



## Dragon's Dish

Updates from the Forest

November 24, 2024

Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29
	Volleyball (Gr 5-6) @ lunch recess in the gym	Choir (Gr 3-6) @ Lunch recess	Handbells (4-6) @ Lunch recess  Hot Lunch (if ordered)	Christmas Cast Practice @ Lunch recess  Floor Hockey (Gr 3-4) @ Lunch recess  Hot Diggity Dog Lunch (if ordered)

Dear Forest Green Families,

### Let's talk about sleep hygiene!

Sleep is an important part of our mental health. The [Canadian Pediatric Society](#) recommends that children (6-12 years) get 9-12 hours of sleep and teenagers (13-18 years) get 8-10 hours of sleep. When we are sleep deficient, this can impair our ability to manage emotions and behaviors, problem-solve, and cope with changes in our lives. Check out this article for more information on the connection between [Sleep and Mental Health](#) and to get tips on creating healthy sleep hygiene practices.

Access the latest edition of PSD's Stronger together newsletter [here!](#)

### Bundle Up for the Cold Weather!

As the colder weather sets in, it's important to ensure that students come to school dressed appropriately for the season. Please make sure your child has a warm winter jacket, snow pants, a hat, mittens or gloves, and sturdy winter boots each day. We want all students to enjoy outdoor recess and activities comfortably and safely. Extra layers are encouraged, as temperatures can drop quickly throughout the day. Thank you for helping us keep everyone warm and ready to embrace the winter months ahead!

### Forest Green Choir Singing at the Oil Kings Game!

We are thrilled to announce that our Forest Green Choir will be performing the national anthem at the Edmonton Oil Kings game on Sunday, January 5, 2025! This is an incredible opportunity for our talented students to shine on a big stage. Tickets for the game are \$22 and can be purchased through our Hot Lunch system. Come out to support our choir and enjoy an exciting evening of hockey! We hope to see many of our families in the stands cheering them on.



## Calling All Guest Chefs!

Do you love to cook or bake? Whether it's a dish, a snack, or your favorite baked goods, we'd love for you to share your culinary talents with our students by becoming a Guest Chef at Forest Green! Here's how it works: you choose what to make, tell us what ingredients you'll need, and decide which grade level and group size you'd like to work with. We'll handle all the arrangements, so you can focus on having fun and inspiring our Student Chefs. Not only will they love learning from you, but students throughout the school will get to enjoy your delicious creations!

If you're interested in joining us as a Guest Chef, please contact Leah at [leah.andrews@psd.ca](mailto:leah.andrews@psd.ca)

## Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2024/2025 School Year.

We encourage you to follow us on social media as we celebrate our amazing school community. You can find us on [Facebook](#) and [Instagram](#).

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).

Sincerely,

Leah and Miranda

(Principal and Assistant Principal)

