



Forest Park School News

2050 Latimer Rd. Nanaimo, B.C. V9S 2W5 Phone: 758-6892 Fax: 758-2373 schools.sd68.bc.ca/fore

Principal: Mr. Larry Dean

Vice-Principal: Mr. Dave Kotai

Secretary: Cathy Peace

Secretary: Adrianna Furlan

February/March, 2018

PRINCIPAL'S COMMENTS

Wow, here we are into March already, where have the days gone. The new mid-year progress reports went home a few weeks ago and ongoing communication of learning continues to be shared in various formats. Please take some time to reflect with your child on how their learning is progressing and on their goals for the rest of the year. Having two or three specific goals and a plan can make a real positive difference for students.

Over the past couple of months students have had their heads down and focused on their work for much of the time, it has been a great month to really focus in on the curriculum and make strides in their growth and development. We have also had some fun with basketball season starting; a lively staff vs. grade 7 students volleyball game, and all the Grade 4's going to the Vancouver Island Symphony, just to name a few of the extra activities.

With us heading into the final stretch of the year after the break, activities at school do get even busier. As field trips and other school activities begin to increase, please be sure to check your son/daughter's planner on a regular basis for any notices and information that may come home, thanks.

Also, this is a reminder that Spring Break is just around the corner and that it is two weeks this year. The last day of school prior to the break will be Friday, March 16th, with students returning on Tuesday, April 3rd. Enjoy the break!

Yours in education,
Mr. Larry Dean



INFORMATION ABOUT KINDERGARTEN

REGISTRATION: Centralized Registration Process. To register your child in Nanaimo Ladysmith Public Schools, the online, centralized registration began on January 10, 2018 at 8:00 a.m. Pacific Standard Time. The following information will help determine if this process will apply to you. If your answer is yes to any of the following questions, you will register through the new online registration process:

Is my child new to Nanaimo Ladysmith Public Schools?

Do I have a child that will be turning five years old on or before December 31, 2018? Do I want to register my child in French Immersion?

Do I want to register my child in Late French Immersion? Do I want to register my child at Departure Bay Eco-School?

Do I want to register my child in secondary academies? (Hockey, Soccer, Beach Volleyball, Lacrosse, Baseball, Performing Arts or Jazz)

Do I want to apply for a school transfer request (out-of-catchment)? Before you begin, you will need the following:

1. A valid email address
2. Photo or scan showing proof of citizenship (ie. Birth certificate)
3. Photo or scan showing proof of Canadian residency (ie. Mortgage or bank statement, utility bill, driver's license, etc.) Online registration began on Wednesday, January 10, 2018 at 8:00 am Early and Late French Immersion, and Departure Bay Eco-school

students had until January 31, 2018 to register online. Student selection will once again be determined by lottery, with parents being notified in early February 2018.

New Academy, Out-of-Catchment and Out of District student registrations will be prioritized by date and time submitted online. Deadline is March 31, 2018. For more information please visit the district website or by emailing ereg@sd68.bc.ca.

Gr.7 Hot Dog Sale



On Saturday, March 10th from 11-2, the Gr.7's will be selling hotdogs by donation and raffle tickets (\$2 each or 3 for \$5) outside of the Bowen Rd. Country Grocer. Swing by, have a hotdog and buy a raffle ticket in support of the 2017/18 Gr.7 class.

Jump Rope for Heart-----\$12 000!!! A record setting year for Forest Park skippers!



An annual tradition at Forest Park was held on February 16th, 2018. This was a banner year for Forest Park as it is the 20th year that the community of Forest Park has skipped rope and raised funds in support of the Heart and Stroke Foundation! The students were very active during their sessions and were treated to a water bottle donated by Costco and some oranges that were donated by the Bowen Rd. Country Grocer. Thank you to these companies for supporting our day. Also, a special thank you to Mrs. Hobbs, Mrs. Miller and Mrs. Barr for lending their time to slice up all the delicious oranges! **To date, we have been informed that Forest Park has set a record high for fundraising with at last count \$12 000 of donations being accounted for.** There is a possibility of us being the top fundraising school in the province!

HEALTH UNIT INFORMATION

Children currently attending Kindergarten should receive a booster immunization for Diphtheria, Pertussis, Tetanus, Polio and have their hearing checked. Some children may need a second dose of the Varicella (Chickenpox), Measles, Mumps, and Rubella vaccine - check with the Nanaimo Health Centre. If your child has not yet received this booster, the Nanaimo Health Centre invites you to participate at 1665 Grant Avenue. Please call to make an appointment and plan to spend 45 minutes. All vaccines are provided free of charge. Please bring your child's immunization record. If your child was immunized in another location or doctor's office, please call the Health Office at 755-3342 in advance so they can order your child's immunization record and have it ready for you when you attend.



PINK Day at Forest Park!

Our school was a sea of PINK on Wednesday February 28, 2018 as this was the official anti-bullying day. It was wonderful to see so many students, staff, parents and families wearing something PINK to support this very important initiative. In addition to wearing PINK on this day the staff and students participated in a variety of activities focusing on Kindness. **I encourage families to come to the school and check out our bulletin boards—students have written messages on pink shirts and they are hanging for all to see!**



RAISING SALMON

Did you know we are raising salmon at Forest Park! Yes, it is true! Ms. Davidson has once again partnered with the Department of Fisheries and Oceans of Canada to raise salmon. In her classroom, she has a large fish tank with 200 Nanaimo River Coho eggs. All classes will have the opportunity to check in

and watch them grow. Once they have reached the appropriate size they will be released back into the river where they will continue their journey!

PAC MEETING

The PAC meetings are open to all parents of the Forest Park School community. It is an excellent opportunity for parents to get involved in matters concerning educational issues and provide support to the programs and activities at the school. Parents new to the school community as well as parents who have not as yet become involved in this consultative committee process are encouraged to attend. The next scheduled meeting is **Tuesday, March 13th** starting at 7:00 p.m. in the library. We hope to see you there!

BASKETBALL SEASON



We are now steadily into the next sport season which is basketball. It is great to see that we have coaches for all the teams. The teams have been practicing hard and are just getting into game shape. Good luck to all the players as they improve their skills and team play throughout the season. The coaches and sponsors are:

Bantam Boys: Mr. Dean

Bantam Girls: Mr. Kotai

Peewee Boys: Ms. Pienkowski & Mr. Zimmer

Peewee Girls: Mr. Daly

SCHOOL SAFETY

Student safety depends upon your safe driving while on school grounds. Please drive through the staff parking and drop off areas slowly, using extreme caution, as children may not always look both ways before crossing this roadway. Please choose to park your car on either Latimer Road or Sarnia Road, the latter one offers a lot of parking space and easy access to the school, adjacent to the playing

field. Your support and cooperation is greatly appreciated!

REMINDER FROM THE OFFICE

A friendly reminder to Parents/Guardians that if your child/children will be absent or late to please call the office at **250-758-6892**.

If it is after office hours you can leave a message on the answering machine.

ARE YOU MOVING?????

If you are planning to move away from the Forest Park area this summer, or are transferring your children to another school next year, please advise the office as soon as possible. Your cooperation greatly assists us in determining our numbers and school organization for the 2018-19 school year.

DOGS ON SCHOOL GROUNDS

Just a reminder that if you are bringing your dog to school with you to pick up your child please remember to have them on a leash and pick up any droppings.

CELL PHONES & OTHER ELECTRONIC DEVICES

As technology continues to advance, we are seeing students at schools with cell phones, Gameboys, Ipods, digital cameras etc. If your child has any of these at school, please remind him/her that they are to be turned off and in his/her backpack throughout the school day. In particular, cell phones are not to be used at any time during the school day. If a student needs to use the phone for emergency issues, the school phone is accessible with permission from a staff member.



The other issue around technology that has become increasingly common at schools is the use of digital or cell phone cameras. For privacy issues, as well as personal safety issues, we ask that students do not bring or use personal cameras at school.

Also, the school will not be responsible for loss or damage to these items so care needs to be taken with putting them away securely. If a student needs to use the phone during the day, the student phone is available in the office area. If a parent needs to contact a student in an emergency, please call the office. Thank you for your support.

EMERGENCY PREPAREDNESS EVENING

Randerson Ridge Gym- March 8th, 7-8 pm

On March 8th, from 7- 8 pm, Randerson Ridge PAC are hosting a district-wide emergency preparedness event at our school.

Chad McGilvray, owner of Get My Kit will speak for approximately 20-25 minutes on the need for emergency planning and what should be part of a good home based emergency preparedness plan. Karen Lindsay, from the City of Nanaimo will speak for approximately 20 minutes about the city's plans for when a catastrophic event happens. Then there will be 10-15 minutes for questions and answers.



Admission is free. Invite your friends and neighbors. If you plan to attend, can you please contact Mr. Brick at dbrick@sd68.bc.ca

USING OUR 'WITS'

As we head into the final term of the year, we are once again reminding students to use their "WITS" - a simple acronym to help us remember how to solve problems. The acronym stands for:

- Walk away**
- Ignore**
- Talk it out**
- Seek help**



This strategy can be used for problem solving in many areas of a student's life - in the classroom, on the playground, at activities outside of school, or with siblings or friends

when not at school. We will continue to help children develop these skills each and every day.

HANDWASHING FOR HEALTH



Germs spread easily in a **island health** classroom. Handwashing is the best way to stop the spread of germs that cause colds, influenza (flu), diarrhea and other sicknesses. It is important that children learn how and when to wash their hands to lower their risk of getting sick.

How to Wash Hands:

- ♦ **Wet** hands under warm running water
- ♦ **Scrub** with plain soap for a count of **20**, all over hands and between fingers
- ♦ **Rinse** under running water for a count of **10**
- ♦ **Dry** hands with a clean paper towel
- ♦ **Turn off** taps with a paper towel

When to Wash Hands:

- ♦ Before and after eating or handling food
- ♦ After using the toilet, handling pets, coughing, sneezing, or wiping noses

How long is 20 seconds?

- ♦ Slowly singing "Happy Birthday" twice takes about 20 seconds

For more information contact:



- ♦ Your local [Public Health Unit](#)
- ♦ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ♦ [Do Bugs Need Drugs?](#)

Health Unit:

Nanaimo /Ladysmith Public Health 250-755-3342

LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-year parties are often times of celebration with friends, family and food. However, for students at our school who have life-threatening allergies, these can be very risky times. You can help to keep allergic students safe by:

Celebrating with stickers, games or prizes instead of food.

- ♦ Not sending or bringing peanut, nut, or other allergen-containing products to school.
- ♦ Checking in with the teacher/school ahead of time to find out if any special celebrations are planned.
- ♦ Remind students to tell an adult right away when they might be having a reaction.
- ♦ Make sure the teacher and school staff know what to do if a student has a reaction.

Refer to your school's policies and regulations around life-threatening food allergies for more information.

For more information contact:

Food Allergy Canada
HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)

HealthLink BC File #100a What is a Food Allergy?

Your local Doctor or Pharmacist
Your local Public Health Unit:
Nanaimo/Ladysmith Public Health
250-755-3342

WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.



Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing - don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of

early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

For more information contact:

VIHA Child, Youth and Family Community Health Dental:

- Victoria 250-519-5100
- Esquimalt 250-519-5311
- Duncan 250-709-3050
- Nanaimo 250-739-5845
- Port Alberni 250-731-1315
- Courtenay 250-331-8520
- Campbell River 250-850-2124
- Port Hardy 250-902-6071

EASY IDEAS With Veggies and Fruit

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables each day.



Support your child to eat more vegetables and fruit:

- ♦ Eat vegetables and fruit together with your children. Children learn by watching you.
- ♦ Involve children in buying and preparing vegetables and fruit. Try cut up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear or kiwi with salad dressing or yogurt for dipping.
- ♦ Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- ♦ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out halfyourplate.ca

For more information:

HealthLinkBC and Dietitian Services or dial

8- 1-1 and ask to speak to a Registered

Dietitian (a free call)

Dietitians of Canada

Healthy Families BC

Your local Public Health Units:

Nanaimo - Grant Avenue Health Unit

250-755-3342

Princess Royal Family Centre 250-739-5845

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NASA Mission 12 Mission Patch Design

Competition Winner:

Over the past 6 months NDSS has been involved in a Student Space Experiment Program that will be conducted on the

International Space Station in June 2018.

Along with the selected experiment that will go on board Mission 12 the winning 2 Mission Patch Designs

(1) Elementary and (1) Secondary will be making the same journey on board the space shuttle to the ISS.

Over 900 Mission Patches were created throughout SD 68 NLPS from 7 schools K to 12. On February 22nd, an esteemed team of 17 Judges (Nanaimo Art Gallery, VIU, SD68 Trustees, Donors, Aboriginal Artist and



Illustrator, Retired Art Teachers, Art Specialists and Educator) from the Community determined winners; place holders, and Honourable Mentions.

The Winners:

ELEMENTARY: NDSS Feeder School

Participants: Fairview, Forest Park, Mountain View, Gabriola, Brechin, and Hammond Bay.



Student Winners:

1st Place: Zoe Wagner Gr. 7

(Forest Park) Teacher: Mr. Kotai, Principal: Mr. Dean

2nd Place: Danielle Barberie Gr. 5 (Mountain View) Teacher: Debbie Keenleyside

Principal: Mrs. Bergman

3rd Place: Mia Cererio Gr. 7 (Gabriola)

Teacher: Ms. Culbertson,

Principal: Mr. Travers



Honourable Mention

Sheridan Coates Gr. 3 (Forest Park) Ms. Losell

Simeran Klingstat Gr. 4 (Mountain View) Ms. Keenleyside

Nora Mattson Gr. 4 (Forest Park) Mr. J. Smith

Brynn Strauss Gr. 6 (Gabriola) Ms. Culbertson

Ewan Snickers Gr. 5 (Mountain View) Ms. Keenleyside

Isabel Wood Gr.7 (Forest Park) Mr. Kotai

Emma Kirk Gr. 7 (Mountain View) Mr. Ball

Maya Harbo Gr. 7 (Mountain View) Mr. Thompson

Analise Lam Gr. 6 (Mountain View) Mr. Thompson

Kiera Murphy Gr. 6 (Mountain View) Mr. Thompson

Jocelyn MacGregor Gr. 7 (Forest Park) Mr. Kotai

Dani MacLeod Gr. 4 (Forest Park) Mr. J. Smith



DATES TO REMEMBER

March

Mon., Mar. 5 Term 2 Celebration -Div. 1-3 Bowling
Wed., Mar. 7 Term 2 Celebration - Div. 4, 5, 6 Bowling
Fri., Mar. 9 Term 2 Celebration-Div.7,8,9, 10 Bowling
Fri, Mar 9 - Whole School "Read to Self"
Tues., Mar. 13 PAC mtg - Library - 7 pm
Wed., Mar. 14 Term 2 Celebration - Div. 11-18 NAC
Swimming
Fri., Mar. 16 Last day before Spring Break
Fri, Mar 30 Good Friday

April

Mon, Apr 2 Easter Monday
Tue., Apr. 3 First day back from Spring Break
Tues., Apr. 10 PAC mtg - Library - 7 pm
Fri., Apr. 13 Staff vs Students Basketball game
Thur., Apr. 19 Class Photo Day
Fri., April 20 Earth Day
Wed, Apr 25 School Track N Field Day with
Cilaire
Fri., Apr. 27 Whole School "Read to Self"

May

Wed., May. 2 Parent Appreciation Tea (1:30 pm)
Tues., May. 8 PAC mtg - Library - 7 pm
Thur, May 10 Pro D Day (No school)
Fri, May 11 Pro D Day (No school)
Mon, May 14 Healthamongus Gr-4
Tue, May 15 Healthamongus Gr-3
Wed, May 16 Gr-2
Thur, May 17 Healthamongus Gr-1
Thur, May 17 Gr.7's to Camp Capernwray
Fri, May 18 Gr 7's back from Camp Capernwray
Mon., May 21 Victoria Day (No school)
Mon, May 28 Gr 6 Immunization Day (9:00 am)
Tue, May. 29 Zone Track & Field Meet

