



October, 2021

Leadership Message

We want to thank all of you for your continued support as we navigate COVID for the second year. Our students and staff are continuing to do what they can to ensure everyone is safe. We also want to thank you for supporting us when we call to let you know that your child has a cough or the sniffles. We are doing our best to be diligent and we appreciate your support in this. Please continue to complete the [daily screening checklist](#) each day and to follow the advice of AHS should your child have symptoms. We are so hopeful to put COVID behind us one day, but until that day comes this is our reality.

We are excited to start implementing our Literacy Interventions this month, so please watch for information coming home. These interventions are part of the Learning Loss Grant provided by the provincial government and it is to support students in gaining the learning lost as a result of COVID learning interruptions.

We will be hosting **Virtual Parent/Teacher conferences** this month on October 27th and 28th. More information for signing up will come closer to the dates. **Halloween** will look similar this year as to how it looked last year, virtual parade...more information will come from individual classroom teachers as we approach the end of the month.

As always, please do not hesitate to contact us at the school with any questions or concerns that you may have.
780-963-7366 or forestgreen@psd.ca.

General Information

Reporting COVID Cases

As AHS is not contact tracing, PSD has taken on the responsibility of notifying the class when there is a positive case WHEN given permission from the parent/guardian of the COVID positive student. We have received many questions about what to do when you receive these emails. The answer is just to watch your child closely for symptoms, remind



them to keep their mask on as well as to keep distanced and to wash their hands.

It is important to note that we will do our best to accommodate parents who choose to keep their child home when notified of a positive case in the classroom, however we are not set up for online learning this year, so while your child is at home they will not be receiving any teaching online. We cannot accommodate at home learning that goes more than 2 weeks. If you decide you would like learning to continue from home, please contact the office and we will discuss the options that you would have through Connections for Learning.

We will continue to accommodate at home learning for students who test positive and families recommended to isolate for as long as AHS recommends.

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.

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 when in the hallways as well as when necessary within the classroom. Students in grades K-3 must have a mask so they can put it on in situations that require it. 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

Parent/Teacher Interviews – Oct. 27 & 28th

Parent Teacher Interviews will be held virtually this month. Parents will sign up through the school website. (We have not yet set up the interview schedules yet, so you cannot book at this time). We will be sending out further information a couple of weeks prior to interviews. At that time you can book your interview.

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.

School Council & Fundraising Society

Hot Lunch

*****November Hot Lunch Orders are Due: October 20, 2021**

Be in the know about all things Forest Green!!

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 on this system so you are in the loop with all things Forest Green, even if your child doesn’t order hot lunch.

How to register on the hot lunch system:

- Go to www.forestgreen.hotlunches.net
- Click on “Click Here To Register”
- Complete the registration form *(Including your email address will ensure you receive news about events and fundraisers, reminders about deadlines, and ways you can help out the school)*
- Click the “Register Now” button at the bottom
- Follow the instructions to add each child in your family who attends Forest Green School
- All teachers and grades are posted to match with your child
- 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.



Next Fundraising Society Meeting & School Council Meeting: Tuesday, October 19th
@5:15pm & 6:30pm
We love to see new faces!!!!

Community Support Worker News

I hope that our families have had a wonderful start to the 2021 - 2022 school year. As we still experience the uncertainty that still lingers for all of us with the 4th wave of Covid 19. Together, we will have the best year possible.

I can 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 at jenn.goulden@psd.ca

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. To find out more email vicky.mamczasz@psd.ca

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>

Keeping Scattered Kids on Track - Supporting Children and Adolescents with ADHD

Attention deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.



Date: Monday, October 4, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12 for adults only.

Resilience in Parenting - Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver. In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, October 18, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Parenting Strategies that Promote - Positive Mental Health

In this two part series, we will explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1

Date: Tuesday, October 12, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Part 2

Date: Wednesday, October 20, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Anxiety: Overcoming Avoidance

In this final session of our fall anxiety series, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Wednesday, October 6, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children and youth in grades K-12; for adults only.

Social Skills – Developing social and emotional skills is essential to help our children succeed both in school and in life. Developing emotional awareness helps children better understand and respond to social situations. Join this session on social skills to build a parenting toolbox to help children improve their social skills. Tools we will explore in this session include:

1. Identifying visual or other resources to help your child learn more about emotions.
2. Developing a routine to set aside time each day to review various emotions each family member experienced throughout the day.
3. Turning difficult situations or sibling conflicts at home into learning experiences for children to label emotions and identify the emotions of others.
4. Planning social interactions with other adults or children. After the social interaction, review with



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your child the moments they experienced different emotions and have them guess the emotions the other individual experienced as well.

5. Incorporating social and emotional literacy into your daily life by talking about emotions characters are likely experiencing in books or movies.

<https://www.eventbrite.ca/e/social-skills-registration-172999344697?aff=ebdsoporgprofile>