

FOREST GLEN

4th Quarter-April 2026

STUDENT SERVICES NEWSLETTER

Gearing Up for a Great Year, Together!

School Social Worker



Dr. Creary

Spring is finally here, and while everyone is starting to look ahead to summer, we're using this season to stay engaged, active, and connected as a school community. Our Garden Club is in full swing, giving students the chance to get their hands in the soil, learn how things grow, and take a break from the fast pace of the school day. Gardening has a way of slowing things down and helping you reset, which supports both focus and emotional well-being. We're also encouraging families to take advantage of community activities this season, whether it's visiting a local park, starting a small garden at home, or simply spending more time outdoors together. As we "spring into summer," this is a great time to build healthy routines, strengthen connections, and keep yourself and your families engaged in positive, meaningful ways. Also, remember we have started our Sneaker Drive.

Olivia.Creary@browardschools.com

Student Support Instructional Specialist



Ms. Exterkamp

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Recent data suggests the incidence of mental illness has increased since the pandemic. There are practical tools everyone can use to improve their mental health and increase resiliency. During May, students and families will receive more information about available tools and strategies to maintain or improve mental health and increase awareness for those facing mental health challenges. Broward County Public Schools (BCPS) is committed to supporting students, families, teachers, administrators, and staff to optimize their personal well-being and overall mental health. For more information, please visit: browardschools.com/mentalhealthservices.

Ashley.Exterkamp@browardschools.com

6th Grade School Counselor - Mr. Auger



Dear Students and Families,

As we enter the final quarter of the school year, we're excited to finish strong together! The fourth quarter is an important time for academic growth, reflection, and celebration of all the hard work our students have put in throughout the year. Fourth quarter is a critical period for reinforcing skills and preparing for end-of-year assessments.

Students should:

- Stay organized and keep track of assignments
- Ask for help when needed
- Continue practicing strong study habits
- Teachers will be reviewing key concepts and preparing students for the end of year assignments and testing.
- Preparing for the Next Step
- As we wrap up the year:
 - 6th and 7th graders will prepare for the next grade level
 - 8th graders will begin transitioning to high school
- We encourage students to stay motivated and finish the year with pride.

Message to Families

Thank you for your continued support throughout the school year. Your involvement plays a key role in student success. If you have any questions or concerns, make sure to keep in touch with teachers and staff.

Let's make this final quarter a strong and positive finish!

Patrick.Auger@browardschools.com

7th Grade School Counselor- Ms. Durden



Happy final quarter of the year, wildcats! As we enter the home stretch of this academic school year, I want to applaud the continued effort and push you to keep the momentum going through the end of the year. This is the perfect time to stay disciplined and focused academically so you can fully enjoy summer break! I encourage you to utilize the skills, routines, and habits we have been creating throughout the year. Now is the time to put your healthy coping skills, acts of self-care, and study habits into practice so we can finish the year on a high note. It can be hard to find a work-life balance. Please lean on your support systems, frequently check grades and/or missing promotion requirements, use the resources available to help you succeed, and give yourself grace during this busy quarter. Let the counseling department and your counselors assist you in staying on top of coursework, progressing through remediation work, addressing conflicts in school, and working on your socioemotional well-being. If you are looking for a fun way to take care of yourself and implement acts of self-care, try "Finch", where you can meet your new self-care best friend. Finch turns mental wellness into a game by having users care for a virtual bird through daily self-care tasks, goal setting, and mindfulness exercises. If you feel like you need a boost in motivation for routines, and it helps with anxiety and productivity through positive reinforcement, give Finch a try! Looking forward to finishing the year together!

Portia.Durden@browardschools.com

8th Grade School Counselor/Director- Ms. Brandon



Everyday and On-Time Attendance = Academic Success*
Chronic Absenteeism (missing more than 10% of days enrolled for any reason) is the single strongest predictor of dropping out before graduation.

Children who miss school miss out on opportunities to learn, build lasting friendships, and develop the skills and attitudes needed to become good citizens and valued employees. There is a clear connection between student attendance and student performance in school. Data shows that higher attendance equals higher achievement for all students.

Strategies to get to School on time & be Responsible:

- The night before...
 - Finish all homework
 - Put work in your backpack and in a place ready to go (by the door)
 - Get clothes ready for the next day
 - Make lunch if you don't get a school lunch
 - Set your alarm clock
 - Get a good night sleep
- The morning of school...
 - Get up right when the alarm goes off or when parent/guardian comes to wake me up.
 - Get dressed right away.
 - Eat my breakfast quickly.
 - Remind others we need to BE ON TIME!
 - Help others who need it!
 - Don't forget my backpack, homework and ID.
 - Be in class **before** 9:20 am

Lakia.Brandon@browardschools.com



WHATEVER TIME: Day, Night, Weekends, Holidays.

WHATEVER THE REASON:
Mental health distress. Substance use crisis. Thoughts of suicide. The 988 Suicide & Crisis Lifeline is here for you.

Text 988 | Call 988 | Chat 988lifeline.org

SHARE YOUR CLOSET, SHARE YOUR CARE

FGMS SNEAKER DRIVE FOR STUDENTS IN NEED

We're hosting a Sneaker Drive to collect new or gently worn sneakers for students in need.

Students will receive 4 tickets for each donated pair.

Please drop off your sneakers to Room 504 (Ms. Brandon's office).

MARCH 30 - APRIL 10, 2026

