

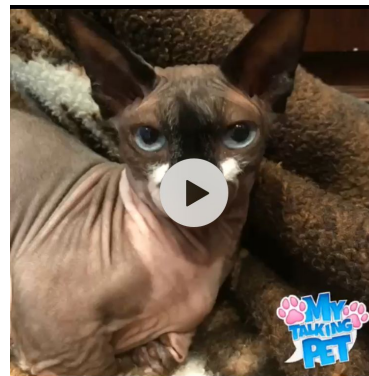
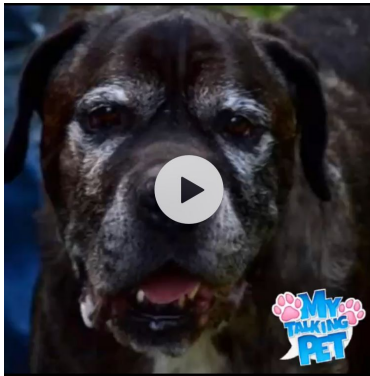


## October, 2020

### Leadership Message

We want to thank all of you for your continued support as we navigate our new world. Your children continue to show resilience as we adjust to the ever changing world of COVID. In fact, the students are doing so well, life within Forest Green School feels somewhat normal...the only piece missing is the in person connection we love with our volunteers. Please know that as soon as we can have you back, we will!

Here is a special message from 2 special Forest Green Friends...Bruna and Stella.



As always, please do not hesitate to contact us at the school with any questions or concerns that you may have.

780-963-7366 or [forestgreen@psd70.ab.ca](mailto:forestgreen@psd70.ab.ca).

## General Information

### Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2020/2021 School Year

Please click [here](#) to view our COVID School Re-Entry Handbook.

### 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. Bus Drop-Off is at 8:15 am
2. Students who are being driven or walking should plan to be here after 8:20, but before 8:30.
3. Supervision begins at 8:15 am, please do not drop your children off before this time as there are not adults outside to supervise.
4. Students will now stay outside in their zone when they arrive at school until the first bell.

### Visiting Forest Green

To comply with AHS guidelines, we ask that you call the school prior to entering. When you arrive, you will be asked to sign in and fill in the COVID screening checklist. We are not permitting visitors into classrooms at this time.

### Masks/COVID

Students and staff are adjusting very well to the new protocols and procedures in place because of COVID. Please ensure you are continuing to complete At Home Screening checklist BEFORE you send your child/children to school. Please click on ["What to do if you are sick"](#) for information, should your child have symptoms. Also, please ensure all children in grades 4-6 have a mask. Here are a couple of messages from Bruna and Stella...2 special guests who are really proud

### 2020-2021 Bell Schedule

Please note our revised bell schedule

<b>8:15am</b>	Supervision Begins (Buses Arrive)
<b>8:25am</b>	Doors Open
<b>8:30am</b>	Welcome Bell
<b>8:35 am</b>	O'Canada & Announcements
<b>8:40 am</b>	Instruction Begins
<b>10:25 - 10:40</b>	Recess
<b>11:50 am - 12:20 pm</b>	Noon Recess
<b>12:20 - 12:40pm</b>	Lunch Break
<b>12:40pm</b>	Instruction Begins
<b>3:05 pm</b>	Dismissal
<b>3:15pm</b>	Supervision Ends



## Parent/Teacher Interviews – Oct. 28 & 29th

Parent Teacher Interviews will be held virtually this month. Parents will sign up through the school [website](#), the same as last year (We have not yet set up the interview schedules yet, so you cannot book at this time). We will be sending out further information a couple of weeks prior to interviews. At that time you can book your interview.

## 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.

**October 2020** today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30 Orange Shirt Day Terry Fox Run Day	1	2	3
4	5 World Teachers' Day	6 9:30a Board of Trustees	7	8	9 Staff Planning & Development	10
11	12 Thanksgiving Day	13 5:15p Fundraising Event 6:30p School Council	14	15 Grade 6 Immunization	16	17
18	19	20	21	22	23	24
School Bus Safety Week				9a Student Advisor		
25	26 WCJHAA Junior Volleyball Championship	27 WCJHAA Senior Volleyball Championship 9:30a Board of Trustees	28 4p Parent/Teacher	29 4p Parent Teacher	30	31

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



## School Council & Fundraising Society

### Hot Lunch

#### **Be in the know about all things Forest Green!!**

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 on this system so you are in the loop with all things Forest Green, even if your child doesn’t order hot lunch.

#### **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 news about events and fundraisers, reminders about deadlines, and ways you can help out the school*)
- Click the “Register Now” button at the bottom
- Follow the instructions to add each child in your family who attends Forest Green School
- All teachers and grades are posted to match with your child
- 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).

#### **Forest Green School Parent Council & Fundraising Society**

*\*Next meeting: Tuesday, October 13 - Fundraising Society @ 5:15, Parent Council @ 6:30\**

*Feel free to attend virtually via Google Meets. Link located in the School Calendar.*

*\*\*New faces always welcome!\*\**

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**Next Fundraising Society Meeting & School Council Meeting: Tuesday, October 13th  
@5:15pm & 6:30pm**



## Community Support Worker News

Here are some In School Programs that may be available this upcoming school year.

**Rainbows** - The program aims to assist learners during difficult situations in their lives such as death, divorce and separation. Rainbows is a support group that encourages children to talk about their feelings in an environment which is safe, with peers that are experiencing similar struggles and feelings. <https://www.rainbows.ca/>

**Anger Management** - Students will learn tools and strategies to deal with anger in more constructive, productive ways. Students will explore and understand their anger and their triggers for anger. This group's aim is to assist our students to understand anger as an emotion and how to handle it. That is, not hurting others, property or themselves. The group supports students to recognize where their anger comes from, so that they can learn positive alternatives to regulate themselves.

**Managing Anxiety** - Children will learn through a variety of fun games, activities and discussions. The group aims to empower students to manage their feelings of worry. Students who struggle with worrying about things that are out of their control or whose school attention and performance is affected by their worries are ideal candidates for this group. The lessons are divided into 10 weekly sessions focusing on successful language use and cognitive - behavioural techniques.

**Coping Skills and Strategies** - Students who may struggle with anxiety, depression, anger management and emotional regulation. The group's aim will be intended to help children identify various coping skills that can help them through difficult situations, or feelings. Daily life has many challenges that require emotional management and behavioral adaptation in order to respond to environmental demands.

**Positive Parenting Program** - Also, known as Triple P. I am a certified practitioner of the program and can assist families through 1:1 support. Families will receive a certificate upon completion of the program. To find out more about the program, please contact me.

<https://www.triplep-parenting.ca/alb-en/about-triple-p/positive-parenting-program/>

- I can also offer support and referral information to families about our community resources, agencies and support groups. If you have any questions or concerns, please do not hesitate to contact me.
- I am always available to explain these programs further, just let me know if you would like to hear more about these programs and how they may be able to assist your children.



## Parent Learning Opportunities

**Kids Have Stress Too! (5 spots left)**

<https://www.eventbrite.ca/e/kids-have-stress-too-registration-118862911167>

**Triple P (Oct 13- 10 spots)**

<https://www.eventbrite.ca/e/triple-p-parenting-group-registration-119643704541>

**Triple P Dealing with Disobedience**

<https://www.eventbrite.ca/e/triple-p-dealing-with-disobedience-registration-120412776857>

**How to be an Effective Advocate for your Child**

<https://www.eventbrite.ca/e/how-to-be-an-effective-advocate-for-your-child-registration-118866602207>

**Nourishing your ADHD Child's Full Potential**

<https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-registration-118870056539>

**ADHD and the Effects of Screen Time**

<https://www.eventbrite.ca/e/adhd-and-the-effects-of-screen-time-registration-119536704501>

**Decreasing Explosive Behaviours through Emotional Regulation**

<https://www.eventbrite.ca/e/decreasing-explosive-behaviours-through-emotional-regulation-registration-118871173881>

**Alberta Parenting for the future Programs**

<https://www.eventbrite.ca/o/alberta-parenting-for-the-future-association-15112757928>