Congratulations to Forwood Elementary School, one of only 37 schools across the state to earn an Exceeds Expectations ranking on the Delaware School Success Framework. Exceeds Expectations is the highest possible rating! Schools were assessed on such measures as student proficiency and growth, attendance, and the progress of English learners.

Black History Month

As you know, February is Black History Month. Throughout the month of February, students will celebrate the achievements by African Americans and recognize their central role in U.S. history.

Some fun facts:

- Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.
- The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the
Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

- Did you know? The NAACP was founded on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.
- President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."
- Black History Month 2020 Theme: Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2020 theme, "African Americans and the Vote," is in honor of the centennial anniversary of the Nineteenth Amendment (1920) granting women’s suffrage and the sesquicentennial of the Fifteenth Amendment (1870) giving black men the right to vote.

**National School Counselor Week (February 3-7)**

Please help us recognize Catherine Ward, Forwood School Counselor, for the tremendous impact she has helping students and families achieve success. Catherine, we can’t begin to thank you enough!
Is your child a unique learner?

Do you often wonder what steps are taken to support your unique learner? Check out the recently revamped Brandywine School District website at https://www.brandywineschools.org. Click on Learning in BSD and Supporting Our Unique Learners to learn more about the services and programs provided throughout the district. Please see the attached infographic for an excellent resource to help you get started with the process. (Infographic is a separate attachment)

BSD Site Program Hand Delivers Flowers and Treats

Skills for Independence, Transition, & Employment- SITE Program serves 18-21 year-old students with special needs who learn to work at a variety of real-world jobs. The students create bouquets from flowers donated by Trader Joe’s, take and fill orders, and deliver the arrangements to addresses within the district. They also offer a Sweet of the Month Club and balloons.

Please visit BSD SITE Program Flowers and Treats to learn more and place your order!
How sensory gardens bring learning alive
Garden beds, wind chimes and outdoor learnings offer students fresh air instruction

Matt Zalaznick

The colors, textures and scents of the fruit and vegetable gardens, trees and other plants in the school sensory garden at Forwood Elementary School in Delaware can bring classroom assignments alive.

A Delaware student’s simple question about how strawberries are made inspired the creation of a school sensory garden designed to stimulate learners’ senses of sight, sound, taste and smell.
The school sensory garden at Forwood Elementary School, part of the Brandywine School District, features fruit and vegetable gardens, and a range of other trees and plants. The colors, textures and scents of the flora can bring classroom assignments alive—such as a writing prompt that starts “When i go outside …”

“Kids walk around and observe, and it builds their descriptive powers,” says Leona Williams, a fourth-grade teacher and trained naturalist who spearheaded the garden’s creation. “It helps them understand how to support what they’re feeling with the details that they see.”

Williams has also used the school sensory garden to conduct experiments with Forwood’s science club. And fifth graders studying the structures of life can observe how plants change with the seasons and the role of insects in the garden.

“Not every kid has experienced planting and weeding,” Williams says. “They’re learning about science in a way that is memorable, in a way that they thoroughly enjoy.”

When paired with mindfulness techniques, a school sensory garden can also contribute to students’ emotional health. For example, when Williams leads her students out into the garden, she will ask them to be quiet and feel the textures of the leaves and detect the smell of the magnolia tree.

“The garden helps us as educators find a balance between teaching and recognizing that kids have stresses in their lives,” Williams says. “We can take it for granted that kids understand the power of nature to help them relax as well as learn.”

**Student Attendance**

During the past few weeks we have noticed an increase in late arrivals and early dismissals. Please remember that classes begin promptly at 8:50 am. Students should be in their seat and ready to learn by 8:50. If you and your child do arrive late to school, please park your car and sign your child in at the main office.

For early dismissals and absences, please remember to turn in a written excuse note within 48 hours of the return date. Your child’s education is extremely important to us and their attendance plays an essential role. We appreciate your continued support!
Nurses Corner: Helpful information from school nurse, Sheila Pickering

February is the month of love as symbolized by hearts. We decorate our homes with hearts and give heart shaped candy to our loved ones. It’s also National Heart Health Awareness Month. Throughout the month of February, your children will learn ways to keep their heart healthy.

What Does the Heart Do?

The heart is a pump, usually beating about 60 to 100 times per minute. With each heartbeat, the heart sends blood throughout our bodies, carrying oxygen to every cell. After delivering the oxygen, the blood returns to the heart. The heart then sends the blood to the lungs to pick up more oxygen. This cycle repeats over and over again.

What Does the Circulatory System Do?

The circulatory system is made up of blood vessels that carry blood away from and towards the heart. Arteries carry blood away from the heart and veins carry blood back to the heart. The circulatory system carries oxygen, nutrients, and hormones to cells, and removes waste products, like carbon dioxide. These roadways travel in one direction only, to keep things going where they should.

What Are the Parts of the Heart?

The heart has four chambers — two on top and two on bottom:

- The two bottom chambers are the right ventricle and the left ventricle. These pump blood out of the heart. A wall called the interventricular septum is between the two ventricles.
The two top chambers are the right atrium and the left atrium. They receive the blood entering the heart. A wall called the interatrial septum is between the atria. The atria are separated from the ventricles by the atrioventricular valves:

- The tricuspid valve separates the right atrium from the right ventricle.
- The mitral valve separates the left atrium from the left ventricle.

Two valves also separate the ventricles from the large blood vessels that carry blood leaving the heart:

- The pulmonic valve is between the right ventricle and the pulmonary artery, which carries blood to the lungs.
- The aortic valve is between the left ventricle and the aorta, which carries blood to the body.

To find out more ways to educate your child on what the heart is and what it does you can go to the Nemours Kids Health website at www.kidshealth.org

Upcoming events in the nurse’s office:

- 3rd grade dental poster contest. I work with Mrs. Brendlinger and teach a dental lesson and each student will submit a drawing to be submitted for the statewide Dental Society’s Poster contest. Call me if you have any questions or need details of this. Information will be going home with your student in March.
- Annual Health Fair with this year’s theme “GOOD HEALTH ISN’T JUST LUCK” AND WILL TAKE PLACE ON TUESDAY, MARCH 17TH FROM 6-8:30PM. DETAILS TO FOLLOW. I am in need of some parent volunteers. Please contact me if you are interested.
- The Lung Association of Delaware will be running another Open Airways 6 week education program for 2/3rd graders in the Spring. Please look for information to go home if your child has a diagnosis of asthma. Even if they don’t have asthma, but have a sibling, parent, or grandparent with a diagnosis, this program is for them to learn about what asthma is and how it’s managed.
- Please continue to update me as needed by providing me copies of physical exams, immunizations, any change in medical status, example, diagnosis of strep throat, conjunctivitis, fractures, concussions, seizures, asthma.
- Please don’t send your child to school sick.
- I continue to partner with you in obtaining the optimal health and education for your child or children.

Resources:
www.kidshealth.org
www.attendanceworks.org
www.delawarestatedentalsociety.org

Sheila Pickering, MSN, RN
Lewes Polar Bear Plunge

While everyone else was watching the Super Bowl, a group of extremely brave students and staff competed in the Lewes Polar Bear Plunge. The Forwood Team, along with 3,700 other “Bears”, helped raise over a million dollars for the Special Olympics. Special thanks to Jackie Daciw, special education teacher and Special Olympics Coach, for organizing the team, recruiting members and raising money.
<table>
<thead>
<tr>
<th>Upcoming Events</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>BSD Girl’s Basketball Tournament (Forwood vs. Claymont)</td>
<td>2/8/20</td>
<td>Concord High</td>
<td>9:45 am</td>
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<tr>
<td>PTA Meeting</td>
<td>2/11/20</td>
<td>Forwood Cafeteria</td>
<td>7 pm</td>
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<tr>
<td>Math Night</td>
<td>2/12/20</td>
<td>Forwood Cafeteria</td>
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<tr>
<td>Valentine’s Dress Day for students</td>
<td>2/13/20</td>
<td>All students</td>
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<tr>
<td>Parent Conferences</td>
<td>2/14/20</td>
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<td></td>
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<tr>
<td>President’s Day (No school)</td>
<td>2/17/20</td>
<td>All students</td>
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<tr>
<td>PTA Winter Dance (All grades)</td>
<td>2/20/20</td>
<td>All Grades</td>
<td>6:30-8 pm</td>
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<tr>
<td>BSD Cheer Competition</td>
<td>2/21/20</td>
<td>Mt. Pleasant High</td>
<td>7:30 pm</td>
</tr>
<tr>
<td>BSD Boy’s Basketball Tournament (Forwood vs. Claymont)</td>
<td>2/22</td>
<td>Concord High School</td>
<td>9:45 am</td>
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<tr>
<td>Dr. Seuss Day</td>
<td>3/2/20</td>
<td>Whole school</td>
<td>Daily activities</td>
</tr>
<tr>
<td>PTA Meeting</td>
<td>3/10/20</td>
<td>Forwood Cafeteria</td>
<td>7 pm</td>
</tr>
<tr>
<td>St. Patrick’s Day (Wear green)</td>
<td>3/17/20</td>
<td>Whole School</td>
<td></td>
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