



Forest Park News

From Principal Cindi Swingen

In this issue: Nuts and Bolts, Giving Kindness, School Climate and Culture, The Fox Den, Resources for Helping Children Process Issues, Get Involved, and Announcements from Friends of Forest Park Elementary

Dear Forest Park Families,

We had a busy first week back at Forest Park! Many students came to exchange library books, and all primary students who needed to were able to get exchange their chrome books. A HUGE thank you to Donna Sanders, David Scott, Stephanie Brown, Mette Petersen, and Laura Axon for the hours they put in making these things possible for our students. Kindergarten teachers passed out materials (thank you!) and were delighted to see students in back seats with huge smiles! We miss our little foxes!

While the appalling show of white supremacy in our nation's capitol building rocked us adults, we were able to frame the turmoil in ways our children could process - inviting them to share their feelings and questions. Below are many resources for helping children work through aspects of justice, fairness, racism, democracy, and problem-solving. Never has it been more important to ensure we educate our children to become compassionate critical thinkers.

Please stay safe.

Cindi

cswingen@pps.net

503 880 -1282 cell phone

Nuts and Bolts

- **Library Book Exchanges and Chrome Book Exchanges This Week:**

Wednesday, January 13 (11:00 - 1:00)

Library Books for 3rd and 5th grades AND materials for 3rd grade.

Friday, January 15 (11:00 - 1:00)

Library Books for 4th grade.

Giving Kindness: Students can drop off cards for caregivers for area hospitals. There will be a box available for drop-off. We will collect cards through March.

- **Need help with Technology?** There is a Tech Support Hotline for you to call! Please call **503 916-3375** to get your tech questions answered.

- **Nutrition Services** Please to go this link <https://www.pps.net/Page/15846> to find out which schools are most convenient for you and to see the schedule. Face coverings are required for all in attendance. Thank you!

- More Resources for Families:

[Salvation Army Resource List](#)

[Multnomah County Food Resource List](#)

[Sunshine Division Food Box Request](#)

[Pay Bills Resource List](#)

Hooray for Hospital Heroes!

"Giving Kindness" Girl Scout Project

(Repeated from last week)

Girl Scout Juniors Troop 10548 is working on a "Giving Kindness" project to show appreciation for all the healthcare professionals that are working hard during the pandemic. They would like to ask for your help to make their project a success.

The Girl Scouts will be collecting thank you notes, cards, or letters in any form to drop them off at nearby hospitals during winter break. Please drop off your thank you notes during material and book pick-up times at the school. Or you can also put them in the Forest Park mailbox located in the front of the school.

Thank you so much for helping us show our appreciation to the healthcare workers!

Here is a picture of December's Cards- Thank You!



From Our Counselors



SCHOOL CLIMATE & CULTURE

Monthly Assembly

Our Forest Park community kicked off the new year with a spirit assembly focused on our new super power of the month, GROWTH MINDSET. Carol Dweck, one of the world’s leading researchers on motivation and mindsets, explains that, “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” If you were not able to attend our assembly, please click here to watch the recording. (Cindi apologizes for getting the date wrong in the video!)

https://drive.google.com/file/d/1RWDdC_Cct47C0dDIwNYjS5TwWEp19fLM/view?usp=sharing

Social Emotional

Story books are a very useful tool for supporting children’s social emotional growth. The book “Most People”, by Michael Leannah would be a good option for families to read together after an intense week of news and imagery that may have scared or worried your children. Click [here](#) for a read aloud of the story.



Families are invited to join Forest Park Staff every morning from 8:00 ~ 8:25.
This is gathering for building community, learning, and fun!

This Week

Design Technology Challenges

If you or your child is interested in science, how things work, design, or discovering things, come to The Fox Den this week! Each day we'll look at an interesting challenge and you and your children can work to recreate them. **Bring paper, scissors, tape, string or shoelaces, and marbles** to The Fox Den and learn along with Fransus and Kit as they puzzle over some fun challenges.

**Here is this week's Fox Den schedule.
We hope to see you there!**

Monday: Design Technology Flip Card Challenge, Dr. Bob, Counselors

Tuesday: Design Technology Marble Roll #1 Challenge, Dr. Bob, Mr. Huntley

Wednesday: Design Technology Marble Roll #2 Challenge, Mr. Huntley, Counselors

Thursday: Design Technology Challenge String Pull, Ms. Laura

Friday: Special Guest Teacher, Growth Mindset

Here is The Fox Den link:

<https://stream.meet.google.com/stream/7af5d0e5-3862-4c52-b2c8-ae0e67423bbe>

Resources for Helping Children Process Issues

Every family is different and it's important that each family crafts its approach to supporting their children in ways that match their family's values, cultures, and identities. Below is a list of possible resources for you to explore for helping your children learn about what is happening in our country. Please let us know of any additional resources for supporting our children with our common goal of fostering compassionate critical thinking for our community.

- Read Aloud of [The Breaking News](#) by Sarah Lynne Reul; same book, but this time [Read Aloud by SLR \(author/illustrator\) herself](#) noting text features along the way and info on accompanying activity at the end (next video in the YT queue after the 1st link above).
- [Lesson from Mr. Rogers that can help Americans be Neighbors Again](#)
- [From the PBS Newshour - 3 Ways to Teach about the Insurrection at the US Capitol](#)
- [Diversity and Elections: Representing the People](#)
- [Jan 6 Lesson Resource Guide from Civics for All](#)
- [Woke Kindergarten “Spot the Difference”](#)
- [Read Like a Rockstar discussion question](#)
- [Trouble On Capitol Hill | January 7, 2021](#) from CNN-10
- [Responding to the Insurrection at the Capitol](#) from Facing History/Facing Ourselves
- [1-6-21 Questions to Consider Presentation](#)
- [Books to Promote Conversation](#) with EPIC links

Resources for Teachers and Staff

- Article: [When Bad Things Are Happening, from Teaching Tolerance](#)
- Article from the NEA: [Talking to kids about the attack on the capitol](#)
- Article: [How to Process A Scary Day for the Nation with your kids \(potentially for adults at home\), from LAist](#)
- Article: [How to Talk to your Kids about the Chaos of the Pro Trump Mob \(potentially for adults at home\), from the Houston Chronicle](#)

- Article: [How to Talk to Your Kids about the Breach at the U.S. Capitol \(potentially for adults at home\), from Motherly](#)
- Article: [From Beyond the Stoplight](#)

Resources for Parents:

- [Supporting Marginalized Students in the Context of the 2020 Election: Tips for Parents](#) (not specific to 1/6)
- [How to Talk to Kids about Violence at the US Capitol](#) from the Denver Post
- [PBS Curriculum Resource](#) from the Fatherly blog
- [When Bad Things are Happening](#) from Teaching Tolerance
- [How to Talk to Your Kids about the Breach at the Capitol](#) from the Motherly blog



Growth Mindset

What do you want to learn to do? What does your child want to learn to do? Now is a great time to pursue a goal for new learning! In April we will be having an All-School New Learning Show! (Not a talent show, as learning takes a lot more than just talent.)

Encourage your child or yourself to learn to do something they or you cannot do today and think about sharing that new learning in April. How about learning how to tie your shoe, do a cartwheel, fix, bake, or build something, write a poem, draw a picture, volunteer in class, juggle, work the remote, make sour dough, knit, play an instrument, do origami, YOU NAME IT! For our children to believe it growth mindset, adults must model it. We hope you'll get on board and learn something new in the next three months. The possibilities are endless.



FRIENDS OF FPE

FOREST PARK ELEMENTARY

Please join us for our monthly Friends of Forest Park Elementary Meeting at 6:30 on Thursday, January 14th. Here is the Zoom code so all can join us in discussing issues concerning the Forest Park Community. On the agenda are school reopening, celebrating our fifth graders, and the Spring Drive. Hope to see you there!

<https://raymondjames.zoom.us/j/98623244132?pwd=YW1LanRLeHY4ZnRhV2NHejFwa3hVdz09>

**BLACK LIVES
MATTER**

**Forest Park Community
Fights Racism**