



24 - 25 School Year Forrestdale Parent Newsletter



Principal's Message

We are excited to offer parents a Virtual Lunch & Learn on January 30th at 12 PM. Ira Hays, LCSW & Director of Center for Wellness, will present a powerful program, **"Parenting for a Growth Mindset."** He will speak to the research conducted by expert, Dr. David Yeager, PhD, and share strategies from his recent FEAR | LESS Podcast. on how to promote a growth mindset across multiple domains, including: academic, social interactions, athletics, performing arts, and extracurricular activities. To register for this Parent Academy, click [here](#).

Please save the date for our upcoming Drama Club production, **"Seussical Jr."** on Feb. 27th - March 1st. Families and local businesses are encouraged to honor our cast members or promote their business through placing an ad, sponsorship, or shout-out in our program. Ads can be submitted to FDdramaclub@rumsonschool.org, and all ads/payment are due by January 31st. Please see the flyer [here](#) for more details.

Fondly, Mrs. Gibbons

Class of 2025 Updates

- NEW - Order your graduate's rober, using the link [here](#).
- Please review a letter from Ms. Fahy [here](#) with important links related to upcoming RFH scheduling deadlines, timelines, and meetings. Also review the following:
 - [Placement criteria & waiver process](#)

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 HMH 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.

Important Dates

01/15

6:30 PM RFH HS
Curriculum Night

01/17

DP Preschool Open House

01/20

School Closed
MLK Day

01/22

PTO Meeting

01/24

PTO Dance with Your
Dude