

Hi guys,

The first quarter is officially behind us. The start of this school year has been amazing. Let's keep up the good work!

Forest Park is committed to teaching our students about the benefits of a healthy lifestyle. Proper hydration will be a key focus in class. A good hydration level reduces the chances of heat related injuries such as Heat Cramps and Heat Exhaustion. Also, being properly hydrated allows for students to be able to perform physical & mental activities at their best. Please allow your child to bring a water bottle on their designated day of P.E. If your student forgets their water bottle one can be provided. Please also ensure they wear tennis shoes on that day. If there are any preexisting injuries or illnesses, please send a note with your child. Let's continue to promote physical fitness for our school and throughout our community. Thanks for your help and support. As always, if you have any questions, please feel free to contact me anytime.

E-mail- Lonnie.Smith@Lrsd.org

Room Phone (501)447-4544

Office Phone (501)447-4500