



November, 2020

Leadership Message

October has proven to be a very busy month! We have just wrapped up our first ever Virtual Parent/Teacher Interviews and things went very well. Thank you for your patience with us as we have navigated our new virtual way of doing so many things we prefer to do in person. Halloween at school was celebrated with a live streamed virtual parade and it was awesome!

We cannot even believe that we have **completed 1/2 of our school year!** Although it's taken some adjustment, creativity and collaboration, our students and staff are proving to be TOP NOTCH when it comes to adapting, adjusting and going with the flow. Because of this, we have strived to ensure our focus continues to be on student success and well being. This month teachers will be completing term 1 report cards which will be released in early December. Teaching and learning is in full swing at Forest Green School and it feels great!

As we will not be having a Remembrance Day Ceremony in the gym this year, we will still show our respect by listening to 'The Last Post' followed by a minute of silence and the Revelry.

Please remember that **Fall Break is November 9th - 13th**, students and staff do not attend! As always, please do not hesitate to contact us at the school with any questions or concerns that you may have at 780-963-7366 or forestgreen@psd70.ab.ca.

Here's a Message from our good friend Stella and her friend Lulu!



Stella



Lulu



Focus on Numeracy

One of our key focuses this year when it comes to student learning will be Numeracy. Our teachers are very excited to learn how to use some new tools in combination with our existing tools to work toward improving student achievement in Numeracy. We are also working closely with PSDs Learning Services department to provide professional learning opportunities for our teachers. A couple of the new resources being used include Mathology (Gr. 1 & 2) and First Steps in Math (Gr. K-6). We look forward to our learning and growing alongside your children.

General Information

[Feeling Sick? Here's What to Do - UPDATE](#)

- Please click on the above link for direction on what to do when your child is sick.

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 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.**



2020-2021 Bell Schedule

Please note our revised bell schedule

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

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.

November 2020

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WCJHAA Junior Vol WCJHAA Senior Vo	2 6:15p Fundraising F 6:30p School Coun	3 Take Our Kids to W WCJHAA Senior Vo	4 9a PICTURE RETAK	5	6
8	Fall Break					14
			10 Remembrance Day	11	12	13
15	16	17	18	19	20	21
22	23	24 9:30a Board of Tru	25	26	27 9a Student Advisor	28
29	30	1	2	3	4 Term 1 Report Card	5



School Council & Fundraising Society

Should you have any questions, feel free to contact us at fgsfundraising@gmail.com.

Forest Green School Parent Council & Fundraising Society

Next meeting: Tuesday, November 3 - 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!

**Next Fundraising Society Meeting & School Council Meeting: Tuesday, November 3rd
@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

Alberta Parenting for the future Programs

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

Family Life Psychology and Spruce Grove FCSS have partnered to offer 2 free one hour webinars.

Relationship Skills: Improving Communication & Enhancing Connection
Learn about practical skills that you can use today to improve your relationships with your significant other, friends, family and others.
November 4, 2020 7:30pm – 8:30pm

To register visit: www.familylifepsychology.ca/webinars

After registering, a Zoom link will be sent directly to participant's provided email.

Please see online learning sessions (free) for parents and caregivers, hosted by Alberta Health Services and the Mental Health Foundation. Session topics include: self-regulation/emotional regulation, ADHD, anxiety, and technology. There are a variety of session times to meet families' needs - after-school/evening hours, as well as lunch and learns.

<https://drive.google.com/file/d/15OEIXYRsK3pJuYX116Cetv79hMW7ZRJO/view?usp=sharing>

Spruce Grove FCSS will offer free, in-person and virtual programs to support social connection, resilience and mental well-being. Due to the current situation with COVID-19 and based on guidelines from the Province of Alberta, FCSS Fall Programs will operate a bit



Forest Green School

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differently this year.

For more information on the rules and guidelines for in-person programs visit

www.sprucegrove.org/FCSSPrograms

Registration is required for all programs. To register, visit sprucegrove.org/onlinereg or call 780-962-7618.