

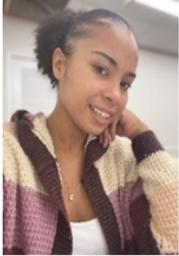


FOREST HEIGHTS COMMUNITY CENTER NEWSLETTER APRIL 2022 THEME: NATIONAL POETRY MONTH



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301 - 925 - 4251



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.

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

Did you know that April is National Poetry Month? Launched by the Academy of American Poets in April 1996, National Poetry Month reminds the public that poets have an integral role to play in our culture.

The history of poetry itself goes back to about 2100 B.C., the "Epic of Gilgamesh" is cited as the first-ever written piece of poetry, which tells an epic tale of a hero in ancient Mesopotamia. Storytelling was popular until the 20th century.

Poetry helps us portray the world as we see it or visualize through the eyes of another. Some people just think of poetry as boring or even nerdy, but this month offers us the opportunity to share with each other and change our perspectives and look upon poetry as a rhythmic art of expressing one's love and thoughts.

- The a few of the goals of National Poetry Month are to:
- Highlight the extraordinary legacy and ongoing achievement of American poets
- Encourage the reading of poems
- Assist teachers in bringing poetry into their classrooms
- Increase the attention paid to poetry by national and local media

From our youngest residents to our adults and senior residents, we encourage you to read, recite, create, and share your favorite poem or prose this month with your family, friends, and neighbors.

From the Office of the Principal



Good Day,

As we move into Spring, the Community Schools Foundation continues to provide excellent academic and social-emotional learning to our Scholars at Forest Heights Elementary School. Kudos to Ms. Dean for stepping up and maintaining the program.

During the school's closing months, we will be offering programming to our students after school, and we would love to partner with select students who attend CSF to join us. These activities include robotic/drones, yoga, group, and individual and academic enrichment.

Let's finish strong this year!

Dr. Peter Thompson
Principal

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

Report Cards Needed

Please provide our staff with all report cards as soon as they're available. You can send them via email or give us hard copies. Additionally, you can take a picture of the card from their school's website and send it. Seeing their reports cards assists us in providing additional individual support.

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!

Community Services Foundation is committed to providing the best learning environment for the community, whether in-person or virtually. Thank you for your flexibility and understanding as we adapt our programs and services to minimize any health concerns. Please stay up to date regarding the Center's operations through correspondence from our team, posted notices, or simply call the Center if you are ever unsure. Again, thank you!

Educational Opportunities

Did you know that Forest Heights Community Center receives a grant from the Maryland State Department of Education that provides adult education classes? Our goal is to offer courses that meet your needs with this funding. Please stop by the center to learn about our free GED prep, job readiness opportunities, Digital Literacy, and Health and Wellness classes. Class schedules are flexible, so give us a call and let us know what days and times work best for you. You can also attend some classes virtually!

Do You Know Your Eggs?

- ◆ To tell if an egg is hard-boiled or fresh, give it a spin. If it spins easily, it's hard-boiled. If it wobbles, it's raw.
- ◆ A fresh egg will sink in water; a stale one will float.
- ◆ An egg ages more in one day at room temperature than in one week in the refrigerator.
- ◆ Eggs can be kept refrigerated in their carton for at least 4 to 5 weeks beyond the pack date.
- ◆ Eggs are one of the few foods that naturally contain Vitamin D.
- ◆ White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition between white and brown eggs.



DID YOU KNOW?



REMINDER

PARENTS MEETINGS

are held on the third Wednesday of each month. This month we will meet on **April 20th**



Masks are relaxed in most places now for communities where hospitals aren't under high strain. Our service area is still currently considered low, and indoor masks are not mandatory. Having said that if you have COVID, or feel that you have underlying medical concerns do continue to wear your masks. To read the full report please click <https://www.npr.org/sections/health-shots/2022/02/25/1082249002/cdc-says-americans-can-now-go-unmasked-in-many-parts-of-the-country>

COVID-19 TESTING



While the CDC has lowered the indoor mask mandate, COVID has not gone away completely. YOU SHOULD GET TESTED IF YOU THINK YOU MAY HAVE BEEN EXPOSED TO COVID OR HAVE SYMPTOMS ASSOCIATED WITH COVID.

Click on the following link to find a testing site near you.

<https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>

RESOURCES

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for COVID – 19 at <https://findhelp.org/>.

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

Smile It's April!

Q: Can February March?

A: No, but April May.

Q: Why is April so popular for using a trampoline?

A: It's Spring-time!

Q: When does April come before January?

A: In the dictionary!

Q: Which day of the year do monkeys like best?

A: The first of Ape-ril.

Q: What do you call a hammer bought on April 1st?

A: An April tool.

Q: Why do eggs like April Fools' Day?

A: They love practical yolks.

Q: Why is everyone so tired on April 1st?

A: Because they've just finished a long, 31 day March.

Who Knew Napping Was So Helpful

- In a recent study a group of people who took a 90-minute afternoon nap scored better on rigorous learning tasks than those who did not nap.

- Men and women who nap at least three times a week for an average of at least 30 minutes have a 37 percent lower coronary mortality risk than those who take no naps.

- NASA researchers have found that a nap of 26 minutes can boost performance by as much as 34 percent.

- Studies show that 20 minutes of sleep in the afternoon provides more rest than 20 minutes more sleep in the morning.

- More than 70 percent of Americans are sleep deprived at least one night a month and 11% report insufficient sleep every night.

- 50 to 70 million Americans of all ages and socioeconomics classes are affected by sleep related problems



April 2022

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