



FORESTVIEW FALCON REVIEW

May 2019

KINDERGARTEN REGISTRATION



A reminder that Kindergarten registration is available online: <https://dsbn.org/earlylearners/kickstart>. If you have a child that was born in 2015, they are eligible to register for Kindergarten in September 2019. Please complete and print the online registration forms and bring them to the school with their Birth Certificate, Immunization Record, and proof of address. Registration forms are also available in the office.

FORESTVIEW'S APRIL NEWS...READ ALL ABOUT IT!

FORESTVIEW CURLING NEWS



Forestview's grade 5-8 students have had the opportunity to join Mrs. Kiemele at the Niagara Falls Curling Club on Mondays after school, this year to learn how to curl and participate in short games. We regularly had 12-16 kids who would come regularly to have some fun. From our club, we picked 2 teams that travelled to Gananoque to participate in the Ontario Elementary School Curling Championships. Both our teams represented the entire

Golden Horseshoe region as we were the only teams from this area. They played with lots of heart and showed great perseverance under challenging ice conditions. They had some wins, some losses and overall made some amazing shots. There were more than 65 teams from all areas of Ontario participating. There was even some really great karaoke performed by Erik, Mario, Andy and Caid..."Despacito" may never sound the same again.

Meet the Teams: Alana C., Caid S. (Skip), Marko N., Erik N. (Vice), Emily P., Ben T. (Second), Alizay J., Andy T. (Lead). We are so proud of the way these teams played and represented Forestview with Falcon Pride. Congratulations on a great season!

FORESTVIEW BASKETBALL



Ms. Bateman and Mrs. Janssen would like to thank the Junior Girls Basketball team for a tremendous season. The girls were extremely committed to getting better and working as a team. The team arrived early for 8:30 am practices, listened to their coaches and improved over the course of the season. They always demonstrated great sportsmanship. They finished 3rd out of 5 teams in the regular season.

Thank you to our parents who drove the players to the games and cheered them on. A final big thank you to Sophie, who gave up her personal time to help coach. Congratulations Ava S., Tessa, Elizabeth, Hannah, Alauna, Tia, Ava P., Alyssa H., Leah, Marieke, Ipek and Chole. Way to go Falcons!

Basketball season has come to an end! Like always, our Forestview teams have made us proud with their sportsmanship and positive attitudes. We would like to thank all the members of the Intermediate Girls and Junior Boys Basketball Teams. Your commitment, effort and participation were outstanding. The Intermediate Girls persevered and worked hard to receive first place in the regular basketball season and were the Consolation Finalists in the playoffs. The boys' dedication to the basketball program became apparent when they won first place in the regular season and ended up the champions in the playoffs! Congratulations to the Intermediate Girls, Kaytlan, Kushi, Caitlyn, Harang, Taylor, Sophie, Madellyn, Jade Lynn, Ameera, Gabby, Amal, Sara and Junior Boys, Isaiah, Cameron, Luca, Lucas, Erik, Manov, Gavin, Shaan, Mitchell, Matthew, Krish, Kavya, Noah!

DANCE REVOLUTION

We had a fantastic turn out for our primary dance showcase! Our Grade 1-3 classes spent the past month learning choreography from Miss Chantelle from The Travelling Stage with tremendous success. The enthusiasm from the students was amazing and their dance progress was outstanding. The styles included vogue, hip hop, krump, breaking and toprocking. Special thanks to Miss Chantelle for her awesome program, we loved it!



CHESS CHECK

April was a great month for our Forestview Chess Team! On April 5th, our team of 19 students finished **FIRST** among the Area 1 Schools and took home the Regional Chess Championship Trophy! Six students won medals - 2 gold, 2 silver and 2 bronze. The following week 13 students moved on to compete at the District Chess Tournament at Harriet Tubman School in St. Catharines. Following that, one Falcon skillfully represented Forestview School at the Provincial Championships in Mississauga! We are all so proud of our students' play and good sportsmanship this year! Congratulations to Mark C., Kaydence M., Kush M., Svayam P., Jaxx R., Sophie R., Manav S., Liam B., Brandon G., Marin J., Pranaya A., Logan J., Jacob K., Prakruti P., Rudra P., Hazen S., Stephen T., Mya W., Kaleb W., on a job well done!



Regional Medallists

Gold: Brandon G., Pranaya A.
Silver: Manav S., Jacob K.
Bronze: Mark C., Rudra P.

District Medallist

Silver: Pranaya A. (Provincial Representative)

MENTAL WELLNESS MINUTE

Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Children's Mental Health Week - May 5-11, 2019

The first full week of May each year, is set aside for us to reflect on what we are doing to enhance our mental wellness and to talk about mental illnesses to help erase the stigma still surrounding this topic in our society. Our Wellness Warriors team will be leading a variety of activities throughout the week at Forestview. We are fortunate to have this team of student leaders to help all Falcons look after their mental wellness. Below are a few links that you can follow to find awesome resources to help support your family in your mental wellness journey!

www.mentalhealthweek.ca

www.sickkidscmh.ca

www.cmho.org

What Can I Do to Support?

Use the hashtag **#GetLoud** on social media next week to share stories and activities surrounding mental wellness. Take a drive down by Niagara Falls to see them lit up green for Mental Health Awareness. Wear green on Wednesday, May 8th to show your support for Mental Wellness.

Children's Mental
Health Week

MAY 5-11, 2019



WALKING FOR WELLNESS



- 01** REDUCES RISK OF HEART DISEASE
- 02** HELPS TO MAINTAIN WEIGHT
- 03** REDUCES YOUR STRESS LEVELS
- 04** INCREASES YOUR ENERGY LEVELS
- 05** HELPS TO BOOST YOUR MOOD
- 06** GETS THE BLOOD PUMPING
- 07** PREVENTS OBESITY
- 08** CAN HELP TO REDUCE ANXIETY
- 09** INCREASES FUNCTIONING OF THE LUNGS
- 10** INCREASES THE BODY'S ACCESS TO VITAMIN D
- 11** REDUCES THE RISK OF CANCER
- 12** CAN IMPROVE QUALITY OF SLEEP
- 13** GIVES YOU TIME TO PRACTICE SELF CARE
- 14** IMPROVES COORDINATION AND BALANCE
- 15** IMPROVES QUALITY OF LIFE
- 16** REDUCES CHANCE OF DIABETES
- 17** WALKING CAN SPARK CREATIVITY
- 18** STRENGTHENS BONES AND MUSCLES
- 19** CAN IMPROVE BLOOD PRESSURE
- 20** CAN HELP TO BOOST YOUR IMMUNE SYSTEM

One easy activity that we can all do to keep ourselves mentally well, is a daily walk. We can do this activity on our own, with a friend, or with our whole family. See the infographic for 20 benefits of a daily 30 minute walk!

REPORTING YOUR CHILD'S ABSENCE



Whether it's an illness, a medical appointment or other important event, there are times when students may need to be away from school. The District School Board of Niagara is introducing a new method for parents to report their child(ren)'s absences. Using the Safe Arrival system, parents will be able to report daily absences, and even schedule absences in one of three ways:

- ❖ Call toll-free before the bell time: 1-866-606-5567.
- ❖ Log on to the web portal by [clicking here](#). Using this website, you can set up your account to report and schedule absences.
- ❖ Using your smart phone or tablet. Simply download the SchoolMessenger app. The app is compatible with both Apple and Android devices.

PICK-UP & DROP-OFF

Our entry time is 9:05 am and dismissal is at 3:25 pm. Please ensure that you carefully navigate your way through the parking lot during drop-off and pick-up times as it can be congested during these times. Parking regulations will be strictly enforced.

Please, park only in marked / designated parking spots in the parking lot.



SAFETY IS OUR NUMBER ONE CONCERN.

OFFICE INFORMATION



Mrs. Stevenson, Ms. Formica and Mrs. Wilson, our Administrative Assistants, are in the office from 8:00 am to 4:00 pm each weekday. While we do appreciate that there are sometimes unforeseeable circumstances that arise, we ask that you please make after school arrangements with your child prior to the school day to avoid phone calls to the office. Thank you in advance for your cooperation.

STOP THE SPREAD OF INFECTION

- Stay home if you are sick and return when you are well
- Wash your hands with soap and water or use a hand sanitizer
- Cover your cough or sneeze with a tissue or in your sleeve
- Keep your distance
- Get a flu shot

For more information, talk to your school nurse or go to [Niagara Region Public Health](#).



ALLERGY ALERT



We have a number of students at Forestview with severe, life-threatening allergies to nuts. **Please read food labels carefully and refrain from sending any snacks or lunch items that contain nuts.** Your cooperation in this matter is greatly appreciated.



Forestview PS has purchased **DreamBox Learning's Math Program**, an online, Intelligent Adaptive Learning(tm) program that helps all students achieve better, faster math proficiency.

Your student can access DreamBox Learning from any computer, 24 hours a day, 7 days a week using this link:

<https://play.dreambox.com/login/42cv/forestviewp>

DreamBox is an online program - there's no software to download! All you need is a high-speed Internet connection and Adobe Flash. Adobe Flash is free and is included with many Internet browsers.

To access DreamBox on iPad, go to <http://www.dreambox.com/ipad>, or search for "DreamBox Math" in the App Store. Download DreamBox Math Green and DreamBox Math Blue to ensure your student has access to the full catalog of DreamBox Learning Math lessons.

When prompted in the app, use this School Code: **42cv/forestviewp**

Review your student's academic progress with a DreamBox Parent Account.

Please follow these steps to create your free Parent Account:

1. Go to <https://play.dreambox.com/login/42cv/forestviewp>
2. Have your student login to their profile just as they would at school.
3. Click *Setup Parent Access* at the bottom of the page.
4. Follow instructions to create a new login and password.
5. Read *Terms of Use* and *Privacy Policy*.
6. Click "Submit".

Log into your home account after set up:

1. Go to <http://play.dreambox.com>
2. Enter your email address and password.
3. To see student progress, click the "Family Dashboard" button.

If you have any questions, please contact DreamBox Client Care by calling them at 877-451-7845 (weekdays 5 a.m. to 5 p.m., Pacific Time), or email support@dreambox.com.

Sincerely,
Forestview Public School