



Forest Area School District

NEWSLETTER

SPRING 2023



DATES TO REMEMBER:

MAY 4: WF TITLE I NIGHT 5-7PM
MAKER NIGHT
MAY 5: EARLY DISMISSAL 11AM
PROM, CROWNING 7PM
MAY 11: EF TITLE I NIGHT 5-7PM
MAKER NIGHT
MAY 29: MEMORIAL DAY
NO SCHOOL
JUNE 6: WF GRADUATION 6:30PM
JUNE 7: EF GRADUATION 6:30PM
JUNE 7: LAST DAY STUDENTS
EARLY DISMISSAL 11AM

A Note from Superintendent Hetrick

The theme of this issue is built around the idea of building resilience in our students. Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success. Examples of challenges some young people may face where resiliency skills are essential: physical illness, change of school, transitioning from primary school to high school, change in family make up (divorce, break up), change of friendship group, conflict with peers, or conflict with family.

Students experience a tremendous amount of physical and mental growth on a daily basis. Between school, co-curricular activities, work and their social life, children face lots of new experiences and challenges. Being resilient gives them the ability to tackle these head-on, bounce back from any setbacks and have the best chance at succeeding. Schools can help students build resilience to help them to approach new situations, people or experiences with confidence and a positive mindset, which will make them more likely to succeed.

Schools can focus on developing safe and supportive learning environments where all students feel safe and supported. When students feel like the outcome won't affect them negatively, they are more likely to try new and more challenging things in the classroom. Being able to learn from mistakes and challenges in a place where they feel supported and encouraged will build their confidence, self-belief and resilience.

Building resilience is all about maintaining a positive mindset, a willingness to grow and an ability to learn from setbacks. Setting goals and making time for reflection have been shown to help maintain focus and create momentum in times of growth and change. Breaking down situations, issues or even assessments into smaller, less intimidating chunks can make it easier for students to stay in a positive mindset so that they are less likely to be deterred by setbacks.

Research shows that a great way to build resilience in young people is to help them feel a part of something bigger than themselves. Encourage your students to engage with the school and community beyond their social groups by volunteering at events, mentoring younger students or participating in whole-school events such as athletics or plays. Being involved in what's happening with their peers and the faculty instills in them a belief that their involvement can and will have a positive effect on others as well as themselves. Please read on to see how we are focused on helping students succeed through resiliency.

Follow us on:



Prepare to EXCEL!

www.forestareaschools.org



We are very excited to share that Forest Area School District is partnering with [Kooth](#). Through Kooth, students can access on-line support for issues they may be experiencing through peer-to-peer support, self-help tools, and chat-based counseling sessions. All materials on Kooth are pre-moderated to ensure all content is safe and helpful for students.

Kooth was founded in the UK in 2001 and for the last 15 years has been the UK's leading provider in effective online mental health support. Their purpose is to create easy access to these online services and provide compassionate and effective mental health support for young people.

This platform will be available 24/7, at no cost, to students in grades 9 - 12. Students will be able to register on any device at us.kooth.com. We hope this will be an additional support for students in addition to other in-house services that are currently available.

We are still in the process of researching options for students in grades 3 - 8. Expect to hear more from your child's school in the fall!

Forest Ready is a career readiness certification program that allows 9th-12th graders to learn valuable skills for preparing to enter the workforce upon graduation. In order to complete the certification students will show that they understand the importance of work ethic, tactfulness/manners, teamwork/ critical thinking and problem solving skills, communication skills, and supervision skills. Students are given the opportunity to earn an industry based credential as well a graduation cord to wear during their graduation ceremony.

Forest Ready originated from Venango Ready, a program that the Venango Chamber and some participating schools in Venango County have developed to encourage strong career readiness skills with students by incorporating work readiness skills that local companies find appealing for new hires. Upon completing the program, students will be guaranteed an interview with those participating local companies upon graduation. Forest Ready is an adaptation of this and has been incorporated within the district this school year. Local businesses can participate by reaching out to Kat Thompson at the Venango County Chamber of Commerce for more information.



Affordable Connectivity Program
Helping Households Connect

The Affordable Connectivity Program is a Federal Communications Commission [program](#) that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a [participating broadband provider](#) or directly with the Universal Service Administrative Company (USAC) using an [online](#) or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/ACP, or by calling 877-384-2575.

~FOREST STUDENTS TRAVEL SOUTH OVER SPRING BREAK

Students and teachers at the Forest Area School District have been working all year on a special program called the Coastal North Carolina Immersive Experience. The program was designed to combat learning loss that many students had during the pandemic years. It was open to any student grades 9-12 and it was funded entirely by a grant, with no cost to the District or the families. Throughout the entire school year, the students who chose to participate had to complete three projects, including a 5 page research paper about the Roanoke colony, a slideshow highlighting 9 historical sites, and a craft project featuring a physical model from one of the topics. They also had to attend three after-school learning sessions, complete some additional writing assignments, and participate in discussion groups and work sessions.

The trip took place from Monday, April 10 until Friday, April 14. Some of the highlights were: The Wright Brothers Museum, the Lost Colony at Roanoke, the lighthouses at Currituck, Cape Hatteras and Bodie Island, the North Carolina Aquarium, Fort Raleigh, the state park at Jockey's Ridge and Jennette's Pier. In between all the learning experiences, they managed to fit in some lighter activities like mini-golf, ice cream, time at the beach, and fishing off the pier. Many of the students had first-time experiences with seafood, a hibachi grill lunch, watching the dawn break over the ocean, flying kites, and searching for shells and other creatures in the sand.



The students are shown here at the site of the original Roanoke Colony at modern day Fort Raleigh: (from left) Macalie Hoffmann, Izzy Flick, Christian Steigerwald, Esther Forker, Logan Niederriter, Jonah Glass, Leah Wagner, Colter Bayle, Nautica Sharp, Ryah McWilliams, Nate Dietrich, Jeffrey Bayle, Colton Kuntz, Olivia Thompson, Jessica Culver, Jordon Kostenbauder, Katie Salsgiver, Megan Clow and Ayla Reese. They were accompanied by their teachers: Mrs. Lisa Banner, Mr. John Wortman, Mr. Ernie Hartwig and Ms. Julie Aaron.

IN SCHOOL SERVICES

Taking care of the whole child is important to all of us at Forest Area Schools. We know that if students' basic needs are met, then they are much better equipped to succeed in learning activities.

To assist parents in meeting the physical health needs of their children, we schedule the mobile dentist twice per year. Students can receive all preventative services right at school since there are no dentists in Forest County.

A continuum of mental health services allows the schools to offer support to students who may be struggling. At the first sign of difficulty, students may be referred by parents, teachers, peers or even themselves to the Student Assistance Team at their school. If there is a concern that should be followed up on, the SAP team will work with students and their families to identify appropriate services.



~LUNCH BUNCH

A Lunch Bunch is a small group where students are given an opportunity to practice social skills. The purpose is for students to connect with peers while working on specific social-emotional learning skills. These skills may include the ability to empathize with others, communicate clearly, develop coping skills, resist inappropriate peer pressure, conflict resolution, develop a growth mindset and problem-solving.

Each elementary grade has a Lunch Bunch at least once every other month. The routine for Lunch Bunch involves having students eat their lunch while watching a short video. After the video, students discuss the ideas and concepts from the video to help them think about how to solve problems. For example, students may practice taking deep breaths and slowly count to ten to help them calm down when they are upset. Lunch Bunch usually concludes with an interactive game because it is fun for the students and exercise can improve student's academic performance, build strong bones and muscle, and promote better mental health.



Resilience

thriving amid adversity



Bucket Fillers

Forest Area elementary students have been working to be bucket fillers. In the story *Have You Filled a Bucket Today?* children learn that you fill a bucket when you do something kind, while doing something mean that makes others feel bad dips from the bucket. Throughout the schools elementary students are recognized for spreading kindness. When students are caught filling buckets they are recognized by their teachers and entered in a bucket filler drawing. Prizes are awarded at the end of each week.

<https://www.youtube.com/watch?v=pOJy8-OC0iU&t=4s>

~SQUABBLES

Squabbles is a tool that guidance has been using to help high school students work through their differences, build relationship skills, and work toward personal growth. It's built on 5 core concepts: Self Awareness, Self Management, Social Awareness, Relationship Skills, Responsible Decision Making. Videos are used to illustrate specific situations and then students are able to discuss possible resolutions with the guidance of the School Counselor.



**Make
SUMMER
COUNT!**

The Forest Area Elementary Day Camp and the High School Summer Immersive program details are coming soon!

FCCLA Chapters Medal at State Competition



East Forest Jr/Sr HS FCCLA Chapter was awarded with the following recognition for their work in the community and school: The Chapter Caring Award, the Silver Outstanding Chapter award, and the participation award in FCCLA National Program - Community Service. East Forest Star Event participants earned the following: Chapter Service Portfolio Level 3 - Silver Medal and National Team honors - Olivia Thompson and Kendra Carroll. National Programs in Action Level 2 - Gold Medal and National Team honors- Jonah Glass, Lauren Geraci, and Nick Geraci. National Programs in Action Level 1 - Gold Medal and National Team honors - Jacob Glass and Vera Heferle. Chapter Service Portfolio Level 1- Gold Medal and National Team honors - Alexandra Carroll and Hailee Oliver. All of these students, grades 7 - 12, qualified to represent Pennsylvania on the National team which will compete in Denver, Colorado this summer. Shown here with their medals and certificates are: Lauren Geraci, Nick Geraci, Hailee Oliver, Olivia Thompson, Kendra Carroll, Alexandra Carroll, Jonah Glass, Vera Heferle, Jacob Glass.

West Forest Jr/Sr HS FCCLA recently attended the PA FCCLA State Leadership Conference where 15 students participated in STAR Event competitions and two students worked as event volunteers. West Forest FCCLA competitors earned the following awards in their categories: Hayley VanDyke - Bronze Medal: Career Investigation Level 1, Alanah Wagner - Silver Medal: Focus on Children Level 1, Alison McLaughlin, Bobby Payne, Colton Whitton - Gold Medal: ABC Landscaping - Entrepreneurship Level 1, Nathaniel Sample, Christopher Hoovler, Jesse Peterson - Gold Medal: Tom's Sugar Cookies - Food Innovations Level 2, Jayden McKeel - Gold Medal: Focus on Children Level 2, Macalie Hoffmann - Gold Medal: Hospitality, Tourism and Recreation - Level 2, Kiley Oliver - Silver Medal: Chapter Service Project Level 2, Hazel Hilyer - Silver Medal: Career Investigations Level 2, Theresa Dando - Bronze Medal: Career Investigations Level 3, and Jeff Bayle, Esther Forker: Silver Medal: Sustainability Challenge - Level 3. Twelve of the fifteen West Forest competitors not only earned a silver or gold medal, but also qualified to represent Pennsylvania on the National Team which will compete in Denver, Colorado this summer. The Nationals team is shown here with their medals and certificates: (front) Alison McLaughlin, Robert Payne, Colton Whitton, (middle) Jayden McKeel, Macalie Hoffmann (PA State Officer), Hazel Hilyer, Kiley Oliver, (back) Christopher Hoovler, Jesse Peterson, Nathaniel Sample, Esther Forker (PA State Officer), and Jeffrey Bayle.



We're hiring for rewarding opportunities in Forest Area School District!



Inspiring the next generation—all in a day's work.

Want to make a big difference in the lives of students in your community? Kelly Education is hiring great people to substitute in your local schools, for both teaching and non-teaching positions. Try a new morning routine with a meaningful job that gives you the flexibility to create your own work schedule.

Earn income. Enjoy real work-life balance. And know the work you do every day is making a profound impact on moving education forward.

kellyeducationjobs.com

*Offered and administered by a third party provider. These plans are not sponsored by Kelly Education. Opportunity Employer. © 2022 Kelly Education, Inc. All rights reserved. CSD 0222.

You'll enjoy:

- The freedom to set your own schedule
- Your choice of schools and grade levels
- Weekly pay
- Free training and professional development
- Paid orientation
- Work-free nights, weekends, holidays, and summers
- Service bonus plans and incentives
- Kelly-sponsored ACA health care coverage available to eligible employees
- Optional insurance plans*

Positions available:

- Substitute Teacher
- Substitute Paraprofessional
- Substitute Nurse -LPN/RN
- Substitute Custodian
- Substitute Food Service Worker

Begin here:

Jan Solomon
Recruiting Strategist
800-991-5157
jana829@kellyservices.com