



# February, 2022

## Leadership Message

Just a couple more months and Spring should be here! As long as this year has felt at times, it really is hard to believe that we are more than halfway through the school year. We are continuing to put a tremendous amount of focus into our differentiated literacy and numeracy work as well as our interventions to support the learning loss COVID has caused for our students. The growth we are seeing is so exciting!

This month our grade 3-6 students have the opportunity to participate in Play Parkland...something we are so excited to be able to have go ahead despite the ongoing pandemic! This is a short, yet busy month. Please see below for a list of the key events in February.

### Key Dates this Month

- **February 8th & 9th** - Virtual Parent Teacher Conferences- Please click [HERE](#) to sign up
- **February 10th & 11th** - Teacher's Convention - NO SCHOOL for students
- **February 14th** - Valentines Day - Please do not send shared treats or candy with Valentines
- **February 15th** - Fundraising (5:15pm) & School Council Meetings (6:30pm) - links to come
- **February 16th** - Virtual Kindergarten Open House
- **February 21st** - Family Day - NO SCHOOL for Staff & students
- **February 23rd** - Pink Shirt Day

### Hot Lunch Procedure for Students who are Absent:

**IMPORTANT:** If your child is absent and you would like to pick up their hot lunch, please send an email to [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com) NOT your child's classroom teacher or the office. This will ensure the volunteers pull the lunch and bring it to the office before it gets donated.

Please continue to complete the [daily screening checklist](#) each day and to follow the advice of AHS should your child have symptoms. Rapid tests and masks will be sent home as they arrive at school for those parents who have requested them.

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](mailto:forestgreen@psd.ca).

Take care,  
Nealle

## General Information

### Government issued Masks & Rapid Tests



We have received and distributed our first shipment of masks and rapid tests for staff and students. We hope to receive and distribute the second shipment soon. 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. If you requested for the first round, we will automatically send you a second kit. If you did not request, but would like to, please send me an email. [nealle.dickson@psd.ca](mailto:nealle.dickson@psd.ca)

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](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.
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.
8. **Staff Parking Lot** Please do NOT pick up or drop off in the staff parking lot.

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](mailto:forestgreen.scchair@partner.psd.ca) and follow our Facebook page at Forest Green School Parent Council & Fundraising Society.

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Next School Council Meeting is Tuesday, February 15th at 6:30pm, via Google Meets due to current health restrictions.

GMEET LINK: [meet.google.com/jeg-emrh-nda](https://meet.google.com/jeg-emrh-nda)

The more the merrier!

## School Council & Fundraising Society

### Hot Lunch

\*\*\*February Hot Lunch Orders are Due: Monday, February 21, 2022

**IMPORTANT:** If your child is absent and you would like to pick up their hot lunch, please send an email to [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com) NOT your child's classroom teacher or the office. This will ensure the volunteers pull the lunch and bring it to the office before it gets donated.

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](mailto:fgsfundraising@gmail.com).

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Next Fundraising Society Meeting: Gmeet link will be sent

Tuesday, February 15th at 5:15pm

We love to see new faces!!!!

## Community Support Worker News

Greeting Forest Green families, 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](mailto:jenn.goulden@psd.ca)

### Helpful Links for Parents and Caregivers.:

Caring for Kids - Information for Parents from Canada's Pediatricians



<https://www.caringforkids.cps.ca/>

Triple P Positive Parenting Program

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

The content on UnlockFood.ca focuses on healthy eating through the lifecycle (from infants to seniors) as well as chronic disease prevention. Popular content includes diabetes, infant feeding, digestive concerns, weight management and heart disease. There are also useful resources on cooking, shopping, meal planning, picky eating and more. [UnlockFood.ca](http://www.unlockfood.ca)

Health Games & Videos for Kids <https://kids.aboutkidshealth.ca/>

Advice on children's health, behaviour and growth from before birth through the teen years. [Kids Health](http://www.kidshealth.ca)

Benefits of physical activity, recommended guidelines, adding activity to your lifestyle, encouraging children to be active, playing safely. [Canada's Physical Activity Guides for Children and Youth](http://www.physicalactivityguides.ca)

AHS – Addiction and Mental Health (previously AADAC)

<http://www.sprucegrove.org/services/support...>

Family and Community Support Services (FCSS)

<http://www.sprucegrove.org/government/depa...>

Inform Alberta - Directory of community, health & social services

<http://www.informalberta.ca/public/common/...>

Maternity and Parental Benefits

<http://www.servicecanada.gc.ca/eng/sc/ei/b...>

## 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](mailto:vicky.mamczasz@psd.ca) or follow the link to Strong Families Sessions. <https://www.psd.ca/division/news>

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

Alberta Parenting for the Future - apfa Programming:  
<https://www.eventbrite.ca/o/alberta-parenting-for-the-future-association-15112757928>

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](http://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/>.

## **Student Activities and Learning Opportunities**

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

### **Indigenous Artists in the Collection**

Shining a light on Indigenous artists in the AGA Collection, students investigate the art practices of celebrated icons Jane Ash Poitras, Alex Janvier, Brian Jungen and Dana Claxton. These 30-min artful conversations are facilitated by Art Gallery of Alberta online through Google Meet.

Thursday February 10

9:30-10:00 am. Recommended for Grades 4-6 FREE Online [Registered](#)

### **Art Collection Adventure**

The AGA has over 6,000 objects in our collection. In this session, students get a behind-the-scenes look at how we store ALL of that art while uncovering a few gems hidden in our vaults. These 30-min artful conversations are facilitated by Art Gallery of Alberta online through Google Meet.

Thursday March 2 9:30-10:00am Recommended for Grades K-3 FREE Online [Registered](#)

### **Board Game Night NEW**



Enjoy playing some of your favorite board games and tabletop games with family and friends. We will highlight games that are a part of our extensive library collection. You can even borrow the games you like with your library card and play them at home!

Monthly

1st Friday of the month

February-June

4:00-5:00 pm

All Ages (10+ recommended)

FREE, In-person [Registered](#) Space is limited

### **No School Fridays**

It's a no school day. There's no better way to spend it than at the library! We will be showing two movies throughout the day. The Tech Bowl will be open ALL DAY so come on by to create and explore!

Movies may have a PG rating and may not be suitable for all children

Friday 11 February, Friday 18 February, Friday, 25 March, Friday 20 May

First movie screening: 10:30am-12:30pm Second movie screening: 1:30pm-3:30pm

5-17 years, All Ages FREE In-person Drop-in

And...Many more check out their website!

### **Sensory Kits and Items**

What they are and how to use them

These items are exclusively available to cardholders of the Spruce Grove Public Library.

Sensory Items provide fun games, activities that teach children about various topics.

They also provide great support for families and children living with disabilities. Please see our [catalog](#).

**They also have sensory backpacks, which explore five categories:**



*Auditory: Focus on developing auditory skills (listening, matching sounds, recognizing both soft and loud sounds).*

*Tactile: Focus on becoming accustomed to a variety of materials, naming various textures, manipulating materials.*

*Visual: Focus on exploring and manipulating objects, investigating shapes for subtle differences.*

*Cause and Effect: Focus on developing the skill of the "one action leads to another"*

[SP Library](#) - Have a variety of programs for kids, including on PD Days and Spring Break. I have listed some of the programs for you to check out!

**Super Science Spectacular! Online event**

Thursday, February 10

1:30-4:30pm

Science Experiments and more! [Register here](#)

**Spring Break Camp - The Unbelievably Amazing Race!**

Tuesday, March 22 and Wednesday, March 23

1:30-4:30pm

Challenges and activities that are sure to keep you moving! [Register here](#)

**Crack the Codes!**

Monday, March 28

1:30-4:00 pm

**Sleuthing activities and more!** Be prepared to go outside. [Register online](#)

**What a Wonderful World!**

Thursday, May 19

1:30-4:30pm

**Plant, explore, and discover!** Be prepared to go outside. [Register here](#)





## **Learning Disabilities Association of Alberta - Edmonton Chapter**

### **Roblox Social Group 7+**

Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and specifically designed to help children improve skills such as organization, time management, planning, flexibility, self-awareness, and focus. Both fun and educational, The purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

Sunday's starting  
February 27, 2022  
1:00pm – 2:30pm  
6 week session

Girl Power  
Tuesday's starting  
February 22 2022  
4:30pm - 6:00pm  
6 week session

Wednesday's starting  
February 23, 2022  
4:30pm - 6:00pm  
6 week session

For more information, please contact [info@ldedmonton.com](mailto:info@ldedmonton.com), call our office at 780-466-1011

### **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