

8525 Forest Grove Drive  
Burnaby, BC V5A 4H5  
Phone: 604-296-9026  
[https://  
forestgrove.burnabyschools.ca/](https://forestgrove.burnabyschools.ca/)

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

### Quote of the Week

"A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special."

— Nelson Mandela

### Important Dates

**Tues., Nov. 8th**  
**Photo Retakes in**  
**the a.m.**

**Tues., Nov. 8th**  
**PAC Meeting @**  
**7:00 pm**

**Thurs., Nov. 10th**  
**Remembrance**  
**Day Ceremony**  
**@ 10:45 a.m.**  
**(Families Wel-**  
**come)**



**Friday, Nov. 25th**  
**Pro D Day**

Halloween Thanks	1
Friendly Reminders	2
PAC Press	3
Return it Fundraiser	4
Calendar (Nov.)	5



# The Peregrine Post



Issue #02

November, 2022

## Halloween

It was great to see all the wonderful costumes and events planned around Halloween.

Big thanks to all families that helped support trips to pumpkin patches and helping with Halloween events around the school. Without your support, much of that would not be possible.

And that brings me to the Monster Mash...an event I've been hearing about ever since I arrived at Forest Grove...but one that we've had to put on hold until this year. And what a year! I can now see why it was such a big deal for the community. Huge thanks to **Erika, Amanda, and Sheila** who were the master organizers, but there were **so many others** that made this event possible. Have a look on page 3 to see who it was that made it all possible, and next time you see these people, be sure to bow and thank them for their selfless work.



## Photos

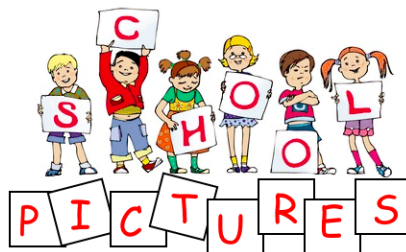


Photo day was back in early October, but if you missed out or your not happy with your child's photo for any reason, retakes will be happening this **Tuesday, Nov. 8th in the morning**. To ensure your child's photo is retaken, please contact your child's teacher (click [HERE](#) to find your child's classroom and click on the name of the teacher to email them) to let them know.

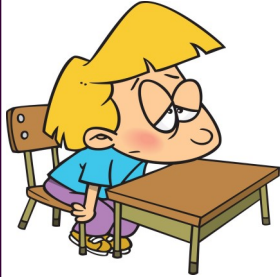
K. Gurney—Principal

## Nuts!

As many of you are aware, the most common cause of a severe allergic reaction is peanuts and other nuts. In fact, about 36% of people with food allergies are allergic to peanuts.

We have a number of students at Forest Grove that have severe allergies (anaphylaxis), especially to peanuts and nuts. As a result, we are a "NUT AWARE" school, meaning we ask families not to bring nuts or nut products to school so that we can keep our kids safe.

So just a friendly reminder that items sent to school are to be peanut/nut free, and students are not to share their snacks and lunches. Thanks for your help to keep our kids safe.



## 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 showing signs of being "sleep deprived", because they are not getting enough sleep on a regular basis. Research shows that sleep does more than allow the brain to rest, it also aids in learning & 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 to 5 years	10 to 13 hours
6 to 13 years	9 to 11 hours
Teens	8 to 10 hours
Adults	7 to 9 hours

## Forest Grove Swim Team?

Over the last 3 years, the district has been working hard on our drainage issues that have plagued our school due to being at the base of a mountain. We seem to have fixed the "swing set sea", "playground pond", "gravel field gulf", and the lovely waterfall features on our back hill, but we still have a lot of standing water.

With this comes the inevitable draw....a siren call for children to splash and get soaked. I was one of those children; if I saw a neglected puddle, I felt it was my duty to befriend it. I would start by teetering on the edge, flirting with disaster, and within about 3 minutes I would be surfacing for air asking my friends if they had a spare snorkel.

Long story short, could you please send a **spare set of clothing to school** in case your child gets too wet to sit in class. We're looking to have socks, pants, underwear, and a shirt, but please no snorkels. Thanks.



## **Allergy Aware School**



# PAC PRESS



## A Monstrous Undertaking

The Monster Mash was back and was a smashing success with a record turnout and money raised. HUGE thanks to Erika H. for being the master organizer and her great team:

- Haunted hallway setup - Selma, B, Alicia F, A Htoo Say, Ryan M, Mika K, Lucy C, Athena T, Teresa T., Ellen L, Fermisk R.,

Adrienne C, Kate M, Daphne M

- Games - created by Kerry O and people who helped run the room included Cat Z., Sheila, and Elizabeth C.
- Logistics/Tech/signage - Kim Y
- Pizza orders - Elizabeth C --actually she jumped in on various tasks before and during
- Will Call/Front office team - Mika K, Ashley F, Emi L, Avital S, Jackie T, Argelio S
- Concession Team - Setup and run by Amanda K, Brenda N, Chelsea S, Socheary T ---a few others also jumped in here to help
- PAC Kitchen - Jennifer M, Sheila M
- Running of Hallway and Takedown -Geoff
- Many people donated items to decorate, extension cords etc.
- Clean-up crew - Chelsea S, Kerry O, Brenda N, Kim Y, AHtoo S, Elizabeth C, Crysty S, Mika K, Adrienne C, Rae F, Daphne M and husband
- Pete and Manda H from Pete Prints - Donated printed signs to the school (Chelsea S coordinated this with them)
- Photography booth -Setup and run by Paula and Tim! The second year in a row they jumped in on the task.
- Mr. Nussbaumer and Mrs. Shirley - Let the grade 7's setup the gym during the end of their school day - they set up almost the whole gym and outdoor tents
- Burnaby Mountain Secondary Alumni Volunteers - set up, takedown, and helping to run station.



## PAC Needs Your Help:

Parent support is always needed, and you can help out your children by helping the PAC. Whatever your availability, there are many ways to get involved in school events and initiatives. Contact us at [forestgrovepac@gmail.com](mailto:forestgrovepac@gmail.com) for more information.

## Donations Welcome

Want to help out financially? Then log in to [SCHOOLCASH ONLINE](#) to donate to the PAC. The Donation Drive runs until **November 30th** this year, giving you plenty of time to give back and support worthy initiatives such as Garden Club and graduation, and everything in between.



## 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 **Tuesday, November 8th @ 7PM**. A Zoom link will be emailed to you. Please join us!



## Forest Grove Grade 7 Fundraiser is back again!

Help the planet and help the grads!

Bring refundable cans and bottles in a clear bag to

any Return-It **EXPRESS** Depot.

No sorting!

**Just use the EXPRESS kiosk and enter Forest Grove's  
phone number: 604-296-9026 to donate your refund.**

Your donations will help the grade 7 class of 2023 raise funds for farewell celebrations. **The account will be open until  
June 2023.** *The grade 7s thank you in advance!*

Return-It EXPRESS Locations close to Forest Grove:

6518 Hastings Street, Burnaby

6893 Hastings Street, Burnaby

435 (Unit W) North Road, Coquitlam

# FlipGive

FlipGive

The PAC earns cash back on the things you're already buying, including gift cards, at leading online stores such as Amazon, In-

digo, Starbucks, The Real Canadian Superstore, Esso and more. [Click here](#) to join the Forest Grove PAC team.

COBS Bread

Did you know that 5% of your purchases made at the Cobs Bread at Lougheed Mall can be donated back to the PAC? Just mention Forest Grove at the time of purchase.



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3 Choir @ 8:00 a.m.	4	5
6	7	8 PHOTO RETAKES National Indigenous Veterans' Day PAC Meeting @ 7:00 pm	9	10	11 Remembrance Day (Schools Closed)	12
13	14	15	16 Staff Meeting	17 Choir @ 8:00 a.m.	18	19
20	21	22	23	24 Choir @ 8:00 a.m.	25 Pro-D Day (No School For students)	28