



Dragon's Dish

Updates from the Forest

March 9, 2025

| Monday March 10 | Tuesday March 11 | Wednesday March 12 | Thursday March 13 | Friday March 14 |
|--------------------------------|--|--|--------------------------------|--------------------------------|
| Read-a-Thon: Log your minutes! | Read-a-Thon: Log your minutes! Ski Club @ 3:30 p.m. | Read-a-Thon: Log your minutes! Choir Practice (Gr 3-6) @ Lunch recess | Read-a-Thon: Log your minutes! | Read-a-Thon: Log your minutes! |

Dear Forest Green Families,

Welcome to a fun and engaging new game for our newsletter!

How to Play:

Find the Small Dragon: Hidden somewhere within this newsletter, you'll find a small, playful dragon.

1. Look carefully in the text, images, or even the margins – he's hiding in plain sight!
2. Email: Once you've spotted the dragon, send an email to fgsfundraising@gmail.com. In your email, tell us exactly where you found him. Be as specific as possible!
3. Win a Hot Lunch Credit: The first person each week to correctly identify the dragon's location will win a hot lunch credit for their child!

Tips for Finding the Dragon:

- Read Carefully: Pay close attention to every detail in the newsletter.
- Look Everywhere: Don't just focus on the text – check the images and even the edges of the pages.
- Be Quick: The first one to email us with the correct location wins!

So, are you ready to embark on a dragon-hunting adventure? Get searching and good luck!

Postponing Parent-Teacher Interviews

Due to the ongoing [CUPE labour strike](#), our schools are currently experiencing staffing shortages, which have required adjustments to regular operations. As a result, the parent-teacher interviews that typically take place at this time of year will be postponed. We understand the importance of these conversations and will re-evaluate the situation in April.

In the meantime, we encourage families to use all the tools available to them to stay engaged in their student(s)' learning progress. The PowerSchool Parent Portal remains a valuable tool for monitoring grades (where applicable) and staying informed. Thank you for your understanding and support.



Thrive with Thor: Mighty Minds, Mighty Hearts - Positive Messages from Your School Counselor: 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 & behaviors, problem solve, and cope with changes in our life. Sleep deprivation has also been linked to depression, suicide, and risk-taking behavior. 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.


Here is the March edition of [PSD's Stronger Together Newsletter](#).

Alberta Parenting for the Future (APFA) is excited to offer a free information session on the importance of sleep hygiene joined by Josee Huston, a registered psychologist with Parkland School Division, who will lead a discussion on *Unlocking the Power of Sleep*. Click on the [link](#) for more information and to register your spot!

Read-a-Thon Extended!

Great news! Our Read-a-Thon has been extended until March 27, giving students even more time to dive into their favourite books and log their reading minutes. Every minute counts, and we're so proud of the dedication our readers have shown so far!

Let's keep the momentum going — encourage your child to track their reading and help us reach our school-wide goals. Thank you for supporting a love of reading at Forest Green!

Happy reading! 

Lost and Found Reminder!

Our Lost and Found is overflowing with items such as ski jackets, ski pants, toques, mittens, sweatshirts, and hoodies. If your child is missing any clothing, please take a moment to check the Lost and Found before Spring Break.

Any unclaimed items will be donated to charity after the break, so this is your last chance to recover those forgotten belongings.

Thank you for helping us clear the Lost and Found!

Online Registration/Verification for 2025-2026

The annual online registration/verification process begins February 10, 2025, and must be completed for all students (Pre-K to Grade 12). The [registration/verification](#) process is conducted exclusively online.

- Registration is for new PSD students
- Verification is for returning PSD students.

During the registration process, you must select the 2025-2026 school year to register for the upcoming school year.

To ensure that their child receives a bus pass prior to the start of the next school year, parents are required to complete registration by 4:30pm on Friday, March 28, 2025. This deadline will



FOREST GREEN SCHOOL

facilitate the routing of buses, bus pass production and data verification before the summer break while schools are still operating.

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)

Substitute Teachers and
Casual Support Staff
APPRECIATION WEEK
Thank you for all that you do!
March 10-14
PARKLAND
SCHOOL DIVISION