

FOREST FORUM 10/22/09

Teaching and Learning Highlights from the Forest...

Be a Math Role Model

Make your child aware of how often you use math in everyday life, whether it is comparing prices in the supermarket, setting up a new toy, or figuring out game scores. Let your child know that when you're buying a car, following a recipe, or decorating your home, you're using math to get things done. If you need to stop and think about a problem before solving it, share your thinking. Children can learn from their parents that some problems are harder than others and that means spending a little extra time on them and double checking your work. Even if you did not like or succeed in math when you were in school, try to keep your attitude positive. You don't want to accidentally give the impression that it's OK for your child to do poorly in math. As you know, math is truly a life-long skill which helps us in our daily lives.

Important Thoughts for Halloween...

Natalie Cange

About 3 million children in the US have food allergies and strictly avoiding the food that triggers your allergy is the only way to prevent a reaction. The leading cause of anaphylaxis (severe allergic reaction) in the US, outside a hospital setting, is food allergy.

There is no cure, and even a trace amount of a food allergen can cause a reaction.

If this is news to you, then you are one of the lucky ones who does not have a food allergy or does not have a loved one who has a food allergy. If someone told you that not serving a particular food could save a young child's life, would it matter to you?

This isn't to scare anyone - it's only to build awareness. Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death.

There are students in our district who are highly allergic to peanuts and peanut products. Some of these allergies are so severe that simply being around someone else who is eating a peanut product will bring on an asthma attack. Ingesting even a trace amount will cause anaphylaxis.

So around Halloween, when we are planning class parties, making goodie bags, and preparing Halloween treats, please try to keep in mind that avoiding certain products can help a young child remain healthy. Please read labels. Did you know that candy corn could be dangerous to a child with a peanut allergy? Candy corn is manufactured in a facility that processed peanuts, almonds, and brazil nuts.

Allergen lists quickly become outdated though, so something you bought last year, knowing it was safe, could now have a new ingredient label on the package. Labels should provide accurate, current information about all the ingredients in the package. So be aware - check labels.

This doesn't have to be scary or difficult - some ideas for peanut free treats? Twizzler strawberry twists, Dum Dum lollipops, Skittles, Hershey's milk chocolate kisses... to name a few. But get into the habit of also reading ingredient labels. If not for the safety of a child, then for your own health. "Most people who have had an allergic reaction to something they ate thought that it was safe (The Food Allergy & Anaphylaxis Network.)" Isn't it better to know something is safe then to just think it is? If it was your child with a food allergy, wouldn't you want others to care?

Compost is in the House!

Written by Isaiah Bellamy, Marc Macenat, Chelsea Reyes, Jonathan Cruz, and Dahlia Woodley

Forest Road has a compost bin! You may be thinking, *what is compost?* Well, compost is a mixture of various decaying organic substances like dead leaves and vegetable scraps used for fertilizing soil. In kid language that means, it's a bin that can hold a combination of dead leaves, banana peels, apple cores, egg shells, and saw dust, among other organic things. When mixed together, with air and moisture, it creates rich, fertile soil that is great for planting! We know you guys might think this is disgusting, but it's a great way to "use" our food scraps to grow plants! That way we are reusing and reducing waste!

Our school compost is located outside, near the cafeteria. If you are a classroom teacher, The Green Team will be designing for your classroom a reused orange juice container "compost collection bin". Collect your organic snack garbage, and at the end of the day, you can send your bin to Mrs. Horowitz's classroom and she will add your food scraps to the compost! Then, you can rinse out the bin and use it again!

Thank you and have fun going green-er!!

PTA Updates

10/23 Pumpkin Patch

10/28 General PTA Meeting 7 PM

10/30 6th Grade Halloween Party

11/2 Cookie Dough Sale

11/4 PTA Exec. Bd. Meeting 7 PM

11/6 Reflections Submissions Due

*Many thanks to Mrs. Egbuchulam and her many volunteers for the extremely successful Reflections Workshops!

PBIS

Our School-Wide PBIS Kick Off will take place on 10/23/09. Some of our very own student and staff STARS will be acting in our informative Public Service Announcements to be viewed by the school community. Families will be receiving trifold publications detailing our program, expectations, philosophy and team members. If you have any questions, please reach out to a team member for assistance.