



October 2022

Leadership Message

It's hard to believe that we started school 5 weeks ago! We want to thank you for your cooperation and support during these first few weeks. Students have been busy learning routines, engaging in new learning, and making new friends.

We are fortunate to have many students who live close to our school. We encourage active transportation (walking, biking) for families or students who are able. For those parents who drive their children to school, please remember not to park in the staff parking lot or in the designated bus zone at the front of the school. Also, please do not block the bus route. As always, we have lots of children moving so use an abundance of caution to ensure their safety.

This year, literacy and numeracy interventions will mostly take place within the context of individual classrooms. Teachers have been busy helping students learn structures and routines that will allow them to focus on targeted instruction in small groups.

Once again, students from the Learning Hub (formerly Y(our) program out of CFL) will be working with us to make breakfast for all of our students on Wednesday mornings. Stay tuned for more information regarding the start date.

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](#)!

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

- October 3 - Jersey Day
- October 4 - Tie Dye Day
- October 5 - Favourite Colour Day, World Teacher's Day
- October 6 - Pajama Day
- October 7 - PD Day
- October 10 - Thanksgiving Day, No School
- October 18- Fundraising Committee Meeting @ 5:15 p.m.
- October 18 - School Council Meeting @ 6:30 p.m.



- October 19-20 - Parent Teacher Interviews @ 4-7 p.m.
- October 28 - Halloween Dance (more info to come)
- October 31- Halloween Parade (more info to come)

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 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.

2022-2023 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.

School Council & Fundraising Society

Hello Fall! This time of year is absolutely wonderful around our little school because of all the colours!

School Council will be doing something new with our section of the newsletter! We have decided to introduce all of our wonderful volunteers to the rest of the school community so that you can get to know us as more than "just" School Council members! In addition to the newsletter, you will also find the bios and photos posted on our social media pages: Forest Green School Parent Council & Fundraising Society on Facebook, and fgsparentcouncilassociation on Instagram. Feel free to stop us and have a chat!



Our next meeting is Oct 18 at 6:30pm; we'd love to see you there and meet you in person!

Our first member spotlight will be on the Tebb Family. Tammi & Barry first became involved in Parent Council in 2014, when their oldest daughter was in Grade 2. They currently have a daughter in Grade 3, and still volunteer regularly. Tammi currently serves as Chair of Parent Council but has also served as Vice Chair and Secretary in the past. She also served as Vice Chair, Secretary and Chair of the Fundraising Society over the years. Barry currently serves as Member At Large.

Prior to staying home to raise their children (and volunteering, of course!) Tammi worked as a Nurse. Barry currently works in the construction industry as Field Manager for a Firestop company.

When not working, volunteering or going to school, the Tebb Family enjoys the great outdoors, board game/movie nights, spending time with extended family, and good, old-fashioned downtime!

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

November hot lunch order deadline is October 20th

HALLOWEEN DANCE IS BACK!!!! please stay tuned for more information

Next Fundraising meeting is October 18 @ 5:15 PM. New faces always welcome!!



Should you have any questions, feel free to contact us at fgsfundraising@gmail.com.

Community Support Worker News

Wow... where did September go? I hope that all of you have an amazing Thanksgiving with those you love to spend time with. 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/>



Stony Plain Public Library Please see their calendar for events and Programs coming in October! <https://mysppl.ca/programs-and-events>

Spruce Grove Public Library

<https://sgpl.ca/programs/programs/fall-programs-kids-and-teens>

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.

Inclusion Alberta strongly encourages all individuals with developmental disabilities to apply for the Disability Tax Credit (DTC) and start a Registered Disability Savings Plan (RDSP).

They are two important tools that can provide short-term and long-term financial benefits. Inclusion Alberta offering information sessions on Disability Tax Credit (DTC) and the Registered Disability Savings Plan (RDSP). <https://inclusionalberta.org/dtc-rdsp/>

Helpline Information (Plan Institute)

<https://www.rdsp.com/wp-content/uploads/2020/01/Disability-planning-helpline-3.jpg>

Disability Tax Credit Tool App <https://disabilityalliancebc.org/dtc-app/>

Canada Revenue Agency

<https://www.canada.ca/content/dam/cra-arc/formspubs/pbg/t2201/t2201-21e.pdf>

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_caregiver_education.ca

Alberta Parenting for the Future - apfa Programming:

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

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these Lunch & Learn webinars, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Wednesday, October 5, 2022

Time: 12:00 – 1:00 pm For caregivers of children grades 7-12, for adults only.

Part 1: Wednesday, October 12, 2022

Time: 12:00 – 1:00 pm For caregivers of children grades 7-12, for adults only.

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 to this Lunch & Learn session and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

Part 1: Wednesday, October 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Part 1: Wednesday, October 26, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Understanding Anxiety Series Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, October 4, 2022

Time: 12:00 – 1:00 pm Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.



Date: Tuesday, October 11, 2022

Time: 12:00 – 1:00 pm Note: For adults only.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, October 18, 2022

Time: 12:00 – 1:00 pm Note: For adults only.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Tuesday, October 25, 2022

Time: 12:00 – 1:00 pm Note: For adults only.