



FORGE INTERNATIONAL SCHOOL NEWSLETTER

OCTOBER 12, 2022



Pick-Up Times: We have had an increase in students waiting on campus well past our release times. PLEASE be prompt when picking up your student(s) from school if they are not riding the bus. End times for the various grades are listed below as a reminder. When picking up multiple students we recommend that you arrive at the time your oldest child is released, and all parents should have their children picked up by 4:10. Thank you for your cooperation!

Grades K-3 3:50 pm

Grades 4-5 3:55 pm

Grades 6-10 4:00 pm



Enrollment: We still have openings for more students in most grade levels! We would love for you to share this opportunity with your friends and help build our Forge community. They can learn more [HERE!](#) Please also follow us on social media, any posts that you like or share helps us reach more families. Thank you!



Adverse Weather: As we transition to fall and prepare for winter, please ensure your student arrives at school dressed for the weather. Students need to be prepared to be outside for drop-off, recesses, lunch, and pick-up in all but the most extreme weather. Dressing in layers is highly recommended!



MARK YOUR CALENDAR

Oct 10-20 - PTO Canned Food Drive

Oct 14 - PTO Movie Night - 6:30

Oct 20-21 - Parent/Teacher Conferences

Oct 24-27 - Red Ribbon Spirit Week

November 5 - Forge PTO Harvest Party

November 21-25 - Thanksgiving Break- No school!

STAY IN TOUCH



Other than this newsletter, our website is the best resource for general info about Forge. You can also find us on Facebook, Instagram, and Twitter!

OUR MISSION

“ Forge International School engages students within an inclusive international learning community, challenging all members to take risks and contribute locally and globally through open-minded inquiry. ”

A MESSAGE FROM EXECUTIVE DIRECTOR, ANDY JOHNSON:



Dear Parents and Staff of Forge,

I hope that you are all well. I love autumn in Idaho - especially on the heels of such a blistering August. In September, I briefed our Board on our plan and tentative timeline for the construction of Forge's second phase - **Forge's high school**.

We have been and will continue to be deliberate in building our high school program. Forge's 9th and 10th Grade classes are small - and we welcome that. One of our goals for the last 18 months has been to ensure that our high school students are as prepared as possible for a challenging college preparatory experience in 11th and 12th Grades. Smaller class sizes help in that effort. That is a lesson we learned at Sage in Boise years ago and one that we are paying attention to now.

Last year, Forge accomplished another important milestone toward ensuring a high-quality college preparatory high school experience. Forge earned its accreditation - not only for its high school program, but for the entire K-12 experience. We are proud of that.

We are partnering with [Piper-Sandler](#) to explore, consider and select the right financing for our project. They visited with me, Emily Downey (our Director of Finance) and Keith Donahue (former Executive Director and current Board Member) just prior to our fall break. We toured both Sage and Forge and discussed our projected timeline and potential financing scenarios for the Board's consideration. Things look very positive.

Our preliminary timeline for this project is to secure financing by January-February and begin construction in June. Our building would be ready to serve as a school by July of 2024.

Here are ways that **you can help Forge** accomplish this goal:

- Encourage friends or acquaintances to visit open houses, apply for admission, and/or enter the March Lottery for admission for next year.
- Follow, like, and share Forge's social media posts
- Contribute, at any level, to our fundraising campaign called Mind the Gap.

Public Charter Schools in Idaho do not receive any local funds from property taxes or levies raised by local school districts. Forge is not part of the Middleton School District. Our fundraising campaign **Mind the Gap** helps Forge provide the necessities that make our school so great.

The other reason I am asking each family to contribute to this campaign is to demonstrate to potential lenders our families' support for the school. We'd like to see **90% or more of our families contribute**. We understand that many families have tight budgets. Any amount helps! Be on the lookout for messages from Heidi Hagman in the coming days and weeks.

With gratitude,

Andy

A NOTE FROM HEAD OF SCHOOL, DARCI STELZNER:



One of our thoughtfully planned goals for the 2022-2023 year focuses on you, the parents and guardians of our wonderful students! “We will ensure that our school’s stakeholders feel/know that they are engaged by and feel a sense of belonging to our schools.” Some of the ways we are working hard to accomplish this goal are:

- Direct access to all student learning through Toddle
- Weekly updates from me
- Biweekly newsletters from the network
- Teachers’ weekly or biweekly updates/updates through Toddle
- PTO monthly events such as Friday movie nights
- Larger PTO gatherings such as the Harvest Festival
- Campus activities for parents such as our back-to-school evening in August, parent-teacher and student-led conferences (which are coming up October 20-21), and upcoming STEM, math, and literacy nights.
- Open communication from all of our teachers
- [MYP blog \(https://bonfireatforge.edublogs.org/\)](https://bonfireatforge.edublogs.org/).

We are so glad you are a part of our learning community!

FROM DEAN OF STUDENTS, AUSTIN AMBROSE



Before fall break our MYP and PYP students celebrated their September learner profile attributes, Inquirer! Each month they celebrate students who strongly exemplify the attribute with a gathering of their community. In the PYP, students in k-2 and 3-5 gather to celebrate as a group of students. Our PYP coordinator Nora Strauch leads these gatherings. In the MYP, students nominate their peers for exemplifying the attribute and then these students are

recognized at an assembly with all MYP students. After they are recognized, they participate in a minute-to-win-it style game! These are an excellent opportunity for students to be recognized and come together as a school community. The learner profile for October is **Thinker**, so ask your student how they were a thinker at school!



A NOTE FROM SCHOOL NURSE, LORINDA BLEW:



Student Sleep Needs

It is very important for kids (and adults) to get adequate sleep. Below I have shared the recommended hours of sleep for the various age groups, as well as some suggestions for improving their sleep habits. These numbers are for the total hours asleep, not just the hours spent in bed. While every person is different, the recommended hours of sleep are:

3-5 years: 10-13 hours (including naps)

6-13 years: 9-12 hours

14-17: 8-10 hours



One of the biggest contributors to the delayed onset of sleep is the use of electronic devices. These devices emit varying levels of blue light, which stimulates the brain, and can delay the release of the natural melatonin which triggers sleep. Some devices such as a Kindle may emit less blue light, and it may also help to dim the “Display” brightness, as much as possible.

It is especially important to limit social media use before/after bedtime. Studies have shown that some kids receive negative comments or are even bullied on social media, and this can disrupt sleep. In addition to decreasing their sleep hours, this “Cyberbullying” on social media can have very negative effects on your child and should be monitored.

Student Nutrition Needs

I often get visits from students suffering from tummy aches. During my assessment, I ask them about constipation, water intake, and whether or not they had breakfast or lunch. Most of them do not drink enough water, and don’t have a water bottle with them. Poor fluid intake leads to dehydration, which may cause constipation, dizziness, headaches, tummy aches, and more. If they will not drink plain water, you may consider using drops of “Mio” or other water-flavoring products without caffeine. Caffeine is a diuretic, which leads to increased fluid loss.



Many kids report not eating breakfast. If your child is not hungry before school, I would suggest sending a snack that they can eat sometime mid-morning. Some grades do not start lunch until 12:30. I also recommend protein early in the day to stabilize their blood sugar, whereas just carbohydrates may not fuel them until lunch. Healthy proteins include eggs, meat, protein shakes and bars, yogurt, and cottage cheese. You can also add protein powder to cereals or drinks. 1 cup of dairy or soy milk contains 8 grams of protein. Some kids get very hungry in the afternoon, especially during growth spurts. Please send them a nutritious snack with them if needed.

If you have financial concerns that limit your ability to provide breakfast and snacks to your students, please reach out to Counselor Joy or me so we can help. Thanks!

Lorinda Blew RN, BS

lorinda.blew@forgeintl.org

LIFE IN THE PYP WITH COORDINATOR NORA STRAUCH:

Upon our return from fall break, the PYP classes are getting ready to move into their second Units of Inquiry for the school year. This week, the students will be tuning in to their new inquiries by making connections to their prior knowledge around the concepts, themes and content. They will also be asking questions and sharing their wonders. This is also a nice time for the students to focus on our October Learner Profile Attribute of being a **THINKER**. The beginning of each inquiry unit is such an exciting time!

Here are the second units for our PYP students in each grade level this year:

Kinder- (continuing) Who We Are: The way people communicate influences their communities

Grade 1- How We Express Ourselves: Illustrators use pictures to convey meaning.

Grade 2- Where We Are In Place and Time: Terms, tools, and geographic changes help us understand geography.

Grade 3- How We Express Ourselves: Culture can be shared through storytelling.

Grade 4- Where We Are In Place and Time: Exploration leads to changes, discovery, and innovation.

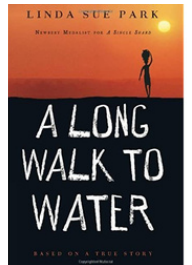
Grade 5- Where We Are In Place and Time: Individuals are influenced by the time and place in which they live.



Ask your student what they are learning about in their Unit of Inquiry!

LIFE IN THE MYP

Forge sixth graders recently completed an Interdisciplinary Unit (IDU) between their Science and Language & Literature classes. In this unit, students studied water quality as they read the novel *A Long Walk to Water* by Linda Sue Park. Told as a dual narrative from the perspective of two characters in Sudan, students learned about the lack of clean and safe drinking water in many places around the world, the lengths that some go to in order to obtain water, and the conflicts caused by the water crisis.



Students then took a walking field trip to Piccadilly Park in Middleton to obtain water samples from the creek. They brought the samples back to Forge to test later in their Science classes. Our students learned that their walk to water was not as long or treacherous as the treks in the book, but students are still making meaningful connections between content in both of these classes.

Mark your calendar for the MYP Halloween Dance coming up on October 27th, details to come!

SUPPORTING FORGE

We are so grateful for our wonderful Forge communities and the support you offer our great school! If you are looking to help, here are a few ways to do so:



The Search Continues! We are still in search of an Elementary Spanish Teacher, and other positions. Please continue to help us spread the word about this great opportunity! You can find more info [here](#).



Mind the Gap is Forge International's **annual fundraising campaign** where we invite our Forge Community to support the excellent education we provide. As a School of Choice, Forge does not receive ANY funding from local tax dollars. As you may know, the state of Idaho is ranked LAST in the nation for per-pupil spending. Our students deserve better! This year our goal is \$30,000, which amounts to about \$75 per student. Please consider supporting your school with what feels comfortable for your family. We appreciate all contributions, large or small! Donations are entitled to generous tax benefits and you may receive a tax credit of up to 50%. Also, check with your employer...many area organizations such as Micron match gifts which DOUBLE your donation! **Learn more HERE.**



Join our PTO - We are so grateful for our amazing and involved PTO! You can get involved by emailing forgepto@gmail.com. You can follow their [Facebook page here](#). Here are some of our fun upcoming events:

October 10-20 - Food Drive, donations will go to the Middleton Food Bank, the grade level winner of the Canned Food Drive picks the November movie!

October 14th - 2nd Movie Night Friday, Forge Gym. Doors Open at 6:30 pm, Movie Starts at 7:00 pm. We will be showing Hocus Pocus, cost is \$3.00 per person. Concessions will be available for purchase (Pizza by the slice, Popcorn, candy and drinks). Bring your chair, blanket and enjoy the movie!

October 20th & 21st - Parent Teacher Conferences, PTO will provide Soup

October 24th-28th - Spirit Week

November 8th - Next general meeting in the forge gym



When families are searching for a new school or are moving into a new area, many take to the internet to look for options. You can help them discover Forge by leaving a review on [Niche.com](#) and [Greatschools](#). We also appreciate you following us on social media, and liking and sharing our posts! New families and full seats mean more opportunities for ALL our Forge students, and you are a key partner in that!



Kitchen Volunteers: We need volunteers to help in our busy kitchen and cafeteria in both the morning and at lunch! You can sign up [here](#).

ENRICHMENT AT FORGE



Girls Basketball has started!

We are so excited to have 21 middle school girls and TWO teams for our season this year! Jarret Ellsworth is coaching and we can't wait to see what these teams can do, stay tuned for the schedule...we'd love for you to come cheer them on!

Cross Country has had a wonderful season and is competing in their LAST meet TODAY! They will be at West Park in Nampa for the 2022 Winston Tilzey Invitational. Girls compete at 4:00 and Boys at 4:30. Come cheer us on, the park is located at 944 Lone Star Rd, Nampa. GOOD LUCK TEAM!



Snow Team: Forge is looking for a coach for this year's **Snow Team!** Under the organization of [Bogus Basin Ski Education Foundation](#), Forge offers the opportunity for students to take part in Alpine, Nordic and Snowboard competitions. Coaches only volunteer a few hours per week and will receive a free season's pass to Bogus Basin for their work! The Season runs January through February this winter. Please reach out to Megan Furois at megan.furois@forgeintl.org if you're interested and would like to learn more!



Girl Scouts will be meeting every other Monday starting October 24th at Forge! If you have a girl who may be interested in joining, please contact Heather Renk at hrenk20@gmail.com.

Middleton Music Academy- Now is the time to sign up for after-school Music lessons for this school year! Middleton Music Academy offers classes right here at Forge:

- Voice ensemble on Mondays
- Violin/Viola ensemble on Tuesdays
- Guitar basics on Wednesdays
- Brighter Notes Piano on Thursdays



Private lessons are also available at different times throughout the week (Guitar, Piano, Voice, Strings, Drums). Forge students get a discount for any group class and registration fees, and also receive registration preference. Classes are also open to the general public as well and spots are filling up! Please email info@middletonmusicacademy.com to secure your spot!

Community Opportunities - You can find other activities offered in our community here!
If you know of anything you would like to add, please email it to info@forgeintl.org.