



Forrest Road Elementary Newsletter

"We INSPIRE young minds to CHANGE the world"

April 20th - 24th



April 20th—Make It Monday

Post a picture of something you've made or are making.

April 21st—Twin Tuesday

Post a picture of you wearing an outfit like someone in your house.

April 22nd—Wacky Sock Wednesday

Post a picture of you wearing crazy socks.

April 23rd—Virtual Show and Tell Thursday

Post a picture and tell about it in the caption

April 24th—Spirit Day

Post a picture of you wearing your favorite FRE shirt or school colors.

Please click the link below to upload your picture each day showing your school spirit!!!

<https://padlet.com/clight00/leqre0gd9tyhd46k>



FRE would like to "Shout Out" all students who have been working hard at home. Whether they are working on LEXIA, IXL, ACHIEVE 3000, BECOMING COLLEGE & CAREER READY, and/or attending classroom via ZOOM. KEEP UP THE GOOD WORK AND WE ARE VERY PROUD OF YOU!!!

• Pre-K

A'Yanna Conley Mateo Garcia Zoey Harper Rotundo Jenkins Jr.

• Kindergarten

Kyree Ambrose Tasharalyn Houston Taylor Parker Alicia Rodriguez Nyomi Washington-Ghant
Noah Elkins Josiah Johnson Nathan Perfetto Naydia Smith Ethan Williams
Ja'Kobe Fitzgerald Major Marshall Anthony Powell Jr. Autumn Toombs
Dakota Harvey Emmanuel Neal Jalisa Robinson Major Tyson

• 1st Grade

Justin Anthony Mason Hardeman Londyn Paggett Lili Thomas
Antonio Edmondson Keelan Hood Carlsulan Pyatt Timothy Worthy Jr.

Congratulations goes to Mrs. Chester's & Ms. Wards' Class for receiving a "Certificate of Excellence" for their excellent performance in IXL.

• 2nd Grade

Haley Barrow Heidi Barrow Kadien Jones Jaiden Nelson Aniyah Powe Joshua Williams

• 3rd Grade

Reena Belser Brycen Davis Maliya Griffin Makayla Mister McKenzie Young
Imani Carter Justin DeMines Jacoria Harmon Paetyn Reynolds
Makai Chandler Lily Detoni Perfetto Issac Jones Jr. Myles Souvenir
Nevaeh Daniels Nigel Golden Boris Matute Eric Spencer

• 4th Grade

David Black Bryson Denson Joshua Fitzgerald Mia Matute Charmael Walker
Razhan Brown Patrick Ervin Keyonna Harmon Maliah Mister Reginae Williams
Samiyah Brown Jai'Shawn Farley Amiya Lacy Leanna Morrison

• 5th Grade

Berniya Battle Taylor Fitzgerald Deandre Marshall Li'Derrica Nathan Quincy Wade
Adrain Black Cartier Foresta Jer'Maiya Matthews Londyn Smith
Bryanna Brown Derrick Jackson Jr. Marlena Mister Natalie Trent
Kendall DeMines Jeremiah Johnson Elijah Mosley Joshua Valois



• Packet Drop Off Information:

- The dates for parents to drop off completed materials are **April 23rd-24th, April 30th-May 1st, and May 7th-8th.**
- Times for drop off will be **7-9AM, 11-1PM. And 5-7PM.**
- **Packets should be stapled, packaged, or clipped together and students name and teacher should be listed on each page.**
- Library books will be dropped off on the same dates and times.
- Work and books should be placed in the marked crates in front of the school. There will be a crate for work and one for books.
- **If your student ONLY completed on-line assignments, please either place a note in the box or email his/her teacher(s) so that there is no misunderstanding.**



D.A. Tatmon, School Counselor

Forrest Road Elementary

Tips for Parents to Manage Stress and Anxiety during Coronavirus Uncertainty

Manage Family Stress: Kids pick up on our anxiety, so it's important to manage your own feelings first. Take deep breaths, go for a walk, or do whatever you need to do to bring your own stress levels down.

Here are some other ideas for the whole family:

***Meditate**—Focus on positive ideas and images.

***Stay Active**—If you're stuck inside, try to get creative to get everyone moving: set up an obstacle course or play hide-and-seek.

***Dance and/or Move**—Nothing beats a dance party to get the blood flowing and put everyone in a good mood.

***Maintain Healthy Habits**—Aside from the basics of washing hands and covering coughs, consider using this opportunity to dig into overall health.

***Double Down on Distraction**—Turn off the news, silence your notifications, and get your kids to do the same.

***Laugh Together**—Laughter is the "best medicine" to forget worries for a while.

Reference: Filucci, Sierra. Common Sense Media. 3/11/2020. Help Your Family De-Stress During Coronavirus Uncertainty. How to manage anxiety, stay active, and focus on your family.