

Forest Grove Elementary

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Principal

Head Teacher

Secretary

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Mrs. K. Jones

Ms. J. McQueen

Ms. K. Dawson



March 1, 2019
Newsletter #9

NEXT PAC MEETING

Tuesday

**March 4th@ 7:00
pm**

Library

Parents and Caregivers
welcome to attend and
share ideas.

NO SCHOOL ON THESE DATES

Spring Break March

18-29

SAVE THE DATE!

**Student Led
Conferences**

April 25

Please do not walk
through the parking
lots with your chil-
dren. A few extra
steps will keep every-
one safe!

Principal's Message:

Report Cards

Our second term has been productive, students have set goals and achieved success. They have made improvements in many areas. I trust you have noticed the improvements. When you get your child's report please celebrate the positives and help your child set realistic goals. Thank you for your partnership.

Second term report cards will be sent home on Wednesday, March 13th. Please review the report card with your child, sign where indicated and **return the envelope to the school**. If you have questions or concerns please contact your child's teacher. Thank you.

Basketball

We had a successful basketball season. Again, our Forest Grove Athletes represented the school with positive spirit, skill, and respect. The support for each other and the enjoyment of improving their play was very evident throughout the season.

A special thank you to Ms. Isomura for coaching the girls team. Two parents, Mr. Yoon, Mr Rowe joined our teacher coaches, Mr. Pickering and Mr. Nussbaumer in working with the boys team. Thank you to all our coaches for the time and energy they devoted to the basketball teams-coaching, encouraging and supporting! Also thank you to the many parents who cheered on the teams and helped to drive the students to games.

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.



PAC NEWSLETTER – MARCH 2019

Join our next PAC meeting



We need your help and support! We only had 10 parents at our last meeting. If you are a parent at Forest Grove we encourage you 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 March 4** from **7 PM to 9 PM**. Childcare is provided. Please come and join us!

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:

- 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.

Please join us on **Friday March 8th** at **5:30 PM** for **Forest Grove Family Movie Night**. Preorder at www.munchalunch.com before **Wednesday March 6th** to join us for **Ralph Breaks the Internet**. Don't forget to wear your pajamas!



We would like to acknowledge all of those who participated in the Lunar New Year performance. What a fantastic night! We would like to extend a special thank you to The White Spot and Kins Farm Market for their generous donation of the after show treats for the children following their Lunar New Year performance.



What an amazing seminar on **How Money Works!** Thank you so much to **Cezarina Tudose** for generously donating her time and knowledge on financial planning. We really appreciate you sharing your knowledge with us. We have the best parents at Forest Grove!!!

Forest Grove School PAC Garden Committee Update for Winter 2019

What do we do in the winter at Garden Club? We plan and vision what we want to grow in the 2019 Spring Season! Garden Club met January 11th to create a Vision Board that is now displayed on our Garden Program Bulletin Board. A variety of crops and plants were cut out of our seed catalogue including: tomatoes, pumpkins/squash, peppers and lots of flowers!



Huge Thanks to our friends at West Coast Seeds for a generous donation of seeds to Sprouting Chefs Society that will help the Forest Grove Garden Grow this year to help our Vision come to life! Super excited to try some new crops like cucamelons which are cute mini cucumbers that are shaped like mini watermelons as well as some really interesting radishes.



West Coast Seeds

Garden Club has also started our tomatoes, peppers and cauliflowers which Ms. Barb is taking care of at home. Some of these seedlings will be shared at other school garden programs including Lochdale and Windsor Elementary.



Inside the classrooms, Ms. Sheng's class is growing Asparagus including seeds harvested from the asparagus from the garden, Ms. Tai's class is growing mint and columbine, Ms. Sutton's class is growing cilantro and Ms. Mackie's class is growing onions. Thank you to all these classes for doing your very best to have these crops in our garden in the Spring.

We would also like to acknowledge a generous donation of \$190 from one of our parents Ms. Irina Lim to go towards our annual Soil Delivery coming up March 15th. We'd love to have as many students and community members join us for this big day of adding this awesome veggie compost blend to our garden.

Garden Club Meets:

March 1st – Re planting any indoor seeds

March 15th – Soil Delivery Day! Come one come all! 3 pm to 4 pm