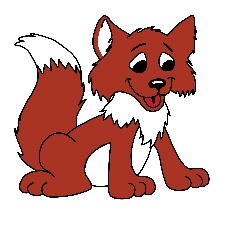
**Foxtales Newsletter**

**November 2018**

**Upcoming Events!**

**Event** **Date/Time** **Location**

Halloween Parade 10/31 @ 1:30PM Forwood

Election Day (School Closed) 11/6

Penny War 10/29-11/9 Forwood

Veterans Day (School Closed) 11/12

PTA Meeting 11/13 @ 7pm Forwood

Crazy Hair Day 11/13 Forwood

Moe’s Music Night (Moe’s Burritos) 11/14 5-8 PM Moes (by Target on Naamans Rd)

End of first marking Period 11/15

Girls on the Run 5k Race 11/17 Dover

Staff Professional Development (No school) 11/16, 11/19-11/21

Thanksgiving Break 11/22-11/23

Family Steam Night 11/27 Forwood

Report cards distributed 11/30 Forwood

**New Staff**

Barbara Swartz (Music) (*Accidentally omitted from the September-October Newsletter*)

Katelyn Luczkowiak (Speech/Language)



Forwood Elementary School’s Family **STEAM** Night will be Tuesday, November 27th from 6:30 to 8:00 pm. Students will be reading “Balloons Over Broadway” by Melissa Sweet about the Macy’s Thanksgiving Day Parade and designing their own floats!

**Moe’s Music Night**

We need your help! Our school was selected for the Little Kids Rock Program: A national nonprofit that is dedicated to building a world where kids can live rich, purposeful lives by ensuring that all public school children have the opportunity to unlock their inner music makers. So, what does that all mean? We host a fundraiser at Moe’s (November 14, from 5-8), and in return, we get free musical instruments for our school. The more folks that eat at Moe’s, the more instruments we get.

**F.R.E.D. the Fox Book Challenge**

***F***orwood ***R***eads ***E***very ***D***ay

Reading is a critical part of your child's education. Various studies have proven that the more a child reads the better reader he or she will become. The FRED Book Challenge will guide students into becoming better readers. Every 15 minutes of reading counts as one line of your child's FRED Book Challenge Log Sheet.

The required amount of lines will be set per grade level. Please supervise your child's reading at home and sign the log sheet to indicate that you observed his or her reading. Reading aloud to your child improves reading comprehension, as students listen to and discuss events, make predictions and build vocabulary. Therefore, read-aloud time is counted toward your total lines on your log sheet.

****As of October 26, only 67% of homerooms achieved their goal…students need to hit the 80% mark if they want to paint the face of Mr. McDermott and Mrs. Golden! Keep on reading!

Incentives for students to read:

1st Marking Period: Paint the administrator’s face!

2nd Marking Period: Duct Tape the Administrators to the wall

3rd Marking Period: Pie in the face of Administrators

4th Marking Period: Dunk Tank

In addition, a free bike will be raffled out for the top female and male reader!



How is the Remind App working? Our hope is to improve communication with families. Please let us know how it is going.

**The Nurse’s Corner**: Some helpful allergy information from foodallergy.org and tealpumpkinproject.org

**What Causes a Food Allergy?**

The job of the body’s immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a harmless food protein—an allergen.

In the U.S., the eight most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish.

Family history appears to play a role in whether someone develops a food allergy. If you have other kinds of allergic reactions, like eczema or hay fever, you have a greater risk of food allergy. This is also true of asthma.

Food allergies are not the same as food intolerances, and food allergy symptoms overlap with symptoms of other medical conditions. It is therefore important to have your food allergy confirmed by an appropriate evaluation with an allergist.

Food Allergies Are Serious

Food allergy may occur in response to any food, and some people are allergic to more than one food. Food allergies may start in childhood or as an adult.

All food allergies have one thing in common: They are potentially serious. Always take food allergies—and the people who live with them—seriously.

Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, though some food allergy reactions progress to severe anaphylaxis with low blood pressure and loss of consciousness.



About the Teal Pumpkin Project

Putting a teal pumpkin on your doorstep means you have non-food treats available, such as glow sticks or small toys. This simple act promotes inclusion for trick-or-treaters with food allergies or other conditions.

1. Provide [non-food treats](https://www.foodallergy.org/education-awareness/teal-pumpkin-project/ideas-non-food-treats) for trick-or-treaters
2. Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available
3. Add your home to the Teal Pumpkin Project map
4. [Spread the word!](https://www.foodallergy.org/education-awareness/teal-pumpkin-project/spread-word) Share the Teal Pumpkin Project with your friends and family

For more information go to <https://www.foodallergy.org/education-awareness/teal-pumpkin-project/free-resources>



Help Your Child Succeed in School:

Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

• Starting in kindergarten, too many absences can cause children to fall behind in school.

• Missing 10 percent (or about 18 days) can make it harder to learn to read.

• Students can still fall behind if they miss just a day or two days every few weeks.

• Being late to school may lead to poor attendance.

• Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.**

WHAT YOU CAN DO

• Set a regular bedtime and morning routine.

• Lay out clothes and pack backpacks the night before.

• Find out what day school starts and make sure your child has the required shots.

• Introduce your child to her teachers and classmates before school starts to help her transition.

• Don’t let your child stay home unless she is truly sick. Keep in mind complaints of a stomachache or headache can be a sign of anxiety and not a reason to stay home.

• If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.

• Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.

• Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?

**CHRONIC ABSENCE** 18 or more days

**WARNING SIGNS** 10 to 17 days

**SATISFACTORY** 9 or fewer absences

Note: These numbers assume a 180-day school year



**Counselor Corner**

The Big Idea for October is Contentment; deciding to be happy with what you have.

Being happy with what you have is a choice, and sometimes a difficult one! But as our kids are developing the ability to know the difference between need and want and cause and effect, this is the perfect time to talk about and practice Contentment!

A great time to practice contentment is after Trick or Treat this week. Forwood students will collect excess Halloween candy to donate to Stockings for Soldiers Thursday 11/1 through Friday 11/9. Please label the candy with your child’s room number, where it will be collected and weighed. The class donating the largest amount of candy to our troops will enjoy extra recess!

**Bucketfilling with UD HERO Project**

Forwood and University of Delaware HERO Project encourage students to show kindness and respect to others. Students who complete all 3 UD HERO papers will be eligible to order 2 free tickets to the UD/Villanova football game on Saturday November 17th. Please read the information on the reverse side of the UD HERO bucketfilling papers for important information. All families must order game tickets online, the link will be provided by UD in the coming weeks.