



# November 2019

## Leadership Message

We sure hope that students enjoyed a well deserved fall break. The learning and growing continues to flourish here at Forest Green. The students' sense of community and belonging is strong and something we work very hard to foster. You are integral members of your child's learning team and you are valued greatly here...Thank You for all that you do!

Our team is working hard to ensure your children are learning and growing, please continue to reach out when you have a question or concern as we will always do our best to offer support. As we prepare for the homestretch to Christmas Break, there are a number of important dates for you to be aware of.

Here are some important dates to put in your calendars:

- **December 6th -**
  - **K, Grade 1 & 1/2 Christmas Concert** - 1:30 - 2:30pm
  - Report Cards Available online - Please contact our office if you are unable to login to your [powerschool account](#) to access your child's report card.
  - Please click [here](#) to view information on the new report card and descriptors
- **December 10th -**
  - Fundraising Society - 5:15pm & School Council Meeting - 6:30pm. Please click [here](#) to view previous meeting minutes and agendas.
- **December 10th & 11th -**
  - Christmas Shop is Open (more information to come)
- **December 18th -**
  - **Grade 2 - 6 Christmas Concerts**
    - 1:30 - 2:30pm - Extended Family are welcome to attend
    - 7:00 - 8:00pm - **Immediate Family only** as our gym does not have capacity beyond immediate family
- **December 23 - January 3 - Christmas Break - 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.



## Lost & Found

Our Lost & Found Items will be put out on display to be the last week before Christmas Break.  
*Unclaimed items will be donated over Christmas Break.*

## 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</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

Our grade 5/6 students will be wrapping up their term 1 Options and selecting for term 2 prior to Christmas Break. We will be sending home information for term 2 shortly.

## 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 2019

today < >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
	WCJHAA Junior Volleyball Championship		WCJHAA Senior Volleyball Championship			
		9a Gr. 6 Round 1 Im 6p Strong Families				
3	4	5	6	7	8	9
WCJHAA Senior Volleyball Championship		9:30a Board of Tru:	Take Our Kids to W	8a PICTURE DAY - P	10:45a Remembrar	
	WCJHAA Junior Voll		WCJHAA Senior Vo			
10	11	12	13	14	15	16
	Remembrance Day	Fall Break				
	Remembrance Day	Fall Break	Fall Break	Fall Break	Fall Break	
17	18	19	20	21	22	23
		5:15p Fundraising S 6:30p School Coun	11a Kindergarten - S		1:15p Kindergarten!	9:30a Go Away An
24	25	26	27	28	29	30
	5p WCJHAA Volley	9:30a Board of Tru: 6p Strong Families				

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



## School Council & Fundraising Society

### Christmas Shop



# Christmas Shop



During Tuesday, December 10th and Wednesday, December 11th The Forest Green School Fundraising Society will be hosting the Christmas shop! This event is available to **all** grades. Each participating student can shop and wrap 2 gifts to take home and give to their chosen recipient/s.

The fee to participate is \$10.00 per student, **pre-payment for this event is required by December 3rd, 2019.**

We encourage online sign up via our hot lunch system; [www.forestgreen.hotlunches.net](http://www.forestgreen.hotlunches.net). Please note; if you don't already have an account on our hot lunch system, you will need to register and pay via E-transfer. Alternatively, please complete the form below and return with cash (exact cash only - as no change will be given) or cheque (payable to: Forest Green School Parent Council Association).

If you would like to volunteer to help with this event, please contact us at; [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com). Wishing you a happy holiday season!

## SEEKING TALENTED BAKERS!!!

We received a suggestion this year to hold a "sweet silent auction" at the Christmas Concert performances and we think its a delicious idea! **To make this happen we would need some talented bakers to donate beautiful christmas cakes.** These would need to be ready and delivered the day before the concert dates so we could promote the "sweet silent auction" with some pictures of these beautiful creations. How many performances we can do this and which dates will depend on how many eager bakers come forward.

\*\*\*Please let us know if you would be interested in helping to make this sweet dream a reality! Email us at [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com).

Thank you for supporting our school!!

### 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 permission forms have gone home with every student in grades 1 and 2 at Forest Green and will be offered over the lunch/recess time on both Tuesdays and Thursdays. The program will be offered to other grades, later in the year. Rainbows supports students with family transitions such as loss, grief, separation, and divorce.

In partnership with the Stony Plain FCSS we will be offering a 6 week group designed to help them build resiliency by focusing on what I call the 7 C's of resilience: competence, confidence, connection, character, contribution, coping and control. Students will develop these areas through a series of activities and discussions designed to help them develop and improve their social and emotional skills and understand and improve their self-esteem.

I will be offering a variety of other student support groups in addition to the ones mentioned above, such as:

Anger Management, Friendship/Peers, Coping skills and Strategies, Social Skills, Anxiety, and Emotional Regulation.

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>

### **Stony Plain Multicultural Centre Programs and Events**

<https://multicentre.org/>



## Parent Learning Opportunities

### Go Away Anxiety!

**Saturday, Nov 23rd, 2019, 9:30am–12:30pm**

Presenter: Kim Silverthorn, B.A., R.P.C., M.P.C.C.

Tacit Knowledge Counseling and Mental Health Training

This session will provide participants with a wide variety of hands-on activities and tools to help individuals of all ages cope with the negative and often debilitating feelings that accompany issues of trauma, anxiety and depression. This session is quick paced and experiential- participants will have the opportunity to try many of the strategies being shared in this workshop format.

Location: Family Connection Centre 5600 50 street Stony Plain.

Registration through eventbrite. No Cost.

Contact: Heidi@apfa.ca for more information or to register

### Evening 1: Anxiety in Children and Teens

This session will summarize the difference between anxiety and stress, how anxiety works, what anxiety can look like in children and adolescents and types of anxiety problems.

### Evening 2: Strategies to Support Your Anxious Child/Teen

This session will be a practical and interactive discussion of strategies for self-regulation, self-talk, healthy habits and being brave when supporting your child or adolescent through struggles with anxiety.

**Dates: Tuesday, November 26th and December 3rd, 2019**

Time: 6:00pm-7:30pm

Presenter: Jennifer Harris (Registered Psychologist)

A light supper will be provided.

To register, please contact:

Vicky Mamczasz

Family Supports Facilitator

Phone: 780-963-8472 email [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)