



Forest Park News

From Principal Cindi Swingen

In this issue:

Devices, Nutrition Services, Morning Mug, News from our Counselors, News from our Library, Directory Survey, Save the Date

Did you know PPS has been hard at work overhauling our fire alarm system for the past two months? Check out some scenes from school!



Dear Forest Park Families,

A return of our beautiful fall days has been uplifting! I hope you're all about to get outside and enjoy. Thank you to all the families who came by on Tuesday to pick up materials and devices. Our staff and volunteers worked for hours to prepare and distribute useful items to you all. Some parents even got a little nostalgic about sitting in the good old "car line!" I'll let you know when the next pick up is in our next newsletter. If you ordered a chrome book, you'll hear from Donna Sanders, our school secretary, this week to arrange for pick up.

Please stay safe.

Cindi Swingen, Principal

cswingen@pps.net

503 313-5628 district cell

503 880-1282 personal cell

Nuts and Bolts

- **Need a Device?** Please email dsanders@pps.net to reserve a chrome book.
 - **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.
 - **The Fox Den Week Two!** Every morning we gather as a community at 8:00 for fun and learning. Students head to their classrooms at 8:30. This is an optional activity for the children so they can ease into the day. Here is the link: m.meet.google.com/stream/7af5d0e5-3862-4c52-b2c8-ae0e67423bbe.
 - **Nutrition Services** Great news! All children, ages 0-18, are eligible for free meals at 38 different school sites in Portland until December! 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.
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Morning Mug Friday, October 2 8:45 - 9:15

Forest Park is continuing Principal Newlyn's tradition of hosting Morning Mug, a time for community members to socialize and discuss issues pertinent to our school. During this virtual gathering, parents and guardians are encouraged to bring "we" questions, meaning questions that pertain to all (or most) families in the school. "Me" questions pertaining to individual families or small groups or classes of students can best be answered by classroom teachers, counselors, our secretaries, or the principal, through emails or phone calls at a different time. We

will host Morning Mug each Friday in October, then switch to every other Friday starting in November.

Here is the link to the Morning Mug: <https://meet.google.com/dtu-ndkw-xxs>

We hope to see you there!



From Our Counselors

Greetings Forest Park Families! Thank you for taking a moment to read important updates from our School Counseling department. We hope you have a restful weekend.

Lunch Bunch Updates

We had a great turn out this week for our lunch bunch groups! The goal of these groups is to be a social time for students with little adult direction (unless needed). Having smaller break out rooms will allow us to help students connect more directly. Ms. Kristi and I have found that Zoom is a better platform for break out room set up and monitoring. Therefore, next week we will be using Zoom rather than Google Meets. Classroom teachers will provide a new lunch bunch link for each grade level. The schedule will be the same. This [link](#) will take you to a

document to help get you started with Zoom. Please feel free to reach out with any questions, and we will give reminders in the Fox Den next week.

Mindfulness Resource

Mindful Schools is a wonderful resource for Mindful practice and learning. Here is a [great article](#) that Ms. Swingen shared with us which connects perfectly with our Fox Den focus this last week; healing our hearts, leading with our hearts, and compassion for ourselves and others.

New [Family Resources](#)

- [Family Resource List from El Programa Hispano Católico / Proyecto UNICA](#)
- Roosevelt Student Health Center Open for Health Services: Will be open Monday-Thursday 8:45 am-4:45 pm and Friday for phone and video appointments only. Call 503-988-3909 to make an appointment. Any Multnomah County K-12 youth can visit the center and there are no out of pocket costs. We also can connect students and their families with community resources for food or help with medical insurance. Student Health Centers at David Douglas & Parkrose high schools are also open. For more information visit <https://multco.us/health/student-health-centers>. Stay connected via [Facebook](#) and [Instagram](#). Link to fliers in multiple languages: [English](#) [Spanish](#) [Chinese](#) [Russian](#) [Somali](#) [Vietnamese](#)

Parent Affinity Groups

- Affinity groups provide opportunities for people to connect with other people who share aspects of their identity, especially in situations in which aspects of their identity are in the minority or are marginalized. Affinity groups are a way for people to come together based on a shared identity in a safe place to discuss, share, and explore their experiences in a safe and supportive space, defined by membership in that specific identity group. If you are interested in connecting with other Forest Park families in this way, we would like to help. Forest Park counselors would not lead these groups for parents, rather, we would serve as the middle people, gathering contact information and sharing with others interested in the same group. Affinity

groups provide an opportunity for people to build their religious, gender, racial, and sexual identities independent of the larger community. Please email us (loleary@pps.net, kloupe@pps.net) if you are interested in leading and/or participating in an affinity group.



(Repeated from Last Week's Newsletter)

Welcome to the 2020-2021 School Year from your school library. We are excited to serve you!!

Things will look different this year. The good news is that we will be getting books to you, digital and physical!

Digital books will be found most easily through Destiny Discover and Sora. I will be adding more titles soon! Here are links to help you access our ebooks.

[Destiny Discover](#)

[Sora](#)

[Forest Park Webpage](#)

Please go to this link to find out lots of details for how students will be getting real FPE library books during Comprehensive Distance Learning:

<https://docs.google.com/document/d/1-Y3ilh3pt2QfgsCnlii7OGLo62OYJUIMVa1Mpno1P0/edit>

Thank you! Ms. Laura and Ms. Mette



Directory Survey

From Friends of Forest Park Elementary

Please be sure to go to this survey link to voice your willingness to be listed in this year's Forest Park Directory. It is truly a great resource all year long.

Here is the

link: <https://www.surveymonkey.com/r/M7ZQJ3Q>

Save the Date

Chipotle - take out fundraiser 10/6

Friends of FPE Monthly Board Meeting - 10/8

Scholastic Virtual Book Fair 10/19-11/1

**BLACK LIVES
MATTER**

**Forest Park Community
Fights Racism**