

# Forest Hills Friday News

Friends and Family of Forest Hills,

We have had an absolutely beautiful week! With all that has been happening at school, it's been nice to have great weather and sunshine to bask in as we enjoy the beauty of God's creation. From outdoor PE classes, to outdoor time with students in their subjects, to a primary field trip to the tide pools at Ecola State Park, to a track meet where one of our students took first place in shotput, to kickball, and on and on and on, it's been a fantastic week!

It sure feels like this has been a week when God has showered His gifts upon us. He has done what He loves to do, and that's take care of each of our needs. In the midst of the craziness of May, this week has also come with its stresses. I've heard stories of various things that are overwhelming people right now too. While there have been great things taking place, there are those who feel weak, weary, and maybe even frustrated with things going on in their lives. When things like that happen, it's easy to feel isolated – like you're on an island all alone, and don't know what to do or who to turn to.

While we may feel alone, let me reassure you of one of God's promises. We are never alone. He will never leave our side. He walks with us each step that we take. In fact, that's one of His gifts! His presence brings peace and calm in the midst of the storm. I love the account in Scripture of that very passage when Jesus simply speaks to the storm, and it ceases. In the word of Christ Himself, the storm loses all power that it has. While that account was a literal storm, this same truth is for you in your own life. Whatever 'storms of life' we may be facing, that same word from Christ can calm the storm. In His power through His word, fear flees. Frustration, doubt, guilt, shame, and all those other emotions that know how to hold us hostage, lose their power. In the word of God, we are victors over those things that weigh us down.

So what's God doing in your life today? What word of calm is He speaking to you? What gift is He giving you in abundance that you can thank Him for today? If it doesn't seem clear, let me help you by sharing a list of God's great gifts for you:

When we say, "It's impossible," God says, "All things are possible with me." (Phil 4:13, Luke 18:27)

When we say, "I'm too tired," God says, "I will give you rest." (Matt. 11:28-30)

When we say, "Nobody really loves me," God says, "I love you." (John 3:16)

When we say, "I can't go on," God says, "My grace is sufficient for you." (2 Cor. 12:9, Ps. 91:15)

When we say, "I can't figure things out," God says, "I will direct your steps." (Prov. 3:5-6)

When we say, "I feel all alone," God says, "I will never leave you or forsake you." (Heb. 13:5)

What great gifts – and there are even more. When the words in your head tell you one thing, go to God and hear His voice sharing His gifts with you.

May has a few more (busy) weeks to go. As we go through it, we can rest assured that we are loved, and God will provide for all our needs through His riches in Christ. May God bless you in the coming weeks!

Mike Schiemann. <><  
Principal

# Forest Hills Friday News



May 10<sup>th</sup>, 2019



## McTeacher's Night:

McTeacher's Night will be this coming Wednesday night (5/15) from 5-8pm. Hillsboro 48<sup>th</sup> Ave. & Cornell Location.

## Dine & Donate:

Come on out to Bites restaurant in Forest Grove on May 21 (2014 Main St Forest Grove, OR 97116). All profits that day will go to help our 7<sup>th</sup> and 8<sup>th</sup> graders head to Washington DC!

**Run for the Hills** packets are due back with collected funds this coming Monday 5/13

**Bottle Drop Bags** are back. Pick yours up in the office today!

## Teacher Appreciation Week!

During the week of May 13<sup>th</sup>, all staff will be treated to breakfast each morning by the PTA. This a great time for students and parents to also show their thanks! During this special week, you might draw a picture, make a card, or bring in a treat or gift for your teacher. There is also a "Pick an Apple" board with wish list items for each classroom outside of the library. Questions? Email the PTA at: [pta@fhls.org](mailto:pta@fhls.org)

## PTA Meeting

the last PTA meeting of the year will be 5/20 in the Library at 6:30pm



## In Your Family Envelope:

- PTA RSVP
- 'Everybody Loves PE' Camp Info Flyer

## Dates at a Glance:

Friday 5/10	Spring Event, 6-8pm
Sunday 5/12	Mothers' Day!
Monday 5/13	Run for the Hills collection funds due
Tuesday 5/14	Happy Birthday Mrs. Shearier!!!
Wednesday 5/15	Buddy Chapel Host Trinity, 8:20am Intermediate Multiage to Sing in Chapel McTeacher Night, 5-8pm
Thursday 5/16	5 <sup>th</sup> & IM Grades to Newport, 12:15pm
Monday 5/20	PTA Meeting in Library, 6:30pm
Tuesday 5/21	DC Fundraiser, Bites in FG, All Day
Wednesday 5/22	Chapel Host Prince of Peace, 8:20am 2 <sup>nd</sup> Grade Play in Evening
Thursday 5/23	3 <sup>rd</sup> & IM Grades Economics Store
Friday 5/24	All 3 <sup>rd</sup> Graders to Bowling, 9:15am
Monday 5/27	Memorial Day, No School
Wednesday 5/29	Buddy Chapel Host Mt. Olive, 8:20am

Full School Calendar: [HERE](#)  
Guest WiFi: Falcons!

## ABC Countdown to Summer Break!

- May 13<sup>th</sup>: I – Inside Out Day, wear your clothes inside out
- May 14<sup>th</sup>: J – Jammie Day, wear your favorite comfy clothes or PJs
- May 15<sup>th</sup>: K – Kindness Day, how can you show kindness today?
- May 16<sup>th</sup>: L – Letter Day, write a letter to a special friend
- May 17<sup>th</sup>: M – Mismatch Day, wear clothes that do not match

