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H. Teacher: Mr. D. Nussbaummer  
Secretary: Ms. K. Dawson

### Quote of the Week

"Strive not to be a success, but rather to be of value."

--Albert Einstein

### Important Dates

**Friday, Oct. 30th**  
Monster Hunt 6:00—  
9:30 pm

### Tuesday, Nov.

**10th**  
Remembrance Day  
Assembly @ 11:00  
a.m.



**Wed., Nov. 18th**  
PAC Meeting @ 7:00  
pm.

**Friday, Nov. 27th**  
Pro D Day

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# The **RAVEN** **REPORT** or is it?

Issue #02

October 28, 2020

## Halloween Costumes

Of course, Halloween is only a couple weeks away, which means we will all have an excuse to dress up as animals, pirates, witches, or super heroes. Here are a couple guidelines we use when it comes to costumes at Forest Grove:



- We must be able recognize every child for safety reasons. This means that students are not to wear **full face masks** or other coverings that would make identification difficult. Half masks are often OK as long as we can see the child's eyes.
- **Detachable swords, light sabers, or other such "weapons"** are not allowed at school, even if they are brought in a bag, so please leave them at home so the students are not even tempted to take them out. Of course, this again has to do with student safety.
- In addition, we ask that students do not wear extremely "scary" costumes...again, common sense judgement is needed here. For example, dressing up as Pennywise, the clown from IT would not be an appropriate costume for elementary school, although coming as a clown is just fine.

On Friday, Oct. 30th, we encourage students, parents, and staff to come in full costume to show off their outfits (the staff theme this year is favourite book characters). I promise not to come as Captain Underpants.

## Calling All Pumpkin Carvers

We are putting out the challenge again this year to families to enter the annual Forest Grove Pumpkin Carving Contest. There will be prizes for:

**-Funniest/Scariest      - Most Creative      - Most Detailed**

The only stipulation is that the student must do at least a part of the design/carving...but families are more than welcome to help.

We recommend bringing your pumpkin to the gym between 8:30—

9:00 a.m. on **Friday, Oct. 30th**. Please label the back or bottom with your child's NAME, DIV & GRADE (I suggest written on a piece of masking tape). We would LOVE to use some of the pumpkins for our Monster Hunt decorations that evening, but if not, all pumpkins will be returned to students at the end of the day to bring home. Good Luck!



## Another Addition to the Forest Grove Crew

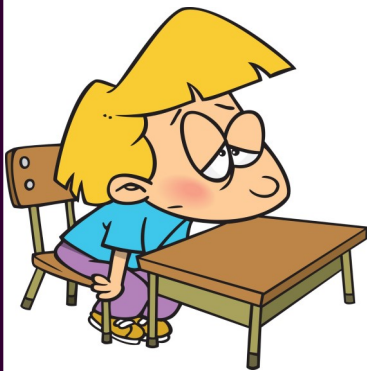
Our Forest Grove family has grown again in the last couple of weeks. We are very excited to officially welcome **Ms. Lam** as our newest Educational Assistant working in our Mandarin Program. Not only is Ms. Lam a wonderful educator, she is also a parent in our community. Welcome aboard.



## Yes...Ravens...No Wait...It's Falcons

About a month ago, after asking every staff member along with past principals, we had finally determined that the Forest Grove mascot is a Raven...hence the newsletter title "The Raven Report". Alas, just last week, I found out that it is more likely that our mascot is the Peregrine Falcon (the fastest animal in the world).

Now, nothings has been confirmed, but I do like the sound of "Forest Grove Falcons", although finding a synonym for newsletter that starts with an "f" sound is not easy. Anyways, if anyone can 100% confirm either way, I'd love it if you could contact me ([kurt.gurney@burnabyschools.ca](mailto:kurt.gurney@burnabyschools.ca)) so we can start making plans to reinvigorate our mascot.



## Sleep

I remember back a number of years ago when my children were quite young, walking straight into a wall at my home due to sleep deprivation. I couldn't think clearly, any physical activity was laughable, and stringing together a cohesive sentence was definitely a challenge.

The reason I write about this is because we have a number of students at Forest Grove that are "sleep deprived", because they are not getting enough sleep on a regular basis.

Research indicates that sleep does more than allow the brain to rest, it also aids in learning and the consolidation of long-term memories. Here's the recommended amount of sleep we should all be getting.

Most of our students are aged six to 13 and need 9-11 hours of sleep. However, at the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, students this age become more interested in TV, computers, the media and Internet – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV or playing on an iPad close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

So, as many of you already do, please help support your child's learning and health by setting up bedtime routines that do not involve screen time, and ensure they get an average of 10 hours of sleep every night. Thanks for your help with this.

<u>Age</u>	<u>Recommended</u>
3—5 Years	10—13 hrs
6—13 Years	9—11 hrs
Teens	8—10 hrs
Adults	7—9 hrs

# PAC PRESS



## Donation Drive is underway!

The Annual Donation Drive will be running until November 30th. Please log in to <https://www.schoolcashionline.com/> if you would like to make a donation. We thank you for your support!

## Special thank you to:

All of the wonderful school staff and parents that helped make the annual Terry Fox Run a success! Everyone had a great time for a great cause!

Nicole Gladish, one of our parents who shared her time and expertise to review, select, and apply for two grants already and planning on more. Thank you so much!



## COVID-Friendly Monster Hunt!



Please help us track him down in this family event that includes deciphering clues, Halloween story reading, family photo booth, spooky forest walk, a dance-off, candy and more! The event is Covid-friendly and requires pre-registration and pre-payment. Sign up for your spot and/or volunteer to help as these huge events are only possible with many helpers. See your e-mail for more info.

## 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 held online again on **Wednesday, November 18 at 7PM to 9PM**. Please come and join us!

**Stay informed! Check out our PAC website at [www.forestgrovepac.com](http://www.forestgrovepac.com)**



# Celebrating Halloween



## SAFELY



BC's Provincial Health Officer is encouraging people to keep health and safety protocols in mind as they celebrate Halloween. Here are some reminders for the school community to ensure classroom celebrations in Forest Grove are safe, as well as fun.

### Costumes

- We encourage students to integrate a non-medical mask into their costume that covers their nose and mouth.
- Families, please remind students not to wear a costume mask over a non-medical mask, as this can make breathing difficult.
- Remind students not to touch each other's costumes, no matter how tempting.
- Do not send accessories that may be passed around as these can transfer germs.

### Treats & Goodies in Class

- Only specified staff members are to distribute sealed, pre-packaged goodies.
- Students will wash hands before consuming treats.
- We will not put treats in a shared bowl, which can gather germs.
- Staff will often hand out goodies in creative ways that minimize contact and maximize physical distancing, such as using tongs or baking sheets.
- We will remind students not to share food.
- If treats are part of an in-class celebration, we will consider how the garbage will be collected to avoid congregating at a bin or having one person touch the items belonging to multiple people.

***\*A reminder to families that you are not to hand out any food or other items to children at the school as it does not adhere to COVID safety protocols. Only staff members can arrange and hand out treats to students. Thank you so much for your help with this.***