



# Forest Park Community School Newsletter

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

September 2010

Number 1

## DATES TO REMEMBER

- Wednesday, September 22 - Parent Advisory Meeting - 6:30 pm.  
Thursday, September 23 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Thursday, September 23 - KYAC - 3:30 - 5:00 p.m.  
Friday, September 24 - Divisional Inservice (NO SCHOOL)  
Thursday, September 30 - Terry Fox Run/Walk  
Thursday, September 30 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Friday, October 1 - Rhyme Time Parent/Child Program -  
9:30 - 11:00 a.m.  
Tuesday, October 5 - Gr. 4 Immunization  
Wednesday, October 6 - Divisional Cross-Country Meet  
Thursday, October 7 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Friday, October 8 - Rhyme Time Parent/Child Program -  
9:30 - 11:00 a.m.  
Monday, October 11 - Thanksgiving Day (NO SCHOOL)  
Tuesday, October 12 - Picture Day AM (Retakes Fri., Nov. 5)  
Wednesday, October 13 - Divisional Cross-Country (raindate)  
Thursday, October 14 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Friday, October 15 - Rhyme Time Parent/Child Program -  
9:30 - 11:00 a.m.  
Thursday, October 21 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Friday, October 22 - SAG Inservice (NO SCHOOL)  
Thursday, October 28 - Story Magic Parent/Child Program -  
9:30 - 11:00 a.m.  
Friday, October 29 - Rhyme Time Parent/Child Program -  
9:30 - 11:00 a.m.

Reminder!

## **SCHOOL EVENTS**

### ***MUSICAL NOTES***

What's new? In the Music Room the Grade 1, 2 and 3 classes will kick off the year singing about green jelly beans and learning songs about autumn and Thanksgiving . They will also be creating a music wall of autumn leaf compositions that can be played on instruments.

The Grade 4 and 5 classes have begun a unit on Canadian songs and have begun working on "In Flanders Fields" based on the famous poem by Canadian soldier John Mc Crae and put to music by Manitoba composer Craig Cassils for our Remembrance Day Assembly. The students will be learning about the history behind this famous poem.

If you have watched CBC TV you would have seen ads for Culture Days coming up Sept. 24<sup>th</sup>-26<sup>th</sup>. This is an across Canada event where Arts Organizations across Canada and the Territories are opening their doors and inviting families in for **free** to experience all sorts of different Arts Experiences. Visit the Culture Days website at [culturedays.ca](http://culturedays.ca) and watch TV and newspapers for upcoming ads as to which organizations you can visit for free on that weekend.

Ms B. Warrack

### ***PHYS ED NEWS***

Wow! I can't believe it's September already. I hope everyone had an enjoyable summer, and is ready for another great year.

Our first intramural sport for grades 3-5 students will be Team Handball. It will begin just as soon as teams and schedules are made up. Once again, grade 5 students have the opportunity to be intramural leaders, both in refereeing and in score keeping games.

Cross-Country practices will begin shortly as well. Once again, all Grades 3-5 students will participate. Practices will be held during gym classes with me and during school time with classroom teachers. This is part of our "Daily P.E." program.

The Divisional meet will be held on Wednesday, October 6, Day 4 (raindate Wednesday, October 13 Day 2). This year the runs, both fall and spring, will be held at Kilcona Park (not Little Mountain).

This year marks the 30<sup>th</sup> Anniversary of The Terry Fox Run. Our school walk/run will be held on Thursday, September 30, Day 6. Once again, we will be

taking up a silver collection for the Terry Fox Foundation to further cancer research. We are hoping to collect a "Loonie" or "Toonie" from each student for Terry. Last year we raised \$300.00. In the last decade, Forest Park School has raised \$8,545.50!

We will not be selling Forest Park T-shirts this year, however, there are still a few T-shirts left over from last year (size Youth XL only). If you would like to purchase one, please bring \$10.00 to me as soon as possible.

Just a reminder about appropriate gym clothing - students must have a T-shirt, shorts or sweats that are to be worn for gym classes only! Running shoes must have **non-marking soles**. Sandals, Crocs, or any other non-runner type of shoe are not allowed. They are not safe and do not provide adequate support. Socks need to be worn with runners. If running shoes have laces, students must be able to tie the laces by themselves. Gym bags are available from me for \$1.50 or \$3.00.

I am looking forward to another great year of sports and activities with the students of Forest Park School.

K. Lukas



We have a new bike compound at Forest Park School! In the interest of physical activity and environmental awareness, students are encouraged to ride bikes to school now that there is a way to ensure the safety of expensive bicycles. Students still need personal locks to secure their bikes to the chain link walls and a main lock will keep the door closed during the day.

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### ***PARENT ADVISORY BOARD***

**The first monthly meeting of the Forest Park School Parent Advisory Board will take place on Wednesday, Sept. 22 at 6:30 p.m. in the school library. Childcare is provided and meetings last about an hour.**

The board welcomes new members who would like to be more involved in enhancing our children's school experience. Board members run the hot lunch program and activities such as the Halloween dance and family barbecue.

The board also does fundraising each year. Money has been used in the past to purchase items for the school such as extra recess equipment, books and digital cameras for the classrooms. The board has also cost-shared for smart boards for some classrooms, a laminator and the new bike enclosure.

We hope to see you at a meeting.

### ***ARE WE GETTING ENOUGH SLEEP????***

Welcome back to staff, students and families! I also offer a warm welcome to any newcomers. 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, it can be hard to pin me down! Our very capable secretary, Mrs. Emmonds, can help you find me. I return all phone calls; it may just take a few days.

This particular column I offer will become a yearly tradition and 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.

| <b><i>AGE:</i></b>            | <b><i>TOTAL SLEEP:</i></b>      |
|-------------------------------|---------------------------------|
| <b><i>0-3 months---</i></b>   | <b><i>14-16.5 hours</i></b>     |
| <b><i>3-9 months---</i></b>   | <b><i>14-15 hours</i></b>       |
| <b><i>1 year---</i></b>       | <b><i>13.75-14 hours</i></b>    |
| <b><i>2 years---</i></b>      | <b><i>12.75-13 hours</i></b>    |
| <b><i>3 years---</i></b>      | <b><i>12-12.5 hours</i></b>     |
| <b><i>4 years---</i></b>      | <b><i>11.5-12 hours</i></b>     |
| <b><i>5 years---</i></b>      | <b><i>11 hours</i></b>          |
| <b><i>6 years---</i></b>      | <b><i>10.75-11 hours</i></b>    |
| <b><i>7 years---</i></b>      | <b><i>10.5-11 hours</i></b>     |
| <b><i>8 years---</i></b>      | <b><i>10.25-10.75 hours</i></b> |
| <b><i>9 years---</i></b>      | <b><i>10-10.25 hours</i></b>    |
| <b><i>10-12 years---</i></b>  | <b><i>9.75-10 hours</i></b>     |
| <b><i>13-24 years---</i></b>  | <b><i>9-9.5 hours</i></b>       |
| <b><i>25 and older---</i></b> | <b><i>8-8.5 hours</i></b>       |

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!

Terry Klan

Gymnastic Classes  
Silhouettes Gymnastic Club

Classes for girls ages 3 and up  
Recreational and Competitive programs  
Located at R.F.Morrison School  
For more information call 582-0736

**MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)**

a sub-group of Allergy/Asthma Information Association (AAIA)

Ph: 204-654-2676 Email: [mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

August 2010

**Manitoba Anaphylaxis Information Network** will be holding a meeting on

**Tuesday September 21, 2010 from 7:00 – 8:30 pm.**

**Topic: Open Discussion on Life Threatening Allergies**

This will be an **open discussion support group meeting**. Parents will have an opportunity to exchange ideas and tips for coping with life threatening allergies. Through the sharing of experiences we can feel a sense of support and less like we are alone in facing the many challenges we are presented with.

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 and provide  
identification.

The Gray Academy is located off Kenaston Blvd near Academy Road  
For directions visit

[http://www.grayacademy.ca/about\\_visiting\\_directions.html](http://www.grayacademy.ca/about_visiting_directions.html)

Call me or send an email with any questions.

Nancy Boni  
Manitoba Anaphylaxis Information Network (MAIN)  
204-654-2676  
[mainmanitoba@shaw.ca](mailto:mainmanitoba@shaw.ca)

Manitoba Anaphylaxis Information Network (MAIN)

## LIFE THREATENING ALLERGIES

Understanding the Risks  
Reducing the Risks

All are welcome to attend  
our Support Group Meeting

This will be an opportunity for parents to exchange ideas and tips for dealing with life threatening allergies. Through the sharing of experiences, we can feel a sense of support and less like we are alone in facing the many challenges we are presented with each day.



Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Visitor parking is located across the street from the main doors. Please register at the security desk when you enter.

Date:

**Tues Sept 21, 2010**

Time:

**7:00—8:30 pm**

Location:

**The Gray Academy  
123 Doncaster Street**

**FREE PARKING & ADMISSION**

Manitoba Anaphylaxis  
Information Network (MAIN)

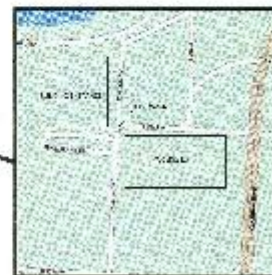
a subgroup of  
Allergy & Asthma Information  
Association (AAIA)

Contact: Nancy Bani

204-654-2676

Email: [main@manitobaashaw.ca](mailto:main@manitobaashaw.ca)

Helping Families Cope with  
Life-Threatening Allergies





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## Principal's Message

It's been a busy start to the year, with several new families registering their children. A warm welcome is extended to them as well as our returning students. Every family received our handbook, from the teacher or in the front of the agenda books. Please read this as it contains valuable information, especially important dates to note. Remember that supervision in the school yard begins at 8:30 am so students should not be here before that time. It is also important to establish home routines with your child, especially if your child is not bussed. Students who meet parents outside the side doors need reminders to come back in the school if they do not immediately see a parent. It's a good practice! Another reminder, especially for new families, is to use appropriate drop off and pick up procedures. The parking lot is used exclusively by staff and the front of the school is designated a bus zone only.

In addition to Mrs. Jane Pogson who is teaching grade 3 this year, we also welcome Ms Jacky Molyneux. Ms Molyneux is the acting principal for this year and she and I are beginning the school year as an administration team. I will be away from my duties this year as I will be having surgeries (hip replacement) in the winter months. Ms Molyneux is becoming familiar with students, staff and families and will be taking over in my absence. She brings her experiences as Vice Principal at West St. Paul and her unique interests will add a welcome dimension to our plans this year. For those who have not met Ms Molyneux, come out to the Parent Advisory meeting this coming Wednesday evening. Our school relies on the support and input of our parents so please consider attending to learn what you may like to be involved in.

Milk tickets are available in the office. \$14.00 buys 20 tickets which can be redeemed for your child's choice of chocolate or white milk. It's a healthy alternative to juice boxes. In that same note, we continue to promote the morning nutrition break by asking parents to send a fruit or vegetable for that time of day. As well please consider using recyclable containers when packing your child's lunch. Our goal this year is to significantly reduce the amount of garbage produced each lunch time. Your cooperation is greatly appreciated. This action is so much more than reusing containers, it's teaching our children to care for their world.

We are looking forward to our work with your children and collaborating with you over the upcoming months. As always contact the school if you have any questions or concerns.

Karen Hartikainen

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## Community News



### **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. 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. Classes are held in the Forest Park School Library.

#### **Rhyme Time**

This is a special time for you and your little one to have fun together sharing songs and rhymes. Best enjoyed by children from birth – 3 years. A great opportunity to meet other families in your community. Snack is provided.

**Weekly mornings classes will be offered from 9:30-11:00 am  
(Please see calendar for more details)**

#### **Story Magic**

A parent/child program for children ages 3 - 5 years with stories, songs, poems and art activities. You and your child will have fun together sharing and meeting others. Snack is provided.

**Weekly mornings classes will be offered from 9:30-11:00 am  
(Please see calendar for more details)**

**For more information or to register for our Parent/Child Programs, please call our Community Coordinator, Debbie Talling at 338-9341.**

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SEVEN OAKS  
SCHOOL DIVISION  
*community begins here*



**Seven Oaks School Division, Educational and Clinical Support Services is again pleased to offer a Triple P group for parents who are looking for new strategies to help with their children. This program is designed for parents who have children between two and twelve years of age. During Triple P you will learn about a positive parenting approach that aims to promote children’s development and manage children’s behaviour in a constructive and helpful way. Parents have a choice of attending a Monday or Tuesday evening group. **\*\*Childcare will be provided during the Monday evening group only.****

**Monday Evening Group:**  
**Location: Constable Edward Finney**  
**25 Anglia Avenue**  
Monday Evenings: 6:00 to 8:00 p.m.  
October 18, 25, November 8, 15, 22, 2010.

**Tuesday Evening Group:**  
**Ben Zaidman Educational**  
**Resource Centre**  
Tuesday Evenings: 6:00 p.m. to 8:00 p.m.  
October 26, November 9, 16, 23, and 30<sup>th</sup>, 2010.

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Registration:

Yes, I/we would like to register for the **Monday** Group \_\_\_\_\_

Yes I/we would like to register for the **Tuesday** Group \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age of Children: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Childcare required (Monday only): Yes \_\_\_\_\_ No \_\_\_\_\_

Who referred you to the program: \_\_\_\_\_

You will be contacted prior to the start of Triple P to confirm your registration. For further information for the Monday evening group please contact Jennine Scott or Lisa Dveris at 582-3383; for the Tuesday evening group please contact Lyana Hoydalo or Shira Cohen at 582-3383.

**Please return this form to the school by October 4, 2010.**

\*\*\*\* For office use only\*\*\*\*

School Secretaries **please fax the returned registration to the ECSS office**, attention Carol Makarenko @ 582-6272 by October 5, 2010.