

Blazing a Trail of Success

This Month's Edition:
February / March 2020

The Leopard Letter

Lake Forest Elementary
16 Berkshire Avenue
Greenville, SC 29615
864-355-4000
www.greenville.k12.sc.us/forest

Boosterthon Fundraiser ~ Feb. 18-28

Principal's Report

Dear Lake Forest Family,

Happy 2020! Over the next several weeks we have a lot of fun activities planned at Lake Forest. PTA is excited to bring back Boosterthon as our last big fundraiser for the 2019-2020 school year. We look forward to kicking off Boosterthon with student pep rallies on **February 18**. Students will participate in the **Fun Run on Friday, February 28**, so mark your calendars. Parents are welcome to attend. PTA is raising money for student clubs and books for classroom libraries. Our school goal is to reach \$12,000. If we reach that goal, students will have the opportunity to SLIME the LFE administration. I hope we can count on you to help us reach our school goal so we can continue improving programs and opportunities for students at LFE.

Spring Pictures will be taken Thursday, March 12. Pictures will only be taken of students who prepay for their order. **Yearbooks** are also on sale for \$20 until February 28. The cost goes up to \$25 after that date. Our yearbooks feature color

pictures on every page. We look forward to passing out yearbooks on our school-wide yearbook day, May 26. A few additional yearbooks are ordered to be sold that day. To ensure your child receives a yearbook, we encourage you to pre-buy one.

On Monday, March 2, we look forward to having **STEAM Night / Art Show**. Families will be invited to participate in different STEAM activities (science, technology, engineering, art, math) and attend the Art Show in the gym. Here is the schedule for the evening:

5:00—FREE dinner (first come, first served basis)

6:00—brief PTA Meeting (cafeteria)

6:15—STEAM Activities Begin in Classrooms

The book fair will also be open from 5:00-7:30 pm. Students who participate in at least 5 STEAM activities will receive an ice cream coupon they can use at school during lunch. We hope you make plans to join us.

Grandparents' Day is planned for March 4 -5. We welcome

grandparents to come eat with their grandchildren. Lunches will run very much like our Thanksgiving lunch schedule. We split this event into two days to allow more time to eat lunch and have more room for families who come to eat.

Wed., March 4 – K4, 1st, 3rd, 5th
Thurs., March 5 – K5, 2nd, 4th

If your child's grade level is scheduled to eat on Wednesday, your child will have a bag lunch in their classroom on Thursday. If your child's grade level has lunch on Thursday, your child will have lunch in their classroom on Wednesday.

Thank you for your continued support of Lake Forest. We have the best students, staff, and parents. Please let me know if I can assist you in any way.

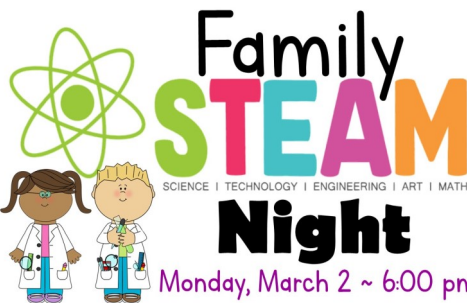
Sincerely,

Julie R. Cooke
Principal



Important Dates

Candy Grams sold at lunch (\$0.50)	2/3-2/11
Safer Internet Day	2/11
Good News Club	2/11
School Talent Show, 6pm	2/13
Chorus, 2:30-4:00	2/13
Valentine's Day Parties	2/14
SIC Meeting, 12:00 pm	2/14
President's Day—NO SCHOOL	2/17
Boosterthon Pep Rallies	2/18
Good News Club	2/18
Chorus, 2:30-4:00	2/20
School Spirit Day/ Club Day	2/21
Good News Club	2/25
Chorus, 2:30-4:00	2/27
Boosterthon Fun Run	2/28
Read Across America Day	3/2
STEAM Night/Art Show, 6pm	3/2
Spring Book Fair	3/2-3/6
Zaxby's Spirit Night 5-8	3/3
Good News Club	3/3
Grandparents' Day Lunches	3/4-3/5
Chorus, 2:30-4:00	3/5
Beta Club Meeting	3/9
Skate Night, 6-8 pm	3/10
Good News Club	3/10
4K Half-Day (11:30 dismissal)	3/11
Chorus	3/12
Spring Pictures	3/12
SIC Meeting, 12:00 pm	3/13
Daddy/Daughter Dance, 6-8	3/13
Good News Club	3/17
Tropical Grille Spirit Night	3/18
End 3rd Quarter	3/19
Teacher Workday—NO SCHOOL	3/20



Come out for a fun-filled evening with your family. A **free dinner** will be offered beginning at 5:00 pm in the cafeteria on a first come, first served basis. The **PTA meeting** will start at **6:00 pm**. Afterwards families are invited to participate in different STEAM activities as well as visit the Art Show in the gym. Students who complete at least 5 activities will receive a prize! The book fair will also be open from 5-7:30 pm. #LFEpride



Lake Forest PTA BOARD



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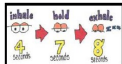
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School Wide Calming Strategies

Ask your child to
demonstrate our different
strategies for calming our
minds and bodies.

**When I need to calm my
body and mind, I can:**

- Use 4-7-8 breathing



- Hold Tight



- Use Positive Self-Talk



- Get Moving



- Express Gratitude



PTA President's Report

Happy February to everyone! We have a few exciting things coming up for the month of February. First off, some of you may have noticed the calendars that PTA is posting on social media and sending home. Those are our new way of keeping families informed of what PTA has going on for each month! In the past we have sent home flyers for each event and we just feel that going forward this is a more efficient way of letting you know ahead of time what is happening.

Valentine's Day is fast approaching and you know what that means! Candy gram sales start on Monday, February 3rd from 10 am- 1 pm. This will be on the cafeteria stage. The last day of sales will be Tuesday, February

11th. Candy grams are an awesome way to let someone know that you care!

Class Valentine's parties will be February 14th and then following the three-day weekend break Boosterthon is back!! PTA is very excited for Boosterthon and all the fun it brings to the students at Lake Forest.

As always Lake Forest families, I am so thankful and humbled by all the time and energy that you give volunteering. We appreciate you in every way.

Written by:
Jamie Hicks
PTA President



LFE is 'SNOW' much fun!!



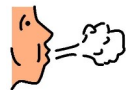


Counselor's Corner—School Wide Calming Strategies

Calming Strategies

Students have been learning and practicing calming strategies to cope with BIG feelings such as anger, sadness, worry, and fear. Everyone has these feelings: students, teachers, and parents! Many of us have great ways to cope with these feelings and some struggle a lot with how to calm themselves before saying or doing something they'll regret.

Students have learned and practiced many calming strategies that can be used at school and at home. **Ask your child to demonstrate these calming strategies.** Show interest and enthusiasm as they demonstrate by making eye contact and nodding your head to show understanding. Even more importantly, follow along and practice these strategies with your child to help reinforce these skills in the home environment.



4-7-8 breathing

<https://www.youtube.com/watch?v=Uxbdx-SeOOo&feature=youtu.be>

Calm breathing can help calm the mind and body quickly. Some teachers have their students practice this to help calm the classroom before getting started on a new lesson or when doing a test. If your child has a hard time demonstrating, watch the video and practice it together.

Hold Tight

(This is the practice of tightening and then relaxing different muscle groups in the body). Ask your child to demonstrate some ways to "hold tight". Check out this link for you and your child to practice together.

<https://www.youtube.com/watch?v=Hy2GLZVjaz8&feature=youtu.be>

There are many benefits to using relaxation as a calming strategy. It can help lower your heart rate and breathing rate as well as improve sleep patterns. And most importantly, it helps bring about a sense of calmness!

<https://www.northshore.org/healthy-you/benefits-of-relaxation>

I can do it!

Positive Self-Talk

(This is our internal dialogue.) This video demonstrates self-talk for a student. <https://www.youtube.com/watch?v=8AQQjEwkiw&feature=youtu.be> Everyone naturally uses self-talk throughout the day. Our self-talk can lift us up or tear us down and can easily affect our emotions, thoughts, and behaviors. Students have learned and practiced ways to 'self-talk' to help calm themselves when they're getting upset. Your child may get upset during a homework assignment or project and you find them complaining or talking negatively about themselves. Model for your child how to talk positively to themselves by saying things such as "I'm going to try my best", "It's ok if it's not perfect. No body is perfect", "I can do it! I believe in myself" or "I'm learning to believe in myself."

<https://www.healthline.com/health/mental-health/self-talk>

Get Moving

This strategy just involves moving the body. Many teachers play music and encourage their students to move around to get the wiggles out at various times of the day so they can focus better in school. Sometimes students like to do some small exercise movements to help them. Moving is not just about getting energy out but also

helps improve a person's mood. Encourage your child to 'get moving' more after school. Tip: This will work best if the whole family gets involved. Go on family walks, bike rides or have a push-up contest (and laugh together when your child beats you!)



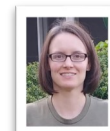
Express Gratitude

<https://www.youtube.com/watch?v=T5Umo80x9og>

This calming strategy helps children and adults feel more positive emotions, build better relationships, and focus on the good in life (instead of all the many things that we tend to complain about!). Each day encourage every family member to share out loud at least 1 thing they are grateful for. To make it more challenging, no one can repeat something that has been said before by another family member. You can keep track of what everyone says on a piece of paper hanging on the wall where all family members can see it. Gratitude helps us focus on what we do have instead of what we lack. Help cultivate a community of gratitude by helping your child(ren) focus on what IS good in their lives.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Mrs. Henderson (available 7:45am-11:30am) can be reached at (864) 355-4019



Email: MeHenderson@greenville.k12.sc.us

Ms. McKissick (available 7:45am-3:00pm) can be reached at (864) 355-4004



Email: McKissick@greenville.k12.sc.us



Blazing a Trail of Success

Lake Forest Elementary School

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Principal:
Julie Cooke

Assistant Principal:
Curry Wilson

Administrative Assistant:
Morgan Warner



What is Social Emotional Learning?

As a school community, we are dedicated to the social, emotional, and academic needs of our students. Many of you may ask...what is social emotional learning? Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The Urban Assembly and SEL4US (www.selday.org) invite communities across the globe to celebrate the importance of social emotional learning (SEL) on the first annual **International SEL Day on March 27, 2020**. Research shows us that SEL changes lives. Studies show that SEL improves well-being and academic outcomes, builds positive school climate, and provides children

with the necessary skills to excel in today's workforce. Yet, many members of our communities don't know about SEL yet. **SEL Day** is an opportunity to spread the word about the importance and impact of SEL. Working together, we can raise awareness for SEL, demonstrate SEL in action, share SEL best practices... and more!

Want to learn more about SEL?

Visit these SEL Resources—

- www.selday.org
- www.casel.org

Video Links:

SEL for Parents

<https://youtu.be/y2d0da6BZWA>

SEL for Parents (in Spanish)

https://youtu.be/xz_aCbDI9uk

#SELday

Teacher Feature

Meet Mrs. Smith, 5th Grade Teacher

Mrs. Smith is one of Lake Forest's outstanding fifth grade teachers. She attended the College of Charleston and received her masters from Converse College. This is her 15th year teaching and her 7th year teaching 5th grade. Mrs. Smith's favorite thing about teaching is working with kids and learning new things from them everyday. She loves to see kids working together and being excited about learning.

Mrs. Smith and her husband enjoy camping, boating, and going to the beach. They are very involved with car shows and spend most weekends driving their classic cars to car shows and cruise-ins. Mrs. Smith also loves to spend her free time reading books.



Mrs. Smith



Ms. Allison

Meet Ms. Allison, 1st Grade Teacher

Ms. Allison is one of Lake Forest Elementary's fantastic first grade teachers. During her 12 years of teaching, Ms. Allison has also taught 3rd grade and K4. Lake Forest hasn't always been her home. Ms. Allison started her teaching career at Boiling Springs Elementary in Boiling Springs, SC after graduating from USC Upstate. "Math is my favorite subject to teach," says Ms. Allison. "I love to do puzzles and, to me, math is like a puzzle." However, her teaching doesn't stop at 2:45. Ms. Allison teaches piano, singing, and flute music lessons at Pecknel Music Company after school. "Music is my second language. I love to sing, play the piano, and perform on stage." When she isn't performing, Ms. Allison enjoys spending time with her wonderful family and her sweet 15 year old black cat named Lola. Ms. Allison's hope is to inspire all of her students to be the best version of themselves that they can be. "At the end of the day I may not be the smartest, the prettiest, the funniest, or the best at anything. But I will be the best me that I can be. I will be the change that I want to see in the world. I will be astonishing."

Lake Forest Elementary



School Motto:

"Taking Pride in Learning!"

Vision Statement

To empower students to learn, grow, lead, and succeed.

Mission Statement

The mission of Lake Forest Elementary is to provide a nurturing, student-centered learning environment where students are empowered to learn about the world, persevere through challenges, and develop positive character traits.