Agenda of Regular Business Meeting

Forest City Regional School District

A Regular Business Meeting of the Board of Directors of Forest City Regional School District will be held Monday, November 9, 2026, beginning at 7:30 PM District Auditorium, 100 Susquehanna Street, Forest City, PA 18421.

1. **Preliminary Procedures**
   Call to Order

2. **Pledge of Allegiance**

3. **Recognition of Visitors**

1. Outstanding Foresters of the Month: Pre-K, Jagger Roglich; Kindergarten, Easton Stout; Grade 1, Madelyn Monahan; Grade 2, Stephania Spavone; Grade 3, Henry Burns; Grade 4, Cali Brown; Grade 5, Bridget Diehl; Grade 6, Tia Barney
2. Super 6th Grader October 2026: *Molly Branning*
3. Outstanding Senior October 2026: Jeremy Slick
***4.* Recognition and thank you to Mrs. Katie Bocan, Mrs. Anne Marie Rusnak and Mrs. Peg Ursich for their life-saving efforts for one of our students. September 28, 2026.**
5. Mr. Zack Ortman to announce the formation Youth for Christ group at Cornerstone Bible Church.

4. **Executive Session**

1. An executive session was held this evening at 6:30 p.m. to discuss legal and personnel.
2. An invitation to the public to comment on issues involving the school district, its program and its procedures.

5. **Finance**

Motion to approve the minutes of the Regular Business meeting of October 13, 2026 Regular Board Meeting.

6. **Motion to approve the business office reports:**

- **Business Office, Treasurer's Report, Student Activity Account Summary;**
- **Bills Paid in Advance for General Fund**

7. **Payment of Bills**

Motion to approve the bill listings for general fund, cafeteria; and the athletic fund for November 9, 2026.

8. **Agreement - Friendship House School-Based Part-time Therapist**

Motion to approve the attached agreement between Forest City Regional and Friendship House for a part-time therapist, Mr. Fred Bresser for the remainder of the 2026-2027 school year at an hourly rate of $35.82 for eighteen hours per week.

9. **Education and School Related**

Field Trips:

Motion to approve the following school field trips:

- **Several high school students Junior Leadership Program at various locations in Wayne County on October 20, 2026; November 17, 2026; January 19, 2027; February 16, 2027; March 16, 2027; and April 20, 2027, at a cost of approximately $1,800.00 to the district.**
- **Grade 9 students to CTC of Lackawanna County to see the trades available on November 10, 2026, at a cost of $296.07 to the district.**
- **High School Student Council's "Feed-A-Friend" delivery on November 23, 2026, at a cost of $392.70 to the district.**

10. **Personnel**

Mentor

Motion to approve Julainne Figura as Elementary School mentor for 2026-2027 school year.

11. **Personnel - High School Math teacher**

Motion to approve Mrs. Deirdre Reynolds as long-term high school math teacher effective November 9, 2026, Bachelor's Step 1 with a salary of $59,375.00 for the 2026-2027 school year.

12. **Unpaid Days Request**

Motion to approve three unpaid days, Wednesday, January 20, Thursday, January 21 and Friday, January 22, 2027, for Employee No. 141.

13. **Extracurricular**

Motion to approve the following extracurricular appointments for the 2026-2027 school year:

- **Jeremy O'Neill, Volunteer Assistant Coach winter Basketball;**
- **Brian Fitzsimmons, Volunteer Assistant Coach JV and Varsity Boys Basketball**

14. **B. Appointment - Support Staff**

Motion to approve Patrick Mueller as a 6 hour Support Staff Custodial position

effective November 9, 2026 per the negotiated Forest City Regional Support Professional Education Contract.

15. **Old Business**

16. **New Business**

A. Use of Building

Motion to approve the following use of building requests:

- **Mask & Hammer Drama Club to perform the fall elementary performance, "Elf Jr. the Musical" in the auditorium on November 20, 21 and 22, 2026 and the spring high school performance of "Frozen" on April 23, 24 and 25, 2027.**
- **The National Association of Canine Scentwork (NACSW) to hold a Scentwork/Nosework Canine Trial on April 17-18, 2027 and the following Saturdays: May 22, 2027; September 11, 2027; and September 25, 2027. This will be organized by Nosey Dogs, Scranton.**
- **The cross-country team to hold winter conditioning November 2, 2026, through April 6, 2027, three days per week.**
- **Meet the Forester's Basketball fundraising event on Thursday, December 3, 2026, from 4:00 p.m. - 7:30 p.m. in the gym.**

17. **District Policies (First Reading)**

Motion to approve the updates to the following District Policies (First Reading):

- ***Policy No. 246 Vol. 1.3 School Wellness***

18.

Motion to appoint Christopher Stahl to the Board Joint Operating Committee of the Career Technology Center of Lackawanna County effective December 2026 through December 2029.

19. **Superintendent's Report**

20. **Information Items:**

Principal's Reports

Calendars

Menus

21. **Adjournment**

Minutes of Regular Board Meeting – October 13, 2026

Forest City Regional Board of Education

100 Susquehanna Street, Forest City, PA 18421

The Regular Business meeting of the Board of Education was held on Tuesday, October 13, 2026, in the District Auditorium.

Board President McAndrew called the meeting to order at 7:34 p.m. and started the meeting with the Pledge of Allegiance.

Board members present were as follows:

Board President: Marissa McAndrew
Board Member: Bernice Lukus
Board Member: Henry Nebzydoski
Board member: Mary Emmett
Board Member: Danielle Pajka joined via phone
Board Member: Eric Bennett
Board Member: Katherine Cruz
Board Member: Melissa Erdmann

Administrators present in the meeting: Stephen Glynn, Technology Coordinator; Michelle Gogolski, Business Manager; High School Principal, Cynthia Weiss; Michael Zack, Elementary Principal; and Jocelyn Finnerty, Board Secretary. Board Members excused from the meeting: Chris Stahl.

Board President McAndrew welcomed everyone to the meeting.Also in attendance: John Kameen, Forest City News; and approximately 9 community members.

Board President Marissa McAndrew announced an executive session was held before the regular meeting at 6:45 pm to discuss personnel and contracts.

Mr. Zack introduced the September Outstanding Foresters of the Month in attendance. High School Principal, Ms. Cynthia Weiss introduced Outstanding Senior of the month for September, JoEllen Jones.

Board President Marissa McAndrew asked if anyone would like to speak.

Ms. Amy Bean addressed the board about her right to know regarding the athletic director. She stated her son loved the sport and has quit due to the team and coaches. She stated over four

years, forty-one games were lost and only 2 games were won. She asked why the athletic director is not seen at more games. Ms. Bean inquired if there is anything being done to by the athletic director to win more Superintendent Coleman and President McAndrew thanked Ms. Bean and let her know to reach out with any specific questions and he would do his best to answer.

Finance

Approval of Minutes

A motion was made by Director Emmett and seconded by Director Lukus to approve the minutes of the Regular Business Meeting on September 14, 2026. The motion carried with all affirmatives.

Financial Reports

A motion was made by Director Lukud and seconded by Director Nebzydoskito approve the following reports:

- Business Office and Treasurer's Reports for October 2026;
- Student Activity Account Summary for October 2026;
- Bills Paid in Advance for General Fund.

The motion carried with all affirmatives.

Payment of Bills

A motion was made by Director Nebzydoski and seconded by Director Emmett to approve the payment of bills for October 13, 2026. The motion carried with all affirmatives.

Agreement - United Way of Susquehanna County Impact Initiatives

A motion was made by Director Erdmann and seconded by Director Bennett to approve the Memorandum of Understanding between United Way of Susquehanna County and Forest City Regional School District for the See to Succeed Program for the 2026-2027 school year. The motion carried with all affirmatives.

Agreement - USDA APHIS

A motion was made by Director Cruz and seconded by Director Erdmann to approve the agreement between Forest City Regional School District and the USDA Animal and Plant Health Inspection Service (APHIS) Wildlife Service (WS) per the attached agreement from

October 1, 2026 through September 30, 2027 at an amount not to exceed $5,344.06. The motion carried with all affirmatives.

Agreement - Programs of Western PA School for the Deaf

A motion was made by Director Bennett and seconded by Director Cruz to approve the Independent Contract Agreement between Western PA School for the Deaf and Forest City Regional School District for audiological services. The motion carried with all affirmatives.

Education and School Related

Field Trips

A motion was made by Director Emmett and seconded by Director Lukus to approve the following field trip requests:

- 2 students to Wyalusing High School on October 15, 2026, for FBLA Leadership Conference at a cost of $729.67 to the district.
- Choral High School Students to Tunkhannock Area High School for a chorus festival on October 27, 2026, at a cost of $900.45 to the district.
- Pre-K students to Lakeland Orchard on October 15, 2026, at no cost to the district.
- High School Band students to Montrose High School for Susquehanna County Band Festival on November 4, 2026, at a cost of $917.00 to the district.
- Art Club students to Corning Museum of Glass on November 12, 2026, at a cost of $196.35 to the district.
- High School Envirothon students to Elk Mountain Ski Lodge for the Envirothon on April 30, 2027, at a cost of $301.35 to the district.

The motion carried with all affirmatives.

Personnel

Extracurricular Appointments

A motion was made by Director Lukus and seconded by Director Nebzydoski to approve the following extracurricular appointments for the 2026-2027 school year.:

- Kaitlin Talarico, Elementary and High School Drama Club Pit Orchestra Conductor;
- Ed Pearsall, Junior High Girls Basketball Coach:
- Sean Mangan, Junior High Boys Basketball Coach

The motion carried with all affirmatives.

Agreements - Forest City Regional School Educational Support Professionals Association

A motion was made by Director Nebzydoski and seconded by Director Emmett to adopt the proposed contract with Forest City Regional School Educational Support Professionals Association, effective July 1, 2026, through June 30, 2031, which has been ratified by the Association. A role call vote was held with 7 affirmative votes. The motion carried with all affirmatives.

Superintendent Coleman thanked the support staff for their patience in getting this through. He also thanked the board members involved in negotiations and officers of the union for their support.

Resignation - Math Counts Club

A motion was made by Director Erdmann and seconded by Director Cruz to approve the resignation from Mickayla McHale, as Math Counts Club Advisor for the 2026-2027 school year. The motion carried with all affirmatives.

Resignation - High School Teacher

A motion was made by Director Cruz and seconded by Director Erdmann to accept the resignation of Lauren Roote, High School Math Teacher, effective November 15, 2026 per the negotiated Forest City Regional Education Association Contract. The motion carried with all affirmatives.

Superintendent Coleman mentioned it is very hard to find a math teacher and are looking at options.

Resignation - Support Staff

A motion was made by Director Bennett and seconded by Director Erdmann to accept the resignation of Trevor Anderson, support staff maintenance, effective October 2, 2026. The motion carried with all affirmatives.

New Business

Use of Building

A motion was made by Director Emmett and seconded by Director Lukus to approve the following building use requests:

- Forest City Regional National Honor Society to hold a Bake Sale and Music Fundraiser on November 13, 2026, from 5:30 p.m. until 7:30 p.m.

- Forest City Youth Basketball practice times will be coordinated with Mr. Durkin from November 1, 2026, through spring 2027 in the elementary or high school gyms.

  The motion carried with all affirmatives.

PSBA Elections 2027

A motion was made by Director Lukus and seconded by Director Nebzydoski to authorize the board secretary to cast its majority vote for the 2027 PSBA officers as decided:

- President-Elect (One Year Term) - Matt Vannoy - Sharon City SD
- Vice President (One Year Term) - Kristy Bolte - Northwestern SD
- 2027-29 PSBA Treasurer (Three Year Term) - David Hein - Parkland SD
- Eastern Zone Representative (One Year Term) - Jason Mell - Exeter Twp. SD
- 2027 Section E-1 Advisor (One Year Term) - Christina Cosmello - Blue Ridge SD
- Trustees - 2 Seats (Three Year Term) - Marianne Neel and Dr. Michael Faccinetto
- Forum Steering Committee - (Two Year Term) 3 seats - Betsy Gates - Dauphin County Technical School and Lauryn Weaver - Central Intermediate Unit 10

Board President Marissa McAndrew abstained from the vote. The motion carried with all affirmatives.

District Policies

A motion was made by Director Nebzydoski and seconded by Director Emmett to approve the second reading of District Policy update to Section Pupils: 249, Vol. 1.1 Cyberbullying/Bullying. The motion carried with all affirmatives.

Superintendent's Report

Mr. Coleman gave a brief report:

- A big Thank you to all who volunteered to help with the Steamtown Marathon on Sunday Oct. 11! He was thrilled to see the community and staff at such a great event and gave a shout out to High School Principal, Ms. Cynthia Weiss for all her hard work in this annual event.
- Teacher In-service at North Pocono was held yesterday, this was informative and a great networking opportunity…
- First PTO meeting of the year was held this evening in the elementary library, thank you to those who came to support.
- Unity Day will be celebrated Wednesday, October 21st
- Halloween Parade will be in the elementary circle on Fri., Oct. 30; This will also be an early dismissal teacher in-service 12:15 pm
- Next Board meeting, Monday, November 9 @ 7:30 pm

With no other questions or comments coming to the floor, Board President McAndrew asked for a motion to adjourn. A motion was made by Director Nebzydoski and seconded by Director Lukus to adjourn the regularly scheduled meeting of the Forest City Regional Board of Education at 8:05 p.m. The motion carried with all affirmatives.

Mrs. Jocelyn Finnerty, Board Secretary

FOREST CITY REGIONAL SCHOOL DISTRICT
FOREST CITY, PA

Treasurer's Report			**November-26**
GENERAL FUND			
Beginning Balance-Checking a/c----------			$ 3,192,320.28
September 2026- Income:			
Real Estate Taxes			
Lackawanna County		$ 86,441.09	
Susquehanna County		$ 888,845.89	
Wayne County		$ 414,922.64	$ 1,390,209.62
Delinquent Real Estate Taxes			
Lackawanna County		$ 154.14	
Susquehanna County		$ 33,445.25	
Wayne County		$ -	$ 33,599.39
Per Capita Taxes			
Clinton Twp		$ 970.20	
Forest City		$ 793.80	
Herrick Twp		$ 1,127.00	
Mount Pleasant		$ 715.40	
Uniondale		$ -	
Vandling		$ 558.60	$ 4,165.00
Delinquent Per Capita Taxes			
Clinton Twp		$ -	
Forest City		$ 99.00	
Mount Pleasant		$ 253.00	
Uniondale		$ -	
Vandling Boro		$ -	$ 352.00
Wage Taxes			
Berkheimer		$ 22,601.55	$ 22,601.55
Realty Transfer Taxes			
Lackawanna County		$ 323.40	
Susquehanna County		$ 6,114.69	
Wayne County		$ 8,985.47	$ 15,423.56
Treasury - Commonwealth of PA			
Retirement		$ 382,730.90	
Ren Subsidy-Bond Reimb		$ 295,411.69	
Basic Education			
Social Security			
Special Education		$ 116,045.00	
Pre-K Counts		$ 28,666.67	
ACCESS		$ 299.19	$ 823,153.45
Investments			
FNB Checking A/C Interest -		$ 8,004.86	$ 8,004.86
Miscellaneous Income			
VLN Summer School Payment		$ 250.00	
Vision Screener Rebate		$ 2,000.00	
Due to/From Cafeteria Fund		$ 11,656.95	
Reach Cyber Refund 25-26		$ 2,019.51	
Vendor Refund Check		$ 13,010.20	
Laptop & Library Fees		$ 195.49	
Donations-NEP EITC		$ 12,000.00	
Digital Media Grant-WCCF		$ 2,730.00	
Health Insurance Payments		$ 5,014.66	
Tuition Reimbursement		$ 751.95	
			$ 49,628.76
Total Income Received----------			$ 2,347,138.19
Beginning Balance and Total Income Received----------			$ 5,539,458.47
September 2026 - Expenditures (Cks. #35179-35267)			
PAYROLL:	9/10/2026	$ 306,087.19	
	9/24/2026	$ 312,665.92	$ 618,753.11
Checks Issued		$ 1,014,415.79	
Electronic Payments		$ 12,477.53	
Visa Payment		$ 1,196.87	
Tfr to Athletic Fund		$ 50,000.00	
PSERS		$ 642,298.90	
Contracted Carriers / Direct Deposit Payments		$ 152,507.70	$ 1,872,896.79
Expenditures----------			$ 2,491,649.90
Checking a/c Balance as of September 30, 2026----------			$ 3,047,808.57

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PAYROLL ACCOUNT

Beginning Balance -September 1, 2026					$ 30,099.24
Receivables:	**9/10/2026**		**9/24/2026**		
General Fund	$ 290,714.49		$ 297,148.52		
Soc. Sec./Medicare	$ 22,027.57		$ 22,487.75		
Voya	$ 1,537.13		$ 1,568.63		
	$ 314,279.19		$ 321,204.90		
Total Receivables					$ 635,484.09
Beginning Balance and Total Receivables					$ 665,583.33
Expenditures:	**9/10/2026**		**9/24/2026**		
Net Payroll	$ 195,313.64		$ 200,702.48		
Deductions	$ 125,853.46		$ 87,943.80		
Total Expenditures	$ 321,167.10		$ 288,646.28		$ 609,813.38
Payroll Acct Balance -September 30, 2026					$ 55,769.95
Payables:					
Wage Tax	$ 18,958.92	Annuities-403b	$ -		
PSERS	$ 21,356.68	ESPA Dues	$ 907.25		
Garnishment	$ 2,199.57	Voya-PSERS	$ -		
SS/Medicare/Fed	$ -	Sun Life Insurance	$ 323.40		
PSEA Dues	$ 7,180.60	Occupational Tax	$ 110.00		
American Fidelity FLEX	$ 3,427.82	Unemployment	$ 1,305.71		
American Fidelity Insurance					
Sub-Total	$ 53,123.59	Sub-Total	$ 2,646.36		
Total Payables					$ 55,769.95
Actual Balance -September 30, 2026					$ -

FOREST CITY REGIONAL SCHOOL DISTRICT

FOREST CITY, PA 18421

November 2026

Business Office Report- For Information Only

Gross Payroll					
September 2026				**$**	**587,863.01**
Payroll Withholding					
Taxes:	Federal Withholding Tax		$ 44,060.91		
	FICA-Soc.Security & Medicare		$ 44,515.32		
	Wage Tax		$ 5,841.54		
	Occupational Tax		$ 30.00		
	State Income Tax		$ 17,871.62		
	Garnishments		$ 95.60		
	PSERS		$ 42,650.26		
	Tax Sheltered Annuities		$ 12,885.34		
	PSEA Dues		$ 7,180.60		
	ESPA Dues		$ 861.25		
	LDSP Dues		$ 26.00		
	Health Insurance Premiums		$ 3,773.54		
	American Fidelity-Flex 125		$ 5,511.42		
	American Fidelity-Ins. & Dis.		$ 1,826.84		
	Sun Life		$ 511.18		
	Unemployment		$ 409.56		
	Voya PSERS		$ 3,795.91		
		Total	**$ 191,846.89**		
Net Payroll				**$**	**396,016.12**

Supplemental Payments

Name	**Reason**	**Amount**
Bilsky, Kristen	Prep Coverage	$ 35.00
Bolcavage, Jim	Safety Meeting	$ 15.65
Botjer, Nicole	Extra Time	$ 32.00
Carney, Sarah	Pre-K Orientation/PBIS	$ 78.20
Dovin, Katelyn	Split Class	$ 70.00
Gardus, Patricia	Safety Meeting	$ 10.50
Glynn, Jenna	Split Class	$ 70.00
Nebzydoski, Daniel	Safety Meeting	$ 46.92
Nebzydoski, Kelly	Safety Meeting	$ 15.64
Palmer, Lindsay	Prep Coverage/PBIS	$ 101.28
Pantzar, Jason	Safety Meeting	$ 15.64
Prince, Amanda	7th Grade Orientation	$ 39.10
Rusnak, Ann Marie	No Prep/Safety Meetings	$ 50.64
Scavone, John	Band Director	$ 703.70
	Total	**$ 1,284.27**

Electronic Payments

Vendor	Description		Amount
Visa Payment	Credit Card Payment	$	1,196.87
		$	**1,196.87**

VISA Bills - for Approval by Board -September 2026

General Fund

VENDOR	DESCRIPTION		AMOUNT
USPS	Radon Test Kits	$	14.35
Ed Puzzle	Educational Software	$	165.00
Generation Genius	Educational Software	$	250.00
Dollar General	Propane for Carnival	$	23.00
	General Fund Total	**$**	**452.35**

Cafeteria Fund

		$	-
	Cafeteria Fund Fund Total	**$**	**-**

Student Activities

Custom Golf Ball	Golf Hats	$	134.57
Great Mascot	Mascot Uniform	$	609.95
	Student Activity Fund Total	**$**	**744.52**
	Grand Total	**$**	**1,196.87**

STUDENT ACTIVITY ACCOUNT SUMMARY

Fund: 81 - STUDENT ACTIVITIES From 10/14/2026 to 11/05/2026

Activity Account	Beginning Balance	Receipts	Expended	Adjustments	Transfer Amends	Ending Balance
81-0496-000-000-00-000-000-000-0900						
0900- Art Club	$1,842.22	$3,992.05	$0.00	$0.00	0.00	$5,834.27
81-0496-000-000-10-000-000-000-0420						
0420- Jr Hi Baseball	$130.53	$0.00	$0.00	$0.00	0.00	$130.53
81-0496-000-000-10-000-000-000-0500						
0500- Elem. Student Council	$3,515.12	$0.00	$0.00	$0.00	0.00	$3,515.12
81-0496-000-000-10-000-000-000-0550						
0550- PBIS Elementary	$6,186.38	$4,997.05	($985.61)	$0.00	$0.00	$10,197.82
81-0496-000-000-10-000-000-000-0628						
0628- Class Of 2028	$729.38	$0.00	$0.00	$0.00	$0.00	$729.38
81-0496-000-000-10-000-000-000-0629						
0629- Class of 2029	$268.88	$0.00	$0.00	$0.00	$0.00	$268.88
81-0496-000-000-10-000-000-000-0630						
0630- Class of 2030	$532.67	$0.00	$0.00	$0.00	$0.00	$532.67
81-0496-000-00-10-000-000-000-0631						
0631- Class of 2031	$1,872.93	$0.00	$0.00	$0.00	$0.00	$1,872.93
81-0496-000-00-10-000-000-000-0632						
0632- Class of 2032	$1,100.73	$60.00	$0.00	$0.00	0.00	$1,160.73
81-0496-000-000-30-000-000-000-0400						
0400- Life Skills- HS	$454.20	$0.00	$0.00	0.00	0.00	$454.20
81-0496-000-000-30-000-000-000-0405						
0405- Boys Basketball	$500.42	$0.00	$0.00	$0.00	0.00	$500.42
81-0496-000-000-30-000-000-000-0410						
0410- FCR Spanish Club	$610.27	$0.00	$0.00	$0.00	0.00	$610.27
81-0496-000-000-30-000-000-000-0415						
0415- 5-6th Grade Girls Basketball	$446.63	$0.00	$0.00	0.00	0.00	$446.63
81-0496-000-000-30-000-000-000-0425						
0425- Baseball	$182.13	$0.00	$0.00	0.00	0.00	$182.13
81-0496-000-000-30-000-000-000-0428						
0428- Girls Softball	$319.74	$0.00	$0.00	0.00	0.00	$319.74
81-0496-000-000-30-000-000-000-0430						
0430- Cheerleading	$822.02	$0.00	($153.98)	0.00	0.00	$668.04
81-0496-000-000-30-000-000-000-0435						
0435- Girls Soccer	$1,109.23	$0.00	$0.00	$0.00	0.00	$1,109.23
81-0496-000-000-30-000-000-000-0440						
0440- Cross Country	$1,140.29	$0.00	$0.00	0.00	0.00	$1,140.29
81-0496-000-000-30-000-000-000-0445						
0445- Girls Varsity Basketball	$3,734.89	$0.00	$0.00	$0.00	0.00	$3,734.89
81-0496-000-000-30-000-000-000-0450						
0450- Boys Volleyball	$3,060.73	$0.00	$0.00	$0.00	0.00	$3,060.73
81-0496-000-000-30-000-000-000-0455						
0455- FCR Gift Shop	$2,885.83	$0.00	$0.00	$0.00	0.00	$2,885.83
81-0496-000-000-30-000-000-000-0460						
0460- Girls Volleyball	$2,259.10	$0.00	($1,316.00)	$0.00	0.00	$943.10
81-0496-000-000-30-000-000-000-0465						
0465- Soccer	$406.04	$0.00	$0.00	0.00	0.00	$406.04
81-0496-000-000-30-000-000-000-0470						
0470- Band	$1,423.45	$662.00	($304.25)	$0.00	0.00	$1,781.20
81-0496-000-000-30-000-000-000-0485						
0485- Chorus	$251.43	$0.00	$0.00	$0.00	0.00	$251.43
81-0496-000-000-30-000-000-000-0525						

0525- FCR Golf Team	$1,256.59	$1,505.00	($719.02)	0.00	0.00	$2,042.57
81-0496-000-000-30-000-000-000-0530						
0530- SADD	$472.85	$0.00	$0.00	$0.00	0.00	$472.85
81-0496-000-000-30-000-000-000-0540						
0540- Newspaper	$385.67	$0.00	$0.00	0.00	0.00	$385.67
81-0496-000-000-30-000-000-000-0545						
0545- Jr Hi Girls Basketball	$3,589.01	$0.00	$0.00	$0.00	0.00	$3,589.01
81-0496-000-000-30-000-000-000-0560						
0560- HS PBIS	$2,670.04	$440.00	($530.69)	$0.00	0.00	$2,579.35
81-0496-000-000-30-000-000-000-0706						
0706-JR Prom	$1,696.28	$214.00	($42.13)	$0.00	0.00	$1,868.15
81-0496-000-000-30-000-000-000-0708						
0708- Yearbook- Senior	$2,042.34	$0.00	$0.00	0.00	0.00	$2,042.34
81-0496-000-000-30-000-000-000-0709						
0709- Ski Club	$362.19	$0.00	$0.00	$0.00	0.00	$362.19
81-0496-000-000-30-000-000-000-0710						
0710- Envirothon	$999.59	$0.00	$0.00	0.00	0.00	$999.59
81-0496-000-000-30-000-000-000-0711						
0711- Science Olympiad	$1,640.52	$0.00	($470.00)	0.00	0.00	$1,170.52
81-0496-000-000-30-000-000-000-0720						
0720- Student Body Account	$7,264.48	$0.00	($609.95)	0.00	0.00	$6,654.53
81-0496-000-000-30-000-000-000-0800						
0800- Student Council	$5,755.62	$0.00	($1,926.86)	$0.00	0.00	$3,828.76
81-0496-000-000-30-000-000-000-0801						
0801 - Student Council II	$4,509.22	$0.00	$0.00	0.00	$0.00	$4,509.22
81-0496-000-000-30-000-000-000-0802						
0802- Senior Class Project	$1,709.57	$0.00	$0.00	$0.00	0.00	$1,709.57
81-0496-000-000-30-000-000-000-0803						
0803- Student Ambassadors	$1,135.57	$0.00	$0.00	$0.00	$0.00	$1,135.57
81-0496-000-000-30-000-000-000-0811						
0811- Drama Club	$3,961.88	$485.00	($650.00)	$0.00	0.00	$3,796.88
81-0496-000-000-30-000-000-000-0814						
0814- Lettermans Club	$9,881.65	$1,400.00	$0.00	$0.00	0.00	$11,281.65
81-0496-000-000-30-000-000-000-0880						
0880- National Honor Society	$1,953.06	$0.00	$0.00	$0.00	0.00	$1,953.06
81-0496-000-000-30-000-000-000-0885						
0920- Earned Interest	$131.89	$61.59	$0.00	$0.00	0.00	$193.48
81-0496-000-000-30-000-000-000-0955						
0955- FBLA 9-12	$140.00	$2,658.00	$0.00	0.00	$0.00	$2,798.00
81-0496-000-000-30-000-000-000-0956						
0956- FBLA School Store	$0.00	$0.00	$0.00	$0.00	0.00	$0.00
INSTRUCTIONAL ORG 00 TOTALS	**$87,343.26**	**$16,474.69**	**($7,708.49)**	**0.00**	0.00	**$96,109.46**
FUND 81 TOTALS	**$87,343.26**	**$16,474.69**	**($7,708.49)**	**0.00**	0.00	**$96,109.46**
GRAND TOTALS	**$87,343.26**	**$16,474.69**	**($7,708.49)**	**$0.00**	0.00	**$96,109.46**

BILLS PAID IN ADVANCE-GENERAL FUND

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000004292	11/02/2026	Amazon Capital Services	Supplies		2,327.27
0000035319	10/14/2026	Lakeland Orchard & Cidery	PreK Field Trip		600.00
0000035320	10/15/2026	UGI Energy Services, LLC	Utilities		409.30
0000035321	10/15/2026	UGI Utilities, Inc.	Utilities		1,299.62
0000035322	10/15/2026	Susquehanna County Music Festival	Susq County Band		455.00
0000035323	10/20/2026	Northeast PA Public Schools	November Health Insurance		191,398.00
0000035324	10/20/2026	Pennsylvania Distance Learning Charter School	Oct 2026		1,157.97
0000035325	10/20/2026	Reach Cyber Charter School	Oct 2026		9,136.42
0000035326	10/20/2026	Commonwealth Charter Academy	Oct 2026		62,160.10
0000035328	10/20/2026	PMEA District 9 Treasurer	PMEA Auditions 10/13-10/20		10.00
0000035329	10/21/2026	PIAA District II	XC District Championships		90.00
0000035330	10/23/2026	LIAA	XC Junior High Championship		200.00
0000035333	10/26/2026	Susquehanna County Music Festival	County Chorus 2026		540.00
0000035334	10/29/2026	Amanda Mead	Donation checks for fundraiser		200.00

BILLS PAID IN ADVANCE-GENERAL FUND

10 - GENERAL FUND	**269,983.68**
Grand Total All Funds	**269,983.68**
Grand Total Credit Cards	**0.00**
Grand Total Direct Deposits	**0.00**
Grand Total Manual Checks	**269,983.68**
Grand Total Other Disbursement Non-negotiables	**0.00**
Grand Total Procurement Card Other Disbursement Non-negotiables	**0.00**
Grand Total Regular Checks	**0.00**
Grand Total Virtual Payments	**0.00**
Grand Total All Payments	**269,983.68**

BILLS TO BE APPROVED-GENERAL FUND

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000035335	11/09/2026	Darlene Hamlyn	Mileage Reimbursement		242.46
0000035336	11/09/2026	Memorial Links Golf Course	Golf Matches & Practices 26/27		1,600.00
0000035337	11/09/2026	Cynthia Weiss	Reimbursement for PA Principal Assoc. dues		605.00
0000035338	11/09/2026	American Reading Company Inc	26.27 Fusion Grade 6		1,700.00
0000035339	11/09/2026	Brian T Kelly CPA & Associates LLC	Audit Installment #3		7,200.00
0000035340	11/09/2026	Mathematics and Problem Solving, LLC	26.27 OGAP Training		3,600.00
0000035341	11/09/2026	Carolina Biological Supply Company	Green Algae, Chlorella concentrated		48.45
0000035342	11/09/2026	Center For Public Safety Training	CPR Cards		425.60
0000035343	11/09/2026	Central Susquehanna Intermediate Unit	Student Placement		5,130.00
0000035344	11/09/2026	Cerra Signs & Designs	Medals for school year 2026-2027 from Board of Ed.		9.00
0000035345	11/09/2026	PA Dept of Labor & Industry-B	Services		335.73
0000035346	11/09/2026	Cube Auto Supply	Parts		9.90
0000035347	11/09/2026	Dyberry Sand & Gravel Co	Supplies		180.00
0000035348	11/09/2026	EduConsult Consulting	Grant/Advocacy		2,000.00
0000035349	11/09/2026	Endless Mountains Counselors Association	Counselor Assoc. Dues		50.00
0000035350	11/09/2026	Epicor Software Corporation	Docstar - Transcript backup		4,308.44
0000035351	11/09/2026	ESS Northeast LLC	Substitutes		29,932.87
0000035352	11/09/2026	Everway LLC	Unique - Spec ed software		4,109.91
0000035353	11/09/2026	Forest City Regional Cafeteria	Aug/Sept Lunch & Snack	In-Service Breakfast	7,019.77
0000035354	11/09/2026	Fell Charter School	Charter School Placement		7,695.88
0000035355	11/09/2026	First Choice Business Solutions	Postage Ink		137.65

BILLS TO BE APPROVED-GENERAL FUND

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000035356	11/09/2026	Forest City Area Emergency Services	2nd Half Fall Season EMS	EMS Coverage 1st Half Season	4,200.00
0000035357	11/09/2026	The Forest City News	Advertising		63.60
0000035358	11/09/2026	Forest City Sewer	Sewer Bill		731.25
0000035359	11/09/2026	Fox Ledge Inc.	Water		101.50
0000035360	11/09/2026	Freddys Refuse Removal LLC	Refuse Removal		1,583.32
0000035361	11/09/2026	Government Software Services	Bulk Postage	Data Processing	10,091.80
0000035362	11/09/2026	Grove City Area School District	Student Placement		4,410.00
0000035363	11/09/2026	Harborcreek Youth Services	Student Placement		4,572.00
0000035364	11/09/2026	Holt Lumber Company	Supplies		293.18
0000035365	11/09/2026	IntegriTec Inc.	Water Treatment Service		350.00
0000035366	11/09/2026	Interpretek	Interpretation Services		10,224.00
0000035367	11/09/2026	J.C. Ehrlich	Services		275.00
0000035368	11/09/2026	Joseph B. Ewain	Field Trip Transportation		628.74
0000035369	11/09/2026	Joyce, Carmody & Moran, P.C.	Solicitor Fees		7,698.00
0000035370	11/09/2026	Kreutz Inc	Field Trip Transportation		315.00
0000035371	11/09/2026	Leader Services	IEP Writer User License		106.90
0000035372	11/09/2026	LJC Janitorial Distributors	Supplies		224.00
0000035373	11/09/2026	Multi-Health Systems Inc.	Spec Ed Supplies STEVENS		600.00
0000035374	11/09/2026	Mol Communications & Electronics	Radio		395.00
0000035375	11/09/2026	NEP	Phone Bill		1,484.02
0000035376	11/09/2026	O'Neill Busing II, LLC	Field Trip Transportation		304.10
0000035377	11/09/2026	Pennsylvania Paper & Supply LLC	Supplies		3,038.32

BILLS TO BE APPROVED-GENERAL FUND

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000035378	11/09/2026	PA Principals Association	26.27 Membership Renewal License		605.00
0000035379	11/09/2026	NCS Pearson, Inc.	renewal- J. Stevens		310.00
0000035380	11/09/2026	ProCare Therapy	OT Services		10,575.00
0000035381	11/09/2026	Robert M. Sides	School Instrument repairs		413.00
0000035382	11/09/2026	Rolling Meadows Busing LLC	Field Trip Transportation		338.76
0000035383	11/09/2026	Ros-Al-Floral	Planter floral arrangement		74.20
0000035384	11/09/2026	Salisbury Township School District	Student Placement		4,328.10
0000035385	11/09/2026	School Health Corporation	Health Supplies		1,016.95
0000035386	11/09/2026	SB & Sons Transportation LLC	Field Trip Transportation		553.42
0000035387	11/09/2026	Specialized Education of Pennsylvania Inc	Student Placement		19,212.84
0000035388	11/09/2026	Sunny Minelli Weiland, Ph. D.	Instructional Coaching		2,000.00
0000035389	11/09/2026	Thomas Nebzydoski	Field Trip Transportation		340.72
0000035390	11/09/2026	VLN Partners LLC	VLN Student Platform		4,195.00
0000035391	11/09/2026	The Western PA School for the Deaf	Audiology Services		1,260.90
0000035392	11/09/2026	Northeastern PA Educ. TV Assn	Enhanced Scholar Program 26/27		1,500.00

BILLS TO BE APPROVED-GENERAL FUND

10 - GENERAL FUND	**174,754.28**
Grand Total All Funds	**174,754.28**
Grand Total Credit Cards	**0.00**
Grand Total Direct Deposits	**0.00**
Grand Total Manual Checks	**0.00**
Grand Total Other Disbursement Non-negotiables	**0.00**
Grand Total Procurement Card Other Disbursement Non-negotiables	**0.00**
Grand Total Regular Checks	**174,754.28**
Grand Total Virtual Payments	**0.00**
Grand Total All Payments	**174,754.28**

BILLS TO BE APPROVED-CAFETERIA FUND

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000008718	11/09/2026	Bimbo Bakeries USA	Food		862.80
0000008719	11/09/2026	Canada Dry Royal Crown Co	Drinks		757.50
0000008720	11/09/2026	Cowboy Jungle Inc	Uniform Scrub Tops		278.26
0000008721	11/09/2026	Gold Star Foods	USDA Foods Fees		568.40
0000008722	11/09/2026	Hershey Creamery Company	Food		452.16
0000008723	11/09/2026	Pennsylvania Paper & Supply LLC	Supplies		532.70
0000008724	11/09/2026	Rolling Meadows Busing LLC	Transportation Tolls		96.04
0000008725	11/09/2026	Trichilo Food Service	Milk, juice and yogurt		7,366.31
0000008726	11/09/2026	Upper Dublin School District	RFP Share		200.00
0000008727	11/09/2026	US Foods	Food		22,633.79
0000008728	11/09/2026	Zazzera's Super Market	Food		10.99

51 - CAFETERIA FUND	**33,758.95**
Grand Total All Funds	**33,758.95**
Grand Total Credit Cards	**0.00**
Grand Total Direct Deposits	**0.00**
Grand Total Manual Checks	**0.00**
Grand Total Other Disbursement Non-negotiables	**0.00**
Grand Total Procurement Card Other Disbursement Non-negotiables	**0.00**
Grand Total Regular Checks	**33,758.95**
Grand Total Virtual Payments	**0.00**
Grand Total All Payments	**33,758.95**

FUND ACCOUNTING PAYMENT SUMMARY

Payment #	Paymnt Dt	Vendor Name	Description Of Purchase	Description Of Purchase	Amount
0000006115	11/09/2026	Joseph B. Ewain	Athletic Transportation		890.20
0000006116	11/09/2026	O'Neill Busing II, LLC	Athletic Transportation		142.50
0000006117	11/09/2026	Rolling Meadows Busing LLC	Athletic Transportation		2,711.82
0000006118	11/09/2026	Thomas Nebzydoski	Athletic Transportation		2,097.26

29 - ATHLETICS FUND	**5,841.78**
Grand Total All Funds	**5,841.78**
Grand Total Credit Cards	**0.00**
Grand Total Direct Deposits	**0.00**
Grand Total Manual Checks	**0.00**
Grand Total Other Disbursement Non-negotiables	**0.00**
Grand Total Procurement Card Other Disbursement Non-negotiables	**0.00**
Grand Total Regular Checks	**5,841.78**
Grand Total Virtual Payments	**0.00**
Grand Total All Payments	**5,841.78**

FRIENDSHIP HOUSE
AND FOREST CITY REGIONAL SCHOOL DISTRICT
SCHOOL BASED COUNSELING AND CONSULTING SERVICES
AGREEMENT

This Agreement sets forth the terms and conditions for services to be provided by Friendship House ("Provider") to the Forest City Regional School District ("School District"). The services will be provided by one-school based therapist in the School District located at 100 Susquehanna Street Forest City, PA 18421.

1. ACTIVITIES TO BE PERFORMED BY PROVIDER (THERAPIST)

A. Participates in training for School District staff concerning mental health services.
B. Participates in Individualized Education Program (IEP) meetings at the discretion of the School District.
C. Supports the School District staff in mental health crisis situations within the School District.
D. Provides consultation on mental health issues to School District staff.
E. Provides counseling services to students identified by the School District.
F. Provider will follow all applicable provisions of any handbooks, policies, and laws, which pertain to all employees of the District.
G. Provides other related services at the request of the District.

2. TERM

A. The term of this agreement is for the remainder of the 2026-2027 school year or until a full-time school-based therapist is employed by Friendship House to work within the School District. The parties may extend this Agreement by mutual written consent.

3. SCHEDULE

A. Services will be provided by one (1) Friendship House Therapist for three (3) days a week to work within the School District.
B. Services will be provided for a total of six (6) hours a day during the school year unless there is a modification to this schedule, which is agreed to by both parties. The days and daily start and end times will be determined by Friendship House in consultation with the School District.

4. COMPENSATION

A. Friendship House will invoice the School District an hourly rate of $35.82 for the remainder of the 2026-2027 school year (82 days). Friendship House staff will provide up to eighteen (18) hours of service a week. Should the School District request services for the duration of the District's Extended School Year they would be invoiced at the above hourly rates.
B. Friendship House will invoice the School District monthly for days worked during the month. The Therapist will submit a bi-weekly time sheet to the District for approval before submitting to Friendship House to invoice the District.

C. The maximum number of days to be billed to the District will be 82 and the maximum amount the School District will be invoiced for the 2026-2027 School Year will be $18,629. Should the School District want the Friendship House staff member to attend teacher in service days during the school year, the School District will be invoiced $35.82 per hour.

5. CONFIDENTIALITY AND PRIVACY

A. Information received in confidence may be revealed in an emergency situation to appropriate professionals, in a manner compliant with applicable law, and/or as required by any law, regulation or statute, and under any other legal requirement.
B. The therapist hired will have all clearances including FBI, PA State Police, and Child Abuse.

6. EMPLOYEE SUPERVISION/MISCONDUCT/TERMINATION

A. The Provider employees will work closely with the District's administrative/professional staff, and must follow any lawful direction from same.
B. The Friendship House staff will be assigned a supervisor through the Agency.
C. In the event the Provider employees violates any policy or laws, or performs unsatisfactory service, the District may request the Provider employee be removed, and request another therapist from the Provider.

7. PANDEMIC EMERGENCY

A. In the event the Governor of Pennsylvania closes the School District, or requires the School District to transition to online educational delivery, Friendship House and the School District shall meet (in person or by telephone) to discuss how Friendship House can continue to provide services to the School District in a manner compliant with the Governor's order. In the event that no agreement can be reached within 30 days after the Governor's order is issued, this Agreement shall terminate with no obligation of either party to the other save for payment for services rendered.

8. AMENDMENTS

A. This Agreement may be amended by a written instrument signed by both parties.

Michael T. Coleman, Superintendent
Forest City Regional School District

Date

Alex J. Hazzouri, President/Chief Executive Officer
Friendship House

11/2/26
Date

BOARD POLICY

246 School Wellness

POLICY NUMBER	VERSION	DOCUMENT STATUS	PRINTED
246	v1.3	DRAFT	9/23/2026

Purpose

_____School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.[1][2][3]

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.[2][3]

Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.[3]

Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.

{ } The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to school wellness. The report may include:

1. { } Assessment of school environment regarding school wellness issues.
2. { } Evaluation of food services program.
3. { } Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. { } Listing of activities and programs conducted to promote nutrition and physical activity.
5. { } Recommendations for policy and/or program revisions.
6. { } Suggestions for improvement in specific areas.
7. { } Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:[2][3]

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.[3]

The district shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.[2][3]

Guidelines

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[3][4]

1. The written School Wellness policy.

2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.[2]

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.[3]

{ } Advisory Health Council

{ } An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.[5]

{ } The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.

{ } The Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

{ } The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

{ } The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.[5]

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[6][7][8]

{ } Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

{ } Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

{ } Nutrition education lessons and activities shall be age-appropriate.

{ } Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

{ } School food service and nutrition education classes shall cooperate to create a learning laboratory.

{ } Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

{ } The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development.[9]

{ } Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

{ } _____ other.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

{ } District schools shall promote nutrition through the implementation of Farm to School activities, where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

{ } District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

{ } District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

{ } Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.

{ } Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

{ } District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

{ } _____ other.

Physical Activity

{ } District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ } District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

{ } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

{ } Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

{ } A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

{ } Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

{ } Physical activity breaks shall be provided for students during classroom hours.

{ } Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

{ } District schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.

{ } Physical activity shall not be used or withheld as a form of punishment.

{ } District schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

{ } Students and their families shall be encouraged to utilize district-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established district rules.

{ } _____ other.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.[7] [8] [10]

{ } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{ } Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

{ } A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

{ } A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

{ } Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

{ } A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

{ } Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

{ } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

{ } Physical education shall be taught by certified health and physical education teachers.

{ } Appropriate professional development shall be provided for physical education staff.

{ } Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

{ } Physical activity shall not be used or withheld solely as a form of punishment.

{ } _____ other.

Other School Based Activities

Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.[11][12][13][14]

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.[9][15][16][17]

{ } District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

{ } Students shall be provided a clean and safe meal environment.

{ } Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

{ } District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.

{ } Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.[11]

{ } Students shall have access to hand washing or sanitizing before meals and snacks.

{ } Access to the food service operation shall be limited to authorized staff.

{ } Nutrition content of school meals shall be available to students and parents/guardians.

{ } Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

{ } To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

{ } The district shall provide appropriate training to all staff on the components of the School Wellness policy.

{ } Goals of the School Wellness policy shall be considered in planning all school based activities.

{ } Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

{ } Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

{ } The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

{ } The district shall maintain a healthy school environment **to optimize conditions for learning and minimize potential health risks to students**, in accordance with the district's **school environmental health** program and applicable laws and regulations.

{ } _____ other.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[11][12][15][16]

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods -

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.[3][18][19]

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.[3][18]

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[3][18]

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.[18]

Fundraiser Exemptions -

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations. **[20]**

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.[18]

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods -

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives: **(CHOOSE ONE OF THE OPTIONS BELOW)**

    a. { } Foods and beverages shall not be used as a reward or incentive in district schools.

    b. { } Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

    c. { } _____other.

2. Classroom Parties and Celebrations: **(CHOOSE ONE OR MORE OF THE OPTIONS BELOW)**

    a. { } Only non-food based parties and celebrations shall occur on the school campus during the school day in district schools.

    b. { } Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

    c. { } Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.

    d. { } Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:

        i. Fresh fruits/vegetables; and

        ii. Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.

    e. { } When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

    f. { } Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

    g. { } _____other.

3. Shared Classroom Snacks:

    a. { } Shared classroom snacks are not permitted in district schools.

    b. { } _____other.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting -

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.[3][18]

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.[21]

Management of Food Allergies in District Schools

The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to: [22]

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

{ } The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

{ } The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

{ } District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

PSBA Revision 8/18 © 2018 PSBA

Legal Footnotes

[1] 24 P.S. 1422.1
LEGAL REFERENCE

[2] 42 U.S.C. 1758b
LEGAL REFERENCE

[3] 7 CFR 210.31
LEGAL REFERENCE

[4] 7 CFR 210.15
LEGAL REFERENCE

[5] **24 P.S. 1422**
LEGAL REFERENCE

[6] **24 P.S. 1513**
LEGAL REFERENCE

[7] **Pol. 102**
POLICY REFERENCE
Referenced policy is not available in this policy book.

[8] **Pol. 105 — Curriculum**
POLICY REFERENCE

[9] **Pol. 808 — Food Services**
POLICY REFERENCE

[10] **24 P.S. 1512.1**
LEGAL REFERENCE

[11] **7 CFR 210.10**
LEGAL REFERENCE

[12] **7 CFR 220.8**
LEGAL REFERENCE

[13] **24 P.S. 701**
LEGAL REFERENCE

[14] **24 P.S. 742**
LEGAL REFERENCE

[15] **42 U.S.C. 1751 et seq**
LEGAL REFERENCE

[16] **42 U.S.C. 1773**
LEGAL REFERENCE

[17] **7 CFR 210.30**
LEGAL REFERENCE

[18] **7 CFR 210.11**
LEGAL REFERENCE

[19] **7 CFR 220.12**
LEGAL REFERENCE

[20] **Pol. 229 — Student Fundraising**
POLICY REFERENCE

[21] **24 P.S. 504.1**
LEGAL REFERENCE

[22] **Pol. 209.1 — Food Allergy Management**
POLICY REFERENCE

FOREST CITY REGIONAL HIGH SCHOOL
NOVEMBER LUNCH MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily Assorted Salads Fruit Parfait Sun Butter & Jelly Sandwich * Grab & Go Special for the Week: Grilled Chicken Cheddar Ranch Wrap * Hot Line Alternates Mon & Thursday Cheeseburger Tues, Wed, & Friday Chicken Fillet Sand. * Grab & Go Special for the Week: 3 Cheese Enchiladas * Daily Veggie Possibilities: Featured Hot Veggie or Raw Vegetables (Cucumbers, Celery, Carrots, Broccoli) * Grab & Go Special for the Week: Chicken Quesadilla w/Salsa * Schoolcafe.com or 570-785-2412 for account balances * Grab & Go Special for the Week: Mini Calzones w/Marinara Sauce		**Free Breakfast and Lunch for all Students!** **No applications to submit**		**There will only be Sun Butter & Jelly as an alternate on Nov. 19th Thanksgiving Dinner Day**	
	2 Chicken Tenders w/Dipping Sauces Potato Wedges California Blend Veggies Peach Cup Apple Slices	3 Hamburger or Bacon Cheeseburger Lettuce & Tomato Pasta Salad Baked Beans Crunchy Apples Orange Slices	4 Pasta Alfredo Plain or w/Chicken Garlic Breadstick Garden Salad w/Dressing Steamed Broccoli Florets Mandarin Oranges Pears	5 Pulled Pork Sandwich Plain or with Homemade BBQ Baby Cakes Potato Pancakes Seasoned Green Beans Applesauce Pineapple Bites	6 New York Style or Buffalo Pizza Garden Salad w/Dressing Gold'n Corn & Carrots Craisins Applesauce
	9 **Our Own Forester** Popcorn Chicken Mashed Potato Bowl Chedder Cheese Gravy Corn /Dinner Roll Apple Slices Peaches	10 Steak & Cheese Hoagie Peppers & Onions Sweet Potato Puffs Orange Slices Pears	11 Rotini w/Meat Sauce Garlic Breadstick Garden Salad w/Dressing Buttery Green Beans Pears Mandarin Oranges	12 Turkey & Cheese Melt on a Pretzel Roll Twister Fries Chick Ps & Tomato Salad Pineapple Bites Applesauce	13 Big Daddy Pizza Garden Salad w/Dressing Steamed Broccoli Applesauce Raisins "Johnny Pops" Spreading Kindness Rainbow Popsicles
	16 Taco Meat over Tortillas w/All the Fixin's Rice/Buttery Corn Black Bean Salad Peaches Apple Slices	17 Macaroni & Cheese Steamed Broccoli Italian Style Stewed Tomatoes Goldfish Crackers Pears Orange Slices	18 Ravioli w/Sauce Garlic Breadstick Garden Salad w/Dressing Zucchini Mandarin Oranges Pears	**Thanksgiving Dinner** Roasted Turkey Stuffing/Gravy Mashed Potatoes Sweet Potato/Gr.Beans Roll/Cranberry Sauce Pumpkin Pie Alternate Sun Butter & Jelly	20 Stuffed Crust Pepperoni Pizza Garden Salad w/Dressing Glazed Carrots Craisins Applesauce
	23 Mini Turkey Corn Dogs Roasted Potatoes Chick Ps & Tomato Salad California Blend Veggies Apple Slices Peaches	24 **Brunch for Lunch** French Toast Sticks Syrup Tater Tots Sausage Patty Assorted Yogurt Orange Slices Pears	25 Mozzarella Sticks Side of Marinara Green Beans in Garlic Raisins Applesauce	 Gobble! Gobble!	28 NO SCHOOL

NOVEMBER BREAKFAST MENU 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham, Egg, & Cheese Croissant Fruit and/or Juice Milk	Egg & Cheese Croissant Fruit and/or Juice Milk	Bacon, Egg & Cheese Croissant Fruit and/or Juice Milk	Sausage, Egg, & Cheese Croissant Fruit and/or Juice Milk	Bacon, Egg, & Cheese Bagel Fruit and/or Juice Milk

Menu subject to change.

High School Breakfast and Lunch Meals are Free

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FOREST CITY REGIONAL ELEMENTARY
NOVEMBER MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack for Home & School Apple Slices w/Peanut Butter * Fat Free, 1% Milk Served Daily * 80% of all Grains Offered for the Week are Whole Grain-Rich * Alternates Available Daily Sun Butter & Jelly Sandwich Cereal for Lunch (Cereal, Cheese Stick Yogurt, Grahams)  Snack Milk - $0.50 **Lactaid - $1.00** * Daily Fruit Possibilities: Canned, Dried, or Fresh Fruit (Apples, Oranges, Bananas, Pears, Peaches, Pineapple, Mixed Fruit, Raisins, Fruit in Season) * Daily Veggie Possibilities: Featured Hot Veggie or Raw Vegetables (Cucumbers, Celery, Carrots, Broccoli)		**There will only be Sun Butter & Jelly as an alternate on Nov. 19th Thanksgiving Dinner Day**	**The "Anytimer" is a Pizza Kit (cheese, sauce, & mini pitas)**	**Free Breakfast and Lunch for all Students! No applications to submit**	
	2 Chicken Tenders w/Ketchup or BBQ Potato Wedges Baby Carrots w/Ranch Peachy Peaches Alternate "Anytimer" Pizza Kit	3 Hamburger or Cheeseburger Lettuce & Tomato Pasta Salad Baked Beans Crunchy Apples Alternate "Anytimer" Pizza Kit	4 Chicken Alfredo over Pasta Garlic Breadstick Steamed Broccoli Mandarin Oranges Alternate "Anytimer" Pizza Kit	5 Pulled Pork Sandwich Plain or with Homemade BBQ Baby Cakes Potato Pancakes/Applesauce Alternate "Anytimer" Pizza Kit	6 New York Style Pizza Garden Salad w/Italian Dressing Craisins Alternate "Anytimer" Pizza Kit
	9 **Our Own Forester** Popcorn Chicken Mashed Potato Bowl Chedder Cheese Gravy Baby Carrots/Ranch Apple Slices Alternate Ham & Cheese	10 Steak & Cheese Hoagie Peppers & Onions Sweet Potato Puffs Orange Smiles Alternate Ham & Cheese	11 Rotini w/Meat Sauce Garlic Breadstick Buttery Green Beans Pears Alternate Ham & Cheese	12 Turkey & Cheese Melt on a Pretzel Roll Twister Fries Chick Ps & Tomato Salad Pineapple Bites Alternate Ham & Cheese	13 Big Daddy Pizza Steamed Broccoli Florets Applesauce "Johnny Pops" Spreading Kindness Rainbow Popsicles Alternate Ham & Cheese
	16 Taco Meat over Tortillas w/All the Fixin's Buttery Corn Black Bean Salad Peachy Peaches Alternate Hot Dog	17 Macaroni & Cheese Steamed Broccoli Italian Style Stewed Tomatoes Goldfish Crackers Pears Alternate Hot Dog	18 Ravioli w/Sauce Garlic Breadstick Garden Salad w/Italian Dressing Mandarin Oranges Alternate Hot Dog	**Thanksgiving Dinner** Roasted Turkey Stuffing/Gravy Mashed Potatoes Seasoned Green Beans Roll/Cranberry Sauce Pumpkin Pie Alternate Sun Butter & Jelly	20 Stuffed Crust Pepperoni Pizza Glazed Carrot Coins Craisins Alternate Hot Dog
	23 Mini Turkey Corn Dogs Roasted Potatoes Chick Ps & Tomato Salad Apple Slices Alternate Ham & Cheese	24 **Brunch for Lunch** French Toast Sticks Syrup Tater Tots Sausage Patty Orange Smiles Alternate Ham & Cheese	25 Mozzarella Sticks Side of Marinara Green Beans in Garlic Raisins Alternate Ham & Cheese	 Gobble! Gobble!	28 NO SCHOOL

NOVEMBER BREAKFAST MENU 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Confetti Pancakes Fruit and/or Juice Milk	Egg, Sausage & Cheese Burrito Fruit and/or Juice Milk	Blueberry Muffin Fruit and/or Juice Milk	Breakfast Sausage Pizza Fruit and/or Juice Milk	Mini Strawberry Stuffed Bagel Fruit and/or Juice Milk

Menu subject to change.

Elementary School Breakfast and Lunch Meals are Free

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FOREST CITY REGIONAL PRE-K
NOVEMBER MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Unflavored Milk Served Daily * 80% of all Grains Offered for the Week are Whole Grain-Rich * Alternates Available Daily Sun Butter & Jelly Sandwich * **All Students are eligible for a free breakfast and lunch each day!** **No application to submit**  Daily Fruit Possibilities: Canned, Dried, or Fresh Fruit (Apples, Oranges, Bananas, Pears, Peaches, Pineapple, Mixed Fruit, Raisins, Fruit in Season) * Daily Veggie Possibilities: Featured Hot Veggie or Raw Vegetables (Cucumbers, Celery, Carrots, Broccoli) * Healthy Snacks for Home & School: Appl Slices w/ Peanut Butter		**There will only be Sun Butter & Jelly as an alternate on Nov. 19th Thanksgiving Dinner Day**	The "Anytimer" is a Pizza Kit (cheese, sauce, & mini pitas)	**Free Breakfast and Lunch for all Students! No applications to submit**	
	2 Chicken Tenders w/Ketchup or BBQ Potato Wedges Baby Carrots w/Ranch Peachy Peaches Alternate "Anytimer" Pizza Kit	3 Hamburger or Cheeseburger Lettuce & Tomato Pasta Salad Baked Beans Crunchy Apples Alternate "Anytimer" Pizza Kit	4 Chicken Alfredo over Pasta Garlic Breadstick Steamed Broccoli Mandarin Oranges Alternate "Anytimer" Pizza Kit	5 Pulled Pork Sandwich Plain or with Homemade BBQ Baby Cakes Potato Pancakes/Applesauce Alternate "Anytimer" Pizza Kit	6 New York Style Pizza Garden Salad w/Italian Dressing Craisins Alternate Ham & Cheese
	9 **Our Own Forester** Popcorn Chicken Mashed Potato Bowl Chedder Cheese Gravy Baby Carrots/Ranch Apple Slices Alternate Ham & Cheese	10 Steak & Cheese Hoagie Peppers & Onions Sweet Potato Puffs Orange Smiles Alternate Ham & Cheese	11 Rotini w/Meat Sauce Garlic Breadstick Buttery Green Beans Pears Alternate Ham & Cheese	12 Turkey & Cheese Melt on a Pretzel Roll Twister Fries Chick Ps & Tomato Salad Pineapple Bites Alternate Ham & Cheese	13 Big Daddy Pizza Steamed Broccoli Florets Applesauce "Johnny Pops" Spreading Kindness Rainbow Popsicles Alternate Ham & Cheese
	16 Taco Meat over Tortillas w/All the Fixin's Buttery Corn Black Bean Salad Peachy Peaches Alternate Hot Dog	**Family Dinner** Roasted Turkey Stuffing Mashed Potatoes Gravy Glazed Carrot Coins Dinner Roll Cranberry Sauce	18 Ravioli w/Sauce Garlic Breadstick Garden Salad w/Italian Dressing Mandarin Oranges Alternate Hot Dog	**Thanksgiving Dinner** Roasted Turkey Stuffing/Gravy Mashed Potatoes Seasoned Green Beans Roll/Cranberry Sauce Pumpkin Pie Alternate Sun Butter & Jelly	20 Stuffed Crust Pepperoni Pizza Glazed Carrot Coins Craisins Alternate Hot Dog
	23 Mini Turkey Corn Dogs Roasted Potatoes Chick Ps & Tomato Salad Apple Slices Alternate Ham & Cheese	24 **Brunch for Lunch** French Toast Sticks Syrup Tater Tots Sausage Patty Orange Smiles Alternate Ham & Cheese	25 Remote Learning Day for Pre-K	 Gobble! Gobble!	28 NO SCHOOL

NOVEMBER BREAKFAST MENU 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk	Assorted Cereal Graham Crackers Fruit and/or Juice Milk

Menu subject to change.

Pre-K Breakfast and Lunch Meals are Free - Snack Milk and Snack are Free

This institute is an equal opportunity provider and employer



NOVEMBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 DAYLIGHT SAVINGS 	2	3	4	5	6	7 ELF JR. ICE CREAM SOCIAL 2:00 PM TO 4:00 PM 
8	9 BOARD MEETING 7:30PM	10 VETERAN'S DAY PROGRAM CTC TOURS 9TH GRADE	11 VETERAN'S DAY 	12 CHILDREN'S PRODUCE MARKET 3:45 TO 5:30 PM	13 WATERSHEDS TRIP NHS BAKE SALE & MUSIC FEAT. IKE BURLEIGH 5:30 TO 7:30 PM	14
15	16 ASVAB TESTING	17	18	19	20 HS PICTURE RE-TAKE DAY ACT 80 EARLY DISMISSAL 12:15PM ELF JR. 7:00 PM	21  ELF JR. 7:00 PM 
22 ELF JR. 3:00 PM 	23 SENIOR FORMAL PICTURE DAY	24	25 EARLY DISMISSAL 12:15PM	26 NO SCHOOL 	27 NO SCHOOL	28
29	30 NO SCHOOL					

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PTO Gertrude Hawk Sale Ends **PBIS "REEFlect & Reset" One Day Reteach**	3	4 Student Council Meeting Grades 4-6 3:30-4:30	5 Trading Post	6 Trading Post	7
8	9 School Board Meeting 7:30 pm Auditorium	10	11	12 Produce Market 3:30-5:00 pm	13 **World Kindness Day!**	14
15	16 Community Collaboration Committee Meeting 5:15 pm Elementary Library	17 **PTO Meeting** 6:00 pm Elementary Library **Pre-K Thanksgiving Dinner** Doors open at 12:15 pm	18	19 Children's Grief Awareness Day	20 **Early Dismissal 12:15** 7:00 pm - Auditorium	21 7:00 pm - Auditorium
22 3:00 pm - Auditorium	23 Tree Decorating on Main Street during school hours	24 **Trimester 1 Blow Out** **Silent Disco** **Curriculum Night 5:00-7:00 pm**	25 **Early Dismissal KG-6th - 12:15** **Pre-K FIP Day** **No school for Pre-K**	26 Happy Thanksgiving	27 **No School** **Thanksgiving Break**	28
29	30 **No School** **Thanksgiving Break**	DECEMBER 1 **School Resumes Today!**	2	3	4	5



Principal's Report

Forest City Regional High School
Ms. Cynthia Weiss
November 9, 2026

Outstanding Senior

Jeremy Slick is our Outstanding Senior for the month of October.

Drama Presentation

The Mask & Hammer Drama Club will be performing "Elf the Musical Jr." Over 40 students are involved in this production.

Thank you Miss Clark, Ms. Holgate and the entire club for this entertaining family-friendly presentation.

Science Clubs

Throughout the year, Mrs. Zevan and the Science Clubs take trips to learn about our community and environment.

On October 5, the Watershed Team visited South Abington Community Park to conduct stream assessments and study trees. On October 19, they spent the day at Lacawac Sanctuary monitoring Lake Wallenpaupack for microplastics.

The Ecology Class visited the Pleasant Mount Fish Hatchery on October 21, where students helped with sampling and fish counts.

Thank you to Mrs. Zevan for organizing these trips!

County Chorus Festival

Thank you to Ms. Talarico, our chorus director, for taking 17 of our student singers to the County Chorus Festival on Tuesday, October 27th.

Students showed off their voices as well as their Forester Pride.

Susquehanna County Band Festival

Thank you to Mr. Scavone, our band director, for leading 12 student musicians to the Susquehanna County Band Festival held at Mountain View School District on Wednesday, November 4th.

Our students had the opportunity to collaborate with peers from across the county, showcase their musical talents, and represent the Foresters with pride.

Congratulations to all who participated in this outstanding musical experience!

Counseling Office Happenings

The month of October has been busy in the Counseling Office. The Lunch & Learn college visit from Marywood University was big hit.

Junior Leadership of Wayne County held their monthly meeting on Tuesday, October 20th at the Lackawaxen River Basin and the Lake Wallenpaupack Environmental Center.

Monday, November 2nd was the end of the 1st Quarter. Grades were released to parents on Monday, November 9th.

The 9th grade class will be visiting the Lackawanna County CTC on Tuesday, November 10th. Thank you to Mrs. Lionetti, and Mr. Nebzydoski for organizing this visit for our students.

Together for Health Program

On October 15, Forest City Regional 7th and 10th grade students participated in "Together for Health, an interactive program held at our high school and focused on developing knowledge and skills for making healthy lifestyles choices.

Thank you to Wayne Memorial Hospital for organizing this valuable event, which brought together nine different health-related groups to share important information and resources with our students.

Enrollment

Enrollment as of **November 2, 2026**

Grade 7 – 56
Grade 8 – 44
Grade 9 – 55
Grade 10 – 61
Grade 11 – 45
Grade 12 – 58

Total Enrollment: 319

Bonfire

The FCR Student Council hosted the high school bonfire on Thursday, October 29th. Students played corn-hole, carved pumpkins, made s'mores and decorated cookies.

Special thanks to teachers, administration and the Forest City Fire & Emergency Services for making memories for our Foresters.

NOTES FROM THE PRINCIPAL

The 2026-2027 school year at FCRES is swimming along wonderfully! Our Foresters have been diving into exciting activities, making memories, and having fun along the way. Here are just a few of the highlights from our adventures so far!

Fire Prevention Week - During the week of October 5-9, 2026, our students and staff took part in Fire Prevention Week with the help of the Forest City Emergency Services team!

Students in 2nd and 3rd grades got hands-on experience with a smokehouse simulator, where they learned how to safely respond if a fire occurs and their surroundings become filled with smoke.

Our Pre-K, Kindergarten, and 1st grade students welcomed firefighters into their classrooms to discuss important fire safety tips and what to do in an emergency. They also had the exciting opportunity to get an up-close look at a real fire truck!

Students in 4th, 5th, and 6th grades attended an informative assembly in the auditorium, where firefighters reviewed important steps to take in the event of a fire.

A huge thank you to the Forest City Emergency Services team for taking the time to visit our school and teach our students valuable lessons about fire prevention and safety. We appreciate all you do to keep our community safe!

Pre-K Field Trip- Our Pre-K students enjoyed a fun-filled field trip to Lakeland Orchard on Thursday, October 15, 2026! Students had the opportunity to visit the farm animals, take a wagon ride through the orchard, and learn about the different varieties of apples grown there. A big thank-you to our wonderful volunteers who joined us and helped make the day extra special! Smiles, learning, and memories were had by all!

Halloween Parade - On Friday, October 30, 2026, the elementary school celebrated its annual Halloween Parade under beautiful skies and perfect fall weather! Our Forester students took to the outdoors to show off their creative costumes, big smiles, and Halloween spirit. It was a picture-perfect day filled with festive fun and plenty of Halloween magic!

OUTSTANDING FORESTERS OF THE MONTH

The **October Outstanding Foresters** were announced on Thursday, October 29, 2026. Students selected included:

* Pre-K—Miss Medric's Class—Jagger Roglich
* Kindergarten—Mrs. Michaels' Class—Easton Stout
* Grade 1—Mrs. Monahan's Class— Madely Monahan
* Grade 2—Mrs. Roglich's Class—Stephania Spavone
* Grade 3—Mrs. McGraw/Mrs. Shelp's Class—Henry Burns
* Grade 4—Mrs. Goben's Class—Cali Brown
*Grade 5—Mrs. Sisson's Class—Bridget Diehl
*Grade 6—Mr. Pryal's Class—Tia Barney

*The **October Super Sixth Grader** was: **Molly Branning!!**

Congratulations to all our Outstanding Foresters!!

UPCOMING IMPORTANT DATES

Forest City Regional Elementary is looking forward to a busy November! Some important events include:

PTO Meeting- The FCRES PTO will hold their monthly meeting on Tuesday, November 17, 2026 at 6:00 pm in the Maker Space. All parents, caregivers, teachers, and staff are invited to attend!

Curriculum Night - Join us on Tuesday, November 24th at 5:00 as we dive deep into learning and "sea" the difference family engagement makes! Explore the many components of our curriculum while enjoying fun, interactive games and activities for the whole family. It's sure to be a fintastic evening of learning and fun!

Early Dismissal - There will be an early dismissal on Friday, November 20, 2026 and Wednesday, November 25, 2026. Kindergarten to 6th will dismiss at 12:15pm.

FIP Day - On Wednesday, November 25, 2026, our Pre-K students will participate in a day of learning from home!



The Junior Drama Club will present
Elf Jr. The Musical
on the following dates:
Friday, November 20th – 7:00 pm
Saturday, November 21st – 7:00 pm
Sunday, November 22nd – 3:00 pm

Please join us in the auditorium to enjoy a great show!

Birthdays

In keeping with the Wellness Policy, we ask that for any birthday celebrations please purchase through the school cafeteria.

No School on:



November 26th, 27th, & 30th

NOVEMBER 13TH IS WORLD KINDNESS DAY!

Quote of the Month

"Together we can change the world, just one random act of kindness at a time"
~ Ron Hall

Enrollment as of 11.04.2026

K4 - 44
K5- 53
Grade 1 - 60
Grade 2 - 51
Grade 3 - 50
Grade 4 - 60
Grade 5 - 51
Grade 6 - 55
Total - 424

STUDENT ASSISTANCE PROGRAM

The SAP Referral System continues to be a helpful tool for students and staff. Recent data includes:

15 Referrals to date, 9 in October

- 4 Referrals -50% for externalizing concerns
- 2 Referrals -21% for internalizing concerns
- 2 Referrals -29% for family concerns
- 1 for drug and alcohol concerns

1 out of the 9 is now closed as the student is connected to both mental health and behavioral health supports.