



# February 2020

## Leadership Message

Happy February! It's hard to believe that we are nearly half way through the school year! Thank you for continuing to ensure you are driving nice and slow as you pick up and drop off your kids. 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.**

Here are some important dates to put in your calendars:

- February 6th & 7th - Teacher's Convention - NO SCHOOL
- February 11th - Fundraising Society (5:15pm) & School Council Meetings (6:30pm)
- February 12th -
  - Play Parkland Gr. 3 & 4
  - Kindergarten Open House 6:00 - 7:00pm
- February 13th - Grade 5 & Grade 6 Bennett Centre Field Trip
- February 13th, 20th, 27th, March 5th - Ski and Snowboard Club to Rabbit Hill (3:30 - 8:30pm)
- February 14th - Weyburn High School Band & Choir Performance
- February 24th - Gr. 1 & 2 Dental Visits

## General Information

### All Parents

### Online Registration/Verification for 2020-2021

Online registration and verification for the 2020-2021 school year will open 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.psrsupport.com](mailto:noreply@noreply.psrsupport.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.

### **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

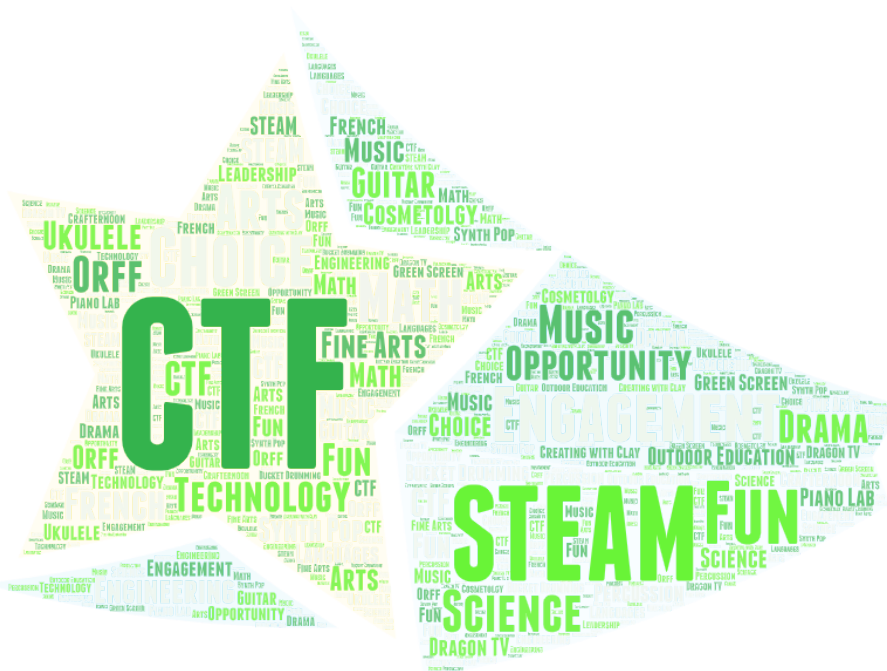
Please note our revised bell schedule

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 am	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

## CTF/Options

Term 2 CTF have begun. If your child chose a class that has a fee, please log in to your Powerschool Parent Portal to pay.

You can view our Term 2 CTF courses [here](#).





## 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.

### February 2020

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
		9a Education Comr 1:30p GrandBuddie 6p Strong Families	Grade 3 In School f Kindergarten In Scf	Grade 4 field trip in Kindergarten in scf		
2	3	4	5	6	7	8
	8:30a Grade 6 Winter Camp	Kindergarten Open 1:30p GrandBuddie 6p Strong Families 6:30p Seba Beach!		Teachers' Convention PD - Non-Instructio Staff Planning & De	PD - Non-Instructio Staff Planning & De	
9	10	11	12	13	14	15
		9:30a Board of Tru: 5:15p Fundraising S 6p Strong Families 6:30p School Coun	Kindergarten Open 6p Kindergarten Oj	9a Gr 5 & 6 Bennet 3:30p Ski & Snowb		
16	17	18	19	20	21	22
	Family Day Family Day - Non-It		ADHD: Strictly Stra	3:30p Ski & Snowb	8:45a John Janzen -	
23	24	25	26	27	28	29
	WCJHAA Junior Basketball Championship 11a Dental Visit Gr.1	6p Strong Families		3:30p Ski & Snowb	Jump Rope for Hea	

Division Events

PD Days / Breaks

Stat Holidays

School Events

PATs Gr.6

## School Council & Fundraising Society

### Important Dates:

- Hot Lunch Deadline - January 21st
- Oil Kings Fundraiser coming in February

\*We would also like to give a special thanks to all of the Pancake Breakfast Volunteers! You are all so



wonderful and appreciated!

### **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(Agenda):  
Tuesday, February 11th 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.

**Worry Warriors** - Is offered to our students on Tuesday afternoons. The purpose of the Worry Warriors group is to build coping skills to deal with worry. The group aims to empower students to manage their feelings of worry. Students who struggle with worrying about things outside of their control or whose school attention and performance is affected by their worries are ideal candidates for this group. Students will learn about deep breathing, muscle relaxation, and more. The group is offered over a 10 week period, 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>

Wed, 19 February 2020

6:00 PM – 8:00 PM ADHD Strictly Strategies

<https://www.eventbrite.ca/e/adhd-strictly-strategies-registration-83486689937>



Thu, 20 Feb 2020, 9:30 AM Decreasing Emotional Behaviors Through Emotional Regulation- 2 Part Series

<https://www.eventbrite.ca/e/decreasing-explosive-behaviours-through-emotional-regulation-registration-84270133237>

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





## *Forest Green School*

5210 45 Street  
Stony Plain, AB T7Z 1R5  
Phone: 780-963-7366  
Fax: 780-963-0341  
Email: forestgreen@psd70.ab.ca

- 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)