



## September 2021

### Leadership Message

WOW! We are so excited to have all of our kids back at school! Seeing their bright, shiny faces each day fills all of our buckets. As COVID is certainly not yet behind us we are still taking precautions here at the school to help keep everyone safe and healthy. Distancing, Zones, recommended masks and regular hand washing and sanitizing continues to be practiced here at Forest Green.

Please remember to continue to complete the daily screen at home, and if your child is not feeling well, they should stay home. Here is a link to the daily [screening checklist](#).

Thank you for taking all of the precautions you need to take at home to ensure you are sending your students healthy to school. As well, thank you for being so supportive when we have had to call because your child is showing signs of illness.

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](mailto:forestgreen@psd.ca).

## General Information

### Parent Handbook

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

Please click [here](#) to view our COVID School Re-Entry Handbook.

### Reporting Absences

To report an absence for your child, please email [forestgreen@psd.ca](mailto: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.

- 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

To comply with AHS guidelines, we ask that you come into the office if you need to drop off or pick up. We are not permitting visitors into classrooms at this time.

### Picture Day

Lifetouch will be coming to our school on September 14th & 15th for Pictures. After Picture Day, order pictures on [mylifetouch.ca](http://mylifetouch.ca) using your portrait ID and Access Code which can be found on your Picture Day order form.

### 2021-2022 Bell Schedule

Please note our revised bell schedule

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

## Athletics

### Running Club

We are very excited to have a running club team again this year. Mrs. Meyer and Mrs. Dallinger will be leading it for all students K-6 who wish to participate. There is a per race fee and parents are responsible to transport students to and from the races each week. Please reach out to Mrs. Meyer if your child is interested and did not bring home a Running Club form, please reach out to Mrs. Meyer ([lisa.meyer@psd.ca](mailto:lisa.meyer@psd.ca)).

### Terry Fox Run

September 29 (Dependent on weather)



## 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

#### **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](http://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](mailto:fgsfundraising@gmail.com).

### **Forest Green School Parent Council & Fundraising Society**

*\*Next meeting: Tuesday, September 15 - Fundraising Society @ 5:15, Parent Council @ 6:15\**

*\*Outdoor meeting planned to maintain distancing\**

*\*\*New faces always welcome!\*\**

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**Next Fundraising Society Meeting & School Council Meeting: Tuesday, September 21st @5:15pm**

## **Community Support Worker News**

Welcome Back Forest Green Families. I hope that you have had a wonderful, safe, summer spent with the people you love to be with.

I wish all of you the best this upcoming 2021 -2022 school year.

Some of our Community Partners have back to school supplies if you, or anyone else is in need. They have extra backpacks, lunch kits, school supplies, school snacks, etc. Please email me for more information [jennifer.goulden@psd.ca](mailto:jennifer.goulden@psd.ca)

**Here are some In School Programs that may be available to our students this upcoming school year.**

**Rainbows** - The program aims to assist learners during difficult situations in their lives such as death, divorce and separation. Rainbows is a support group that encourages children to talk about their feelings in an environment which is safe, with peers that are experiencing similar struggles and feelings. <https://www.rainbows.ca/>

**Anger Management** - Students will learn tools and strategies to deal with anger in more constructive, productive ways. Students will explore and understand their anger and their triggers for anger. This group's aim is to assist our students to understand anger as an emotion and how to handle it. That is, not hurting others, property or themselves. The group supports students to recognize where their anger comes from, so that they can learn positive alternatives to regulate themselves.



**Managing Anxiety** - Children will learn through a variety of fun games, activities and discussions. The group aims to empower students to manage their feelings of worry. Students who struggle with worrying about things that are out of their control or whose school attention and performance is affected by their worries are ideal candidates for this group. The lessons are divided into 10 weekly sessions focusing on successful language use and cognitive - behavioural techniques.

**Coping Skills and Strategies** - Students who may struggle with anxiety, depression, anger management and emotional regulation. The group's aim will be intended to help children identify various coping skills that can help them through difficult situations, or feelings. Daily life has many challenges that require emotional management and behavioral adaptation in order to respond to environmental demands.

**Positive Parenting Program** - Also, known as Triple P. I am a certified practitioner of the program and can assist families through 1:1 support. To find out more about the program, please contact me.

<https://www.triplep-parenting.ca/alb-en/about-triple-p/positive-parenting-program/>

- I can also 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.
- I am always available to explain these programs further, just let me know if you would like to hear more about these programs and how they may be able to assist your children.

Below you will find a couple of links to resources and services. As always, please feel free to contact Jenn Goulden if you require more information. [jennifer.goulden@psd.ca](mailto:jennifer.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](mailto: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



*Forest Green School*

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

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](http://www.cyfcaregivereducation.ca)

**Alberta Parenting for the Future - apfa Programming:**

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