



Mustangs Memo



December 23, 2021

Check out our special Christmas Greeting from the Muir Lake School Admin Team that is [LINKED HERE](#). We would like to take this opportunity to wish you and your family a Very Merry Christmas and all the Very Best for 2022.



Christmas breakfast treats for the staff

NEW! K to 6 Christmas Concert Video: Our kindergarten to grade 6 students have been working very hard on their Christmas Concert presentations and Mr. Theberge has also been working hard to put our show together. We may not be able to gather as a community at this time, but we would like to share the production with you. So grab a bowl of popcorn, a cup of hot chocolate and settle in with the kids to enjoy as a family. [CLICK THIS LINK TO ENJOY THE VIDEO.](#)

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

- **For everyone's safety we ask that EVERYONE please walk or stand INSIDE the blue fence when picking up their child(ren) from school.**
- Please park in the Muir Lake Community Hall parking lot and for your child in the parent muster area which is located inside 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! Girls' Group: We are pleased to offer a girls' group called **Speak Up!** This is a once a week opportunity to explore issues around self-esteem, friendship and conflict. Speak Up! is not a counseling program, but an open space to meet with other students their age and talk through their experiences and explore conflict alternatives. Our youth are invited to attend our upcoming sessions with Community Connector, Simonne Massner. Parents can register their daughters by filling out the [Consent Form linked HERE.](#)

Sessions are Fridays at 12:00 pm during lunch recess. The sessions are as follows:

- Jan. 14 - Week 1: Identifying Strengths/Opening
- Jan. 21 - Week 2: Problem Solving
- Jan. 28 - Week 3: Boundaries
- Feb. 4 - Week 4: Goals/Closure

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 January 25, 2021, 7pm as our December meeting has been cancelled. [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! 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.

Repeat! 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.

Repeat! International Travel: Parkland School Division families who are considering international travel during the upcoming Winter Break are advised to frequently check the latest border restrictions and measures being implemented to limit the spread of COVID-19. Those can be found on the Government of Canada website at:

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

These measures, including any applicable quarantines or testing requirements 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.

Federal Measures

On November 30th, the Government of Canada [announced](#) additional border measures to reduce the risk of the importation and transmission of COVID-19 and its variants in Canada related to international travel.

“Moving forward, border testing surveillance will be adjusted based on the latest available evidence to further reduce the risk of importation of the Omicron variant.

The Government of Canada will continue to assess the evolving situation, monitor case data, and adjust border measures as required. The Government of Canada is working collaboratively with its provincial and territorial counterparts. While the impact of all variants continues to be monitored in Canada, vaccination in combination with public health and individual measures, is working to reduce the spread of COVID-19 and its variants.”

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! 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! 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! 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.

Thank you, have a great Christmas Break and we will see you all back on January 10th!
Muir Lake School Admin Team



Kinsmen Club of Stony Plain
Kinsmen Christmas Hampers
SERVICE PROJECT



Box 2231, Stony Plain, Alberta T7Z 1X7

Christmas 2021

Dear students, parents, and staff at

MUIR LAKE SCHOOL

On behalf of the Stony Plain Kinsmen Christmas Hampers service project, we wish to thank you very much for collecting toys, gifts cards, and money for the 2021 Christmas Hampers.

Your thoughtfulness will help make Christmas much brighter for families in Stony Plain and west Parkland County.

Thanks to your generosity, we will be able to assist nearly 2000 residents by distributing over 675 hampers locally. Over 400 local children and youths will receive a gift thanks to your generous donations.

Thank you for helping us give a hand up to the less fortunate.

The Kinsmen wish you all the best in 2022.

Ed Berney & Ray Côté

On behalf of the Kinsmen Christmas Hampers Service Project

If you receive a late donation, please contact 780-915-6934.
For more information about the Stony Plain Kinsmen, please visit stonyplainkinsmen.ca

SPEAK UP!

Sick of drama? - Want to hold each other up instead of down?

Fridays @ 12:00pm

Jan. 14- Week 1: Identifying Strengths/Opening

Jan. 21-Week 2: Problem Solving

Jan. 28- Week 3: Boundaries

Feb. 4 - Week 4: Goals/Closure

Register:

Ask your teacher! You will be sent a link after the parent consent is filled out.



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).



psd70.ab.ca

WHICH SYMPTOM DOES YOUR CHILD HAVE?



Does your child have ANY of these 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 until symptoms resolve, whichever is longer.**
 - COVID-19 testing is recommended.
 - Your child must not enter any long-term care settings for 10 days and until his/her symptoms have resolved.
- **Your child can return to school before 10 days only if his/her COVID-19 test is negative AND his/her symptoms are gone AND he/she was not a close contact of someone with COVID-19.**
- **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 symptoms?

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- 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.
 - Your child must not enter any long-term care settings for 10 days and until his/her symptoms have resolved.
- **If your child has any two of these symptoms or after 24 hours their condition gets worse or a second symptom develops:**
 - A COVID-19 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 psd70.ab.ca and click on the COVID-19 quick link to complete the AHS Daily Checklist.

Close Contact:
If your child is determined to be a close contact of a case of COVID-19, you will be notified and will be legally required to self-isolate your child for 14 days.



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 >>

