



Forrestal Weekly Family Newsletter

Q2 Week 2: October 31, 2022

Be The Solution

- Impact Aid Forms due 10/31/22
- Spirit Day 10/31/22 - Wear Orange & Black (no costumes)
- 📸 Picture Day is 11/2/22 📸

Dear Forrestal Families,

A special thank you to everyone who made our Fall Festival / Halloween Celebrations memorable and fun for our students on Thursday! We had an absolute blast as a learning community!



This week is equally important as we will refocus on learning to achieve our 2nd quarter academic goals with our learners. Our goal is to charge full steam ahead until Fall Break / Thanksgiving Break (November 21 - 25) with a renewed focus on routines and learning. Please also keep on your radar that we have an upcoming non-attendance day on November 8th for Election Day.

This week our word of the week is **Insight**. Insight is the ability to see or understand something completely. When we learn how to identify emotions and understand the purpose emotions play in life, we are better able to regulate our emotions and be focused on learning. Having insight into why we do certain things at school and home helps us be more successful. This week we are asking students to be reflective and to build insight into what they contribute to their learning community, as well as learn what helps them be successful.

Please remember to send your child with a backpack (scholars always have their backpacks!) and a filled water bottle each day. As always, reach out to us via ckranz@d187.org or nkhoshaba@d187.org (Spanish speaking) or by calling Forrestal at 847-689-6310 for any assistance.

Respectfully,

Cara Kranz, Principal
Nataly Khoshaba, Assistant Principal

Important Events for Week of October 31, 2022:

- ☐ Impact Aid Forms Due 10/31
- ☐ Orange & Black Spirit Day 10/31 (no costumes)
- ☐ Picture Day 11/2
- ☐ Wednesday Early Dismissal @ 1:45pm
- ☐ [November Menus](#)
- ☐ Nov 1 - National Native American Heritage Month begins: During National Native American Heritage Month, we will explore the heritage, culture, and experience of Indigenous peoples both historically and in American life today



Picture day at **Forrestal** is **November 2nd**

Please use the link below to pre-order your portraits:

<http://edclarkschoolphoto.hhimagehost.com/ForrestalFall2022>

Picture Ordering will close at 8am on picture day.

<https://AccessMyEvent.com/SJDRQ7>



School begins daily at 8:00am.

Students may arrive as early as 7:30am for breakfast.

2:45pm dismissal on Monday, Tuesday, Thursday, and Friday

1:45pm dismissal each Wednesday

Please remember if you change the dismissal plan for your child, you must do so by 2:00pm on M, T, Th & F and 1:00pm on Wednesday to give us enough time to effectively communicate the change to the classroom teacher.

Information	
School Information	Forrestal Elementary (K-3) 2833 Washington St. Great Lakes, IL 60088 847-689-6310
Website	https://forrestal.d187.org/
Student Handbook	English Spanish
Stay Connected	Forrestal Website Apple Store for D187 free app Android Store for D187 free app Like us on Facebook

Recursos del Programa Familiar CARES NORTH CHICAGO COMMUNITY PARTNERS

North Chicago Community Partners (NCCP) se compromete a apoyar los objetivos del Distrito 187 para proporcionando servicios, recursos y apoyo que promueven la salud de los estudiantes, la participación académica, social y familiar. El programa CARES de NCCP responde a condiciones y circunstancias únicas que enfrentan los estudiantes, las familias, el personal escolar y la comunidad. ¡Estamos aquí para ti!

Despensa Estudiantil

Despensa Estudiantil está equipada con recursos básicos para estudiantes. Se abastece regularmente con ropa, alimentos, artículos de higiene personal y material escolar variado. Artículos adicionales como abrigos, guantes, gorros, calcetines, etc. según sea necesario.



Programa de Cuidado de la Visión

NCCP ofrece exámenes de la vista y anteojos para los estudiantes elegibles que han reprobado exámenes de la vista anteriores. Se aplican algunas restricciones. Este servicio está disponible en asociación con la tienda Target Optical.



Despensa Familiar

Despensa Familiar es nuestra despensa de alimentos ubicada dentro de la escuela secundaria. Familias con estudiantes inscritos en el Distrito 187 están invitadas a visitar el CCF dos veces al mes.

Los recursos continuos disponibles incluyen alimentos no perecederos, artículos esenciales para el hogar y artículos de higiene. Además, los recursos de referencia están disponibles para las agencias locales de apoyo a la comunidad.

Despensa Familiar esta abierto los jueves cuando la escuela está en sesión de 8:00-11:00 AM y de 1:00-4:00 PM.



¿CÓMO PUEDO HACER UNA SOLICITUD?

Comuníquese con el trabajador social o el director de la escuela de su estudiante para obtener información sobre cómo solicitar asistencia. Envíe un correo electrónico a studentcare@northchicagocommunitypartners.org si tiene alguna pregunta.



CARES Program: Family Resources NORTH CHICAGO COMMUNITY PARTNERS

North Chicago Community Partners (NCCP) is committed to supporting the goals of CUSD 187 by providing services, resources, and support that promote student health, academics, social, and family engagement. NCCP's CARES Program responds to unique conditions and circumstances facing students, families, school staff, and community. We are here for you!

The Student CARE Closet

The Student CARE Closet is equipped with basic resources for students. It is regularly stocked with clothing, food items, personal hygiene items, and assorted school supplies. Additional items such as coats, hats, gloves, socks, etc. are provided as needed.



Vision CARE Program

NCCP provides eye examinations and glasses for eligible students who have failed previous eye exams. Some restrictions apply. This service is available in partnership with Target Optical.



Family CARE Closet

The Family CARE Closet is our school-based food pantry located inside the high school. Families with students enrolled in CUSD187 are invited to visit the FCC twice a month. Ongoing resources available include shelf-stable food items, household essentials, and hygiene supplies. Additionally, referral resources are available for local community-support agencies.

The Family CARE Closet is open on Thursdays when school is in session from 8:00-11:00 AM and from 1:00-4:00 PM.




HOW DO I MAKE A REQUEST?

Contact your student's school Social Worker or Principal for information about requesting assistance. Please email studentcare@northchicagocommunitypartners.org with any questions.



FOSS PARK DISTRICT

STAY SAFE



YOUTH BASKETBALL LEAGUE


SEASON STARTS
NOVEMBER 12, 2022



Grades K-8

\$60.00 per person

Games and practice:
Evelyn Alexander School

Sign up at
Foss Park Community Center
1730 S. Lewis Ave
North Chicago, IL



FOR MORE DETAILS CONTACT RODNEY ERVIN AT:

📞 224-565-0787

✉️ Rervin@fossark-district.org