



Mustangs Memo



December 3, 2021

New! Health Champion: With so many hilarious Elf on the Shelf scenarios these days, it can be hard to narrow down your choices to only 24. Okay, for lots of us it would be hard to ever possibly think of 24. Either way, at Active for Life we've decided to have a little fun with this elvish tradition and share a few of our favourite active Elf on the Shelf ideas.

Because, if there's one thing we know, it's that those crazy elves sure do love to move.

Here are our top 10 favourite active Elf on the Shelf ideas (be sure to scroll down on some of these pages to find the image):

1. [Flour snow angels](#)
2. [Swinging on a toilet paper roll](#)
3. [Snowball fight with Buzz Lightyear](#)
4. [Sledding](#)
5. [Skating](#)
6. [Potato sack race](#)
7. [Gymnastics](#)
8. [Ziplining](#)
9. [Bowling](#)
10. [Ballet](#)

Maybe that silly elf will even inspire your family to be a bit more active this holiday season, too. We're pretty sure that extra activity would encourage some positive reports back to the North Pole, after all.

Thank you to Active For Life for this information.

New! Sledding at MLS: Due to the insurance regulations, please be aware that students are not able to toboggan, tube, crazy carpet, bobsled, or sled on a slope of greater than five meters in height or with an incline of greater than 35 degrees. The hill behind the school is too long and too steep for these purposes.

New! International Travel: For those considering or making plans for International Travel during the upcoming Holiday season, the best advice we can give families is to frequently check the rules here:

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>

These are always subject to change and could even change mid-trip so check back often. The link above clearly indicates requirements and/or exemptions available for vaccinated, partially vaccinated or unvaccinated children or dependents.

New! Student Literacy Program: Just a reminder to all parents/guardians that received a permission form for their child to participate in the Muir Lake School Literacy program to please return the form to the school office ASAP.

New! Kinsmen Christmas Hampers DUE: 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. **UNWRAPPED** donations can be sent in to your class by Friday December 10th. Thank you for your support in this program that helps so many families.



Christmas Hamper DONATIONS

Support Locally!

Repeat! COVID 19 Protocol Updates: Please keep up to date with the latest Parkland School Division COVID19 and Mask protocols as well as PSD news by visiting our School Website at <https://murlake.psd.ca/home/news>. Parents are also reminded that if your child is not well, then please refer to the [Stay At Home Guide](#) that is on the division website at <https://www.psd.ca/schools/covid-19-info> and also [LINKED HERE](#). Students that are sick at school will be sent home and may return to school when their symptoms have subsided.

Here is the latest from Parkland School Division:

As previously announced on our [PSD website](#), Parkland School Division is taking additional steps to protect students and staff in this global pandemic in the form of a vaccine protocol for adults connected to the school system. This includes visitors, volunteers and parents visiting the school or school division building. This protocol comes into effect Monday, November 15th.

As defined in the Parkland School Division [Vaccination Protocol](#), a visitor means: any individual who does not regularly work or attend the school or site they are visiting, and the individual:

- A. will be entering the school beyond the reception/front entrance for fifteen (15) minutes or longer,
- B. cannot maintain physical distancing, or
- C. will be interacting with students.

Regular volunteers will be able to disclose their vaccination status once with an accompanying signed [attestation](#).

For short term or occasional volunteer activities or for visitors who are entering the school to interact with students or be in situations where physical distancing cannot be maintained, proof of vaccination shall be verified as follows:

- A. Using the [QR code](#) and Government of Alberta App (see Appendix A);
- B. Showing a paper/electronic record of vaccination (See Appendix B for acceptable documentation requirements);
- C. Showing a proof of Negative COVID-19 Rapid Antigen Test completed within the last 72 hours;
- D. No permanent record is required to be kept.

Any person coming to a school or Division Building, who is only there to conduct a brief interaction/transaction that will take less than 15 minutes while appropriate health measures are observed (e.g. masking, physical distancing), **will NOT** require proof of vaccination.

This protocol will NOT apply to students.

For more on current health measures and guidance for schools, please visit the [COVID-19 Info](#) page on our website, or contact the Parkland School Division via Email at DivisionOffice@psd.ca or by phone: 780-963-4010.

Repeat! Westview Health Nurses & Immunizations: Many parents have had questions regarding school immunizations this year. Here are the highlights for this year.

- **Current Grade 6 students** should have had an information and consent package sent home for Hepatitis B and Human Papilloma Virus vaccines. These are scheduled with the school in October or November. 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. Thank you!

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

Repeat! Winter is Here: It is looking & feeling like Winter is finally upon us and probably here for the duration. With the snow comes the colder weather, especially in the morning! Please ensure that your child is dressed appropriately. Updates on the buses and whether or not they are running can be found on the PSD Website at <https://www.psd.ca/transportation/bus-status>, we encourage you to check there if you have any questions.

Repeat! Winter Gear: With winter being here, you wouldn't believe how many pairs of snow pants and boots we have in this building, LOL. Please mark your child's snow pants and boots with their names so that we can ensure that the proper owner has them.

Repeat! PowerSchool Gradebook Access: Our staff are working on report cards right now so parents will not be able to access the student's gradebooks on PowerSchool. Report cards will be released on December 17th and we thank you for your patience. online, so we thank you for your patience at this time.

Repeat! No Stopping Signs: For everyone's safety, "No Stopping Signs" have been installed on the highway out front of the school. The speed limit in front of the school is 100 km/hr, this area is NOT a designated school zone and the speed limit does not drop. So, we are asking everyone to comply with the signs that have been posted and NOT stop and park on the highway when dropping off and/or picking up their students from school; please use the Muir Lake Hall parking lot or the drop off lane in the morning.

Repeat! 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.

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! Parkland School Division Family Supports: Please [CLICK THIS LINK](#) for your latest [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.

Repeat! 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.

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! Free Family Counselling: If you are looking to support your children 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

COVID-19 INFORMATION

VACCINE PROTOCOL IN EFFECT

Please have your vaccine record and ID ready.

- All visitors, volunteers and parents must show either official proof of vaccination (digital/paper copies accepted) or a negative test result (from the last 72 hours) or a medical exemption letter, along with government-issued ID.
- Students are not required to show proof.
- Any person coming to a school or Division Building, who is only there to conduct a brief interaction/transaction that will take less than 15 minutes while appropriate health measures are observed (e.g. masking, physical distancing), will NOT require proof of vaccination.

Forgot your proof?

Scan this code to download your Alberta vaccine record >>



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COVID-19 INFORMATION

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).



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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. Mathe son

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