BSD recommendations about when to keep children home if sick. Remember each person is different, so if unsure, always consult with your child's school nurse and pediatrician if needed.

Prevention: Stay home when sick, cover coughs, frequent hand washing, get vaccinated!
Vaccines might not prevent illness

If you have additional questions, please reach out to us via Dojo or Email.

Resources:

<https://kidshealth.org/en/parents/cold.html>

<https://kidshealth.org/en/teens/flu.html>

<https://kidshealth.org/en/parents/pneumonia.html>

<https://kidshealth.org/en/parents/whooping-cough.html>

https://www.cdc.gov/orr/school-preparedness/infection-prevention/docs/K12-Infection-Prevention-Parent-Fact-Sheet_508.pdf

<https://www.brandywineschools.org/families/your-childs-health-well-being/nursing-services>