



January, 2022

Leadership Message

Happy New Year...even if it feels like it is just a repeat of last year! I think to everyone's surprise, this year is starting off very similar to how last year started with regards to the need to distance, mask and sanitize. We will continue to do all that we can to ensure the safety of our staff and students by following all government guidelines and we are hopeful that one day soon this can all be put behind us.

We are proud of our students and the resilience they continue to show through all of this. It is our goal at Forest Green to continue to keep life at school as normal as possible while following all protocols put in place.

Key Dates this Month

- January 10th - Students First Day after back Winter Break
- January 14th - Farm Safety Presentation - Virtual

Please continue to complete the [daily screening checklist](#) each day and to follow the advice of AHS should your child have symptoms. As always, please do not hesitate to contact us at the school with any questions or concerns that you may have at either 780-963-7366 or forestgreen@psd.ca.

Take care,
Nealle

Literacy & Numeracy Interventions at FG

Our grade 1-6 Literacy Intervention groups are in full swing and we are so excited to see the growth in our kids! We are just getting started with our grade 2/3 Numeracy Intervention groups and will be adding in our grade 1s shortly.

General Information

Government issued Masks & Rapid Tests

We should be receiving masks and rapid tests for staff and students by the end of this week or early next week. When we receive the masks we will send half of a 2 week supply home and keep half in the classrooms. This will ensure students have access to a mask when at school as well as ensure 2 weeks work of masks don't get lost in transit. The rapid tests will be available and sent home as well. Please ensure you have filled in [this survey ASAP](#) to receive your masks/rapid tests.

Please review the updated [Guidance for School Re-Entry](#). Changes are highlighted in yellow. Please review the [Stay at Home Guide](#) as well when deciding if kids should attend.



Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2021/2022 School Year

Reporting Absences

To report an absence for your child, please email forestgreen@psd.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 no adults outside to supervise.
4. Students will now stay outside in their zone when they arrive at school until the first bell.
5. **Speed** (30km/hour or less) - Please ensure you are following the speed limit. Please remember, the speed limit is for optimal road conditions...our little cul de sac is often very icy, please adjust your speed accordingly.
6. **Curbside Parking** - Please respect our residents who live near the school. Please do not block any of the resident driveways as you pick up or drop off your children. Parking is limited near the school. Attached is a map showing alternate drop off points you may consider for your children.
7. **Skating Rink Parking** - please use caution as you are backing in or out, as many of our walkers are short and may not be easily seen.

Thank you again for respecting our drop off and pick up times. We are outside until 3:15pm, so you are free to pick up your child closer to 3:15pm if that works, as there are significantly less vehicles at this time.

Visiting Forest Green

To comply with AHS guidelines, we ask that you wear a mask and come straight to the office. We are not permitting visitors into classrooms at this time.

Masks/COVID

All staff and students in grades 4-6 are required to wear a mask at all times when in the school, unless they are taking a "Mask Break" distanced from others. Students in grades K-3 must have a mask so they can put it on in situations that require it. We are expecting that all students will wear a mask in the hallway, in music and in library class. Please ensure you are continuing to complete the [At Home Screening checklist](#) BEFORE you send your child/children to school.



2021-2022 Bell Schedule

Please note our revised bell schedule

8:15am	Supervision Begins (Buses Arrive)
8:25am	Doors Open
8:29am	Welcome Bell
8:34 am	O'Canada & Announcements
8:39 am	Instruction Begins
10:27 - 10:42	Recess
11:54 am - 12:24 pm	Noon Recess
12:24 - 12:44pm	Lunch Break
12:44pm	Instruction Begins
3:05 pm	Dismissal
3:15pm	Supervision Ends

Calendar

Our School Calendar has changed from last year...and boy is it more user friendly than the previous calendar. As it is no longer a google calendar, all you have to do is go to the [calendar on our website](#) and click on one of:

Download to iCal **Add to Google Calendar** **Subscribe to Calendar**

Located at the top of the calendar on our website. You can then search by grade level, event or topic to find information you are looking for as needed.

Message from our School Council Chair

If you have any questions, please don't hesitate to touch base with me at forestgreen.scchair@partner.psd.ca and follow our Facebook page at Forest Green School Parent Council & Fundraising Society.

Next School Council Meeting is Tuesday, February 7th at 6:30pm, via Google Meets due to current health restrictions.

GMEET LINK: meet.google.com/jeg-emrh-ndq

The more the merrier!



School Council & Fundraising Society

Hot Lunch

*****February Hot Lunch Orders are Due: Friday, January 21, 2022.**

Order online at: <https://forestgreen.hotlunches.net/admin/>

Stay tuned for upcoming fundraisers: Mundare Sausage, Purdy's Easter Chocolates, Spring Flowers and More!

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

**Next Fundraising Society Meeting:
Tuesday, February 7th at 5:15pm
We love to see new faces!!!!**

Community Support Worker News

Hi Forest Green families, I hope that you had a relaxing Christmas Holiday spent with the people you love and care most about, and I wish you the best in 2022. Below I have provided some community support and information. If you have any questions or concerns, please do not hesitate to contact me at jenn.goulden@psd.ca.

There is support in our community.

- 2-1-1 is here to help you find the right community and social services. It is confidential, multilingual, and available 24 hours a day across many parts of Alberta including Parkland County.
- Parkland Food Bank- apply online <https://parklandfoodbank.org/need-help/christmas-hamper/>

Reach out for support...

- Children and Family Services Crisis Unit: 780-427-3390
- Children's Mental Health Crisis Line & Response Team: 780-424-491
- RCMP Spruce Grove: 780-962-2222



- RCMP Stony Plain: 780-968-7267
- Youth Mental Health (Westview Primary Care Network) 780-960-9533 ext 221
- Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700
- MOBILE/AFTER HOURS CRISIS TEAM: 780-407-1000
- AHS - Addictions - Stony Plain: 780-963-6151
- Parenting support (APFA) - Triple P Parenting 780-963-0549
- Adult Crisis Response - 780-342-7777
- Support Network Distress Line - 780-482-4357
- Adult Mental Health Referral and Treatment - 780-424-2424
- Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422
- Help in Tough Times We're here to help - Alberta Health Services
<https://www.albertahealthservices.ca/amh/page16759.aspx>
- 811 - Health Link and Health advice 24-7

Parent Learning Opportunities

Parent Learning Opportunities:

Each month, Parkland School Division's Learning Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. contact vicky.mamczasz@psd.ca or follow the link to Strong Families Sessions.
<https://www.psd.ca/division/news>

ADHD 101

Date: Wednesday, January 12, 2022

Time: 6:30-8pm

Location: Online Zoom Webinar

Presenter: Chantal Jackson, Elements Health

This session will highlight the key qualities of ADHD, the strengths and challenges associated with it and the support available to those living with it, all while dispelling common myths about this condition.



ADHD Strategies

Date: Wednesday, January 19, 2022

Time: 6:30-8pm

Location: Online Zoom Webinar

Presenter: Chantal Jackson, Elements Health

This session examines a variety of strategies for managing ADHD at home, school and other environments. We will also explore the effects of executive functioning skills, such as impulse control, organization, planning, time management, self-regulation and focus.

Adult ADHD

Date: Wednesday, January 26, 2022

Time: 6:30-8pm

Location: Online Zoom Webinar

Presenter: Larissa Predy, Little Oaks Psychology

This session will explore what it means to be an adult living with ADHD, what it looks like in high achievers, and how our loved ones, network and community can be strong allies and offer support and understanding.

- [Register for ADHD 101](#)
- [Register for ADHD Strategies](#)
- [Register for Adult ADHD](#)

Please see some amazing...(and FREE!) online learning sessions for parents and caregivers, hosted by Alberta Health Services and the Mental Health Foundation. There are a variety of session times to meet families needs - after-school/evening hours, as well as lunch and learns. For more information or to register, visit www.cyfcaregivereducation.ca

Alberta Parenting for the Future - apfa Programming:

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

What can we do if our child is stuck in a spiral of negative self-talk?

[How to Stop Negative Self-Talk: 5 Simple Strategies You Can Try Today](#)

City University is offering free virtual counseling sessions remotely. Sessions start at children 6+ to adults and include couples and families. Appointments can be requested by visiting their website www.cityu.clinic.ca.



TriLeisure hours are 6am-9pm Monday to Friday and 7am-9pm on weekends, exceptions are stat holidays <https://www.trileisure.com/>.

Check out the [Spruce Grove Public Library](#) to stay up to date on activities and accessibility resources on their website.

[SP Library](#) - drop in to see the new location!

Teen Social Club: <https://www.eventbrite.ca/e/teen-social-club-registration-204566101717?aff=ebdsoporgprofile>

This program is with Dochas psychological services and is funded through the Alberta government community funding Application. It is for 14 – 17 years olds to gather in a social setting and build connections. Present will be a social worker and a provisional psychologist and a psychology practicum student. Through fun activities teens will build social skills and have access to mental health support.