

News from Forest Park School District

September 2011

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WELCOME BACK TO SCHOOL—ONE AND ALL!



From the Superintendent/ Elementary Principal's Desk

Welcome to another school year and yet more changes. I am blessed to continue to work in administration and very fortunate to be able to work with an experienced, talented Forest Park staff member, Lisa Olson, who is now the 6-12 Principal. I am very excited to be able to focus on the elementary and the overall needs of the total district, and I have confidence in Mrs. Olson's ability to move our middle and high school in a positive, progressive direction.

My aspirations include the development of a strategic planning committee that will develop short and long term goals with accurate projections for the future of Forest Park financially and educationally. Please contact me if you are interested. We will need stakeholders involved from all facets of the Forest Park community including staff, administration, board members, community members, business owners, students and parents.

Expanding our curriculum to meet the needs of all students at Forest Park is something that has been my passion for years. Creatively, the district will be able to accomplish this goal when we start to think in a new direction. I ask parents to seek opportunities to be active participants and engaged in your child's learning and future educational planning. We have ex-

panded our ITV opportunities to include Spanish I, Spanish II, and Spanish III. It is my goal to look at the possibilities of more options for dual enrollment and AP classes for our high school Juniors and Seniors.

Another goal of the district will be to continue down the road of success that we are so accustomed to. We received an 89% on our report card which equates out to a B from the State of Michigan. Much of the report card is based on state testing results. The state raised the cut scores which affected our overall test outcomes. We are still above the state average in most areas, but it will be our goal as a staff to increase our scores and put our district back into the "A" range academically.

Educating our children and continuing our district down the road of success will take a community effort. I look forward to the challenges we face and the opportunities that lie before us. Together we will make a difference for our Forest Park children.

Enjoy Life!

Becky Waters
Superintendent &
Elementary Principal

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Forest Park Back To School Night

Forest Park will have a Back to School Open House sponsored by the PTO on **Wednesday, August 31, from 4 p.m. to 6:00 p.m. for Pre-K through Fifth Grade Students.** Students will be able to see their rooms, bring in their school supplies and tour the school. The PTO will provide refreshments. Clubs such as the Girl Scouts, Boy Scouts, Karate Club, and the Contemporary Center and MSU Extension office have been asked to come and provide information and conduct their sign up for the year. Please call the elementary office at 875-3131 if you have any questions or still need to register for the 2011-12 school year.

Forest Park Middle School Orientation

Orientation for all middle school students will be held at Forest Park on Wednesday, August 31 at 6:00 p.m. beginning in the multi-purpose room. All parents/guardians and students are encouraged to attend orientation. This is an opportunity to become familiar with the layout of the school and set up their lockers. Time is allotted for incoming sixth graders or new students to the middle school to become familiar with changing classes utilizing the bell system and practicing with their required locks on their lockers. Please call the secondary office at 875-6869

if you have any questions or still need to register for the 2011-12 school year.

Forest Park Freshman/High School Orientation

High School orientation night is set for Wednesday, August 31 at 7:00 p.m. beginning in the multi-purpose room. Incoming ninth graders and/or new students should attend this orientation to become familiar with their classroom locations and meet with the new 6-12 principal, Lisa Olson. Please call the secondary office at 875-6869 if you have any questions or still need to register for the 2011-12 school year.

NEWS FROM THE PRINCIPAL'S DESK

Summer has come to a close. I hope you all enjoyed your time and are ready to begin the 2011-2012 school year. The staff has been busy preparing for another year with the students. I have also been working hard trying to get ready for my first year as principal here at Forest Park.

Many of you already know me, but for those of you who do not, this was my pathway to the principal's office here at Forest Park. I am a 1983 Forest Park Graduate. I earned my Bachelor of Science degree in Education with teacher certification in Math and English from Central Michigan University. My Master's Degree is from Mary Grove College in the Art of Teaching. I have a K-12 Counseling endorsement from Northern Michigan University. The majority of my teaching experience has been here at Forest Park; however, my first permanent teaching job was at St. John School in Antigo, WI. I held the middle school math position for three years before returning to Crystal Falls. I have been teaching middle school and high school math and English in the Forest Park School District since the fall of 1993.

Although I am in a new place in the educational process, my expectations for your Forest Park student remain the same as they were in my classroom. I expect the students to be on time, prepared for class, ready to learn, and be respectful. Every year is a new adventure and I am looking forward to an exciting, productive, and successful school year at Forest Park.

My location is in the middle/high school office (Mr. Payne's old office). If you have any questions or concerns, please feel free to contact me. The office number is (906) 875-6869 and my email is lol-son@fptrojans.org.

Mrs. Lisa Olson

Middle/High School Principal

September Hot Lunch Menu

Sept. 6—Chicken Nuggets, Tater-tots, Steamed Corn, Dinner Rolls, BBQ Sauce/Ketchup

7—Soft or Hard Shell Taco's with Lettuce, Cheese, Salsa, Sour Cream, Mixed Fruit

8— Spaghetti, w/Meatballs, Salad w/ Italian Dressing, Sliced Peaches, Bread Sticks

9— Dina Mia Sausage Pizza, Cole Slaw, Apple Sauce, Peanut Butter Bars

12—Corn Dogs, Nacho Chips with Salsa, Green Beans, Fruit

13- Chicken Patties on a Bun, Cole Slaw, Fruit, Jello w/Cream

14—Turkey over Mashed Potatoes, Steamed Corn, Sweet Potatoes, Stuffing

15 —Hamburgers on a Bun, French

Fries, Diced Peaches, Pickles/ Onions

16—Stuffed Crust Pepperoni Pizza, Salad w/French, Mixed Fruit

19—Raviolis, Salad w/ Italian Dressing, Sliced Peaches, Bread Sticks

20—Sub Sandwiches, Nacho Chips w/Salsa, Apple Sauce

21—Chicken Nuggets, Smilie Potatoes, Carrots & Dip, Mixed Fruit

22- BBQ on a Bun, Green Beans, Fruit, Birthday Cake

23 - Dina Mia Sausage Pizza, Cole Slaw, Fruit

26—Chicken Strips, Mac & Cheese, Carrots & Dip, Sliced Pears, Dinner Rolls

27—Turkey over Mashed Potatoes, Gravey, Corn, Stuffing

28—Hard or Soft Tacos w/ Lettuce, Cheese, Salsa, Sour Cream, Fruit,

29 - Pastie Pie, Green Beans, Fruit, Jello w/ Cream

30—Dina Mia Sausage Pizza, Salad w/Ranch , Sliced Peaches

ALL MEALS INCLUDE

MILK



Ala-Carte

Pizza & Salad Bar With Other Specials Served Daily



SOME OF OUR HEALTHY CHOICES IN THE FOREST PARK FOOD SERVICE PROGRAM

1. We serve 1% chocolate milk/skim milk and 1% white milk on cereal
2. We use a lot of whole grain products in our nuggets, corn dogs and chicken patties.
3. We are switching over to whole grain for all of our homemade breads, rolls and buns (which we make almost everyday).
4. We use low fat dressings, cottage cheese and yogurt.
5. We DO NOT deep fry anything. Our French Fries and Tater Tots are baked.
6. We DO NOT use any extra salt in cooking and the elementary DOES NOT have access to extra salt and pepper. ONLY middle school and high school can add extra.
7. All of our meats used in BBQ, Tacos, Spaghetti Sauces are drained and rinsed to reduce fat.
8. Our stuffed crust pizzas and breadsticks are reduced fat and whole grain.
9. We use frozen veggies and fresh as much as possible.
10. We use fresh fruit as much as possible.

EAT UP

Forest Park Music Department September News



The Forest Park Music Boosters will hold its re-organizational meeting on Monday, September 12 at 6:30 pm in the Band Room. The mission of the Music Boosters is to assist the Music Department by helping at special events and also to assist with fund raising. Money raised is used for such items as uniforms, including shoes for every student in grades 6-12, and other miscellaneous supplies used in marching band. In addition, the Boosters has purchased instruments, music and provides meal allowances when students attend solo & ensemble festival, band and orchestra festival and football playoff games. Money is also donated to support music education by contributing to the Second Sunday Concert Series performances at Forest Park. There are also musical performances outside of the area that are coordinated and sponsored by the FP Music Boosters. Beginning with the Class of 2008, there is a Senior Band Participation Scholarship funded by the Music Boosters. This scholarship is available to graduating band seniors who have participated fully during their four years of high school.

All Jr. High and Sr. High Music Department families will be receiving a Time and Talent Sheet during the next month. There will be specific tasks listed that you can sign up to help with. Besides our regular events, we will need volunteers to assist with the handing out and collecting of uniforms before and after each event in which the Sr High Band participates. Please consider volunteering your time to keep our Music Department running strong!

The Boosters is always looking for new members to help with their activities. If you are a parent of a band student of any age, and are interested in joining the Boosters but are unable to attend this meeting, please phone Sharon Nickels at 875-6098 or email at snickels@up.net.



PICTURE DAYS



Lifetouch is scheduled for pictures on September 22nd for the elementary students and September 23rd for the middle and high school students. Bring your smile!



Forest Park Academic Boosters—Pasty Sale

The FP Academic Booster Club has frozen pasties for sale. Pasties are half-baked and cost is \$3.75 each. These are the same pasties sold at our Fungus Fest pasty sale in August. Contact Jane Bal at 875-6146 to purchase. All proceeds are used to support academic activities for grades 6-12. Thank you to everyone who purchased pasties and assisted with the sale in any way—it is appreciated!!

HIGH SCHOOL SCIENCE SUPPLIES

Back to school supplies for High School Science— Each science class that a student is scheduled to attend you will need the following supplies: basic calculator, good three ring binder, a notebook and folder.



Football Mania

Please support Forest Park Sports Boosters by purchasing a Football Mania Sweepstakes ticket. Get online music downloads for only \$20.00 and then have a blast playing this exciting sweepstakes based on professional football! You have a 1 in 48 chance of winning during the 17-week football season. If your team scores the most or fewest total points... you win!!!!!! Get your game cards at the Forest Park Business Office or any Sports Boosters member. Time is running out! Tickets only sold through September 6, 2011! **HURRY AND GET YOURS SOON!**

From The: **TEAM NUTRITION RESOURCE**

Dear Parents: Kids need between 6-11 servings per day from the **Bread, Cereal, Rice, and Pasta group**. Grain foods give kids energy to grow, learn, and play. Here are some great ways for kids to eat more **grains**.

- Eat a waffle, cereal, or toast for breakfast.
- Eat crackers with soup at lunch.
- Pack a granola bar or rice-cake in a pocket or backpack for an anytime snack.
- Make a pizza bagel after school. Spread spaghetti or pizza sauce on a bagel. Sprinkle with mozzarella cheese and microwave, just until the cheese melts.
- Eat bread, noodles, or rice for dinner.

