



Mustangs Memo



October 29, 2021

Please check the Halloween Parade Video that is linked [HERE](#). This was put together by our staff today. We hope you enjoy it!

NEW! Student Drop Off and Pick Up: For the safety of our students and staff;

- we ask that you park in the Muir Lake Community Hall parking lot and for your child in the parent muster area which is located in the blue fence in between the Community Hall and the school.
- If driving your child(ren) to school, please drive through the drop off lane and drop them off at the crosswalk at the **south** end of the school **OR** drop them off at the Community Hall and have them walk inside the blue fence to and from the school
- please do not cut through the staff parking lot to jump the line of cars waiting to drop off children in the drop off lane
- If you are late and dropping your child(ren) off (after 8:00am), please have them come in the main doors and report in to the office and get a late slip.

NEW! Health Champion: We live in a world overflowing with technology. Cars talk to us, phones entertain us, houses are “smart,” and wristwatches monitor our vitals. Staying connected to the natural world is important because more research is emerging every year on nature’s health effects, especially in the lives of our children.

[According to Dr. Vicki Harber:](#)

Children who play in nature have better grades in school, greater focus, better cognitive function, and more creativity. And when researchers compare children who play outdoors with those who play indoors, they find that the outdoor children have less stress, reduced aggression, and more happiness.

Learn more about the benefits of spending time in nature as family with this article by [Active For Life](#).

NEW! Art Cards by Kids: Our school is participating in the Art Cards by Kids fundraiser again this year. Students have created a work of art in the classroom and the sample ordering cards were sent home. Parents now have the opportunity to purchase greeting cards with their child’s artwork on the front and their name & age on the back.

Ordering instructions are included in the card and orders are due [ONLINE](#) by Monday, November 15, 2021. You will also require the individual unique ordering code which is printed on the card to place an order. Visit www.artcardsbykids.com for more info on this exciting fundraiser.

NEW! Muir Lake Apparel & More Fundraiser: Did you know Muir Lake School is celebrating 40 years this year? We are excited to announce our Foundation Team has launched our first Fundraiser of the year - Muir Lake Apparel and More!

We have two great logos - one student created and one commemorative - with lots of fantastic apparel and extras for you to purchase. All proceeds raised will go towards continuing to support school wide initiatives. We look forward to helping with this year's projects!

We have chosen a new supplier this year and are anticipating delivery to the school the week of December 13. Distribution of all orders will happen when we receive them from the supplier. Please stay tuned for that date.

Orders are due through the [online store](#) at <https://muirlakefall2021.itemorder.com/sale> by November 10. Should you have any questions, please do not hesitate to contact us at muirlakelunches@gmail.com.

Update! From our School Council Chair: Should you wish to contact our School Council Chair, Amber Dory, please use our NEW School Council Chair email that has been set up; it is MuirLake.SCChair@partner.psd.ca. School Council meetings are virtual and are set for the third teaching Tuesday of the month. The next meeting is set for November 23rd, 2021, 7pm. [Please visit the LINK here to request a Google Meet link](#). The meeting link will be shared with those interested in attending the day of the meeting.

Update! Parkland School Division Family Supports: Please [CLICK THIS LINK](#) for your October [Stronger Together newsletter](#). There are a lot of great articles and tips about emotional regulation included as well as some great upcoming sessions that are open for registration.

Update! Lifetouch School Photo Retakes: Due to a Courier shipping problem the boxes were delayed in getting delivered to the school, but they are here now and the proof packages have all been distributed to the students; they should be bringing them home tonight.

With all of this being said, our **retakes are scheduled with Lifetouch on Tuesday November 2nd**. Please be sure to check and determine whether or not your child will need to have retakes done on Tuesday and if this is the case then please remember to send the proof package back to school with him/her.

Some of you may have received an ordering code already via an email that was sent directly from Lifetouch, this would have been sent because your child was already on file with them. Not everyone would have received this, but not to worry, you will now have the ordering code which is included in the proof package.

If you would like to order the photos then simply visit Lifetouch online at MyLifetouch.ca and follow the instructions in the proof package. Your Portrait ID and Access Code that will be required is in the envelope going home with your child. are scheduled for Tuesday November 2, 2021; please be sure to be ready if you are wanting your child to have retakes done.



REMEMBRANCE DAY
Left We Forget

Repeat! Remembrance Day Service: Due to COVID, Muir Lake School will not be hosting the annual Remembrance Day Service. Instead, the school will be recognizing the day on Friday November 5th on a smaller scale with each class doing their own thing.

Repeat! Kinsmen Christmas Hampers: Muir Lake School is participating in the Kinsmen Christmas Hamper collection program again this year. Each grade level in the school has been assigned a family to assist this year. Please check the info [LINKED HERE](#) to find out the ages of the families that your class has been assigned to help this year. Donations can be sent in to your class during the month of November and all donations will be picked up at the beginning of December. Thank you for your support in this program that helps so many families. Information on the Kinsmen Hamper program and donation ideas can be found on their website at <https://www.sgkinettes.ca> and also linked [HERE](#).

Kinette Club
of
Spruce Grove



Kinsmen Club
of
Stony Plain

Christmas Hamper DONATIONS

Support Locally!

Repeat! Kindergarten Parent/Teacher Interviews: Kindergarten and Nature Kindergarten parents are invited to sign up for VIRTUAL Parent/Teacher interviews by going to <https://muirlake.schoolappointments.com>. You will need to create an account for yourself and then add your children. Interviews will be held virtually on November Tuesday November 23 & Wednesday November 24. You are required to create a new account in the online booking program, School Appointments, each year as the children and the teachers change each year.

Repeat! Fall Break: All PSD Schools will be closed for Fall Break from November 8th - 12. Students will return to school on Tuesday November 16th as Monday November 15th is a PD for staff only. Be sure to keep apprised of what is happening by visiting our website at <https://muirlake.psd.ca>. Our [School Calendar](#) can be found under the "Our School" tab.

Repeat! School Announcements: Another great way to keep track of what is going on at Muir Lake School is to read our School Announcements that the students see each morning in class. Some of the announcements may include, but are not limited to, what is going on in our extra-curricular activities like Volleyball or the lunchtime Music activities. These announcements are updated daily by our staff and can be found on our School Website under the "[For Students](#)" tab or by clicking the link at <https://muirlake.psd.ca/students/announcements>.

Repeat! School Fees: Statements for the 2021 2022 school year fees went out via email, if you did not receive it then check your junk mail or let the office know. Upon receipt, fees can be paid online by debit or credit card through our [PowerSchool Parent Portal](#) at <https://powerschool.psd70.ab.ca/public> or by cash or cheque payable to Parkland School Division (PSD). These school fees were due in to the office by the end of September. If for some reason you are unable to pay the fees right away, arrangements may be made by calling Andy Fuñe at 780-963-3535.

Repeat! Lunch Programs: As soon as we determine whether or not our lunch program can continue then our School Foundation will get it up and running again. Thank you for your patience as we continue to work to keep your children safe.

Repeat! Dropping Off Items for Your Child (including lunches & water bottles): If your child forgets their lunch or water bottle at home please be assured that we have food and bottled water here for them in this situation. Please do not drop off items for them as we are limiting visitors into the school. We appreciate your cooperation and understanding with this matter.

Repeat! Welcome to our Muir Lake Mental Health Navigator: Simonne Massner is a Community Connector with the Westview PCN Youth Mental Health Clinic and the Change Health Clinic.

- She helps youth aged 11-25 with resource navigation and information
- She assists students and parents find counseling, a doctor, community programming, crisis services, LGBTQ+ services, etc.
- Simonne is a certified and registered Child and Youth Care Counselor and can provide debriefing and emotional skills coaching or life skills coaching but not therapy or formal counseling (under PSD).
- She can directly connect with parents and youth at the school on Fridays from 9:00am-2:00pm and is also available via phone at 780 217 4146 and email at simonne.massner@westviewpcn.ca during the week for questions and referrals
- To book a student in with Simonne for Friday, contact her directly or Amy Garrison at Amy.Garrison@psd.ca

Repeat! Immunization Information for Parents from Westview School Health Nurses

Many parents have had questions regarding school immunizations this year. Here are the highlights for this year.

- Our eligible grade 6 students were immunized on Wednesday, October 27th. Second doses will be scheduled 6 months later.
- Current Grade 9 students will be receiving consent/information packages home in later November or December for dTap (Diphtheria-Tetanus-Pertussis) and Meningococcal Vaccines. These are to be scheduled at the school in the New Year.
- Current Grade 7 and 8 students who did not complete Grade 6 vaccines will be updated at the school between January and April 2022. If your child had a signed consent in Grade 6 it is valid for this second dose.
- Please note that there is no longer a spacing recommendation between the above vaccines, influenza vaccine and COVID 19 vaccines.
- Students who are 12 years of age (or turning 12 years of age by December 31st of 2021) are eligible for COVID-19 vaccinations. Bookings for first and second doses are available province wide. Albertans can book appointments through AHS online at ahs.ca/covidvaccine, by calling 811 or through [participating pharmacies](#). First and second dose walk-in clinics are also available at multiple locations. Please refer to the following link for information on routine and seasonal immunization information: [Routine and seasonal immunization during COVID-19 frequently asked questions \(FAQ\) \(alberta.ca\)](#)

For tips on preparing your child for immunizations, please refer to <https://www.immunize.ca/pain-management-children>

If you have any immunization related questions or concerns, please contact your School Health Nurses at 780 968 4268 or 780 984 0342.

[COVID-19 Vaccine Frequently Asked Questions | Alberta Health Services](#)

Repeat! School Health Champion Did you know that Muir Lake has a School Health Champion? Miss Gilmour will be taking on this role for 2021/22 as she supports our school community in seeking out health and wellness opportunities. This includes connecting our school families to community based and online resources. Look out for a short monthly health and wellness section in the Mustangs Memo.

This month... [10 Fun Autumn Activities for Kids and Families by Active For Life](#). A fun and active way to get outside as a family and enjoy nature at its best this Autumn.

Repeat! Free Family Counselling: If you are looking to support your students there is a youth & family solution focused wellness counselling program available through Alberta Health Services Primary Care Network. For more information please click [here](#).

Repeat! PSD Domain and Email Addresses: You may have noticed that Parkland School Division has a new look; a new logo as well as a new domain name. You can now find Parkland School Division at <https://www.psd.ca> and

Muir Lake School's new website URL is <https://muirlake.psd.ca>. With the domain name change came new email addresses. An easy way to find your child's teacher's email address is on our school website at <https://muirlake.psd.ca/about/staff-directory>, but our new address format is as follows: ***firstname.lastname@psd.ca***. Please adjust your email address books accordingly as eventually the mail-forward feature will end.

As always, should you have any questions, please feel free to contact us via email at MuirLake@psd.ca or by phone at 780-963-3535.

Thank you, have a great weekend!
Muir Lake School Admin Team

STAY AT HOME GUIDE

THE
BOTTOM
LINE

The amount of time a student needs to stay home from school depends on the type of symptom(s).



PARKLAND
SCHOOL DIVISION

psd.ca

WHICH SYMPTOM DOES YOUR CHILD HAVE?



Does your child have ANY of these new or worsening symptoms?

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

Yes, that's my child.
Now what?

- Your child must isolate at home for a minimum of 10 days from when symptoms started **OR** receive a negative COVID-19 test and feel better before returning to activities.
- If your child's test results are positive for COVID-19, isolate at home for at least 10 days and follow instructions received from Alberta Health Services (AHS).



Does your child have ANY of these new or worsening symptoms?

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle or joint aches
- Headache
- Pink eye (conjunctivitis)

Yes, that's my child.
Now what?

- **Keep your child home from school and monitor him/her for 24 hours.** If after 24 hours symptoms improve, your child may return to school, if feeling better.
 - ▶ A COVID-19 test is not required.
- **If your child has any two of the above symptoms or after 24 hours his/her condition gets worse or a second symptom develops:**
 - ▶ Use the AHS Online Assessment Tool to see if testing is recommended.
 - ▶ Your child may return to school after symptoms are gone, even without a COVID-19 test or results.
 - ▶ If test results are positive, isolate at home for at least 10 days and follow instructions received from AHS.



REMEMBER

It is the parents' responsibility to screen their child(ren) for symptoms each day before school. Visit psd.ca and click on the [COVID-19 quick link](#) to complete the AHS Daily Checklist.

Close Contact: If your child is deemed a close contact of a positive COVID-19 case, he/she will not be required to isolate unless his/her own symptoms present.



Kinsmen Christmas Hampers

Again this year, our school is sponsoring families through the Kinsmen Club of Stony Plain Christmas Hamper program. The Hamper Program helps those that are less fortunate in Stony Plain and Parkland County. Last year nearly 2000 residents were supplied with food, toys and gift cards for much needed necessities and they are expecting an increase this year.

Each grade level in the school has been assigned a family. It is our hope that we will be able to make Christmas a happier time for these families through our community's generosity.

To comply with COVID-19 protocols, the Kinsmen is NOT asking for non-perishable food items, but these items will be forwarded to the Parkland Food Bank should you wish to donate them. For a list of Gift Donation Ideas simply go to the Kinette Club of Spruce Grove Website @ <https://www.sgkinettes.ca> that is [LINKED HERE](#).

Items donated *should not be wrapped* and should be in to the school **before Friday, December 10th**.

Thank you for your part in making Christmas brighter for these families!

Kindergarten – Ms. LeDressay & Mrs. Matheson

Family #1

1 adult female & 1 adult male
2 girls ages 7 & 14
2 boys ages 3 & 4

Gr. 1 – Mrs. Hunter & Mrs. Priddle

Family #2

1 adult female & 1 adult male
2 girls ages 5 & 10

Gr. 2 – Ms. Douglas, Mr. Opatril & Miss Sanders

Family #3

1 adult female & 1 adult male
3 girls ages 4, 9, & 15
2 boys ages 6 & 9

Gr. 3 – Mrs. Arnold & Mr. Solomon

Family #4

1 adult female & 1 adult male
1 girl age 11
1 boy age 1

Gr. 4 – Ms. Maser & Mr. Sherington

Family #5

1 adult female & 1 adult male
2 girls ages 3 & 6
3 boys ages 7, 12 & 14

Gr. 5 – Mrs. Gadoury & Mrs. Rich

Family #6

1 adult male
1 girl age 13
3 boys ages 8, 10 & 16

Gr. 6 – Ms. Wayken

Family #7

1 adult female
2 boys ages 14 & 16

Gr. 7 – Ms. Garrison & Mr. Menjivar

Family #8

1 adult male
1 girl age 12
2 boys ages 2 & 13

Gr. 8 – Mr. Brown

Family #9

1 adult female & 1 adult male
1 girl age 2
1 boy age 5

Gr. 9 – Mr. Hudson & Mr. Shaw

Family #10

1 adult female
2 girls ages 1 & 8
2 boys ages 11 & 15