

Forest Park Community School

SEPTEMBER 2013, NEWSLETTER

September's Here and WE are
Raring to GO!!!!!!

First day of school was a WONDERFUL celebration of coming together after a summer of fun and family. You could hear the laughter of friendship, and see the supported learning the children offered to each other both old friends and new. The teachers created spaces for all this to feel comfortable and safe for our children. The first day of school was about celebrating our Forest Park Family.

Victoria : I am so excited to be back at school because grade four is new and fun!!

Kiele : I am so happy to be back with my friends!! Grade four is already so much fun.

Gagan: I am really happy to meet my friends and I was nervous about how my teacher was going to turn out but she is awesome and I am hoping to have new adventures at Forest Park!!!



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Principal-Teacher:
Anna Mangano



MILK TIME!

Forest Park will be offering the MILK program once again this year. Cards of 20 can be purchased at the school for \$18.00. Both Chocolate and White are available for purchase. The Chocolate has 25% less sugar than regular Chocolate Milk—A healthy option for our kids. Our milk program will start on September 11th. All of last year's unfinished cards will be honored and we have them here at school.

School Closure Dates for 2013-14

- Friday, October 4, Professional Development (No School) ***** Change Of date
- Mon. October 21—Professional Development (School Closed)
- Fri. October 25—Provincial Professional Development (No School)
- Fri. November 8—Professional Development (No School)
- Fri. November 22—Parent-Teacher-Child Interviews (No School—appointments)
- Mon. February 3—Professional Development (No School)
- Fri. March 14—Parent- Teacher-Child Interviews (No School—appointments)
- Fri. April 25—Professional Development (No School)
- Mon. May 12—Professional Development (No School)
- Fri. June 20—Administration Day (No School)



Welcome New Staff Members

Mr. Tryon—Grade 2/3 (New classroom to Forest Park—it has been a very busy Fall!)

Mr. Allary—Welcome Back! Grade 5

Mr. Pacag—Phys-Ed

Mr. Victoruk— Grade 5

Mr. Laidlaw—Music

Ms. Verrier—Educational Assistant



ARE WE GETTING ENOUGH SLEEP????

Welcome back to staff, students and families! I also offer a warm welcome to any new comers. In the caring tradition of Forest Park School, I'm sure that our new additions will quickly feel right at home.

I will make an effort to provide periodic columns in the school newsletter. I welcome topics, feedback and connections with families. Since I'm only in the building 2.5 days per week, (usually Monday, Thursday afternoon and Friday) it can be hard to pin me down! Our very kind and capable secretary, Glenda Lepischak can help you find me. I return all phone calls; it may just take a few days.

This particular column I offer has become a yearly tradition; it's back by popular demand. The chart below indicates how much sleep people of different ages require in order to function fully and effectively. As you examine the numbers below you will realize that most of us aren't getting enough sleep.



AGE: TOTAL SLEEP:

- 0-3 months---14-16.5 hours**
- 3-9 months---14-15 hours**
- 1 year---13.75-14 hours**
- 2 years---12.75-13 hours**
- 3 years---12-12.5 hours**
- 4 years---11.5-12 hours**
- 5 years---11 hours**
- 6 years---10.75-11 hours**
- 7 years---10.5-11 hours**
- 8 years---10.25-10.75 hours**
- 9 years---10-10.25**
- 10-12 years---9.75-10**
- 13-24 years---9-9.5**
- 25 and older---8-8.5**

People are often quite surprised by these numbers. If you realize that your children aren't getting enough sleep, having them ease into an earlier bedtime by tucking in 15 minutes earlier every few days can help them become accustomed to the change. Having some quiet time before bed, a warm bath, a nice night-time ritual, can all help kids transition to sleep time. Well-rested children (and adults!) are at their best for learning and for getting along well with others.

I hope you'll sleep on this!
Sweet dreams!
Terry Klan (your School Counsellor)

This year Forest Park will be participating in the New Provincial Report Card roll out. Please feel free to call Anna Mangano – Principal Teacher at school for any clarification. Here is the hyperlink to access the Parent Brochure produced by the government.



http://www.edu.gov.mb.ca/k12/assess/report_cards/docs/pb_1-8.pdf



Reminder

Brochures for student accident insurance are available in the office. Please be sure to pick one up if you missed it at orientation time or give us a call and we will be happy to put one in your child's backpack.



Fall Photos will be taken on October 9, 2013

KYAC—Kildonan Youth Activity Centre will be holding their activities at Forest Park School on Thursdays from 3:30 to 5:30 pm beginning Thursday September 12, 2013. Information will be coming home with your child. Grades 3—5

TERRY FOX EVENT

We will all celebrate the wonderful accomplishments of Terry Fox and help support his legacy together on Friday, September 20, 2013.



**Do you have an Infant or Preschooler in your family?
(ages birth – 5 years)**

If so, we would like to invite you and your family to participate in our **FREE Parent/Child Programs**. This year we are pleased to offer programs such as **Rhyme Time**, **Story Magic** and an **Evening Gym** program.

During 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.

For more information or to register for our Parent/Child Programs,

please call your Community Coordinator, Debbie Talling at

Margaret Park School 338-9384 Forest Park School 338-9341



September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Day 1</i>	4 <i>Day 2</i>	5 <i>Day 3</i> <i>Rosh Hashanah</i>	6 <i>Day 4</i> <i>Rosh Hashanah</i>	7
8	9 <i>Day 5</i>	10 <i>Day 6</i>	11 <i>Day 1</i>	12 <i>Day 2</i>	13 <i>Day 3</i>	14
15	16 <i>Day 4</i>	17 <i>Day 5</i>	18 <i>Day 6</i>	19 <i>Day 1</i>	20 <i>Day 2</i> <i>Terry Fox Event</i>	21
22	23 <i>Day 3</i>	24 <i>Day 4</i> <i>WHRA Nurse Training Staff on Common Health Issues</i>	25 <i>Day 5</i> <i>Symphony Outreach</i>	26 <i>Day 6</i> <i>Unite to Change Conference</i> Story Magic 9:30-11:00 am Pre-School	27 <i>Day 1</i> <i>Rms. 3, 5, 6, 7, 8, and 9 Field Trip</i> <i>The Forks 9-2</i> Rhyme Time 9:30-11:00 am Pre-School 1:15—School Assembly	28
29	30 <i>Day 2</i>					