

Forrestdale School Completes "Respect Bootcamp," Fortifying Student Character and Community Wellness



Tigger Stavola Motivational Speaker, Geo Derice addressing students

RUMSON, NJ – October 10, 2025 – Forrestdale School is proud to announce the successful conclusion of its annual Week of Respect, themed this year as "Respect Bootcamp." The week-long initiative, which ran from October 6th to October 10th, engaged students in grades 4-8 through a series of focused, interactive "drills" designed to build self-respect, foster active listening skills, and reinforce the importance of mindful community citizenship. The program featured an impactful partnership with the Tigger Stavola Foundation for a student assembly and a dedicated Parent Academy supported by leading regional behavioral health experts.

The "Respect Bootcamp" curriculum provided students with daily objectives to strengthen their character and their connection to the school community:

- Respect Roll Call (Monday, 10/6): Students began the week with their "first drill," brainstorming and committing to acts of respect and kindness to track throughout the week.
- Respect the Squad (Tuesday, 10/7): The focus shifted to communication with "Listening Laps," where students practiced active listening and discussed how giving someone their full attention is a crucial sign of respect.
- Respect for Self – Operation Worth (Wednesday, 10/8): This pivotal day focused on self-worth and resilience. Students in all grades designed their own "Medal of Honor," incorporating words and symbols that represent their inner strengths, accomplishments, and goals—defining their personal "inner fortress" of confidence and positive decision-making.



Marney Rhoda, MHA speaking at Parent Academy

The highlight of the week was the special assembly for all Grade 6–8 students, generously sponsored by The Tigger Stavola Foundation. The Foundation, dedicated to fighting addiction, spreading awareness, and saving lives through drug prevention and education, brought in highly acclaimed motivational speaker, Geo Derice, to present "Unlocking & Maximizing a Student's Full Potential."

"We are incredibly grateful for the Tigger Stavola Foundation's support," said Principal, Mrs. Jennifer Gibbons. "Their mission to empower youth with resilience aligns perfectly with our 'Operation Worth' lesson. Geo Derice's message deeply resonated with our middle school students, providing powerful, real-world encouragement to build their inner strength and make positive choices."

Forrestdale also hosted a critical "Back to School Bootcamp – Parent Academy Lunch & Learn" on Thursday, 10/9, bringing together top community partners to provide essential resources and education to parents and caregivers. The expert panel included clinicians from: The Mental Health Association of Monmouth County, Integrated Care Concepts (ICCC), and NJ4S Compass Preferred Behavioral Health.

This collaborative Parent Academy offered a vital bridge between school-based efforts and at-home support, equipping families with the tools and professional connections needed to navigate the challenges of modern adolescence.

The week concluded with Respect Graduation & Commitment:

"Commendation Ceremony" on Friday, 10/10 for the fourth and fifth grades. Students and staff wore camo to celebrate their training and participated in a Public Commendations ceremony. Students reflected on their learning and publicly recognized peers and staff for their hard work and positive character traits demonstrated during the week.

The week successfully instilled the core values of respect—for oneself, one's peers, and the broader community—leaving Forrestdale students prepared to be responsible, resilient, and mindful citizens.



Forrestdale Principal & Counselors