



# The Echo

## Forest Glen Public School



A caring community where learning, respect,  
and responsibility come together.

Website: <http://fgl.wrdsb.ca>  
 School Phone Number: 519 662-2830  
 Attendance Email: [fgl-attendance@wrdsb.ca](mailto:fgl-attendance@wrdsb.ca)  
 Transportation Website: [www.stswr.ca](http://www.stswr.ca)

Principal: **Mrs. T. Kaufman**  
 Vice-Principal: **Mrs. K. Reay**  
 Office Staff: **Mrs. K. Witmer**  
**Mrs. S. Pietras-Gorczweski**

### Fall 2021

Dear Parents and Guardians,

We are through the first two months of school and once again, as different as things have been, it is going fairly well here at Forest Glen. As a community we have come together to make our return to school safe and successful. We want to thank all of our families, parents, and caregivers for your efforts and support through another challenging school start up. We want to thank all of our students and parents for following the protocols and safety measures put in place, such as wearing a mask on the school property and remaining within your cohort outside while waiting to enter the school. We realize how difficult this fall has been for everyone and we appreciate your patience and understanding as we try to navigate the constantly changing protocols. We recognize the challenges that families, students and staff have faced and will continue to support each other as best we can.

Our annual Remembrance Day "assembly" will look different again this year at Forest Glen. Since we are not able to meet in the gym as a whole school, we will be recognizing and honouring Remembrance Day over the announcements and individually in our classrooms. A number of students and staff will be helping to put this recognition together.

We want to thank our Forest Glen community for your tremendous support of all of our students, our staff, and our school. Thank you for taking the time to read with your children, help with homework, and encourage your child. The children at Forest Glen are fortunate to have such a wonderful community of support.

As parents, we understand how important open communication is between home and school. Please feel free to call me or your child's teacher to discuss any questions or concerns you may have about your child.

**Looking forward to a successful school year!**

*Mrs. T. Kaufman, Principal*

*Mrs. K. Reay, Vice-Principal*

A few 2020/2021 Yearbooks are still available  
for \$20 each. Contact Mrs. Teskey if you  
would like one!

## **Falcon Heroes**

Our Falcon HEROS have returned to school and we are thrilled to be learning with them again in person. We are focusing on building a school community of Heroes focusing on our Hero Gems.

### **What is HERO?**

- Research-based, positive education framework that supports staff and student well-being.
- The HERO Traits focus on skill development, strengthening: Hope, Efficacy, Resilience, Optimism (HERO) along with Gratitude, Empathy, Mindfulness (GEM). These traits have been shown to increase academic success, boost individual health, happiness and performance, and decrease stress and anxiety in youth and adults.

## **Hope**

### **What is hope?**

- Hope is knowing there is a way to reach your goals and believing that you will get there.
- Hope is about goal setting, planning how to achieve it, and taking actions to do so.
- Hope isn't only wishful thinking - it's about working hard towards your goals.

## **Gratitude**

### **What is gratitude?**

- Gratitude is about noticing, acknowledging and appreciating the things in your life.
- Gratitude is about being thankful.

## **Efficacy**

### **What is efficacy?**

- Self-efficacy is about believing in yourself and knowing you have the skills to achieve what you set your mind to.
- Self-efficacy is your belief in your own abilities to deal with different situations; your confidence in your control over your own motivations, behaviours and social environment.

## **Empathy**

### **What is empathy?**

- Empathy is placing yourself in another person's shoes and thinking about how others may be feeling.
- Empathy is the ability to understand and share the feelings of another person.

## **Resilience**

### **What is resilience?**

- Resilience is the ability to bounce back or bounce forward after failure or challenge and try again.

## **Optimism**

### **What is optimism?**

- Optimism is about seeing the best in yourself, in others, and in your surroundings.
  - Gratitude is about being thankful.
- Optimist is a way of thinking; looking on the bright side, expecting positive outcomes and thinking happy thoughts.

## **Mindfulness**

### **What is mindfulness?**

- Mindfulness is about being purposefully aware of what is happening as it happens.
- It is a state of active, open attention on the present moment.
- Mindfulness means paying purposeful attention to the present moment in a nonjudgmental way

## Daylight Saving Time -- Fall Back

Sunday Nov. 7th at 2:00 a.m. marks the end of Daylight Savings Time for this year. You and your family will need to set your clocks BACK by one hour.

Why, you ask? The point of Daylight Saving is to take advantage of the greatest amount of sunlight each day. Sunlight is not being "saved," but clocks are being shifted to match the sun. That's why we "spring forward" and "fall back" every year. So . . . Don't forget to adjust your clocks before you go to bed on Saturday Nov. 6th.



## Remembrance Day

This year our Remembrance Day Assembly will be adapted to maintain the public health protocols for social distancing and gatherings. Forest Glen classes will be reflecting on Remembrance Day in our classrooms. Many classes will be contributing to a virtual presentation that will include historical information, songs, reflections, and artwork. All classes will be able to view this virtual assembly on November 11th to aid in their grade appropriate discussions of Remembrance Day.

Mrs. Teskey

## Pick up and Drop off of Children

Thank you to all of the parents who are driving right into the **back of the parking lot and letting students off by the far gate.**



Just a reminder to please refrain from *blocking traffic and letting students out close to the primary entrance.* Also, a reminder to **please keep the bus loading loop free of cars!** If you park in the parking lot, please supervise your children as they cross the parking lot to go to the school. We ask that **ALL children gather at the back** of the school before the arrival bell, where teachers are on supervision duty. **We are asking students to continue to line up with their class, while practicing social distancing.** Our By-law officer will be visiting us to ensure that we are following all of the parking rules. We have also been advised that cars parked in the Dollar Store parking lot while picking up students, may also be ticketed.

A reminder to all students and parents to please use the crosswalk at the corner to cross the street before and after school.

## Important Dates

Remembrance Day	Nov. 11
Progress Reports go home	Nov. 15
Whole School Pajama Day	Nov. 18
P.D. Day	Nov. 19
Winter Holidays	Dec. 20- Dec. 31
Welcome Back!	Jan. 3
P.D. Day	Jan. 21

## Terry Fox and POGO News

On Friday, September 24th, the students of Forest Glen participated in the Marathon of Hope for the seventeenth year and in the POGO event for the eighth year. The weather did not dampen anyone's spirits. Throughout the day students ran laps of the school, the soccer field, or completed the Laschinger Loop.

We wish to thank the Falcon community for their donations to the Terry Fox Foundation and POGO to provide funds for research in the fight against cancer. This year, \$1511 was raised for The Terry Fox Foundation. Over the last seventeen years, Forest Glen has raised a total of \$28 148 towards cancer research. Forest Glen students and staff continue to "Try Like Terry" and model hope, resilience, commitment, and caring daily.



## Nutrition Break Update

As a school we have decided to reintroduce outdoor nutrition breaks to allow students the opportunity to engage with their peers outdoors outside of their designated class time. In order to ensure adequate supervision and the safety of all of our students, students will be spending 40 minutes outside once per day. Students will be given the opportunity to eat in class before their outdoor time. Once students become familiar with their cohort boundaries and the expectations outdoors during nutrition break we will begin introducing equipment.

## Pets

Pets are a welcome part of many of our families' homes but please remember that some students may be fearful of animals or possibly allergic. **Just a reminder that dogs are not allowed on school property** or in the school (with the exception of service dogs) during school hours or during school events.



## School Website

<http://fgl.wrdsb.ca>

Please keep an eye on the school website listed above and at the top of the newsletter for **updates**. We encourage you to **subscribe to the website**. If you are a subscriber, any posts to the website will come automatically to the email you provide.

## Safe School Arrival

Just a quick reminder to please call our Attendance Check number at **(519) 662-2830, option 3 or email fgl-attendance@wrdsb.ca** when your child is going to be **absent or late**. This number is accessible 24 hours a day, 7 days a week.



## Forest Glen Dress Code

Forest Glen is a learning community where students have the right to be comfortable in and express their identities through their daily clothing choices. Students also have the responsibility of ensuring their attire contributes to a positive, safe, equitable and inclusive learning environment.

### **Student Dress Standards:**

All clothing (tops and bottoms) must be worn in such a way that undergarments and private parts remain covered at all times.

Clothing may not promote or symbolize: hate, discrimination, illegal activities, profanity, violence, drugs or alcohol.

Clothing must be respectful of self/others.

Hats and hoods may be worn as long as your face is visible. Hats and hoods must be removed during the national anthem or if a staff member determines it is negatively impacting your learning or the learning of those around you.

## Sports News

Welcome Back Falcons! It's been great to reintroduce Football, Field Hockey and Volleyball back to Forest Glen. Our grade 7 & 8s have been honing their football skills in an arena football class tournament. It brings such great energy to hear and see the excitement of a touchdown celebration during class or to see students smiling after completing a class challenge. Our primary students have been learning how to have fun and work as a team. I am also pleased to announce that clubs will be starting up shortly, we are waiting for the contact tracing forms to be completed before moving forward. Please use the link on school day if you have not already completed the form. In the next few weeks I am hoping to start volleyball, 3v3 basketball and badminton clubs. Please stay tuned for more information. Go FALCONS!!

Mr. Walkey