



## *Forrestal Weekly Family Newsletter*

Q2 Week 5: November 28, 2022

***Be The Solution***

# Welcome back!



We look forward to seeing everyone tomorrow!  
Our goal is to refocus on academic goals and routines.



Please send your child with a filled water bottle each and every day to school.

Scan the code  
with your  
phone.



Tomorrow is the mobile dentist for those students who turned in a permission slip. You can still send electronically.

[www.myschooldentist.com](http://www.myschooldentist.com)

Dear Forrestal Families,

I hope your Thanksgiving break was filled with all things that give you love and joy! We look forward to seeing everyone return tomorrow. This week we will refocus on our academic goals and routines:

- Each and every student comes to school each day ready to learn (unless sick - then stay home!)
- Each and every student shows consistent progress in their ARC reading level, Lexia level, ST Math levels, and pre/post math testing. We will have middle of the year NWEA map testing in January and our expectation is that each and every student makes progress toward their end of the year goal!
- Each student receives the level of support that best helps them reach their full potential.

As you know, each morning we gather as a learning community through a live stream morning meeting. During this daily time, we learn about a word of the week from Mrs. Erl, our Behavior Interventionist. We also learn strategies from Mr. Conley, our Social Emotional Learning Teacher to help us be our best learner self. This week our word of the week is **Conflict**. There will be times at school and at home when we encounter conflict. Having the skill and ability to navigate through conflict is important for personal and academic success. We want students to learn how to identify conflict (problems or challenges) and strategies to help resolve. At Forrestal, we believe each of us holds the solution and we want to empower our learners to not only help themselves, but to make our community and world a better place! Thanks for all you do to support your learner.

Even though we've had amazing warm weather, please remember to send your child cold weather ready for outside recess! Please also 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](mailto:ckranz@d187.org) or [nkhoshaba@d187.org](mailto:nkhoshaba@d187.org) (Spanish speaking) or by calling Forrestal at 847-689-6310 for any assistance.

Respectfully,

Cara Kranz, Principal  
Nataly Khoshaba, Assistant Principal

**The mobile dentist is coming to Forrestal on Monday, 11/28/2022 and will be seeing students who have turned in a permission slip.**

**Please fill out [www.myschooldentist.com](http://www.myschooldentist.com) if you still wish to have your child participate.**






**THE DENTIST IS COMING TO SCHOOL!**  
Get in-school dental care at **NO COST\*** to you.

\* For patients covered by Medicaid or All Kids

**Sign Up Online!**  
[www.MySchoolDentist.com](http://www.MySchoolDentist.com)

Scan the code with your phone.



**Taking care of your child's teeth is important to keep them healthy.**

**EASY & CONVENIENT** - A state licensed dentist will regularly check your child's mouth & teeth, as well as provide a cleaning, fluoride treatment and apply sealants, as needed. A dental report card will be sent home with your child. Permission includes initial dental care & follow-up visits.

**SIGN AND RETURN TO YOUR SCHOOL TODAY!**

Member  
**ADA**  
American  
Dental  
Association

**Friday before break our kinder students learned about how to take care of their teeth!**

## Important Events for Week of November 28, 2022:

- ☐ Monday, Mobile Dentist
- ☐ 12/9 Q2 Progress Notes sent home
- ☐ [November Menus](#)

Please work with your child with a goal of leveling up in reading before the Winter Break!

Students should be reading at home for 20 minutes a day!

### Developmental Reading Taxonomy

Start with what students CAN do.



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.

We are excited to have Kids Rank's weekly Pride meetings at Forrestal Elementary this year! We are also happy to share that Pride meetings will be happening during school's lunch/recess for all grade levels on Fridays. Pride meetings will begin the week of October 17, 2022 and run through



May 2023. Thanks to District 187, the registration fee will be sponsored for FES and AJK military kids! However, spots are limited so please register early! Registration is online at [www.kidsrank.org/registration](http://www.kidsrank.org/registration), please select **Forrestal Elementary Pride** for the specific grade. **If you have any questions please reach out to Moki Tantoco, Kids Rank Programs Manager, directly at [mtantoco@kidsrank.org](mailto:mtantoco@kidsrank.org).**

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

## 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](mailto:studentcare@northchicagocommunitypartners.org) si tiene alguna pregunta.

North Chicago Community Partners

## 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](mailto:studentcare@northchicagocommunitypartners.org) with any questions.

North Chicago Community Partners