



Dragon's Dish

Updates from the Forest

January 12, 2025

Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
Coding club @ lunch recess	Basketball (Gr 5-6) @ lunch recess in the gym	Choir (Gr 3-6) @ Lunch recess - New Members can join!	Handbells (4-6) @ Lunch recess - New Members can join! Hot Lunch (if ordered)	Volleyball (Gr 3-4) @ lunch recess in the gym

Dear Forest Green Families,

Welcome 2025

As we welcome the start of 2025, a common tradition for many people is to set a new year's resolution goal. When setting goals it helps to make them SMART: Specific, Measurable, Attainable, Relevant, and Timely. Setting and achieving a goal takes work and dedication and it is much more attainable when the person is motivated. Setting a New Year's resolution can also be a fun activity to do with the whole family. Check out these New Year's resolution ideas and strategies by [Healthy Children](#) for age-specific goals.

January edition of [PSD's Stronger Together Newsletter](#).

Important Lunch Update: Hot Water for Soups and Noodles

We want to inform families that Forest Green School will no longer be providing hot water for soups or noodles at lunchtime. This decision was made to prioritize student safety and ensure that lunchtime remains a smooth and enjoyable experience for everyone.

If your child enjoys having soup/noodles or other warm meals for lunch, we encourage you to send their food in a thermos to keep it warm and ready to eat. This is a great way to provide a cozy, nutritious meal while maintaining convenience and safety.

Thank you for your understanding and cooperation as we make this change. If you have any questions, please don't hesitate to reach out to the school office.

January's Sacred Teaching: Courage/Bravery Bravery – Aakwa'ode'ewin (Ojibwe)

Often described as bravery or courage, this value is symbolized by the bear. A mother bear embodies courage and strength as she protects her cubs, fearlessly confronting challenges. The bear also teaches us the importance of balance in life—embracing rest, survival, and play.

Living with courage means finding the inner strength to navigate life's challenges and staying true to yourself. Stand up for your beliefs and for what is right for your family, community, and



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self. Make positive choices with confidence, and face your fears to fully embrace life. True courage lies in doing what is right, even when it comes with difficult consequences.

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

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.

Sincerely,

Leah and Miranda

(Principal and Assistant Principal)

