



**MARCH
NEWSLETTER**

Family Newsletter

Dear Parent:

Self-Control is the ability to be in control of your actions so that you can make positive choices that benefit you and others. To be successful, our children need to learn from their experiences and develop self-discipline, which will help them keep their impulses and feelings from controlling them. Self-Control is a practical skill that gives our children tangible benefits in their lives and in their relationships with others.

Personal Thoughts for Parents

- In what ways do I show self-control?
- In what areas of my life is it hard for me to be self-controlled? Why?
- What can I do to be more self-controlled?

Modeling Moments

DISCUSS with your child the areas of your life where you show self-control.
ADMIT to your child when you do not show self-control.
CHALLENGE yourself and your child to be more self-controlled in areas where it may be hard.

Developing Self-Control through Service

- **As a family, prepare and cook a meal together. Deliver the meal to a local homeless shelter or elderly facility. If you can, help serve the meal. As a family, learn how a local group helps people in your community. Have a family yard sale and donate the money to this group.**



Character Education: Middle

March



**Diversity, Prevention & Intervention
Lauderdale Manors Early Learning &
Resource Center
1400 NW 14th Court
Fort Lauderdale, FL 33311
(754) 321-1655
Fax: (754) 321-1691
www.browardprevention.org
Email:
Kimberly.Young@browardschools.com**

Dinner/Car Discussions

- Have each family member explain ways that he/she has shown self-control that day.
- Have family members tell about how they have seen other family members show self-control.
- Have family members share about times when they did not show self-control.
- Have family members explain some of the benefits of showing self-control.

“The experience of a sense of guilt for wrongdoing is necessary for the development of self-control. The guilt feelings will later serve as a warning signal which the child can produce himself when an impulse to repeat the naughty act comes over him.” - Selma H. Fraiberg

March



2-8 Spring Book Fair



STEAM Night & Family Book Fair Night 6pm



Kona Ice



Spring Dance 6 pm- 9 pm



Band Camp 9 am – 2 pm



Early release 1:50 pm



No School (Planning Day)



No School (Spring Break)



Parent Virtual University 6 pm; Preparing for Testing Season



**Mascot Mania at South Plantation High School
6:30 pm**



SAC/SAF/PTO 8:30 am



3rd Qu. Report Cards



**Principal's PAWS at the Glen
Virtual and/or in-person 10 am**



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BROWARD
County Public Schools

**ALYSSA'S
ALERT**

Mobile Duress Alert App

SAFERWATCH

Search for "SaferWatch"

**IF YOU SEE
SOMETHING,
SAY
SOMETHING.**

**Forest Glen
Middle School**

Be Responsible

Be Respectful

Be Safe



FOREST GLEN MIDDLE SCHOOL PTO

How can you help our Wildcats?

- 1. JOIN FGMS PTO**
\$10 Membership Fee
You can purchase merchandise & banners here as well.
Membership is not a commitment to volunteer or donate.
- 2. VOLUNTEER FORM**
All volunteers must fill out the Volunteer Form with Broward County Public Schools. Click at the top where it says: The online application for the 2023/24 school year is now available. To volunteer, all individuals must complete an application.
- 3. SIGN-UP TO VOLUNTEER AT EVENTS**
All upcoming volunteer opportunities will be posted on our SignUp.com page.

4. PTO MEETING
Join us every first Thursday of the month for our meetings in the Media Center at 6:00pm

5. FOLLOW US ON SOCIAL MEDIA
Facebook: @ForestGlenMiddleSchoolPTO
Instagram: @FGMSPTO

fgmspto@gmail.com

fgmspto.ecwid.com

NEED TO TALK?
First Call for Help: 2-1-1
Mental Health Hotline:
754-321-HELP (4357)
National Crisis Text Line:
741741
National Suicide Prevention
Lifeline: 9-8-8

