



# April, 2022

## Leadership Message

Although we all thoroughly enjoyed Spring Break, we are really happy to have the students back! This time of year is one that we look forward to as the hard work and dedication of staff and students tends to shine through academically and behaviorally. It feels like the kids come back all grown up in just a week!

Just a reminder that [Online registration/Verification](#) for the 2022-2023 school year is now open. Please ensure you take a couple of minutes to complete this for each of your children ASAP. We have a high percentage of students who have not been registered for next year...the sooner registrations are complete, the sooner planning for class configurations can begin.

### **Do you love to run? Take a look at the below fundraising opportunity in our community.**

"The event is called RunWild and the website is at [runwild.ca](http://runwild.ca). The new satellite event for Spruce Grove and Stony Plain 4-12 year olds will be in Central Park on Saturday, May 14. We are also hosting a satellite event in Sherwood Park. The Main event is Sunday, May 15 in St. Albert. There is also a virtual option that people can still select, and we have angel donors for any youth for whom the \$35 registration fee is a barrier.

We have successfully run the event in Edmonton and St. Albert since 2011, raising over \$572,000 for the Zebra Child Protection Centre and other important charities in our region. In 2019, we had over 2000 racers and 350 volunteers.

In 2019, our last in person event, we had over 1050 racers in just the WildOnes Marafun program alone and I personally presented the message of healthy living choices, RunWild and the Zebra Child Protection Centre via pep rallies to over 4500 students."

Happy April!

### **Key Dates this Month**

- **April 13, 26** - Elder Visits
- **April 6** - K-2 Dental Health Checks at School for those students who have returned consent forms that were sent home
- **April 13 & 14** - Purdy's Fundraiser available for PickUp
- **April 15** - GOOD FRIDAY - No School
- **April 18** - EASTER MONDAY - No School

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 second shipment of masks and rapid tests for staff and students. If we receive a third shipment we will follow the same procedure as we did for the second shipment.

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.

As new announcements are made regarding restrictions, these documents will be updated.

### 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.
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

If you are visiting Forest Green, please ensure that you first sign in at the office.

## 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



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**Next School Council Meeting is Tuesday, March 15th at 6:30pm at Forest Green School**

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.

## School Council & Fundraising Society

### Hot Lunch

\*\*\*Hot Lunch information will come out in a separate message pending the government announcement. We are in desperate need of volunteers to keep this program running. Please email [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com) if you would be willing to support and volunteer.

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

Purdy's Pick Up - April 13 & 14 - 3:00 - 4:00pm

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 Tuesday, April 19th at 5:15PM at Forest Green School.  
We love to see new faces!!!!**

## Community Support Worker News

Hello Spring...I hope that everyone has had a relaxing Spring Break, and enjoyed the beautiful +20 day that we had. It was great to get outside and enjoy that sunshine! 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).

### 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

Family and Community Support Services (FCSS)

<https://www.sprucegrove.org/community/programs/fcss-programs/>

Town of Stony Plain Upcoming community programs for you

[Community Calendar](#)

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...>

[Benefit Wayfinder](#) is a simple, easy-to-use, plain-language tool that helps people on low and modest incomes find and track benefits they could get. The information and resources provided are from federal, provincial, and territorial governments, updated on an ongoing basis as new information becomes available. Individuals can use the tool on their own or with the support of an agency staff person. <https://benefitswayfinder.org/>

## 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).

**Caregiver Education Sessions 6:00 – 7:30 pm**

These 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth. This month's sessions look at technology and the teenage brain, supporting children and adolescents with ADHD, and resilience in parenting.

**Technology and the Teenage Brain**Digital Wellness for Families Wednesday, April 6

**Keeping Scattered Kids on Track**Supporting Children and Adolescents with ADHD Wednesday, April 27

**Resilience in Parenting**Caring for the Caregiver Thursday, April 28

**Lunch & Learn Webinars Lunch & Learns 12:00 – 1:00 pm**

In our 60 minute lunchtime webinars, we will be wrapping up and then restarting our four part series on understanding anxiety and managing the feelings, thoughts, and behaviours that can come with it. We are also offering lunch & learn sessions on sleep and your family's mental health and building executive functioning skills in children.

**Understanding Anxiety Series**

**Part 4: Overcoming Avoidance**

Wednesday, April 6

**Part 1: An Introduction**

Wednesday, April 13

**Part 2: Calming Our Bodies**

Wednesday, April 20

**Part 3: Settling Our Minds**

Wednesday, April 27

**Sleep and Your Family's Mental Health**

**Part 1:** Tuesday, April 5

**Part 2:** Tuesday, April 12

**Building Executive Functioning Skills**

**Part 1:** Tuesday, April 19

**Part 2:** Tuesday, April 26



**Drop-In Series 6:00 – 7:30 pm**

For those looking for strategies when parenting elementary school-aged children, we are continuing our SEEDS Growing Together series every Thursday evening. This month, we will be discussing managing meltdowns and shutdowns, helping our kids figure things out by supporting problem solving skills, and effective consequences. These evening sessions run for 90 minutes and participants are welcome to register for one, more, or all of the sessions in the series.

**SEEDS Parenting Series Managing Meltdowns and Shutdowns** Thursday, April 7

**Helping Our Kids Figure Things Out** Thursday, April 14

**Effective Consequences** Thursday, April 21

**Please see the following programs that are offered at the Family Connection Centre Call to register.**  
5600 50 Street Stony Plain 780-963-0549. [www.apfa.ca](http://www.apfa.ca)

**Infant Massage-** Touch is the sense that is most developed at birth and is our very first form of communication. Infant Massage can aid in digestion, teething, sleep and more.  
Family Connection Centre May 10 to May 24 - 7:00 pm to 8:00 pm.

**Handle with Care** (childcare available) - A simple interactive program to help parents and caregivers promote the positive mental health of young children.  
Family Connection Centre April 22 to May 13 - 10:00 am to 12:00 pm.

**Triple P Discussion Group** Hassle-Free Mealtimes- Discover the reasons why children's behaviour can be difficult at mealtimes and how to encourage good mealtime habits. Learn ways to increase food variety and some strategies for coping with stressful mealtimes.  
Zoom May 31 - 8:00 pm to 10:00 pm.

**Triple P Group (Children aged 0-12)-** Parenting can be a little easier when we have some positive strategies in our parenting "tool box". Gain insight into the reasons why children misbehave and learn ways to manage the behaviours. Zoom May 4 to June 8 - 8:00 pm to 10:00 pm.

**Triple P Teen Group-** Learn ways to help your teenager communicate well, develop healthy routines, follow rules and solve problems. You can adapt the ideas to suit your personal situation, using them to build better relationships with your teen. April 26 to May 31 - 6:00 pm to 8:00 pm.

**Raising Amazing Kids-** This program engages parents in building assets in children which protect them from risky behaviours and promote healthy choices. The end result is a more stable family structure and stronger connections to the community at large. April 6 to May - 9:30 am to 11:30 am.



### Family Support

**Highs and Lows (Type 1 Diabetes)** For families with a T1D diagnosis. Please call for more information.

**Calming the Storm and Mindfulness-** Let's talk about anxiety - what gets it going, what keeps it going, and what you can do to find calm and relief from it. Gain insights into what our brains, bodies, and behaviours have to do with managing anxiety. Presenters: Kelly Pike and Brenna McKerrall, Aspire Counseling and Psychology April 14 - 6:30 pm to 8:00 pm.

**FASD - A Safe space for an open discussion about Fetal Alcohol Spectrum Disorder and the associated myths, stigma and awareness.** Discussion on both supporting pregnant women and individuals living with FASD. Presenter: Brittany Duraant May 4 - 6:30 pm to 8:00 pm.

**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.

[SP Library](#) - Have a variety of programs for kids, including on PD Days and Spring Break. Check out their website!

**Please see the following programs that are offered at the Family Connection Centre Call to register.**  
5600 50 Street Stony Plain 780-963-0549. [www.apfa.ca](http://www.apfa.ca)

**Science 101** (children aged 3-5) - Come and enjoy the world of science. Parents are required to attend. Please register for each session separately. \$5 per child per session  
April 11 (M), May 11 (W) and June 6 (M) 1:30 pm to 2:30 pm.

**Crafternoon** (children aged 3-5) - A chance for children to explore, experiment, exercise imagination and experience creativity. In these sessions, everyone is an artist. Parents are required to attend. Please register for each session separately. \$5 per child per session.  
April 25 (M), May 18 (W) and June 13 (M) 1:30 pm to 2:30 pm.



**Science 101** (children aged 6-9) - Come and enjoy the world of science. Please register for each session separately. \$5 per child per session. April 5 (T), May 12 (Th) and June 7 (T) 4:00 pm to 5:00 pm.

**Crafternoon** (children aged 6-9) - A chance for children to explore, experiment, exercise imagination and experience creativity. In these sessions, everyone is an artist. Please register for each session separately. \$5 per child per session. April 12 (T), May 19(Th) and June 14 (T) 4:00 pm to 5:00 pm.

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

Wednesday's starting

April 20, 2022

4:30pm - 6:00pm

6 week session

Sunday's starting

April 24, 2022

1:00 - 2:30pm

6 week session