



24 - 25 School Year



Forrestdale Parent Newsletter

Principal's Message

Happy New Year! With 2025 upon us, we are reminded of the goals we have set for ourselves...as families, as educators, as students. As partners in this wonderful school community, we are also grounded in being thankful for our children's safety, health, and happiness. With that in mind, I remind you to be cognizant of the safety of our students especially during arrival and dismissal. For those students with e-bikes / scooters (perhaps, some newer from Holiday gifts), be mindful of safety tips and rules of the road, [here](#), as these devices can be quite dangerous. Always wear a helmet and walk your bike on school property. For NJ laws as it pertains to e-bikes, please review the link [here](#). With student wellness a goal for the New Year, we are mindful of their physical health, especially during the winter months, and as important is our students' mental health. Former FD graduate and current boys' basketball coach, Teddy Sourlis, is headlining an impactful event this Wednesday evening, hosted by the WEforum and focused on student athletes. There are still some spots available, and students who attend will receive 2 hours of community service. Click [here](#) to reserve your seat!

Fondly, Mrs. Gibbons

Important Dates

01/08

Beyond the Game: Ready for Life, Athletic Youth Mental Health Symposium

Time: 6 to 8:00 p.m.

Location: Monmouth Regional High School

Learn more and register [here](#)

01/09

Winter Band Concert

01/13

1 PM Dismissal
Teacher In-service

01/20

School closed for
MLK Day

Class of 2025 Updates

- **NEW** - Please review a letter from Ms. Fahy [here](#) with important links related to upcoming RFH scheduling deadlines, timelines, and meetings.
- Gr. 8 Parents please use the link [here](#) to complete the Diploma Form.

Community News

- Spread the word and save the date for the district's Pre-K and Kindergarten Open House! To learn more, review the press releases: [Kindergarten & Pre-K](#).
- **Nurse News** - We will be performing state mandated health screenings through our partnership with HMM on 1/28, 1/29, and 1/31 (snow date 2/3). Screenings being conducted on these days are as follows: height (4-8), weight (4-8), vision (4,6,8), hearing (7), biennial scoliosis (5, 7) . Please feel free to reach out to the school nurse kmasina@rumsonschool.org or at extension 4318 if you have any questions.