



December 2022

Leadership Message

We would like to highlight the work that our staff and students are doing to prepare for our Christmas concerts. We are tremendously appreciative of the time and effort that is being dedicated to make sure our events are a success!

Please ensure that your child is dressed for the weather now that it is getting colder outside. Recess often occurs in cold weather and hats, gloves, coats, boots etc. are important to help keep students warm.

Forest Green School will be participating in the Kinsmen Christmas Hampers to provide for our less fortunate in Stony Plain and Parkland County. Last year over 697 families were supplied with food, toys and gifts. This year, we will NOT be collecting non-perishable food items. Collections for 2022 include: monetary donations, new unwrapped gifts, gift cards to children 17 and under and local grocery store gift cards to “upsized” the Parkland Food Bank. Thank you in advance for your donations; they are due by Monday, December 12th by 8:40 a.m.. If you choose to donate gift cards and/or make monetary donations, please drop them off in the office and not to your homeroom teacher.

Memorial Composite High School is hosting a Community Round Dance on Friday, December 9th from 7:00-11:00 p.m. There is a feast from 5:30-6:30 and the giveaway is at 10:30 p.m.. For additional details, click [here](#).

If your child is interested in Basketball, [here](#) is some information on two basketball camps that will be held on December 10, 2022.

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

- Report Cards and IEPs go live December 2 - please contact the office if you have questions or need help signing your child's IEP
- K-2 Christmas concert, December 9, 2022 @ 1:30 p.m.
- Grades 3-6 Christmas concert, December 14 @ 1:30 p.m & 7:00 p.m.
- Christmas Shop, December 15 & 16
 - December 19, for Kinder students and those who missed on previous days
- Festive Fashion Day, December 21 (For Kindergarten)
- Festive Fashion Day, December 22 (For all grades)
- Pajama Day & last day of classes, December 23

We would like to wish you a wonderful holiday season full of warmth and cheer!

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 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

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

Wow! It's hard to believe that we're already in December!! We hope that everyone is managing to stay safe & warm in this deep freeze!



We have some exciting things coming this month, including the Christmas concerts and the Christmas Shop!

Our next Council meeting is December 6, at 6:30 pm and we'd love to see some new faces! As an added bonus, we'll be having a draw at the end of the meeting for a pretty neat prize!

This month's member spotlight is on two of our awesome volunteers. First up is Sarah:

I have been a part of the Forest Green community since 2013, when my oldest started kindergarten. I have been a member of the fundraising/parent council since 2018. Volunteering wherever and whenever I can with fundraisers, hot lunch, school dances and much more. I have served as secretary for the fundraising society as well as parent council. I currently took on the role as Chair for the Fundraising Society this year. I have a son in grade 6 and a daughter in grade 3 at FGS. Besides spending my time volunteering, I am a stay at home mom who enjoys spending time with her family. From taking kids to dance and kung fu lessons during the week to having quality family time with camping, movie nights, game nights and more on the weekends.

Next, we have Michelle:

Michelle first joined the Forest Green Parent Council and Fundraising Committee back in 2020 when her son started kindergarten, and since then has held various positions such as member at large, treasurer and secretary. She also volunteers for the Stony Plain Soccer League as a U9 coach for this season.

Michelle is an Early Learning and Child Care Professional in the community and has over 18+ yrs of experience in her line of work. When not working or volunteering she enjoys adventures with her son, exploring the local walking paths in town with her son and dog, hiking, running 5km races, watching hockey and painting.

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

Get your Oil Kings tickets. Deadline is December 12th, you can purchase them through the Hot lunch system.

The Fundraising Society will be hosting a bake sale during the Christmas concerts on December 9th and December 14th, please watch for emails for more information.

Our famous annual Christmas Shop will be happening on December 15th and 16th. December 19th will be for the Kinders and any missed kids. The Christmas shop is where students get to go shopping and choose two items as gifts for whomever they choose. There is no cost to students.

Keep a look out for School Apparel coming in the new year!

The Fundraising Society would like to wish all of our Forest Green families a very Merry Christmas and a Happy New Year!

The Next meeting is February 7th @ 5:15 PM

- Don't forget, new faces are always welcome!

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

Community Support Worker News

It is hard... to believe, but here we are in December already. I wish all of the staff, students, and school community the very best Holiday Season and a wonderful 2023 New Year. Below I have provided community resources 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.

Christmas Supports

There are a variety of supports and opportunities available to you as a Parkland County resident throughout the winter and Christmas season.



2-1-1

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. Don't feel stuck this holiday season. Call 2-1-1 today to get connected with the resources you need to get ahead.

Kinette Club of Spruce Grove

Christmas Hampers, provided to Spruce Grove and Parkland County east of Boundary Road. Applications can be made by phone to the **Parkland Food Bank**. 780-962-4565 ext. 1

Application Deadline: Dec. 10, 12:00 p.m.

Hamper Pickup: Dec. 16, 10:00 a.m. - 5:00 p.m.

Stony Plain Kinsmen

Christmas Hampers provided to Stony Plain and Parkland County from Boundary Road west to Entwistle. Applications can be made by phone to **Parkland Food Bank** at 780-962-4565 ext. 1

Application Deadline: Dec. 10, 12:00 p.m.

Hamper Pickup: Dec. 16, 10:00 a.m. - 5:00 p.m.

Parkland Food Bank

Can provide food hampers to non-Food Bank users.

All hamper applications can be made by phone at 780-962-4565 ext. 1

Closed Dec. 24th - Jan. 3rd

Coats for Kids & Families

Winter clothing for children, families, and adults: coats, mitts, toques, scarves, snow pants, winter boots including adult insulated work boots.

Monday - Friday 8:30am - 4:00pm.

Tuesdays open until 7:00pm

Located at the Family Connection Centre (FCC) 5600-50 Street, Stony Plain.

Call 780-963-0549 or visit www.apfa.ca for more information.

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](#)

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
- Addiction Helpline: 1-866-332-2322

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

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.

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.cityuclinic.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>

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>

The ADHD Support Group is up and running. We meet the last Thursday of every month here at the Family Connection Centre in Stony Plain from 6-7pm. Please note a change in date for December only, as the December date conflicts with school holiday closure. The December date is Thursday, Dec 22 @ 6pm.

The ADHD Workshop Series is different than the Support Group. Please see the attached poster for the 3 Workshops planned for January.

You can find information on all of our programs, as well as Parkland School Division's Strong Family Series on the apfa Eventbrite page. The apfa winter program schedule is currently in draft mode so be sure to check back to see what's new:

[apfa Programs- Eventbrite](#) [apfa Website](#)

apfa Food Rescue

We never know when or what, so please follow the Family Connection Centre Facebook page for info on what/when: [Family Connection Centre FB Page](#)

Stony Plain Public Library Please see their calendar for events and Programs!

<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 Social Skills Program
Join them for their Social Skills Program starting Sunday January 22, 2023**

Their 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 8 week program. Running Sunday mornings from 9:30am - 12:00pm.

Youth between the ages of 13-17 years can register for this 8 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.



All sessions take place at Inglewood Community Hall, 12525-116 Ave.

Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD number is 020051257.

Cost of Social Skills Group is \$300.00

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

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>