

FOREST HEIGHTS COMMUNITY CENTER NEWSLETTER

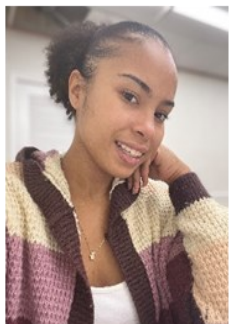
NOVEMBER 2021

THEME: SHOWING GRATITUDE



EMAIL

forestheightsd@csfndn.org



SYMONE DEAN
Site Director

WE'RE HIRING!

Assistant Site Director

Send your resume to

reports@csfndn.org

Due to the current COVID Pandemic, the rental office and the community center will operate on a schedule compliant with CDC and state health and safety recommendations.

**DISTANCE / VIRTUAL
LEARNING WILL CONTINUE**

This program is provided in partnership with Community Services Foundation, the Maryland State Department of Education, Forest Heights Elementary School and Prince George's County Department of Family Services.



Our Site Director's Message

It is hard to believe that it's November already! November is typically a time of reflection and gratitude. Gratitude for all the positive people and experiences in our lives.

At Community Services Foundation, we are grateful; for each of you! You make a tremendous difference in our lives by working with us to enhance your life, and by doing so, our lives have more meaning and fulfillment! Thank You!

Research has shown that when individuals show gratitude, they acknowledge the goodness in their lives. During this process, people usually identify that the source of that goodness lies at least partially outside of themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

The concept is crucial during the pandemic when the world around us is unpredictable and sometimes even dangerous. This month will focus on activities for our youth and conversations that will help us all to find ways to affect our lives with more appreciation and thankfulness.

From the Office of the Principal

Dear Forest Heights Elementary School Parent and Guardians:

In the spirit of gratitude month, I want to express my sincere gratitude to each of you for entrusting us with the education of your students. That means so much to us.

As we are finishing up the first quarter of the school year, please remind your students of the following instructions:

- Wear face masks while in the building. (Required)
- Wash hands frequently.
- Watch your distance.
- Remember to wear your approved uniform items each day

Finally, remember that Forest Heights Elementary School believes that all students will reach their full potential by working together, encouraging each other and communicating with all members of the school community in a caring and exciting environment. Please reach out to the after school staff or me if you have questions or concerns. We are here for you.

Community Services Foundation is a CORES certified organization.



YOUTH ACTIVITIES FOR THE MONTH



Let's, make our school year great! Join our Afterschool Club!
Please email us or call us: 301 - 925 - 4251

Participate in telephone and virtual tutoring sessions with your community center staff.

Afterschool Club Activity Schedule

Monday - Friday: 2:00 PM to 5:30 PM

Group and Individual session will focus on:

- ◆ Fun STEAM Activities
- ◆ At-Home Lesson Plans and Experiments
- ◆ Virtual Field Trips
- ◆ Hands-On Learning Instruction
- ◆ Digital Literacy
- ◆ Character Development
- ◆ Virtual Games and Trivia
- ◆ Health & Wellness
- ◆ Weekly Refreshers
- ◆ Reflection Time

Help in areas identified, opportunities to share thoughts, and much more!

Recognizing and Practicing Gratitude

Start to notice and identify the things you are grateful to have in your life. Tune in to the small everyday details of your life and see the good things you might sometimes take for granted.

- ◆ Each day, think of 4 things you are grateful for nature, people, community, and perhaps shelter. You may also reflect on creature comforts like home to go to, friends, and family. And on the days you are feeling down, go back and read your list.
- ◆ Practice good rituals like saying "Please" and "Thank You." Both you and the recipient of these courtesies will benefit. Pause before you eat. Even if you are not religious, recognizing you have a meal is not a benefit we all have whenever we are hungry.
- ◆ Don't let other people's rudeness or negativity upset you. Try to recognize something good in everyone.
- ◆ Express your thankfulness. Your expression will be accepted with appreciation even if the recipient doesn't say it out loud. Genuine gratitude doesn't leave you feeling like you owe other people something - after all, if you have done something, you should not expect the person to feel like you expect something back in return. It is all about feeling good and creating a cycle of good.



Did You Know?

With the weather getting colder, the beginning of cold and flu season, please remember these simple steps to help you stay healthy. And remember, you can receive free testing by clicking: <https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>



Reminder

- ◆ **Parents Meetings** are held on the **Third Wednesday of each Month.** This month we will meet on **November 17th**

Resources

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for the COVID-19 pandemic at

<https://www.findhelp.org/>

When you log on, insert your zip code to search for services and benefits in your community. You can also ask your Site Director for additional resources.

Veterans Day



**Office & Center Closed
November 11th Veterans Day**

Veterans Day is a day to honor those who served who have the fortune of coming back home. We should be celebrating America's veterans every day of the year. November 11 is a national day to recognize the sacrifices of our nation's heroes.

Here are some patriotic Veterans Day Quotes to help say thank you to our America's military, past and present:

1. Our flag does not fly because the wind moves it... it flies with the last breath of each soldier who died protecting it. ~ Gary Brown
2. Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the exact cause. ~ Abraham Lincoln
3. A true hero isn't measured by the size of his strength but by the strength of his heart. ~ Hercules
4. Home of the free because of the brave. ~ Frances Scott Key

SMILE

What key won't open any door?
A turkey!

Why did the turkey cross the road?
It was the chicken's day off!

Why did the turkey cross the road twice?
To prove he wasn't chicken!

What's the best thing to put into Sweet Potato Pie?
Your teeth.

ENJOY YOUR HOLIDAY!!!!



**DUE TO THE THANKSGIVING HOLIDAY
THE SCHOOL OFFICE
&
COMMUNITY CENTER
WILL BE CLOSED
THURSDAY, NOVEMBER 25
&
FRIDAY, NOVEMBER 26.**



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Afterschool Club 2:00 - 5:30 PM	2 Afterschool Club 2:00 - 5:30 PM	3 Afterschool Club 2:00 - 5:30 PM	4 Afterschool Club 2:00 - 5:30 PM	5 Afterschool Club 2:00 - 5:30 PM	6
7	8 Afterschool Club 2:00 - 5:30 PM	9 Afterschool Club 2:00 - 5:30 PM	10 Afterschool Club 2:00 - 5:30 PM	11 Veterans Day Office/Center Closed 	12 Afterschool Club 2:00 - 5:30 PM	13
14	15 Afterschool Club 2:00 - 5:30 PM	16 Afterschool Club 2:00 - 5:30 PM	17 Parents Meeting Afterschool Club 2:00 - 5:30 PM	18 Afterschool Club 2:00 - 5:30 PM	19 Afterschool Club 2:00 - 5:30 PM	20
21	22 Afterschool Club 2:00 - 5:30 PM	23 Afterschool Club 2:00 - 5:30 PM	24 Afterschool Club 2:00 - 5:30 PM	25 Thanksgiving Holiday Office/Center Closed 	26	27
28	29 Afterschool Club 2:00 - 5:30 PM	30 Afterschool Club 2:00 - 5:30 PM				