

Forest Grove Elementary

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PrincipalMrs. K. Jones
Head Teacher..... Ms. J. McQueen
SecretaryMs. Karen Dawson



January 8, 2019
Newsletter #6

NEXT PAC MEETING

Thursday
January 14th
at 7 pm
In the Library

Principal's Message: Our Math Goal

Staff, students and community have been working on two main growth goals (Social Responsibility and Literacy) for many years. We as educators will always provide instruction in these areas. We are now shifting our attention to the math area. Specifically, we want to improve students' ability to solve math word problems and for them to be able to share their thinking about how they solved the problem. Like any goal, it's difficult to achieve unless we stay focused and committed to making a difference. Here are a few ways we are doing this:

Fieldtrips and Community Outings: We know that children learn by doing, seeing and exploring the world around them. They build math vocabulary and mathematical understanding through experiences related to the curriculum. Pointing out patterns, reading numbers in the community and applying numeracy to relevant situations are ways to reinforce math concepts.

Direct teaching: Classroom instruction focuses on this important goal. Math has many different topics with its own vocabulary. Teachers are making the definitions of the math vocabulary clear to lay the building blocks for math word problems. Of course, a strong foundation in math will assist. Counting, patterns, and looking at numbers in many different ways are the foundations we build upon.

At Home: Younger children can use bills and coins to purchase some things to show what money is and what it can buy; have children look at flyers; All ages-have your children save change for charity and give a small allowance. Have your children play math games and follow recipes at home.

Mathematics is an important focus at Forest Grove and we will continue to work together to help our children to become stronger mathematicians. Together we can achieve this goal.

Please see our
school website
for the most
current
calendar
information

[https://
forestgrove.
burnabyschools.ca](https://forestgrove.burnabyschools.ca)



PAC NEWSLETTER – JANUARY 2019

PAC needs your help:



There are some specific areas within the PAC that need your help! Can you volunteer your time (during or outside of school hours)? For more information please email the PAC at forestrgrovepac@gmail.com or complete the volunteer form that was sent home. Our current needs include:

- A replacement for the PAC secretary needed **IMMEDIATELY**
- Members for the teacher appreciation and emergency preparedness committees are needed **ASAP** for events this year.
- Upcoming events in the New Year will need organizers: Spring clean-up donation drive, Annual Walk-a-thon, Sports Day.



**We have amazing
parents!**

Our annual Pancake breakfast went off without a hitch thanks to our lovely parents who stepped in and made this happen. Special thank you to Janet Ambrosio for leading the organization of the event. Huge thank you to those that shopped, to our early risers that came at 7am to start making pancakes and those on the later morning shifts for continuing to tirelessly cook pancakes throughout the morning. Lastly, to all the parents that stepped in to set up, serve, clean and lend a helping hand we **THANK YOU!** The children and parents all had a great time!



Join our next PAC meeting!

If you are a parent at Forest Grove you are welcome to join us for our monthly PAC meetings. This is a great way to stay up to date about what is happening at your school. Our next meeting will be on **Monday January 14 at 7PM to 9PM**. Childcare is provided. There are no snacks provided for the children however you are welcome to bring a snack for your own child. Please come and join us!

THANK YOU's from The School



Me to We Food Drive

Thank you to Ms. Howie and Ms. Howard along with the Me to We students for organizing the food drive. Together 1,134 items were donated. Parents, students and staff, thank you for supporting this event with your generous donations. Thirteen hampers were created for families in our community. Thank you to Ms. Sutton and Ms. Howie for buying gifts and fresh food for the hampers. It's wonderful to see what can happen when a community comes together to support one another.

The Me to We Prize Winners were:

Prize #1 - Halo from pre school Div. 5 , Prize #2 - W Spaa Div. 5/11, Prize #3 - Chloe Div 9, Prize #4 - Noa Div 5, Prize #5 - Michelle Szabo, Prize #6—Ava Div 9, Prize #7 - John Robinson, Prize #8 - Roz from Strongstart, Prize #9 - Mia Div.9, Prize #10 - Cyrus Div. 1 , Prize #11 - Wilma from Daycare, Prize #12 - Senalder Div. 16, Prize #13 - Zakir Div. 2, Prize #14 - Hayden Div. 10

Pancake Breakfast

Parents thank you for making the last day of school before the break so special. We appreciate all the time, energy and organization that went into the Pancake Breakfast. A special thank you to all of those who worked behind the scenes before the event coordinating the volunteers and for buying supplies. You are a wonderful team and support in so many ways. Thank you to those who arrived on Thursday to set up and so many of you helped serve and clean up as well! A special mention to those who arrived at 7:00 am to mix batter and flip pancakes. There was a real feeling of community. Thank you!

Staff Appreciation

A special thank you to Beth Bosnick and Shabniz Dhanani for organizing the teacher appreciation in December. Staff had delicious treats and speciality teas and coffees throughout the last week of school in December. The staffroom looked beautiful. Thank you for your thoughtfulness.

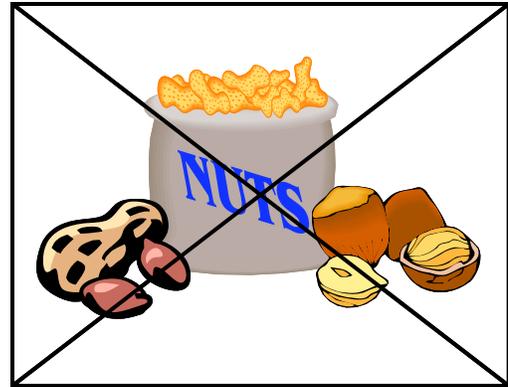
Drivers

Thank you to the many parents who have supported the various programs first term by driving students to field trips, games afterschool and choir events. Your participation in this way allows us to provide a greater range and number of activities for the students. We appreciate the partnership!

Allergy Alert!

We believe that all parents would like to be aware that there are students with severe life-threatening food allergies (anaphylaxis) to peanuts and nuts. This is a medical condition that causes severe reaction to specific foods and *can result in death within minutes.*

Although this may or may not affect your child's class directly, we want to inform you so that you may choose to send foods to school with your child that are free from peanut and nut products. Thank you for your understanding and cooperation.



Electronic Devices

We discourage students from bringing electronic equipment such as cell phones, video game players, I-Pods, MP3 players and “digital pets” to school.

It is difficult to keep these belongings secure and the school accepts no responsibility if they are lost or damaged. We strongly encourage parents to insist that children keep these items at home.

In addition, we feel that students should spend their free time at school playing and interacting with others. Therefore, our official school policy is as follows: **“Any electronic devices brought to school are not to be used during school hours and must be kept out of sight in students’ backpacks between 8:55 a.m. and 2:45 p.m.”** If students are found to be using such equipment during school hours, the item will be confiscated and returned only to the student’s parent. We ask for parents’ cooperation in this area.



If teachers are using devices for school, they will let you know their guidelines.

DANCE CLUB

Dance Club starts another season. Students have an opportunity to dance with a group and perform at school events and at a district event. Announcements are made to remind students of their practices.

Dance club for intermediates has started and will continue into the new year. We meet on Wednesdays at lunch and will have extra rehearsals as we get closer to performances. We currently have 32 members for intermediate dance club. We ask that all dancers commit to coming each week for practice.

Primary dance club for grades 1 to 3 will be on Tuesdays and will start the third week of January. We ask that all dancers commit to coming each week for practice as this is not a drop in program. Any questions, please email Mrs. Howey at the school.

dawn.robinson-howey@burnabyschools.ca

Bedtime Routines by John Hoffman

Research shows that many of today's children get less sleep than they need. Child development expert Stuart Shanker says, "Don't underestimate the negative impact that insufficient sleep can have on children's behaviour and learning." Here are some ways to help your child get enough sleep.

Have a consistent bedtime. You don't need to be completely rigid, but keeping consistent bedtime and waking up times, especially on school days, helps children fall into a pattern where their bodies become physiologically accustomed to winding down for sleep at the same time each day.

Create calming bedtime routines. Parents can't "make" children go to sleep. However, a bedtime routine that includes a small snack, a relaxing bath, and some quiet one-on-one time with Mom or Dad reading stories or having quiet conversation helps them relax and get into a physiological and mental state that will help them to fall asleep.

Limit screen time. Although children love video games and other screen activities, the intense visual stimulation of video and TV screens actually stresses their visual systems and puts them into a state of physiological arousal that makes it harder to fall asleep. Try to turn off the TV or computer at least one hour before bedtime.

Have soothing sounds in background. Children who often have trouble falling asleep (yet seem tired in the morning) may settle down more easily with a neutral background noise, like a fan, an aquarium, or soft music. Black-out blinds may also help, especially in the spring. Some children find it comforting to sleep with a pet.

Get help if you need it. Being chronically short of sleep is not good for children. If you think your child has a problem in this area, don't hesitate to ask your doctor for a referral to someone who can help.

Written to accompany the book *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation* by Stuart Shanker, ISBN 978-0-13-292713-0 Copyright © 2013 Pearson Canada Inc.