



**FOREMOST SCHOOL  
HOME OF THE FALCONS**



**PRINCIPAL: STUART SHIGEHIRO  
VICE PRINCIPAL: ANGELA HAZELL  
TRUSTEE: NANCY HARAGA**

**OCTOBER 29 , 2025**

**Important Dates:**

**October 31 - Halloween Costume Parade & Activities  
1:00 pm Big Gym**

**School Calendar Changes:**

**November 7 & 10 are now REGULAR SCHOOL DAYS -  
Students in Attendance**

**These were previously SI & PD Days with no school for  
students.**

**Nov. 7 - Grade 10 - 12 Report Card Day**

**Nov. 10 - Remembrance Day Service**

**Nov. 12 - Grade 10 - 12 Parent Teacher Interviews**

**Nov. 20 - Picture Day**

**Nov. 27 - K-9 Report Card Day**

**Dec. 3 - K-9 Parent Teacher Interviews**

**Dec. 3 - Academic/Spotlight Assembly**

## **PRINCIPAL'S MESSAGE**

WELCOME BACK, EVERYONE! IT'S WONDERFUL TO SEE OUR STUDENTS, STAFF, AND FAMILIES BACK IN THE BUILDING AFTER THE TEACHER STRIKE. THE HALLS OF FOREMOST SCHOOL ARE ONCE AGAIN FILLED WITH ENERGY, LEARNING, AND LAUGHTER—AND IT'S GREAT TO HAVE OUR SCHOOL COMMUNITY TOGETHER AGAIN.

AS WE SETTLE BACK INTO ROUTINES, I WANT TO THANK OUR FAMILIES FOR THEIR PATIENCE AND UNDERSTANDING DURING THE PAST FEW WEEKS. YOUR SUPPORT AND PARTNERSHIP CONTINUE TO MAKE FOREMOST SCHOOL A PLACE WHERE STUDENTS FEEL VALUED AND INSPIRED TO DO THEIR BEST.

NOVEMBER IS ALWAYS A SPECIAL MONTH OF REFLECTION AND GRATITUDE. WE LOOK FORWARD TO COMING TOGETHER FOR OUR REMEMBRANCE DAY CEREMONY ON NOVEMBER 10TH AT 10:30 A.M. TO HONOUR THOSE WHO HAVE SERVED AND SACRIFICED FOR OUR COUNTRY. THANK YOU TO EVERYONE WHO CONTRIBUTED PHOTOS OF LOVED ONES FOR THIS MEANINGFUL EVENT.

AS WE MOVE THROUGH THE MONTH, LET'S FOCUS ON RECONNECTING, SUPPORTING ONE ANOTHER, AND CELEBRATING THE RESILIENCE THAT MAKES OUR FOREMOST SCHOOL COMMUNITY SO STRONG.

WELCOME BACK, FALCONS—IT'S GREAT TO BE LEARNING TOGETHER AGAIN!

WARM REGARDS,  
STUART SHIGEHIRO  
PRINCIPAL, FOREMOST SCHOOL

**HALLOWEEN  
COSTUME  
PARADE &  
ACTIVITIES  
2025**

**FOREMOST  
SCHOOL**



**FRIDAY  
OCTOBER 31  
1:00 PM  
BIG GYM  
EVERYONE WELCOME**

# FOREMOST SCHOOL

*remembrance  
day service*

Monday,  
November 10th  
10:30 am  
Big Gym

*Lest We Forget*

EVERYONE WELCOME  
PLEASE JOIN US





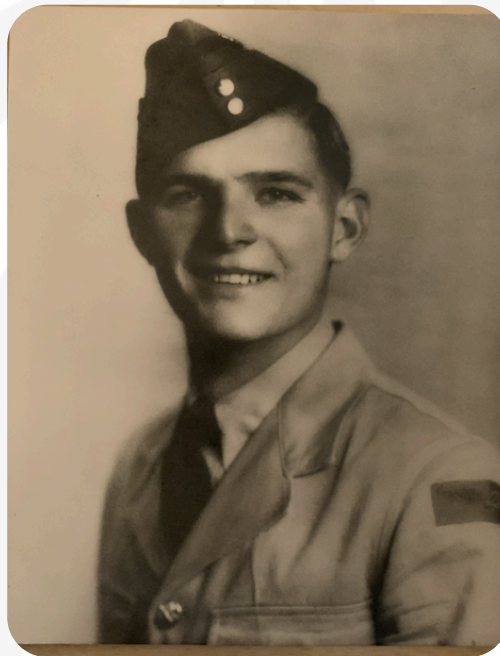
# LEST WE FORGET

# PICTURES WANTED

WE KINDLY ASK FOR YOUR HELP IN MAKING A SPECIAL PROJECT  
FOR OUR 2025 REMEMBRANCE DAY CEREMONY.  
PLEASE EMAIL PHOTOS TO YOUR CHILD'S HOMEROOM TEACHER.  
FOR EXAMPLE:



ROBERT REINSON  
RCAF  
FAMILY OF  
BRAXTON DEGAGNE



RICHARD THOMPSON  
RCAF  
FAMILY OF  
KENDYL  
HOLLINGSWORTH



AIDEN DEGAGNE  
RCAF  
FAMILY OF  
BRAXTON DEGAGNE



# Picture Day

**November 20, 2025**

# Remember Your Library Books

Mon

*GR. 6*

Tue

*GR. 1, GR. 3, GR. 4, GR. 5*

Wed

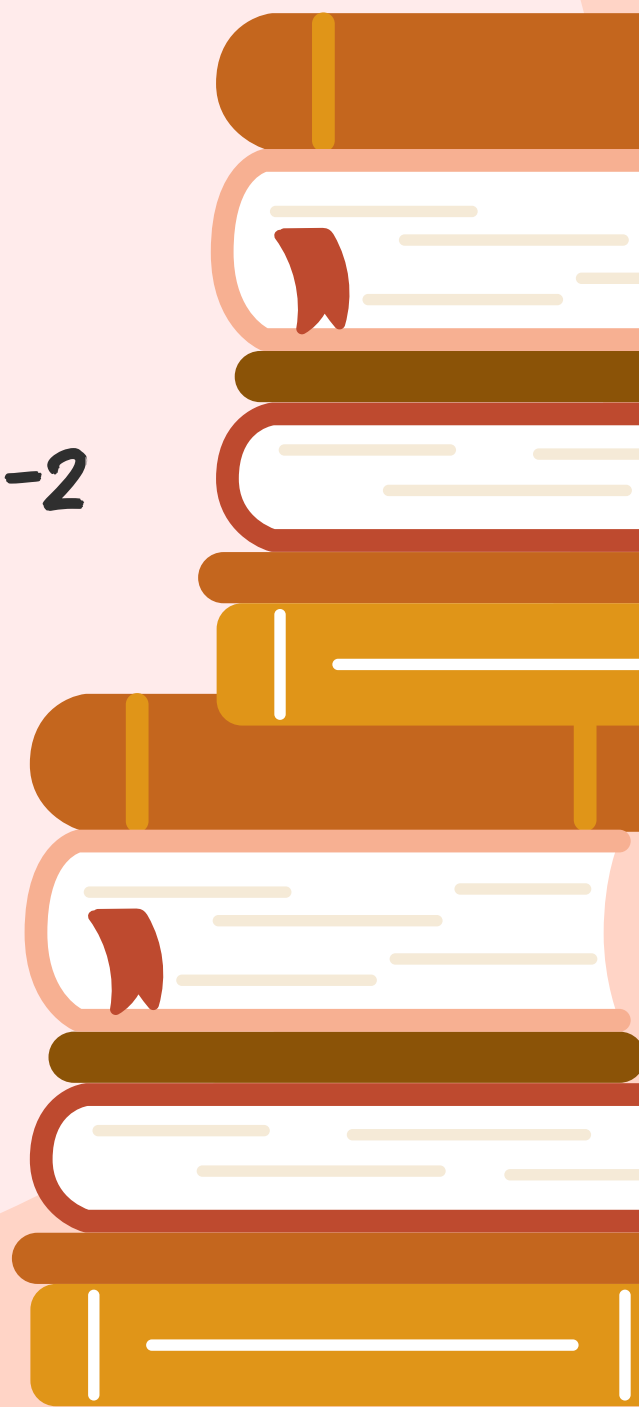
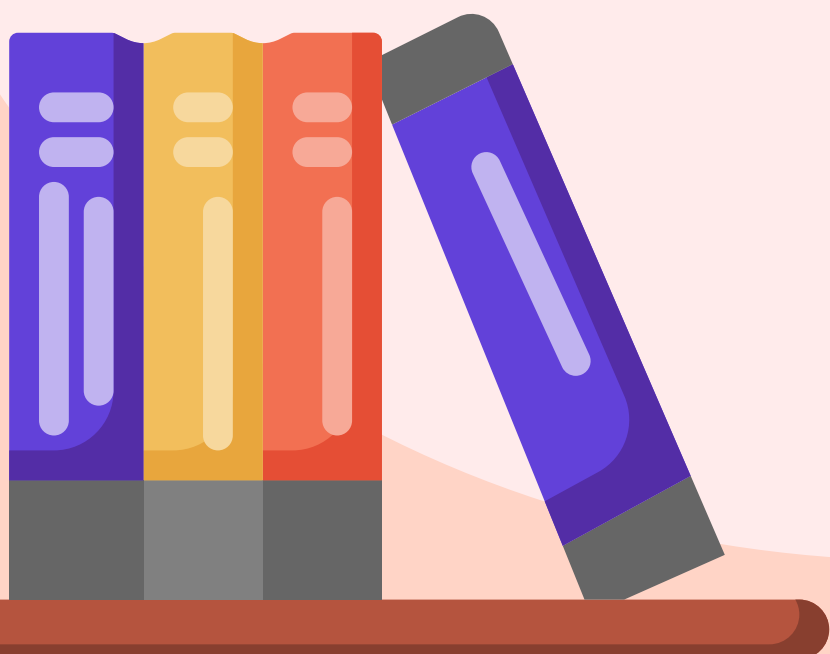
*Kindergarten, GR. 9*

Thu

*GR. 2, GR. 7, GR. 8*

Fri

*High School English -2*





## **BABY BABBLE & PLAY**

**FREE CAREGIVER COACHING WITH YOUR BIRTH TO 12 MONTH OLD  
COME JOIN US FOR ONE, A FEW, OR ALL THE SESSIONS, WITH YOUR CHILD,  
TO HAVE FUN LEARNING THROUGH PLAY!**

**LOCATION: SPEECH, LANGUAGE AND HEARING DEPARTMENT ~ LEVEL 4  
MEDICINE HAT REGIONAL HOSPITAL  
666 5TH STREET SW, MEDICINE HAT, AB T1A 4H6**

**WEEKLY TOPICS INCLUDE:  
PURPOSEFUL PLAY, UNDERSTANDING, COMMUNICATION,  
DAILY ROUTINES, MUSIC, AND STORIES**

**PLEASE CALL THE MEDICINE HAT REGIONAL HOSPITAL'S  
SPEECH, LANGUAGE AND HEARING DEPARTMENT AT 403- 528-8175  
TO SEE WHAT 6-WEEK BLOCK WORKS BEST FOR YOU  
AND TO RESERVE YOUR SPOT!**

**THURSDAYS  
10:30- 11:30AM OR 1:30-2:30PM**

**PLEASE NOTE THAT ONLY ONE GROUP TIME MAY RUN  
DEPENDING ON NUMBER OF PEOPLE REGISTERED.**

**WEEKLY GUEST SPEAKERS MAY INCLUDE:  
OCCUPATIONAL THERAPIST, PHYSICAL THERAPIST,  
LACTATION CONSULTANT/FEEDING SPECIALIST, AND MENTAL HEALTH**





# CONCUSSION CARE



&



# ASSESSMENTS

**BASELINE AND POST-INJURY EVALUATION**

**SUPPORTING CHILD AND YOUTH BRAIN HEALTH**

**COME SEE US FOR A COMPREHENSIVE BASELINE OR POST-INJURY CONCUSSION ASSESSMENT, CONDUCTED BY TRAINED PROFESSIONALS WITH A FOCUS ON CHILD AND YOUTH WELLNESS.**

**LOCATION: CHILDREN'S ALLIED HEALTH OFFICES IN SOUTHEAST ALBERTA  
MEDICINE HAT REGIONAL HOSPITAL, BROOKS HOSPITAL,  
BOW ISLAND AND OYEN COMMUNITY HEALTH**

**SERVICES INCLUDE:**

- BASELINE ASSESSMENTS – CAPTURE YOUR CHILD'S HEALTHY BRAIN FUNCTION FOR FUTURE COMPARISON**
- POST-INJURY EVALUATIONS – SUPPORT RECOVERY WITH EXPERT CARE AND PERSONALIZED STRATEGIES**
- FAMILY EDUCATION – LEARN HOW TO SUPPORT YOUR CHILD'S HEALING AND RETURN TO ACTIVITY**
- INTERDISCIPLINARY SUPPORT – INCLUDING OCCUPATIONAL THERAPY, PHYSIOTHERAPY, AND SPEECH-LANGUAGE PATHOLOGY**

**NOTE: \*PRIORITY GIVEN TO COMPLEX CASES AND INDIVIDUALIZED MANAGEMENT.  
\*LIMITED MONTHLY SLOTS FOR BASELINE TESTING.**

**BOOK AN APPOINTMENT BY CALLING CHILDREN'S ALLIED HEALTH AT  
403-529-8966 TO LEARN MORE AND SCHEDULE YOUR CHILD'S ASSESSMENT.**

**TODDLER TALK & PLAY  
FREE CAREGIVER COACHING  
WITH YOUR 12-36 MONTH OLD**

**COME JOIN US FOR ONE, A FEW, OR ALL THE SESSIONS, WITH YOUR CHILD,  
TO HAVE FUN LEARNING THROUGH PLAY! EVERYONE WELCOME!**

**LOCATION: MEDICINE HAT PUBLIC LIBRARY  
CO-OP COMMUNITY DEVELOPMENTAL PLAY SPACE**

**TUESDAYS 11:15-12:00**

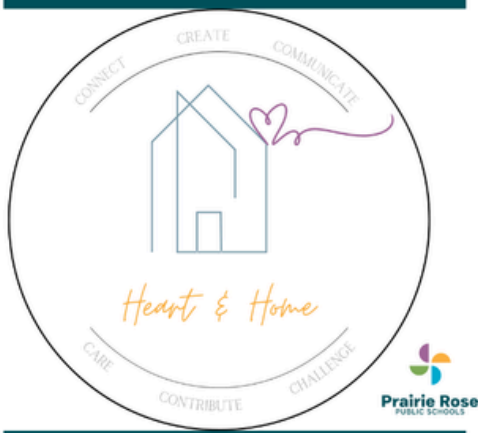


**NOV. 18TH, 2025  
NOV. 25TH, 2025  
DEC. 2ND, 2025  
DEC. 9TH, 2025  
DEC. 16TH, 2025**

**WEEKLY TOPICS INCLUDE:  
FIRST WORDS  
FOLLOWING THEIR LEAD  
EXPANDING LANGUAGE  
COMMENTING  
SPEECH SOUNDS  
DAILY ROUTINES  
SONGS, RHYMES, & BOOKS**



**IF YOU HAVE ANY QUESTIONS, PLEASE CALL  
THE MEDICINE HAT REGIONAL HOSPITAL'S SPEECH, LANGUAGE  
AND HEARING DEPARTMENT AT 403-528-8175.**



# PRAIRIE ROSE PUBLIC SCHOOLS HEART & HOME PARENTING SERIES PRESENTS:



## DOES YOUR CHILD STRUGGLE TO FOCUS, STAY ON TASK, OR MANAGE IMPULSIVITY?

Join us for an empowering evening designed for parents of children with attention challenges-including ADHD. Together, we'll explore the brain-based and environmental roots of attention struggles, learn what helps (and what hinders) kids with inattention and hyperactivity, and discover practical, relationship focused strategies to support them at home and school. You'll leave with tools and resources to help your child thrive!

# NOVEMBER 13 @ 6:00PM

## ISABEL F. COX SCHOOL GYM

ENJOY FREE CHILD CARE, COMPLIMENTARY SNACKS AND A CHANCE  
TO WIN PRIZES! ALL PARENTS/GUARDIANS WELCOME!

ON A DEVICE?

[Click Here](#)



The Institute of Child Psychology was created by a shared passion to empower parents and caregivers to help children lead emotionally healthy lives. Scan the QR code above to learn more!

REGISTRATION  
ENCOURAGED TO  
ATTEND THIS FREE  
SEMINAR



A SPECIAL THANK YOU  
TO FCSS TOWN OF REDCLIFF