

FOREST GLEN STUDENT SERVICES

2025

NEWSLETTER

Bringing You the Latest Buzz !

Happy
New Year



WELCOME TO 3RD QUARTER!



MS. OLAVARRIA
6TH GRADE SCHOOL COUNSELOR

Take care
of your mind

Welcome back, I hope everyone had a restful week and enjoyed their much-needed time off! Mindfulness has positive physical effects on the body. Regular practice can lead to longer periods of relaxation as well as increased activity in the part of the brain that is linked to positive moods. These benefits can be noticeable in just a few weeks' time of practicing every day! Everyone has access to innerExplorer on their Clever page and the activities and resources are helpful for Self-Care and to use in the classroom during our daily mindfulness.

Resource: Mental Health Resources
<https://www.browardschools.com/Page/52426>

Contact Information:

Phone: 754-322-3422 Email: victoria.olavarria@browardschools.com



DR. CREARY
SCHOOL SOCIAL WORKER

Embracing a Fresh Start: The Power of New Year's Resolutions

The start of a new year brings with it a sense of renewal, offering us an opportunity to reflect, reset, and recharge. For students and families alike, making a New Year's resolution can serve as a meaningful way to set positive intentions and establish goals that promote personal growth and community well-being.

As we step into the new year, remember that resolutions are not about perfection but progress. Encourage yourself and your family to embrace the journey of growth and celebrate every achievement, big or small. Let this year be a chapter filled with hope, resilience, and renewed possibilities.

Ideas for Students

- Be Kind: Practice saying kind words to classmates and family members.
- Stay Organized: Keep track of assignments and activities with a planner or calendar.
- Try Something New: Join a club, start a hobby, or learn a new skill.
- Ideas for Parents
- Family Time: Set a weekly game night or family dinner without distractions.
- Patience and Listening: Practice active listening with your child to strengthen your connection.
- Self-Care: Take time for yourself to relax and recharge—you'll set a great example!

Helpful Tips

1. Start Small: Pick goals that feel realistic.
2. Write It Down: Keep resolutions visible to stay on track.
3. Celebrate Success: Reward efforts and progress, no matter how small.

Together,
let's make this year one of growth and connection!

Dr. Creary, LCSW

My office number is 754-322-3425



MS. BRANDON
7TH GRADE SCHOOL COUNSELOR & DIRECTOR

Happy 2025!!

As we enter 2025 let's start the year off STRONG!

When faced with a bump in the road, sometimes we forget we have a choice:

overcome the obstacle or let it overcome you.

Obstacles can provide an opportunity to both inspire others and develop character.

Breaking down the problem-solving process into manageable steps is a key strategy.

Step 1: Identifying the problem

Step 2: Analyzing the problem

Step 3: Generating solutions

Step 4: Implementing and evaluating solutions

Problem-solving skills play a vital role in developing resilience. Resilience is the ability to bounce back from setbacks and adapt to change, and problem-solving skills play a key role in developing this resilience.

Upcoming important dates:

Jan 31- Reports Cards

Week of Feb 4- 6: Honor Roll Ceremonies

March 5- Virtual Parent Night-6pm

Topic: Preparing for state assessments

bad days
don't stay
bad forever

Contact Information:

Phone: 754-322-3409

Email: Lakia.Brandon@browardschools.com



MR. AUGER
8TH GRADE SCHOOL COUNSELOR

Upcoming information for 8th grade students

I've got some exciting news for 8th grade students and families. Forest Glen students has announced a field trip to Coral Springs High School on January 22nd, 2025, specifically designed for 8th grade students who will be attending the High School next year.

The event is called moving on up to High School and it's a fantastic opportunity for students to get familiar with their future high school campus. The students will participate in a school tour, learn about different programs such as clubs, sports, volunteering and educational opportunities. Forest Glen 8th grade students are so excited and cannot wait to participate. The trip will be approximately 3 or 4 hours and at the end of the trip the students will receive a snack. Also in the next few weeks the staff from Coral Springs High School counseling department will be visiting Forest Glen with information and course cards information. I hope the 8th graders will learn a lot and have a great time.



Contact Information: Patrick.Auger@browardschools.com
Phone: 754-322-3435



MS. EXTERKAMP
STUDENT SUPPORT

It's all
the process

**INSTRUCTIONAL SPECIALIST MENTAL HEALTH SERVICES
DEPARTMENT**

Happy New Year! As we head into 2025 and begin the 3rd quarter of the 2024-25 school year, we naturally reflect on the past and consider how we can improve ourselves moving forward.

Though many people focus on New Year's Resolutions, remember that you can set new goals for self-improvement any time you want. Each day is a new day. Other tips for self-improvement in the new year:

- Pick a goal that motivates you
- Break down big goals into smaller, more manageable goals
- Focus on your progress, not perfection, and stay positive
- Try not to compare yourself to others. Success is being better than you were yesterday
- Lean on others for support and motivation. Know when to ask for help.

Check out the Broward Schools Mental Health Department website (<https://www.browardschools.com/mentalhealthservices>) for more mental health tools and resources to ensure that you remain happy, healthy, and successful in 2025!

Contact Information ashley.exterkamp@browardschools.com



WHATEVER TIME: Day, Night, Weekends, Holidays.

WHATEVER THE REASON:

Mental health distress. Substance use crisis. Thoughts of suicide.
The 988 Suicide & Crisis Lifeline is here for you.

Text 988 Call 988 Chat 988lifeline.org

GOAL SETTING STRATEGIES FOR STUDENTS

Identify SMART
goals

Create weekly
schedules with
deadlines

Set short-term
milestones &
monitor progress

Identify resources
(i.e., school library,
apps)

Celebrate
achievements, but
embrace mistakes

Tell people about
your goals for
accountability

FREE FAMILY RESOURCE EVENT

If your family is experiencing homelessness and living in a vehicle, park, or any other unsheltered location, we're here to help. Join us to receive free food, diapers, school supplies, and housing resources.

**Saturday, January 25th
10am - 1pm**

UNITED WAY OF BROWARD COUNTY
1300 S Andrews Ave
Fort Lauderdale, FL

Drop-in and Walk-up Service Available

