



* Lunch warm ups *

At Forest Grove Elementary, we are strong supporters of healthy food for children and are proud of the Breakfast Snack and Hot Lunch programs put on by our local CPAC committee. For those of you that are new to our school community, our Breakfast Snack program provides snacks to our children every morning and our Hot Lunch Program provides both students and staff a "sit-down" lunch approximately every second Wednesday throughout the school year. I want to take this time to thank our CPAC Committee for supporting and carrying out these wonderful programs.

However, we have many students that have been relying on the school to heat lunches in our microwave or by adding boiling water to prepared food on a regular basis. Please note that **we will no longer be heating student lunches because of safety and liability concerns**. We ask parents to **please not send children to school with lunches that need to be heated** (on the stove, in the microwave or by adding hot water.) We simply do not have personnel with the necessary Food Safe qualifications to heat lunches (such as Mr. Noodles, Kraft dinner, soup and the like) for students. If you would like to send a hot lunch for your child, we ask that you heat the food at home and send it in a thermos or other insulated container. Thank you for your understanding in this matter.



Speaking of lunches, our next two hot lunches are scheduled for **Wednesday October 16th and 30th**. Please check student planners or our school web site for menu items.

Our Terry Fox Run was a big success!

Our annual Terry Fox Run was held on Thursday, September 26th. A big thanks goes out to the students, parents and staff of Forest Grove School for their contributions to the Terry Fox Run. Our school raised a total of **\$560** this year - more than double last year's total of \$230! Well done everyone and thank you for donating to this worthy cause! In addition, our students ran 581 laps of our fitness trail during this event which translates to approximately 250 km! Well done students, staff and parents!



Fire Prevention Week



The Forest Grove Volunteer Fire Department will be doing a presentation on fire prevention on **Thursday, October 10th, 2019**. Two students will be selected to be "Fire Chief and Deputy Fire Chief for a day." These students will travel to 100 Mile House in the fire truck to enjoy lunch with the firemen, compliments of the Fire House Diner. **Parents are asked to ensure that their children have inside shoes at the school as we have fire drills throughout the school year.**

Foundation Skills Assessment (FSA)

Students in Grade 4 and 7 throughout the province will be participating in the Ministry of Education's Foundation Skills Assessment (FSA) throughout the **month of October**. Students will be assessed in the areas of Reading, Writing and Mathematics and results from these assessments will be sent home at a later date.

Grade 6 Immunizations

Permission forms have been sent out to inform parents of our upcoming immunizations for our grade 6 students. Our Public Health Nurse will be at the school on Wednesday, October 23rd to administer these immunizations.

Choir returns to our school!

Mrs. Barbara Hooper has volunteered to bring choir back to Forest Grove Elementary again this year. Student choir will be a noon hour opportunity provided every Tuesday starting on October 8th. Children of all ages are encouraged to participate in this wonderful activity.



Soccer Jamboree



Our grade 5, 6 and 7 students will be travelling to Eliza Archie Memorial School on **Friday, October 11th** to participate in the annual Soccer Jamboree. Permission forms should be returned to the school no later than Wednesday, October 9th. The bus will pick up our students at 8:50 AM and return to the school at approximately 1:45 PM.



Thanksgiving

Monday, October 14th is Thanksgiving day and the school will be closed on that day. We hope everyone enjoys a happy Thanksgiving holiday with family and friends.

CPAC Meeting and the AGM

Regular meetings for the Parent Advisory will continue to be held the first Tuesday of every month at 6:00 P.M. at Forest Grove Elementary School. This month's meeting is the one exception to this rule as it is taking place on **Tuesday, October 8th**. This year's **Annual General Meeting** for the election of the executive will be held next month on **Tuesday, November 5th at 6:00 p.m.** New parent members are welcome!

Student Clothing - Please dress for the weather!

We would like to make parents aware that our students spend time outside, rain or shine, nearly every day at Forest Grove Elementary. We ask that parents ensure their children are prepared for the colder/wetter weather conditions that we typically face at this time of year.



Ice skates in good condition?



Ice skating is coming later this month! Each division in our school will have the opportunity to skate at Canlan Arena on three separate occasions. Our first ice skating sessions will be held later this month (see calendar of events below). We have a good assortment of ice skates at the school to provide for students who do not have their own. However, we are a little short of ice skates in **men's sizes 6 through 9**.

Please contact the school if you have ice skates to donate in these sizes.

Birthday Invites

We would like to ask parents who bring birthday invitations to the school, to please give them to the classroom teacher to distribute. A child's feelings can easily be hurt when others are invited to a birthday party and they are not. Our classroom teachers have indicated that they would be happy to help prevent this situation by giving out private birthday invitations discretely.

Parent / Teacher Conferences



We will be holding our annual "Parent Teacher Conferences" on the afternoon of **Wednesday, November 6th**. Interviews take place **between 1:45 pm and 5:45 pm**. We will be having **early dismissal during the week of November 4th - 7th** in order to accommodate these conferences. **Students will be dismissed one**

hour early on Monday through Thursday of this week (not Friday), so please note that school will end at 1:15 instead of the usual 2:15 on those days. Buses will be running one hour earlier, accordingly.

*** Please note that Friday, November 8th will be a regular day with school ending at 2:15 as usual.**

We ask that parents come in to the school to sign up for a time slot on the sign-up sheet (to be posted on the classroom doors the week before.). If you are unable to make it to the school to sign up, please contact the **individual classroom teacher** (not the office or school secretary) to schedule your time. If this day is not convenient, parents may contact the classroom teacher to make an appointment for another day that works for all involved.

Forest Grove Elementary Calendar of Events October 2019

Date	Event & Details
Wednesday Oct. 2	Hot Lunch
Tuesday Oct 8	First Choir Practice at noon (<i>every Tues at noon from now on</i>)
Tuesday Oct 8	CPAC Meeting (6:00 PM)
Thursday Oct 10	Fire Department at school for Fire Prevention Week Assembly
Friday Oct 11	Soccer Jamboree (grades 5-6-7) at Eliza Archie Memorial School
Monday Oct 14	Thanksgiving Day (school closed)
Wednesday Oct 16	Hot Lunch
Tuesday Oct 22	Ice Skating (Ms. Dahl's and Mrs. Arsenault's classes)
Wednesday Oct 23	Grade 6 Immunizations (Public Health Nurse is here)
Tuesday Oct 29	Ice Skating (Ms. Reed's and Ms. Babicky's classes)
Wednesday Oct 30	Hot Lunch
Thursday Oct 31	Halloween (Spirit Day and Monthly Assembly)
Upcoming (Early November)	
Mon-Thurs November 4-7	School Days shortened by one hour (<i>dismissal at 1:15 PM</i>)
Tuesday November 5	CPAC Annual General Meeting (6:00 PM)
Wednesday November 6	Parent-Teacher Conferences (1:45 - 5:45 PM)