



## March 2020

### Leadership Message

Yay...Winter is almost behind us! There is a lot happening this month as we get ready to move into Spring Break. We want to take a moment to recognize the hard work that has occurred this year by both our staff and our students. They have all shown how committed they are to learning and growing to ensure everyone has the best experience possible here at Forest Green School!

As a staff we have been focusing on ensuring our lessons are tailored to the diverse learning needs of all of the students in our classes. At times this looks like small group work, whole class instruction that then divides into smaller groups as well as individual one on one instruction when needed. Staff are using the data they collect throughout lessons and assessments to guide their planning. Our students are contributing to their own success and well-being by ensuring they come to class prepared, ready to engage and learn, while understanding that a learning community needs to be based on mutual respect, trust and engagement.

We are really excited for our students to have the opportunity to share what they have been learning at our **Student Led Conferences on Tuesday, March 17th and Wednesday, March 18th from 4:00-7:00pm. Kindergarten Daytime Conferences are available Wednesday, March 18th as well. Please sign up for your conference [here](#).** If you are experiencing difficulty signing up, please contact the school office.

Below you will see the information for **Online Registration. These forms must be completed for all new AND returning students by 4:30pm on March 20, 2020.**

## General Information

### All Parents Online Registration/Verification for 2020-2021

Online registration and verification for the 2020-2021 school year opened on February 3! This process must be completed for every student each school year. Please check your email beginning February 3, 2020 for a message from "PowerSchool Registration Support" <noreply@noreply.psr.support.com> and follow the instructions in that email to complete the registration process.

All parents and guardians are required to complete the registration process by 4:30pm on March 20, 2020. This deadline allows us to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break while schools are still



operating. Any applications received after the March 20 deadline may not be processed in time for the first day of school.

Payment arrangements for bus passes must be received through Parkland School Division's online payment system (Rycor) or at the Parkland School Division Centre for Education on or before Friday, June 26, 2020 for students to be eligible to ride the bus the first day of school. Remember: If your child does not have a valid bus pass for the 2020-2021 school year, they will not be able to ride the bus.

For more information, including the registration process for new students and a list of important registration dates and deadlines, please visit [www.psd70.ab.ca/Registration.php](http://www.psd70.ab.ca/Registration.php).

Please take a minute to verify your emergency contacts and your child's student information through the parent portal. Please contact the school if you have any difficulties accessing the parent portal. It is extremely important that this information is current and accurate in the case of an emergency.

**Here are some important dates to put in your calendars:**

- Tuesday, March 10 - Fundraising Society Meeting (5:15pm) & School Council Meeting (6:30pm)
- Thursday, March 12 - Rocks and Rings with Curling Academy
- Tuesday, March 17 & Wednesday, March 18 - Student Led Conferences
  - Epilepsy Bake Sale March 17th 11:50 - 12:40 & 4:00 - 7:00pm
  - Epilepsy Bake Sale March 18th 4:00 - 7:00pm
- Wednesday, March 18 - Kindergarten Conferences - NO STUDENTS ATTEND
- Thursday, March 19 - Report Cards Available online
- Friday, March 20 - Grade 5 & 6 Bennett Centre fieldtrip
- Saturday, March 21, 2020 - Our Choir will be performing at the OIL KINGS game

**Registered Bus Students Requesting to ride a Different Bus Process**

1. Contact Transportation Services, at [transportation@psd70.ab.ca](mailto:transportation@psd70.ab.ca), **a minimum of 24 hours in advance**, if your child wants to ride a different school bus (i.e. to go home with a friend) or wants to bring a friend home on the bus.
2. Approval will be based on space and availability. Transportation Services will contact the requested bus and determine if the needed space is available for the date requested.
3. Parents will be notified via email if the service is available.

NOTE: Students will not be permitted on the bus without prior permission.

**Parent Handbook**

Please click [here](#) to view our Parent Handbook for the 2019/2020 School Year



### Reporting Absences

To report an absence for your child, please email [forestgreen@psd70.ab.ca](mailto:forestgreen@psd70.ab.ca) or call and leave a message at the school office (780-963-7366). Please include the student's name, teacher (or grade), and reason for the absence in your message.

### Drop-Off & Pick-UP

Please note the following important information regarding child safety and parking at Forest Green.

1. If you are dropping off or picking up during bus drop off times (you will see the orange cones out) please ensure you do so quickly and move out of the way to make room for buses to pull around safely.
2. Supervision begins at 8:15 am, please do not drop your children off before this time as there are not adults outside to supervise.

### Visiting Forest Green

All visitors, including parents, are required to sign in at the school office upon arrival and wear a visitor lanyard while in school during class time. Thank you in advance for your cooperation.

### [2019-2020 Bell Schedule](#)

## CTF/Options

We were so excited to showcase Forest Green at last month's Board Meeting. We featured our STEAM option. Term 3 CTF sign up will occur before spring break. Keep an eye out for the descriptors coming home. If your child chooses a CTF with a fee, it will be posted to your powerschool account.

### March 26, 2020 is EPILEPSY AWARENESS DAY

Keliah Leighton, one of our Forest Green students is 8 years old and she has Epilepsy. **She and her mom Shandea are selling cupcakes for \$1.00 and T-shirts for \$15 each at your school on March 17th and 18th.**

#### March 17th:

Students can purchase between 11:50 and 12:45 outside of the office.

Students and parents can purchase during Student Led Conferences between 4:00 and 7:00pm outside the office.



**March 18th:**

Students and parents can purchase during Student Led Conferences between 4:00 and 7:00pm outside the office.

Please bring/send your loonies to school if you would like to support. The proceeds from these sales will be donated to **The Edmonton Epilepsy Association.**

<https://www.epilepsy.ca/> <http://www.edmontonepilepsy.org/>

**Did you KNOW:**

That someone you know, and love could be affected by Epilepsy?

Epilepsy is one of the most common, serious, neurological disorders affecting approximately 300,000 people in Canada and 50 million people worldwide.

Worldwide 1 in 100 people are affected by epilepsy

There are approximately 15 000 people living with epilepsy in Edmonton and Northern Alberta.

Do you know what to do if someone has a seizure? Seizure first aid is a matter of taking precautions.

- \* Keep other people out of the way.
- \* Clear hard or sharp objects away from the person.
- \* Don't try to hold them down or stop the movements.
- \* Place them on their side, to help keep her airway clear.
- \* Look at your watch at the start of the seizure, to time its length.
- \* Don't put anything in their mouth.
- \* Call 911

**PLEASE WEAR PURPLE TO SHOW YOUR SUPPORT ON March 26, 2020  
FOR EPILEPSY AWARENESS DAY**





## Calendar

This is only a snapshot of this month's calendar. To see the most up-to-date version, please click on this [link](#), or on the calendar below.

### March 2020

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	WCJHAA Senior Basketball Championship					9:30a ADHD, Now
	WCJHAA Junior Bas			3:30p Ski & Snowb		
8	9	10	11	12	13	14
	WCJHAA Senior Ba	9:30a Board of Trus		8:30a Rocks and Ri		
		5:15p Fundraising S				
		6p Strong Families				
		6:30p School Coun				
15	16	17	18	19	20	21
	Choral Celebration	9:30a Board of Trus	8:30a No School fo	Report Cards Made	9a Gr 5 & 6 Bennet	
		1:30p GrandBuddie	4p Student Led Coi			
		4p Student Led Coi				
		4p Nature Kinderg				
		6p Strong Families				
22	23	24	25	26	27	28
	Spring Break					
	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	
29	30	31	1	2	3	4
	PD - Non-Instructio					
	Staff Planning & De					

Division Events
PD Days / Breaks
Stat Holidays
School Events
PATs Gr.6

## School Council & Fundraising Society

Important Dates:

- Hot Lunch Deadline - March 19





### **Every Little Bit Helps!!**

Next time you are at **Cobs** Spruce Grove location, mention Forest Green School to have a percentage of your order contributed back to the school.

Or next time you are at the **Stony Plain Bottle Depot** you can request your proceeds to be added to the Forest Green School account.

### **Hot Dog Days**

Our Fundraising Society will be hosting monthly Hot Dog Days to raise money to support our school groups, clubs and newly established Options courses.

This is a great opportunity to integrate real world math and life skills, so the grade 5-6 students will be taking on the bulk of the workload. Students will be collecting orders, counting money, cooking and wrapping hot dogs. They will also be sorting and delivering hot dogs to classrooms as well as cleaning up under the supervision of admin and our wonderful parent volunteers.

Starting in November, order forms will be sent out at the start of the month with orders due mid month. In order for this to be a student-run activity, **hot dog days will be CASH only**. Please send order forms and exact cash by the deadline on the order form. There will be some hot dogs available for purchase on the actual hot dog days but these will be very limited so it is best to get your orders in on time.

**The following dates are the hotdog days this year.**

Dec 20 (TT Kinder), Jan 31 (MW Kinder) , Feb 28, Mar 20 (TT Kinder) , Apr 24 (TT Kinder), May 27 (MW Kinder) and May 29 (Tues/Thurs Kinder Only), June (TBD): Free Hot Dog Day from Council

### **Hot Lunch**

At Forest Green, we utilize the “hot lunch system” to email parents about upcoming activities, fundraisers, and special events going on throughout the school year. We encourage you to set up an account at [forestgreen.hotlunches.net](http://forestgreen.hotlunches.net) so you are in the loop with all things Forest Green.

We of course also use this system for HOT LUNCH! Forest Green offers hot lunch on Tuesdays for grades 1-6 that is provided through various local suppliers. The program is entirely web based through the hot lunch system. Menus are emailed out at the start of each month for you to select the food options for your child(ren). Payments will be accepted online only through using etransfer.

### **How to register on the hot lunch system:**

- Go to [www.forestgreen.hotlunches.net](http://www.forestgreen.hotlunches.net)
- Click on “Click Here To Register”
- Complete the registration form (*Including your email address will ensure you receive reminders about deadlines, and your child's hot lunch order for the upcoming week*)
- Click the “Register Now” button at the bottom
- Follow the instructions to add each child in your family who attends Forest Green School (*Hot lunch is available for Grades 1-6 only*)
- All teachers and grades are posted to match with your child



- Once your child(ren) are registered, click on “Orders”
- Proceed to order hot lunch for your child(ren)
- Please be sure to read through the policies on the webpage

**IMPORTANT NOTE:** If you had an account last year you must make a new one, as the system resets each school year to comply with privacy laws.

Should you have any questions, feel free to contact us at [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com)

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**Next Fundraising Society Meeting & School Council Meeting:  
Tuesday, March 10th at 5:15pm in the Library**

## Community Support Worker News

### **Community Support at Forest Green School:**

**Rainbows** - Rainbows supports students with family transitions such as loss, grief, separation, and divorce. We currently have two Rainbows groups offered on Tuesdays and Thursdays.

**Anger Management** - We currently have one anger management group offered on Tuesday mornings. Students will discuss and identify what triggers their anger. Understanding “what lit the fuse”? Makes it easier to manage the feelings and emotions, instead of carrying their anger around which could trigger an explosion. The group is offered over 16 weeks, one block per week.

**Self Control Group, or Wiggle Worms** - Is offered on Thursday mornings. The objective of the group is to teach children how to self regulate by learning to identify/apply self - control strategies that work for each child, while supporting students in developing skills, strategies and confidence. The group is offered over an 8 week period, one block per week.

**Friendship/Social Skills Group** - The objective of the group is to teach children how to make and keep a friend, while supporting students to understand the connections with thinking, feeling, and doing. The duration of the group is 12 weeks, one block per week.

**Resilience Building What Floats Your Boat?** - The objective of the group is to build resilience in children. Students will deepen their understanding of the skills required to help them not to give up when “life’s waters get choppy”. The duration of the group is eight weeks, one block per week.

As part of our health program we are excited to deliver a program called You Me and We to our grade 5 students at Forest Green School. The objective of the program aims to support students to build a foundation of an age-appropriate understanding of their brain. We will focus on learning what parts of the brain are responsible for how we relate to the world, including our peers.



I can also offer support and referral information to families about our community resources, agencies and support groups.

Please feel free to contact me if you have questions or would like to discuss programs further.

[jgoulden@psd70.ab.ca](mailto:jgoulden@psd70.ab.ca)

### **Stony Plain Public Library Programs**

<https://mysppl.ca/>

### **Stony Plain Youth Centre children ages 11- 18**

<https://www.stonyplain.com/en/live/youth-centre.aspx>

### **Alberta Parenting for the Future Programs**

<http://albertaparenting.ca/>

## **Parent Learning Opportunities**

### **Change Health Community Program**

**Change Family Health Evenings** - The CHANGE Clinic stands for Canadian Health Advanced by Nutrition and Graded Exercise, and provides a new model of health service delivery that supports preventive, personalized, and community-relevant care to the people of Alberta. Parkland School Division is proud to partner with the CHANGE Clinic to offer FREE sessions for parents/guardians and their children, focused on four key areas; Nutrition, Physical activity and fitness, Mental health and well-being and Strong partner/family relationships and community connections.

Participants will have the opportunity to make healthy changes to their daily lifestyles, engaging in hands-on activities that promote family fun, community connectedness and mental wellness, while trying their hand at nutritious recipes and learning about local health resources. Sessions will run throughout the year. Dinner will be provided at each session, and participants are asked to dress comfortably, bring their indoor shoes and come prepared for some great activities. Interested? please contact Jenn Goulden at [jgoulden@psd70.ab.ca](mailto:jgoulden@psd70.ab.ca) or more information can be found at <https://forestgreen.psd70.ab.ca/view.php?action=object&id=22587&stream=Homepage%20News>

Sat, 7 March 2020

9:30 AM – 11:30 AM ADHD, Now What?

<https://www.eventbrite.ca/e/adhd-now-what-registration-86163046993>

### **Walk to Support our Local Food Bank**





On **February 22, Parkland Food Bank Society** is hosting the **Coldest Night of the Year**, a 2, 5 & 10 km winter walk hosted in 133+ cities across Canada in support of our work here in Spruce Grove, Stony Plain and Parkland County with the hungry and hurting.

**GOAL:** With your help, our goal is to raise \$60,000 by February 22, 2020!

- **HOW:** To accomplish our goal, we're looking for 35 team captains (of all shapes, sizes and ages) who will recruit 7-8 friends to their team, with a goal of raising \$2000 per team. Of course, we're also looking for a whole pile of walkers to join each of our teams and help us raise the funds.
- **TOQUE BONUS:** Every walker who raises either \$75 (youth 17 and under) or \$150 (for adults) gets our famous Coldest Night toque.

### **How To CAPTAIN a Team for PARKLAND FOOD BANK SOCIETY**

Once you've registered, your team and name will show up on the Scoreboard and on our location page too! (Note: it takes 5-10 minutes to appear.)

- Visit <https://cnoy.org/location/sprucegrove> and click the big REGISTER button
- Create your new account (or sign in to your account from last year)
- Select the LOCATION where you'll be walking and continue
- Click to accept the WAIVER and continue
- Under REGISTRATION TYPE, click CREATE A TEAM
  - Name your team (and write a brief description)
  - Accept or increase your fundraising goal (this can be edited later!)

Once you've registered, your team will show up on our CHARITY PAGE, which is:

<https://cnoy.org/location/sprucegrove>

You can begin recruiting team members and raising funds for Parkland Food Bank immediately!

### **How to JOIN a TEAM for PARKLAND FOOD BANK**

If you would like to walk with us but don't want to start a team, please join our general team called Team Parkland Food Bank:

- Visit [cnoy.org](https://cnoy.org) and click the big REGISTER button
- Create your new account (or sign in to your account from last year)
- Select the LOCATION where you'll be walking and continue
- Click to accept the WAIVER and continue
- Click JOIN A TEAM (or register individually if you wish and join a team later)
- Search for your TEAM by name or captain name
  - Select that team from the list and proceed to complete registration

We are also looking for event volunteers and people to donate to our brave walkers. To donate or volunteer visit <https://cnoy.org/location/sprucegrove>

If you have any questions or need promotional materials (posters or hand out cards) please contact us below:

Director: Sheri Ratsoy

**Phone: 780-962-4565**

[sheri@parklandfoodbank.org](mailto:sheri@parklandfoodbank.org)



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