



September 2022

Leadership Message

Welcome to the 2022-2023 school year! As the new principal here at Forest Green I am thoroughly enjoying getting to know the students, staff and parents/guardians. It is a sincere pleasure to work with this dedicated staff and community to provide an excellent educational experience for our students.

As an admin team, we recognize our students, staff and families have shown resilience as we have navigated these unprecedented times of uncertainty and change. Through these experiences, we have kept students' needs integral to our work. We strive to ensure students' academic and social emotional learning needs are met, while also creating an environment that is conducive to feeling safe and cared for, with a sense of belonging. We will continue to work collaboratively as a staff, and with our community to provide programming that focuses on our students.

We encourage you to follow us on social media as we celebrate our amazing school community. You can find us on [Facebook](#) and [Instagram](#). Additionally, please watch the [announcements page](#) on our [website](#)!

Exciting news! The Spruce Grove Saints, in partnership with Thompson Construction group, have donated to Forest Green four (4) season ticket packages for the 2022-2023 season as part of the Saints School Program. As a staff we are determining how we will share these tickets with our students and families. Watch our social media and/or announcements page on our website for more information.

We are looking forward to caring, sharing and learning together! 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.

Key Dates this Month

- September 13 & 14 - Picture Day
- September 13 - School Council AGM @ 6:15 p.m.
- September 15 - Meet the Staff evening @ 6-7 p.m.
- September 23 - Terry Fox Run
- September 29 - Orange Shirt Day
- September 30 - National Day for Truth and Reconciliation, no School
- October 7 - PD Day, no school



Leah Andrews, Principal
Melissa Everitt-Dallinger, Assistant Principal

General Information

Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2022/2023 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.
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)
8:30am	Welcome Bell
8:35am	O'Canada & Announcements
8:39am	Instruction Begins
9:51-10:06am	Recess
11:54 am - 12:24pm	Noon Recess
12:24-12:44pm	Lunch Break
12:44pm	Instruction Begins
3:04 pm	Dismissal
3:15pm	Supervision Ends

Calendar

To add the school calendar to your device 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

Welcome back to another year here in the forest! We hope everyone had a wonderful, relaxing summer break and came back ready for another great year at our little school! Both the Parent Council and the Fundraising Society have some really exciting things planned for this year, and we can't wait to get started!

Our first meetings of the year will be on September 13, starting at 6:15pm at the school. The AGM will be held first, and currently, all Representative roles (Chair, Vice Chair, Secretary, Treasurer and Member At Large) are open for nominations. Everyone is welcome to attend the meetings and to fill a role on Council! The time commitment is only one meeting per month, usually the second Tuesday. Even if you're not ready to fill a role, we'd love to see you at the meetings!



You can also find us on social media! Our Facebook page is [Forest Green School Parent Council & Fundraising Society](#) and our Instagram is [fgsparentcouncilassociation](#). You can also reach out via email at forestgreen.scchair@partner.psd.ca. We look forward to seeing you!

Next School Council Meeting is September 13th at 6:15pm at Forest Green School

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](#).

School Council & Fundraising Society

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: Tuesday, September 13 - @ 5:15, School Council @ 6:30 p.m.



****New faces are always welcome!****

Community Support Worker News

Hello again Forest Green Families. I hope that everyone has had a restful and relaxing summer making beautiful memories with those you love and care most about. Below, I have provided some community support and information. If you have any questions, concerns, or you don't see what you're looking for please do not hesitate to contact me at 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/>

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
- Parenting support (APFA) - Triple P Parenting: 780-963-0549
- 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/...>

[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 Student 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>

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.cyf.ca/caregiver_education

Alberta Parenting for the Future - apfa Programming:

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

City University will be re-opening September 6, 2022. CityU Edmonton's Virtual Clinic offers no cost professional counselling sessions remotely to clients across Alberta through secure video conferencing (telepsychology). Services are provided by Master of Counselling Internship Students in their final year of the program under the supervision of a Registered Psychologist. Sessions can be booked for children 6+ to adults and include couples and families. **All counselling sessions are free.** Appointments can be requested by visiting their website www.cityuclinic.ca.

Anxiety to Calm

Anxious? Take our free, Virtual Anxiety to Calm workshop. Challenge your thoughts, behaviours, and emotions while practicing proven and effective skills to manage anxiety and promote a sense of calm. **Register for our next online course** starting Thursday, September 22, 2022.

Happiness Basics

Are you feeling "stuck"? We want you to have the best life you can. Alberta Happiness Basics is a 7-week workshop grounded in positive psychology that is simple and empowering. This workshop is designed for adults with mild to moderate depression. Take our free, virtual Happiness Basics workshop to learn new skills and create habits to boost your overall happiness. The maximum class size is 12. Offered in partnership with Westview Primary Care Network. **Register for our next online course** starting Wednesday, September 21, 2022.

Fueling Fathers: Making memories with your children while on a budget

Are you looking to add more tools to your repertoire of ways you can put your best fatherly foot forward?

Join us on Thursday, September 8 at 6:00 pm (MDT) where we'll be talking about spending quality time with your kids, and how you can get creative at coming up with ways to do things together with them, especially on a budget.



This is a free event and will be held on zoom. The zoom link will be available through Eventbrite upon your registration, or you can look forward to an email with the link on September 8 at 12:00 pm

<https://www.eventbrite.ca/e/fueling-fathers-making-memories-with-your-children-while-on-a-budget-tickets-409331520597>

BILY is a group of parents and youth who have been through crisis situations and are now helping others through similar situations. Peers support one another by giving, sharing, listening, creating a safe environment, and providing practical resources.

For more information, contact 587-588-8633.

Caring Friends is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. The group meets on the second Thursday of each month.

To register, please call 780-963-8583.

Finding our Voices provides support and opportunities for women-identifying participants to connect with peers while focusing on issues related to self-esteem. Over the course of six weeks, participants will address the impact of self-image, effective communication, shame and compassion, and healthy relationships.

Each group is approximately three hours long and includes experiential learning that allows participants to connect with the facilitator and one another. Support towards childcare expenses is available. Call 780-963-8583 to join the program waitlist.

Presented in partnership by Sagesse Domestic Violence Prevention Society, Town of Stony Plain, City of Spruce Grove, and Parkland County.

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. Check out their website!

Upcoming Roblox Social Group 7+ Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, and collaboration, and is 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, call our office at 780-466-1011,

Sunday's starting September 24, 2022 1:00 - 2:30 pm 6-week session

Wednesday's starting September 28, 2022 - 4:30 pm - 6:00 pm 6-week session

Upcoming Social Skills Program

Join us for our Social Skills Program starting October 2, 2022.

Our groups specialize in children with ADHD, ASD, Tourette's, and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for this 6-week program. Running Sunday mornings from 9:30 am - 12:00 pm.

Youth between the ages of 13-17 years can register for this 6-week program. Running Sunday afternoons from 1:00pm - 3:30pm.

The aim of the program is to encourage friendship, positive social/emotional behaviors, active listening, effective communication, and comprehension of social norms.

Help in understanding non-verbal communication, body language, and unspoken social rules.

Promote self-esteem and build confidence.

Help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skills.

For more information, please contact info@ldedmonton.com, call our office at 780-466-1011.