



# November 2022

## Leadership Message

We would like to say a huge thank you to the Forest Green Fundraising Society for hosting a Halloween dance for the students and families of Forest Green. The dance was well attended and everyone had a great time!

Once again, students from the Learning Hub (formerly Y(our) program out of CFL) will be working with us to make a snack for all of our students on Wednesday mornings. So far we have enjoyed yogurt parfaits and smoothies. We look forward to more Wednesday snacks this month.

With the cold weather quickly approaching please ensure students bring appropriate footwear and outerwear to school so they can continue to enjoy some fresh air outside each day. On that note, we have **a lot** of hoodies and jackets in our lost and found. If your child is missing one, two, or three of them please stop by and see if they are there!

We will be hosting a Remembrance Day celebration on November 10th at approximately 10:45 a.m. The students in the choir will be singing and the grade six students will also be performing. **We respectfully ask to limit attendance to those parents who have children performing.** We remember those who volunteered, sacrificed, served, fought, and died for our freedom. We thank them, and we salute them as we salute those who made the ultimate sacrifice for our freedom.

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](mailto:forestgreen@psd.ca).



### Key Dates this Month

- November 8: Forest Green Fundraising Society (5:15 pm) and School Council meetings (6:30 pm)
- November 10: Remembrance Day Ceremony 10:45 a.m.
- November 11: Remembrance Day, no school
- November 13: World Kindness Day
- November 14-18: Fall Break, no school, Bullying Prevention Week

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](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 am, but before 8:30 am.
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 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

<b>8:15am</b>	Supervision Begins (Buses Arrive)
<b>8:30am</b>	Welcome Bell
<b>8:35am</b>	O'Canada & Announcements
<b>8:39am</b>	Instruction Begins
<b>9:51-10:06am</b>	Recess
<b>11:54 am - 12:24pm</b>	Noon Recess
<b>12:24-12:44pm</b>	Lunch Break
<b>12:44pm</b>	Instruction Begins
<b>3:04 pm</b>	Dismissal
<b>3:15pm</b>	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

Happy Fall, Forest Green!

School Council has been busy planning a lot of fun activities as we move through the fall and into the holiday season. Please feel free to follow us on Facebook at Forest Green Parent Council & Fundraising Society, and Instagram at fgsparentcouncilassociation for all of the details!



Our next meeting is November 8 at 6:30pm. Everyone is welcome to attend and we look forward to seeing new faces!

**Our member spotlight this month is shining brightly on Keri!** Here's Keri!... Keri first became involved in fundraising and parent council in 2017 when the call went out for a new Hot Lunch Coordinator. With three kids going through FGS, Keri has dedicated many hours of volunteer time to add innovative (and FUN!) activities for the school community including hot dog days and the Halloween dance fundraisers that have allowed the Fundraising Society to support important purchases like the literacy program, classroom bikes, scooter lockers, gaga ball pits, and most recently providing supporting funds for the beautiful new kitchen. Also an active advocate on School Council, Keri has attended ASCA functions to represent FGS and been a vocal supporter of resolutions to improve student life. Keri has served as Hot Lunch Coordinator, Fundraising Chair, as well as Treasurer and Vice-Chair positions on School Council. When not volunteering, Keri spent 10 years running a dayhome that cared for many FGS families but now works as an account director at a marketing agency. Keri and the whole Labrenz family enjoy spending time with their cattle and many pets, going camping, playing in the pool or the garden, and running many extracurricular activities.

### **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



December's hot lunch deadline is November 25th. We will be doing Forest Green Apparel, stay tuned for more information.

Our Fundraising Society is always looking for new faces! All new attendees will have their names put into a draw to win a prize!

- Our next meeting is November 8th at 5:15PM

Should you have any questions, feel free to contact us at [fgsfundraising@gmail.com](mailto:fgsfundraising@gmail.com).

## Community Support Worker News

I wish all of the staff, students and their families a wonderful, and safe Fall Break. 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](mailto:jenn.goulden@psd.ca).

### Financial support

- [Alberta Works](#)
- Emergency Financial Supports 780-644-5135
- [Free Community Income Tax Clinic](#)

### Mental health resources

- [Let's Talk Mental Health](#)
- [Mental Health Training](#)
- [Mental Health Week](#)

Alberta Health Services Addiction & Mental Health, Spruce Grove 780-342-1344

Access 24/7 Adult Addictions & Mental Health, Edmonton 780-424-2424

Westview Primary Care Network Youth Mental Health Clinic, Spruce Grove 780-960-9533

Youth Mobile Substance Use Services, Parkland County 780-868-1895

To view a list of community support groups, click here [Support Groups - Town of Stony Plain](#)

### Crisis lines

- [211](#)
- Addiction Helpline: 1-866-332-2322



### Alberta Health Services

- Bullying Help Line: 1-888-456-2323
- Child Abuse Hotline: 1-800-387-5437
- Children's Mental Health Crisis Line: 780-427-4491

**Distress Line:** 780-482-4357 (HELP) 24/7 crisis line providing immediate support. Chat feature available online;

First Nations and Inuit Hope for Wellness (14+): 1-855-242-3310

### HelpSeekers

**Kids Help Phone:** 1-800-668-6868 Advice and support 24/7. Download the

### Always There App

Poison and Drug Information Service (PADIS): 1-800-332-1414

Sexual Assault Centre: 780-423-4102

Youth Empowerment & Support Services (YESS): 780-468-7070 Emergency shelter and support services

### Sexual Assault Centre of Edmonton

#### Youth Mental Health

Town of Stony Plain CSD and the WestView Primary Care Network are excited to share a resource for Stony Plain and Parkland County community members.

Community Connectors support youth ages 11-25 and their families in the Tri Region to access and navigate community and mental health supports and services by working collaboratively with a coalition of community stakeholders, social service agencies and health care providers.

For more information about the Community Connector program, call the Westview PCN at 780-960-9533 or visit [www.westviewpcn.ca](http://www.westviewpcn.ca)

**City University.** 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.cityu clinic.ca](http://www.cityu clinic.ca).

### 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/>

**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](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.cyf-caregiver-education.ca](http://www.cyf-caregiver-education.ca)



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

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

**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>

**Learning Disabilities Association of Edmonton has an upcoming 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), or call office at 780-466-1011

Saturday's starting  
November 12, 2022  
1:30 - 3:00pm  
6 week session

Wednesday's starting  
November 16, 2022  
4:30pm - 6:00pm  
6 week session

**The University of Alberta - The Faculty of Educational Psychology** - The SCCP  
Coming February 2023 - a children's group program based on the Taming Worry Dragons  
CBT anxiety management model (for children ages 7-11) Click the link below

<https://www.ualberta.ca/educational-psychology/clinical-services/services-provided/childrens-anxiety-group---coming-feb-20232.pdf>

For more information Phone: (780) 492-3746

**The University of Alberta - The Faculty of Educational Psychology**

Clinical Services serves a dual purpose, as both a training facility for graduate students, and a provider of lower-cost psychological services to the community.

<https://www.ualberta.ca/educational-psychology/clinical-services/services-provided/index.html>