



# January 2020

## Leadership Message

Welcome back and happy new year! We were so fortunate to have had the new year at Forest Green start off with a whole school Pancake Breakfast provided by our AMAZING Fundraising Society! It was enjoyed by all and so greatly appreciated!

THANK YOU!

Here are some important dates to put in your calendars:

- **January 7th** - Grade 2 GrandBuddies
- **January 10th** - Grade 5/6 Play Parkland
- **January 16th** - Professor Wow Cultural Event
- **January 17th** -
  - Grade 3/4 Play Parkland
  - Grades 5 & 6 Bennett Center Field trips all day
- **January 21st** - Hot Lunch Due
- **January 24th** -
  - Grade 1 In-school Field Trip
  - Grade 5/6 Play Parkland
- **January 28th** - Grade 2 GrandBuddies
- **January 29th** -
  - Grade 3 In School Field Trip AM
  - Kindergarten In School Field Trip PM
- **January 30th** -
  - Grade 4 In School Field Trip AM
  - Kindergarten In School Field Trip PM
- **January 31st** - Grade 3/4 Play Parkland
- **February 3rd - 5th** - Grade 6 Winter Camp
- **February 6th & 7th** - Teacher's Convention - NO SCHOOL

## General Information

### All Parents

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

<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 am</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

## 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.

### January 2020

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	Christmas Break					
	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	
			New Year's Day			
5	6	7	8	9	10	11
	First Day of School 9a Pancake Breakfast	1:30p GrandBuddie				
12	13	14	15	16	17	18
		6p Board of Trustees 6p Strong Families	6p ADHD 101 Myths		9a Gr 5 & 6 Bennet	
19	20	21	22	23	24	25
		6p Strong Families			10:15a Grade 1 In-School	
26	27	28	29	30	31	1
		9a Education Comm 1:30p GrandBuddie 6p Strong Families	Grade 3 In School f Kindergarten In Sch	Grade 4 field trip in Kindergarten in sch		

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: Tuesday, December 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.

**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>

### **Strong Families: Positive Parenting Program - Teens**

**When:** Tuesday, January 21, 28, February 4, 11 & 25 6pm-7:30pm

**Where:** [Parkland School Division No 70 Centre for Education](#)  
4603 48 St, Stony Plain, AB T7Z 2A8, Canada



**What:** Learn ways to help your teenager communicate well, develop healthy routines, follow rules and solve problems. Think of this session as a toolbox of ideas. You choose the tools you want to make your family life better. You can adapt the ideas you learn to suit your culture, beliefs and personal situation, using them to build better relationships with your child, solve problems, become a more confident mom or dad and give your child the best start to life

\*Space is limited and a light supper will be provided. There is limited childcare..

**To Register, Please Contact:**

Vicky Mamczasz

Family Supports Facilitator

Phone: 780-963-8472

Email: [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)

ADHD 101: Myths and Realities

<https://www.eventbrite.ca/e/adhd-101-myths-and-realities-registration-83483594679>

ADHD Strictly Strategies

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

Decreasing Emotional Behaviors Through Emotional Regulation- 2 Part Series

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

ADHD, Now What?

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