

Happy New Year Parents,

The Forest Park faculty has made preparations for the students return in multifaceted ways: professional development strategies and assessments to plan and design engaging lessons. We are ready to motivate and inspire students to achieve learning goals and persevere through problem solving. "All of us can grow up to 15,000 connections (brain dendrites) with nearby neurons by learning new skills." *The Motivated Brain* by Gayle Gregory and Martha Kaufeldt, a Forest Park faculty book study. As parents and teachers, we continue on a path of life-long learning to support and ensure we are all the best we can be every day. Recently 4th and 5th grade students received their individual PARCC score reports, and did very well; in fact 41 of our 4th and 5th graders scored high enough to qualify for the Duke Talent Identification program. Congratulations! So as you establish New Year resolutions for life habits with your children please consider limiting television, video games, and social media and instead read books, play brain games such as Soduko, Monopoly, Yahtzee, Scrabble, Chess, play a musical instrument, make or create something and of course, just play outside. One of my favorite quotes is "we shape our habits, then our habits shape us."

I believe 2016 is going to be another great year. We are grateful for your support and the opportunity to teach and help your child develop into life-long learners.

Respectfully,

Theresa Courtney-Ketcher