



FOREST GREEN SCHOOL

Dragon's Dish

Updates from the Forest

Don't forget to look for the small dragon! Be the first to email fgsfundraising@gmail.com with the correct location and win a free lunch credit for your child!

May 11, 2025

Monday May 12	Tuesday May 13	Wednesday May 14	Thursday May 15	Friday May 16
Coding Club @ Lunch Recess Move and Groove (Gr 3 Aerials) @ 1:00 p.m.	Intramurals: Track and Field (Gr 5-6) @ Lunch recess Handbell Performance @ Westview Health 12:45 p.m.	Move and Groove (Gr 5 Golf) @ 10:45 Choir Practice (Gr 3-6) @ Lunch recess	Handbell Practice (Gr 4-6) @ Lunch recess	PD Day, No School

Dear Forest Green Families,

The Usiskin Award: Honouring Creativity and Leadership

We are proud to offer the annual Usiskin Award to Forest Green students who demonstrate a passion for the arts. This award honours the memory of Mr. Norm Usiskin, a beloved teacher at our school who passed away in 2014. During his time at Forest Green, Mr. Usiskin shared his love of drama and music in many inspiring and creative ways.

In his memory, the Usiskin family established an endowment fund to help students explore their own creativity. The award is intended to support students who show extracurricular leadership and resiliency, with a preference for those who demonstrate an aptitude in music, drama, and/or theatre arts.

Applications are now open for students who would like to be considered for this year's award. For an application form or more information about the criteria, please contact [Miss Heward](#) or [Ms. Jenkins](#).

Try-Me Try-Athlon: Registration Opened May 6 - Let's Get Moving!

We're excited to cheer on our Forest Green athletes as they participate in the division-wide [Try-Me Try-Athlon](#) on Friday, June 6! This fantastic event promotes physical literacy through swimming, biking, and running—encouraging students to build confidence and develop new skills in a fun, supportive setting. To take part, please register through your PowerSchool Account. You'll find step-by-step instructions in the FAQs section on the registration [site](#).

Whether you're already a runner, just learning to ride, or love to splash in the pool, this event is for you! We hope to see lots of our students give it a try—let's get active and show our Forest Green spirit!

Let the training begin!



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You're Invited!

Please join us as we celebrate the retirement of our dear colleague, Mrs. Wierenga, who has been blooming in our Forest Green School garden for 28 years!. Over her many years of service, she has nurtured the hearts of students, families, and staff with her warmth, dedication, and care. If Mrs. Wierenga has made a difference in your life or the life of your child, we warmly invite you to attend and help us honour her remarkable journey as she begins a new chapter filled with peace, joy, and well-earned relaxation.



Date: Wednesday, May 21

Time: 1:30 – 3:00 PM

Location: Learning Commons, Forest Green School

There will be light snacks, visits from classes, and plenty of time to share laughter, stories, and warm wishes with Mrs. Wierenga as we send her off into retirement with love.

Let's celebrate a life well-planted and beautifully lived.



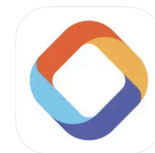
With gratitude and joy,
The Forest Green Staff

Reporting Absences

The school division has moved to SafeArrival, an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence.

You are asked to report your child's absence in advance whenever possible, here is one convenient way to do so:

- Get the SM Home app from the Apple App Store or the Google Play Store (search for SM Home or visit <https://home.schoolmessenger.ca/> and using one of the linked app download buttons)



SM Home 12+
SchoolMessenger Home
Reliance Communications, Inc.
Designed for iPad
★★★★ 1.3 • 3 Ratings
Free
[View in Mac App Store](#)

- Tap Sign Up to create your account (If you previously used the blue SMap you can sign in with the same credentials.)
- If signing up for the first time there will be an email verification step. Please use your email address that is already on file with the school.
- Select Attendance from the menu, and then select Report an Absence

Thrive with Thor: Mighty Minds, Mighty Hearts - Positive Messages from Your School Counselor:

Did you know that the American Academy of Pediatrics recommends that children over the age of six spend no more than one hour per day on video games during the week, and no more than two hours on weekends? While video games can offer benefits—such as fostering connection, boosting mood, and enhancing problem-solving skills and creativity—they also come with potential downsides. Excessive gaming has been linked to increased aggression, disrupted sleep, and social difficulties in children.



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So, what's the solution? Balance. Establishing a healthy balance means setting reasonable time limits on video game use and encouraging alternative activities like outdoor play, reading, or family time.

Child Mind Institute: [Healthy Limits on Video Games](#)

Here is the May edition of PSD's [Stronger Together Newsletter](#). Check out the [event calendar](#) for the Stony Plain Public Library for fun activities for kids, teens, and the whole family.

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)

