

# Forest Grove Elementary

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Principal

Head Teacher

Secretary

Ryan Stewart

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Mrs. K. Jones

Ms. J. McQueen

Ms. K. Dawson



## NEXT PAC MEETING

**Monday**

**February 4th**

**7 pm**

**Library**

Parents and Caregivers  
are welcome to share  
ideas

## SCHOOL IS NOT IN SESSION ON THESE DATES IN FEBRUARY

- 18th—Family Day
- 22nd—Pro-D Day

Lunar New Year  
Presentation

Feb. 21st 6:30 pm

Students in the Man-  
darin Program will be  
presenting

## Principal's Message:

February is a time of year many have “the heart” on their minds. Here at Forest Grove we will continue our legacy of fundraising for The Heart and Stroke Foundation. This is the 25th year that Forest Grove has been fundraising for this cause. There have been many advancements made in this area and the families in this community can take pride in their contributions to making a difference.

Last month I shared information on sleep and this month, information on physical activity is included at the end of the newsletter. As a school, we are looking at one aspect of well being each month. The students will be learning about these topics in their classrooms.

The heart is a vital organ that needs physical exercise. The information at the end of the newsletter focuses on the amount and types of exercise that are recommended for school age children. We encourage students to be active throughout the day at school with gym class, running laps for breaks and recess and lunch activity.

Our hearts are also the seat of our emotions and we continue to teach and nurture kindness and respect among the students. This is a daily focus as these attributes make for a positive and cooperative environment. Teachers take the time to teach feeling words to the students so that they are better able to articulate their feelings when issues arise. We encourage students to understand how they are feeling and to self regulate if needed.

Enjoy “heart” month!



## PAC NEWSLETTER – FEBRUARY 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](mailto:forestrgrovepac@gmail.com) or complete the volunteer form that was sent home. Our current needs include:

- 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.

### Join our next PAC meeting

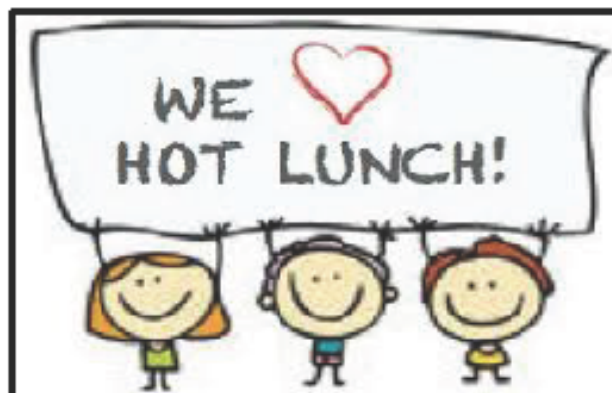
If you are a parent at Forest Grove you are welcome to join us for our monthly PAC meetings. This is a great way to stay up to date about what is happening at your school. Our next meeting will be on **Monday February 4** from **7 PM to 9 PM**. Childcare is provided. There are no snacks provided for the children however you are welcome to bring a snack for your own child. Please come and join us!



Do you need help with financial planning? Need advice on insurance, mortgages, retirement savings or debt? Please join us in the library on **Thursday February 28<sup>th</sup>** from **7 PM to 8:30 PM** for a free presentation on **How Money Works**.



Our next hot lunch is **Friday February 15<sup>th</sup>** and we will be ordering from Subway! Parent volunteers will be needed that day from **11 AM to 12:15 PM** to help sort drinks and deliver food. A special thanks to those parents that helped make January's hot lunch a success!



Our next grade 7 frozen yogurt and popcorn snack day is **Thursday February 28<sup>th</sup>**. Please help support our grade 7 grad fundraising by pre-ordering your snacks at [www.munchalunch.com](http://www.munchalunch.com)

## Kindergarten Registration for 2019/20 School Year

Registration begins February 1st. Please come by the office between 9:30-12:00 and 1:00-2:30 to register your child.

Please bring the following **ORIGINAL** documents:

- Proof of child's birthdate (child's birth certificate or passport)
- Updated immunization record
- Immigration papers for parent and child, if applicable.
- Proof of guardianship (on birth certificate or landed immigrant papers or guardianship papers)
- Proof of citizenship of the parent and the child (Canadian birth certificate, citizenship card, passport, landed immigrant document or permanent resident card)
- Proof of residency of parent or guardian and student. This must include two items and at least one from A below:

A: proof of ownership of a home or lease or rental agreement

B: BC Hydro bill, BC Cable bill, Provincial driver's licence

\*All forms to complete are available from the office or can be printed from the district web site.

**If you have a Kindergarten-age neighbour please let their parents know of this notice. Thank you!**





# Tips to Get Active

## > Physical Activity Tips for Children (5-11 years)

Information and tips for parents, teachers and caregivers of children (5-11 years)

Help kids enjoy their way to a healthier lifestyle! **One hour** of physical activity every day: at home, at school, at play. Every step counts!

1

Physical activity plays an important role in the health, well-being and quality of life of all Canadians, and it is particularly important for children and youth. **Habits formed early can last a lifetime.**

2

**How much physical activity do children need?** Children aged 5-11 should accumulate at least **One hour of moderate-to vigorous-intensity physical activity daily.** But more is even better!

3

**To make the most of their physical activity, try to include:** Vigorous-intensity activities at least **three days per week.** Activities that strengthen muscle and bone at least three days per week.

### Tips to help kids get active

- ☑ Encourage walking to school and getting active as a family
- ☑ Get them to skateboard, bike or run instead of getting a ride
- ☑ Ask them to walk the dog with you
- ☑ Have them rake the leaves, shovel snow or carry the groceries

- ☑ Encourage them to dance to their favourite music
- ☑ Replace computer and TV time with something active
- ☑ Build active opportunities into daily classroom routines and encourage students to join a school sport team

- ☑ Take kids to the playground or to the park to play
- ☑ Reduce screen time



**Be more active in the after-school time period. Every step counts!**

