

Forest Heights

Community Center Newsletter

Our Site Coordinator's Message

Happy September!

Community Services Foundation's staff and volunteers are excited about the activities we have planned for you and your family! We will kick off the beginning of the after-school program with an ice cream social held in the community center on Friday, September 1, for children ages 5 – 12. If your child isn't participating in our programs, please run and enroll them in our programs before September 1! A copy of their report card gives them access to the ice cream social and a seat on our bus for our upcoming field trip to Urban Air www.urbanair.com. Our after-school program is free for residents and provides homework help, academic support, meals, snacks, and so much more. Don't miss out!

Join us for our monthly parent meeting that will be held on Wednesday, September 20, at 6:15 pm. We will use this meeting to share developments in our after-school program and resources available through our community partners. One partner, Metro, now offers 50% off on metro passes. Please take advantage of this wonderful opportunity by clicking here: [METRO LIFT](#)

Our adult classes will start this month and will be offered virtually and in person. Talk to your site coordinator to participate in our ESOL, GED, Health and Wellness, Job Readiness, and other classes. Additional classes will be added based on your request! We want to hear from you.

We are also excited about the kickoff of our Hispanic Heritage Month Celebration. Youth and adults alike will learn about the 55 million people, or 17% of Americans, of Hispanic or Latino origin. A host of fun activities will include hands-on projects as we learn about the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society through exploring music, food, and culture.

Please visit the community center and let us know how we can support you!

EMAIL

forestheightsc@csfnd.org

TELEPHONE

301 - 925 - 4251



SHARRON
HUFF-LOWERY
Site Coordinator

WE'RE HIRING!

Assistant

Site Coordinator

Send your resume
to HR@csfnd.org

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.



Community Services Foundation is a CORES certified organization.



ADULT & SENIOR UPDATES



FROM THE OFFICE OF THE PRINCIPAL

Dear Wise Owl Families,

What does success mean to you?

It may mean the accomplishment of an aim or purpose. It could mean the good or bad outcome of an undertaking. Whatever your definition, we believe you can succeed in whatever you put your mind to!

As our youth head back to school, we wish them and you a successful 2023-2024 school year.

If you are looking for free afterschool options for your youth, please stop by the Community Center to receive information about the programs and activities provided.

Dr. Peter Thompson
Principal



Find food assistance, help paying bills, and other free or reduced-cost programs 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.

PARENT MEETINGS

Our Parent Meetings provide updates on activities offered during our free after school program and nutritional health tips that every family can enjoy. It's virtual and only last 30 minutes. You can also win a free prize!

We invite you to join us on Wednesday, September 20th at 6:15 PM to receive information on these items and more.

Please Click on the below link or use the QR Code to join the Zoom Meeting
[https://us06web.zoom.us/j/83192351995?](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)
[pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)

Meeting ID: 83192351995
Password: 643171



ADULT EDUCATION

Community Services Foundation partnered with Healthy Families GROW and is pleased to offer you Parent Engagement Virtual Courses to support the growth and development of the whole family. Choose from an array of courses that you can explore with your community, including:

- * Career and Employment
- * Family Development
- * Health & Wellness
- * ESOL
- * Digital Literacy

Please use this free, impactful opportunity when you receive a copy of our Fall Schedule.

STAY SAFE & HEALTHY

Unfortunately COVID numbers are on the rise, you & your guests still need to be cautious about your well-being.

Please consider wearing your mask/face-covering whenever you are not in your home, on public transportation, rideshare, or in large gatherings. And get tested if you ever feel you have the symptoms associated with COVID.

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



Community Services Foundation

SEPTEMBER EVENTS AT A GLANCE

September 1
Ice Cream Social

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September 4
Labor Day
Closed Both Office &
Community Center

~

September 15 Kickoff
to Hispanic Heritage
Month

~

September 20
Parent Meeting
6:15 PM

~

September 28
Steering Committee
Meeting
1:00 PM



YOUTH UPDATES

**LET'S WORK TOGETHER TO MAKE YOUR SCHOOL YEAR GREAT!
JOIN OUR AFTER SCHOOL CLUB!**

Please email us or call us: 301 - 925 - 4251

AFTER SCHOOL CLUB ACTIVITY SCHEDULE

Monday-Friday: 2:00 PM - 6:00 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**

**Virtual Class Link Below
Or
Use QR Code**

**[https://us06web.zoom.us/j/83192351995?](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)
[pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09](#)**

Meeting ID: 831 9235 1995

Passcode: 643171



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Meeting ID: 831 9235 1995 Passcode: 643171

T I M E T A B L E

2:00 PM - 3:00 PM Shake Break/Homework

3:00 PM - 3:30 PM Shake Break

3:30 PM - 4:15 PM Snack/Homework

4:15 PM - 5:00 PM Learning Lab/Activities

5:00 PM - 5:45 PM Supper Wrap Up

6:00 PM Dismissal

IEP

Did you know that your child can participate receive academic support virtually? They can click on the virtual class link Monday - Thursday at 3:55 PM to join classes and see their friends.


Did you know that Community Services Foundation offers **IEP** Support Staff to help you support and advocate for your child?

Services are offered Monday - Friday from 4:00 PM - 5:00 PM.

Ask you Community Center Site Coordinator for more information.



September 2023

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



Community Services Foundation

COMMUNITY CENTER

After School Club



Ages 5-12
Monday - Friday
2 pm - 6 pm

REGISTRATION
IS NOW
OPEN

PROVIDED
FOR YOUR
COMMUNITY
FREE!

Register at
Forest Heights
Community Center
Via Phone: 301 - 925 - 4251
Email:
forestheightsc@csfnd.org



www.csfnd.org



Character Development

Health & Wellness

Hands-On Learning Instruction

Homework Help

Digital Literacy

Virtual Games and Trivia

Evening Snack & Meal

Fun STEAM Activities