

Forest Grove Grapevine

Forest Grove Elementary School
8525 Forest Grove Drive
Burnaby, BC V5A 4H5
604-296-9026

Forestgrove.sd41.bc.ca

Welcome to our new and returning families to the Forest Grove community! We're glad to have you and look forward to getting to know you better.

A few rules around the school that we are working on:

- Students should not go into the forest during school hours
- Please be kind to trees and branches around the school
- Please do not run, roll or slide down any of our grassy banks – especially at the front of the school.

Finally, parents, please be respectful of signs in our parking lots. The East parking lot can become quite congested at drop-off and pick-up times and the rules we have in place are for the safety of EVERYONE (especially the children).

EMAIL UPDATES

Most notices are sent home via email, and although you are receiving a hard copy of this newsletter, future issues will be sent via email. If you do not have an email address, there will be a few copies available in the magazine rack in the hallway between the school office and the Community Room. Please let us know if your email address has changed or if you are not receiving emails and would like to be added to our parent email list. It is important that we have current information at all times, so please update us any time your address or phone number changes also.

KEEPING ILLNESS AT BAY

Cold and flu season has begun early and we've already had a number of students and staff away sick with various bugs. Having said that, we'd like to ask parents to remind your children about cleanliness and proper hand washing procedures after sneezing, coughing, and using the washroom.

LICE

Again this year we have a group of volunteer parents who will receive training in lice screening. In an effort to control potential spread, they will screen our students a few times a year. Although we have not yet received any reports of lice, it is advisable to check your child's head regularly and report any findings to us immediately. The sooner a problem is identified, the greater the chance of stopping its spread. Although lice are a nuisance, they are not considered a health threat, and are not a result of uncleanliness.

No School
Thanksgiving Day
October 10th

P.A.C. Mtg.
at 7:00 pm
October 12th

Early Dismissal
for all students
at 1:48 pm
October 20th

No School
District Pro-D
October 21st

LOOKING FOR CHILD CARE? LET THE YMCA CHILD CARE RESOURCE & REFERRAL HELP!

We provide families with child care information & referrals to local facilities.

From explaining your options to assisting with child care subsidy processes, we're here to help!
Contact us at:

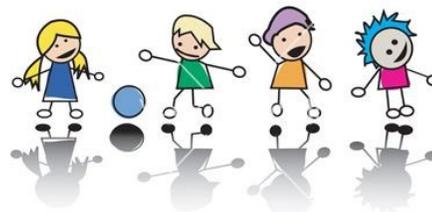
Metrotown Community Resource Centre

4460 Beresford Street

Burnaby, BC

604.294.1109

www.gv.ymca.ca



LOVE THE WATER? CHECK OUT WATER POLO!

Burnaby Water Polo Club is now accepting registration for our Boys and Girls Beginners Water Polo (6-13 years of age). Our program runs from Sept to April. Practices are at Bonsor Recreation Complex, 6550 Bonsor Avenue, Burnaby, on Saturdays from 5-7 pm. Games are played on Sundays with locations to be announced.

Not sure if you'd like it? Come give the game a try. Boys and girls are invited to join us for a free introductory water polo clinic on Saturday, October 1 or 8 from 5 to 7 pm. Please reserve a spot as space is limited. Contact Zoran Maletic at 778-328-2657 or email contact@burnabywaterpolo.com for more information or visit www.burnabywaterpolo.com

BURNABY CAPRICE SYNCHRONIZED SWIM CLUB

Burnaby Caprice Synchro offers synchronized swimming programs for all levels of athletes, for younger boys and girls just learning the sport to those competing on the national level. Synchronized swimming is a wonderful mix of swimming, music, dance, gymnastics and drama. It develops water orientation, balance and aquatic skills. Synchro also promotes cardiac, respiratory and muscular fitness while focusing on improving the athlete's strength, power, endurance and flexibility.

We believe in a "holistic" or "whole person" approach to athletics; at Burnaby Caprice, we incorporate a STEPS approach:

- Synchronized skill development
- Teamwork
- Expression through music and movement
- Physical fitness and personal growth
- Spirit and sportsmanship

We are having a FREE come-try-synchro at Eileen Daily Pool on Wednesday, October 5 from 730-830 pm. To register for this program contact Eileen Daily Pool.

Individual Student PHOTOS

Thursday, Oct. 6th



**Remember
to send forms and
payment back to the school
as soon as possible.**

BURNABY PUBLIC LIBRARY'S FRESH START 2016

In celebration of our 60th anniversary, Burnaby Public Library want you to "Be Curious..." and start borrowing again! Here's an opportunity to have the overdue fines owing on your library account waived. Visit the service desk of any Burnaby Public Library branch between Monday, September 19 and Sunday, October 2, 2016, and we will waive the late fees currently owing on your library account, up to a maximum of \$100. This is a one-time special amnesty for fines accrued prior to September 19, and is only valid between

REDUCING WASTE IN OUR SCHOOL ENVIRONMENT

Over the next several weeks the Forest Grove Elementary School community is going to try to move towards a zero waste environment. We will be sending home notices and updates with more information and tips. In the mean time, we are asking for your cooperation as we make this transition. Please send your children to school with re-usable containers in their lunch bags—we will begin asking students to take home all that they bring except for things that can be recycled. Thank you!

THANK YOU!!!

A HUGE Thank you to the **Burnaby Firefighters Association** for generously donating lunch and breakfast food to our school. Their donations help to feed several families in our community!

FREE HOT LUNCH on FRIDAY OCTOBER 7

In partnership with Sprouting Chefs Society, Forest Grove Elementary will be hosting a **Free Hot Lunch next Friday October 7th**. Sprouting Chefs will be making a Pasta Meal using garlic, tomatoes, and herbs as well as serving a green salad with Swiss chard and kale from the school garden.

After the Cooking Classes next week, Sprouting Chefs will choose 10 students demonstrating excellent attributes in responsibility, leadership and commitment in cooking skills, to help make this meal. Student will also participate in setting up and cleaning up the event.

Volunteers Needed!

If you can help between the hours of 10:00 am and 12:30 pm (set up/serving) or 12:30 pm to 1:30 pm (clean up), please let us know (barb@sproutingchefs.com)

To summarize, parents can choose from:

Pasta with Tomato Sauce (Vegetarian), Salad and A Drink

Gluten Free Options and Vegan Options will be available.

This is a FREE Hot Lunch.

Parents and community members are also invited to join us at 3:00 pm to 4:00 pm in the Community Room for a **Fall Community Event** showcasing the various programs offered to families and youth in the area. **Garden Club will be selling their famous Tomatillo Salsa and saved seeds from Summer 2016 (Carrot seeds, Marigold seeds, and Sunflower seeds)**

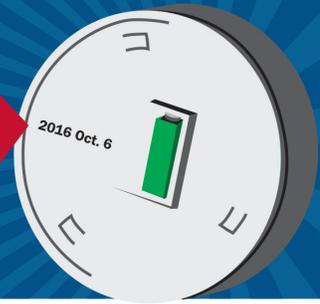
Return this portion if you can help Volunteer Friday October 7, 2016

NAME: _____ Time Available: _____

PH: _____ Email: _____

Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years



Fire Prevention Week
Oct. 9-15, 2016

Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!

1 Remove the smoke alarm from the wall or ceiling.			2 Look at the back of the alarm for the date of manufacture.
3 Smoke alarms should be replaced 10 years from the date of manufacture.			4 Put the alarm back on the ceiling or wall if it is less than 10 years old.



A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit usfa.fema.gov and firepreventionweek.org.

U.S. Fire Administration



NFPA is the official sponsor of Fire Prevention Week since 1922

October 2016

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 Cooking Classes (PM)	4 Cooking Classes	5	6 Student Individ. Photos Cooking Classes	7 Community Feast – Free Hot Lunch
10 Thanksgiving – No School	11	12 PAC Mtg – 7:00	13	14
17	18	19	20 Early Dismissal – 1:48 for Teacher Collaboration	21 Provincial Pro-D Day – Students do not attend
24	25	26	27 Div. 14 to Coquitlam Garden	28 Gr. 6 Immunization (AM) Garden Club – Harvest Day & Bulb Bombing Monster Mash – 6:00 – 8:30 pm
31 Halloween				