



**FOREMOST SCHOOL
HOME OF THE FALCONS**



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

NOVEMBER 12, 2025

Important Dates:

- Nov. 17 - Career Fair in Bow Island Gr. 10-12**
- Nov. 19 - Parent/Teacher Interviews Grade 10 to 12**
- Nov. 19 - Pink Shirt Day**
- Nov. 19 - Hot Lunch Day**
- Nov. 20 - Picture Day**
- Nov. 27 - K-9 Report Card Day**
- Dec. 2 - Book Fair Begins**
- Dec. 3 - K-9 Parent Teacher Interviews**
- Dec. 3 - Academic/Spotlight Assembly**
- Dec. 9 - Last Day of Book Fair**
- Dec. 17 - Grad Cap & Gown Photos**
- Dec. 19 - Early dismissal**
- Dec. 22 - Start of Christmas Holidays**
- Jan. 5 - Back to School**

Thank you to the Grade 1 class for supplying a portion of the food for hot lunch this month. Thank you to the Home Ec. Class for planning and preparing the hot lunch!

PRINCIPAL'S MESSAGE

DEAR FAMILIES,

AS WE STEP INTO NOVEMBER, I WANT TO TAKE A MOMENT TO REFLECT ON THE MANY THINGS WE ARE GRATEFUL FOR IN OUR SCHOOL COMMUNITY. THIS MONTH OFFERS A WONDERFUL OPPORTUNITY TO CELEBRATE LEARNING, CONNECTION, AND THE SPIRIT OF GRATITUDE.

OUR STUDENTS CONTINUE TO IMPRESS US WITH THEIR CURIOSITY, CREATIVITY, AND KINDNESS. WHETHER IT'S THROUGH CLASSROOM PROJECTS, EXTRACURRICULAR ACTIVITIES, OR ACTS OF SERVICE, THEY ARE SHOWING US WHAT IT MEANS TO BE ENGAGED AND COMPASSIONATE LEARNERS.

NOVEMBER ALSO BRINGS IMPORTANT MOMENTS FOR REFLECTION AND REMEMBRANCE. WE OBSERVED REMEMBRANCE DAY WITH SOLEMN RESPECT, HONORING THOSE WHO HAVE SERVED AND CONTINUE TO SERVE OUR COUNTRY. THANK YOU TO ALL WHO PARTICIPATED IN OUR CEREMONY AND HELPED MAKE IT MEANINGFUL FOR OUR STUDENTS.

AS THE WEATHER TURNS COLDER, PLEASE ENSURE YOUR CHILD IS DRESSED APPROPRIATELY FOR OUTDOOR RECESS AND TRAVEL. WE ENCOURAGE FAMILIES TO CHECK OUR SCHOOL WEBSITE AND COMMUNICATION CHANNELS REGULARLY FOR UPDATES ON EVENTS, SCHOOL CLOSURES, AND OTHER IMPORTANT INFORMATION. LOOKING AHEAD, WE'RE EXCITED ABOUT UPCOMING PARENT-TEACHER CONFERENCES. THESE MEETINGS ARE A VALUABLE OPPORTUNITY TO DISCUSS YOUR CHILD'S PROGRESS AND COLLABORATE ON WAYS TO SUPPORT THEIR GROWTH. WE APPRECIATE YOUR PARTNERSHIP AND COMMITMENT TO YOUR CHILD'S EDUCATION. THANK YOU FOR BEING AN ESSENTIAL PART OF OUR SCHOOL COMMUNITY. YOUR SUPPORT, INVOLVEMENT, AND ENCOURAGEMENT MAKE A LASTING DIFFERENCE

**WARM REGARDS,
MR. STUART SHIGEHIRO
PRINCIPAL**



**FOREMOST
SCHOOL**

**VOLLEYBALL
ACTION!**



SENIOR NIGHT!!



Thursday, November 13

**Sr. Girls and Sr. Boys
vs Milk River Ridge
Starting @ 5:15 pm**



FOREMOST HIGH SCHOOL FOODS CLASS

CHRISTMAS BAKING BOX



INCLUDES:
SHORTBREAD COOKIES
SUGAR COOKIES
PRETZEL REINDEER
CARAMELS
GINGERSNAPS
CARAMEL MARSHMALLOW
RICE KRISPIE BALLS
CHRISTMAS CRACKLE
BUTTER TARTS

PURCHASE ON SITE AT CHRISTMAS MARKET
THURSDAY, NOVEMBER 13
FOREMOST COMMUNITY HALL
WHILE SUPPLIES LAST
OR ORDER FOR A LATER DATE!
PRE-ORDERS MUST BE IN BY NOVEMBER 28
FOR DELIVERY DECEMBER 12
CASH OR CHEQUE ONLY

HOT LUNCH

WEDNESDAY, NOVEMBER 19

Planned & Prepared by the
High School Home Ec. Class

CHICKEN FINGERS



& CAESAR SALAD



SQUARES



JUICE BOXES

**Stand Up to Bullying
Wednesday,
November 19**



Pink Shirt Day

**Together, we can build a world
where everyone feels safe,
valued, and respected. Let's
wear pink and take a stand
against bullying.**



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

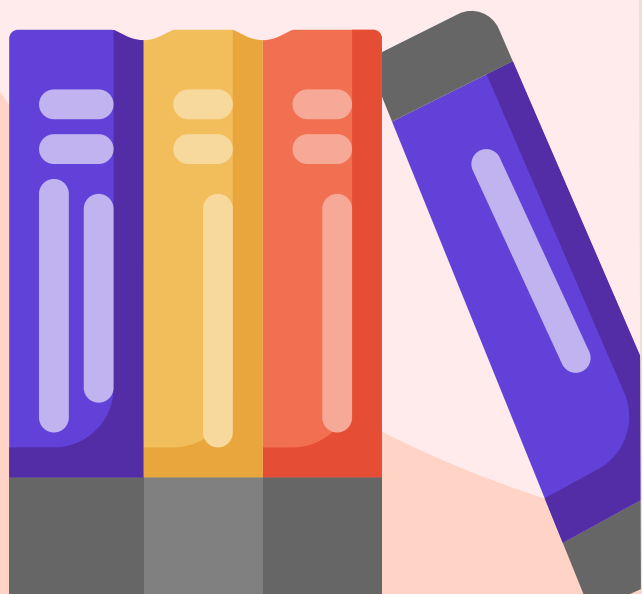
GR. 2, GR. 7, GR. 8

Fri

High School English -2

Note:

Look out for
updates of library
day change if no
school on usual
day



SCHOLASTIC BOOK FAIR

DECEMBER 2 – 9, 2025



BEST. DAY. EVER.



#ScholasticBookFairs



**OPEN DURING
LUNCH RECESS
& AFTER SCHOOL
UNTIL 4**

**LATE NIGHT
SHOPPING
UNTIL 6:00 PM
WEDNESDAY,
DECEMBER 3**

**WITH RESPECT
AND GRATITUDE**

**We will
remember
them**



**THEIR STRENGTH
AND LOVE LIVE ON
IN US ALL**



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**

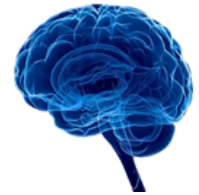




CONCUSSION CARE



&



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

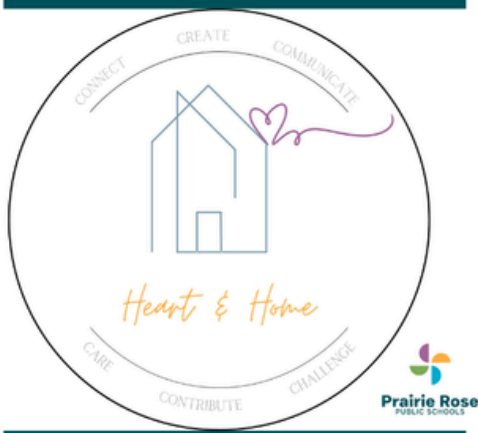


**NOV. 18TH, 2025
NOV. 25TH, 2025
DEC. 2ND, 2025
DEC. 9TH, 2025
DEC. 16TH, 2025**

**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](#)



A SPECIAL THANK YOU
TO FCSS TOWN OF REDCLIFF



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

