



Forest Park Community School Newsletter

130 FOREST PARK DRIVE / WINNIPEG / MANITOBA / R2V 2R8
Telephone: 338-9341 Fax: 334-4808

October 2011

Number 2

DATES TO REMEMBER

- | | |
|-------------------------|--|
| Monday, October 10 | - Thanksgiving Day (NO SCHOOL) |
| Wednesday, October 12 | - Divisional Cross-Country (rain date) @ Little Mountain Park |
| Thursday, October 13 | - Story Magic Parent/Child Program – 9:30 – 11:00 a.m. in Lib. |
| Thursday, October 13 | - Patrols to Dear Meadow Corn Maze |
| Friday, October 14 | - Picture Day 9:00 a.m. |
| Friday, October 14 | - Rhyme Time Parent/Child Program –9:30 – 11:00 a.m. in Lib. |
| Monday, October 17 | - Vegetable Fundraiser Orders due back |
| Wednesday, October 19 | - PAB Meeting 6:30 p.m. babysitting provided |
| Thursday, October 20 | - Story Magic Parent/Child Program –9:30 – 11:00 a.m. in Lib. |
| Friday, October 21 | - SAG Inservice (NO SCHOOL) |
| Tuesday, October 25 | - Grade 4 Immunization - 9:00 a.m. |
| Wednesday, October 26 | - Family Halloween Dance 6:00 to 8:00 p.m. |
| Thursday, October 27 | - Story Magic Parent/Child Program –9:30 – 11:00 a.m. in Lib. |
| Friday, October 28 | - Rhyme Time Parent/Child Program –9:30 – 11:00 a.m. in Lib. |
| Friday, November 4 | - Hot Lunch |
| Friday, November 4 | - Picture Retakes – 1:00 p.m. |
| Friday, November 4 | - Pink Afternoon |
| Friday, November 11 | - Remembrance Day (NO SCHOOL) |
| Saturday, November 19 | - Divisional Team Handball Tournament |
| Thursday, November 24 | - Parent/Teacher Conferences (evening) |
| Friday, November 25 | - Parent/Teacher Conferences (NO SCHOOL) |
| Friday, December 23 | - Winter Break Begins |
| Monday, January 9, 2012 | - School Reopens |

SCHOOL EVENTS

MUSICAL NOTES

For the month of October the Grade 1, 2 and 3 students will create their own one-bar rhythmic phrase. The students will then take their pumpkin patterns and practice them by playing various hand percussion instruments.

The Grade 4 students have been playing boomwhackers while practicing their group compositions.

The Grade 5's have begun work with their recorders.

All Grades are working on songs featuring the themes of Halloween and Remembrance Day.

Please join us for our Remembrance Day assembly at 1:15 p.m. on Thursday, November 10th in the Forest Park School gym.

Remembrance Day assembly in November. Family and friends are welcome to join us on Thursday November 10th at 1:15 in the Forest Park Gym for our assembly.

Ms. B. Warrack

PHYS ED NEWS

Our Terry Fox Walk/Run was held on September 28th. Last year we raised \$410.00. This year our total was \$450.00. **Thank You!** to all students and parents for your generous donations. All monies will be forwarded to the Terry Fox Foundation to further cancer research.

Congratulations! to all Grade 3 – 5 Cross-Country runners for participating in the Seven Oaks Divisional Cross-Country Meet. We had a beautiful, hot day for our run – a drastic change from last year!

Congratulations! to the following top 10 finishers in each grade:

Grade 5	Boys	4 th 7 th 8 th 11 th	Ethan Harder Chase Dysart Connor Miles Drayden Steele	Girls	1 st 2 nd	Julia Sandy Anastasia Pfund
Grade 4	Boys	4 th 6 th	Troy Penner Cooper Wilson	Girls	3 rd 6 th 10 th	Gracie Grift Annelies Koch-Schulte Rachel Launder
Grade 3	Boys	5 th 6 th 9 th 10 th	Nicholas Pfund Marcus Miles Charlie Launder Avery Waud	Girls	1 st 5 th 7 th 8 th 9 th	Komalpreet Brar Elexa Gilman Brianna Shoup Emma Schjerning Reanne Sinclair

I spoke with most of the students prior to the race about goal setting for Cross-Country. For some students, finishing in the top 10 was a goal, while for others, running the entire race without walking was a goal. And still for others, just completing the race was a goal. All goals are valid. The goal I stress the most is being able to better your personal time when we run the race again in May.

I have noticed a decline in the overall fitness levels of our students over the years. It was especially noticeable when we did a time practice run in late September. Probably half of Forest Park Grade 3 – 5 students could not run the distances (1400m – gr. 3, 1600m – gr.4, 1800m – gr.5) without walking. I feel many students need to spend more time being active and less time in front of the TV/computer or any other electronic device. Parents, I need your help getting your children off the couch!!

Ms. K. Lukas

PARENT ADVISORY BOARD

Just a REMINDER – next PAB meeting Wednesday, October 19th at 6:30 p.m. in the school library. Childcare is provided.

FAMILY HALLOWEEN DANCE - October 26 at 6:00 to 8:00 p.m.

Next HOT FOOD DAY – Friday, November 4th.

VEGETABLE FUNDRAISER - last day for orders to be submitted – Monday, October 17th

Advancing Community Schools
Forest Park School
Parent/Child Programs

We'd like to welcome families in our school community to join us for our **FREE** Parent/Child Programs. Weekly classes are held in our Forest Park School Library. During each of our programs, parents/caregivers participate in fun activities along with their children. With a focus on literacy, nutrition, parenting and building community, our programs encourage you to connect with each other. This is also a great opportunity to meet other families in your community.

The programs we currently have to offer are:

Story Magic – Thursdays 9:30-11:00am (Best enjoyed by children ages 3 – 5 years)

Baby Rhyme Time – Fridays 9:30-11:00am (Best enjoyed by children from birth – 3 years)

Registration is required for all Parent/Child programs as space is limited.

**For more information or to register, please call
Debbie Talling (Community Coordinator) at 338-9341.**

PRINCIPAL'S MESSAGE

Our Halloween Family dance is fast approaching and the excitement is building. It is, without a doubt, one of the highlights of the year. Please remember that we are a peaceful school and anything that can be considered a weapon as part of a costume should be left at home. The grade 5 students are busy planning the "Spirit Week" that often coincides with late October activities. Money donated that week goes to UNICEF and the many causes it supports. This is also a good time to remind parents about our students with Life Threatening allergies. These students can have an extremely serious reaction if exposed to nuts and nut products. Please do not send any food which may contain nuts (peanut butter, Nutella, granola bars containing nuts, etc.) to school with your child. This includes fast food items, made in facilities which are not nut free. A better idea is to pick up your child for lunch at a fast food restaurant as a treat. Speaking of lunch, our reverse recess is working very well. In fact, students seem to prefer playing first and eating later. A staff member commented that there was, indeed, a calmness during the 12:00 to 1:00 PM break. Charles Hopkins was the inspirational keynote speaker at the recent Divisional Inservice, attended by all Seven Oaks staff. While the topic of sustainable development is broad, he reminds us all that there is much we can do to care for our world for "we do not inherit the earth from our ancestors, we are borrowing it from our children". Thought-provoking? I'd say so.

Karen Hartikainen

West Kildonan



Memorial Community Centre

346 Perth Avenue Winnipeg, MB R2V 0T7 334-1679 wkmcc.webs.com

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Kids Bingo – Halloween Theme

THURSDAY OCTOBER 27TH

Doors open at 6:00, games begin at 6:30 – 8:00

\$2 per family with a maximum of 4 cards/person. Kids are encouraged to play their own cards.

This is a fun family night away from the TV, computer and video games.

There are great prizes to be won. Hot dogs and snacks are available at minimal cost.

Thanks to all those who made our back to school Bingo night a huge success ~ See you on the 27th.

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

A local affiliate of Allergy/Asthma Information Association (AAIA)

Phone: 204-654-2676 Email: mainmanitoba@shaw.ca

October 2011

Our next educational evening will be on Tuesday Nov 29, 2011 7:00 - 8:30 pm.

Please register by contacting Nancy at 654-2676 or email mainmanitoba@shaw.ca

Teaching Children to Manage Their Food Allergies

Our evening will include a presentation and discussion on teaching children to share in the responsibility for reducing the risks and be part of the team managing their life threatening allergies. This session is for parents and caregivers.

Although the majority of our attendees are parents, staff and volunteers working in the schools with students who have life threatening allergies are welcome to attend.

This meeting will take place at The Gray Academy at 123 Doncaster Street
(room number will be posted)

Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk. Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions go to: http://www.grayacademy.ca/about_visiting_directions.html

Call or send an email with any questions.

Nancy Boni

Manitoba Anaphylaxis Information Network (MAIN)

mainmanitoba@shaw.ca

1-204-654-267

LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

Teaching Children to Manage Their Food Allergies

an education session for parents and caregivers

Tuesday November 29, 2011

7:00—8:30 pm

The Gray Academy, 123 Doncaster Street

(room number will be posted)

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or send email to mainmanitoba@shaw.ca**

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Free parking is located across the street. Please register at the security desk..**

Manitoba Anaphylaxis Information Network (MAIN)

**affiliated with Allergy/Asthma Information Association (AAIA)
Contact: Nancy Boni 204-654-2676 Email: mainmanitoba@shaw.ca**

Helping Families Cope with Life Threatening Allergies