



Mustangs Memo



September 2, 2022

Welcome to the 2022 - 2023 School Year! We are excited to welcome you and your family to a new school year. Our PSD Team has been working hard at getting everything ready for the start up, and as a result you will see a few new changes. You can read what we have planned for for the first month of school on our school website at <https://muirlake.psd.ca> and we encourage you to keep apprised of what is going on by visiting our [school calendar](#) on the [website](#) at <https://muirlake.psd.ca>. One change that you will notice is with our front foyer. We have had security doors installed which allows us to leave our front door unlocked. If you are at the school for any reason, please check in at the office.

Mustang Kick-Off: Now that we can gather once again, we are super excited to bring back our Mustang Kick-Off. Families are invited to join us for a hot dog on Wednesday, September 7 from 4:30-6:30pm. Staff will be outside to welcome everyone and then families will be invited into the school at 6:00 to meet the teacher in the classroom.

Parking at School: If you are driving your child to school, then we respectfully ask that you drop them off in either the **Muir Lake Hall** parking lot **or** use the drop off lane and let them out at the **SOUTH** end of the parking lot so that they can use the crosswalk which is monitored by the staff. For the safety of everyone, we remind everyone that there is to be absolutely **NO PARKING on the side of the highway**. The parking can sometimes get VERY busy, so we appreciate your patience as our top priority is to keep all of our students and staff safe.

Visitors to the school are also reminded to respect the blue disabled parking spots that are in both the school and the MLCL Hall parking lots.

Morning Supervision: Staff will begin supervision at 7:45am so we respectfully request that you do not drop your children off until after this time. Students will remain outside until the bell rings at 8:00am, then at this time they will make their way to the classroom through their designated doors. If they arrive ANY time after 8:10am they are required to go to the office through the front door to obtain a late slip.

Attendance Calls: If your child(ren) is not in attendance, please be sure to either call (780) 963-3535 and press 1 to access the attendance mailbox OR email the office at MuirLake@psd.ca, stating when and why your child will be away. If the office does not know why students are away then the fan-out message will automatically go out as they will be marked as absent with an unknown reason.

Cross Country Running: Cross Country running will be starting with the first race on September 15th hosted by Duffield School at Grouse Nest Golf Course. Mr. Shaw and Mrs. Rich will be organizing the Muir Lake students and if anyone from K to grade 9 is interested, please see the information package linked [HERE](#). Forms will also be handed out to those that attend the practice with Mr. Shaw, Mrs. Rich or Mrs. Priddle. Parents are responsible for transportation to and from the races. To register for any of the races, you will need to log in to your [PowerSchool Parent Portal](#) and click on the “Fees” tab on the left hand side. There will be a Cross Country button at the bottom of your screen.

Terry Fox Run: Students will be participating in our Annual Terry Fox Run on the morning of Friday, September 23rd. Donation forms/Information will be going home with students. If you would like to donate to the Terry Fox Foundation it can be done online.

School Fees: Statements for the 2022-2023 school year fees will be going out via email **soon**, if you do 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.psd.ca/public> or by cash or cheque payable to Parkland School Division (PSD). These school fees are 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.

School Council: All parents and guardians are invited to attend our **VIRTUAL** School Council meeting on Tuesday, September 20th at 7 pm. Please click the [LINK here](#) to join the School Council Google Meet. We hope to see you there. Meetings will be held on the third teaching Tuesday of the month except for December and June.

COVID Update: Muir Lake School and Parkland School Division are excited that the World is Opening Back Up. 2022-2023 should finally start to feel like what a school year is supposed to feel like. While the pandemic is officially over, our new reality is that COVID-19 is here to stay.

With that being said, there are many measures that were previously implemented that just make sense to continue. Above all, we encourage anyone who is feeling ill to stay home from school. If you are exhibiting any of the key symptoms known for COVID-19, we encourage you to access one of the many test kits that are also available at the school. Meanwhile, PSD will continue the following:

- Hand sanitizer will still be readily available at all schools,
- Students will continue to be reminded of the importance of thorough hand-washing hygiene,
- School staff will ensure that appropriate cleaning of high touch areas will continue,
- The frequency at which air filters are changed in PSD has also been increased and air handling/ventilation equipment in all schools has been adjusted to maximize the number of air exchanges within the schools. All schools will operate filtration systems that meet or exceed the Minimum Efficiency Reporting Values (MERV) 13 air filtration rate, and
- Where practical, entrances and exits can be used to efficiently reduce crowding during high traffic times of the day.

Should you require test kits or masks, please contact the school office by email at MuirLake@psd.ca or by phone at 780-963-3535.

Food for Thought: We all know that children learn better on a full tummy. We have a cooler outside our office that will be stocked with healthy snacks and food for the students. They will be able to access it at any time during the day and out of consideration to everyone’s privacy, staff will not be monitoring who uses it.

Lunch Program is Back!! We are excited to be providing the staff and students of Muir Lake School with hot lunch this year. We will be offering hot lunch on Mondays and Thursdays, starting on September 12th. We provide a wide variety of homemade and delicious menu options that are prepared fresh daily and with quality ingredients. For more information on the program open [THIS DOCUMENT](#). **Please note that the first cut off date for ordering is September 8th.**

Fair Notice - Violent Threat Risk Assessment: The goal of Violence/Threat Risk Assessment (VTRA) process is that every incident of youth violence in our communities be addressed. VTRA is early intervention – which is quite possibly prevention. The process is initiated and managed by school administrators who have received VTRA training from the Center for Trauma Informed Practices. For more information, please visit our [PSD website](#) and read the news article [LINKED HERE](#).

Nature Kindergarten Spots still available! Parkland School Division's Nature Kindergarten program is based out of Muir Lake School, where children from all over Parkland School Division are offered a unique curriculum-based authentic learning experience primarily within a dedicated woodland classroom and the surrounding outdoor area. This optional kindergarten program-of-choice gets children active and in touch with nature, while essentially extending a child's kindergarten experience from half-time to full-time in the process.

In keeping with our Ultimate Goal of Student Success and Well-being, PSD's Nature Kindergarten program provides meaningful student engagement while addressing the kindergarten curriculum, as children spend the majority of their day outside connecting with local habitats as inspiration for their academic learning. Nature Kindergarten nurtures independent, confident and resilient learners with a zeal for problem solving, fostering children's physical literacy and lifelong health and well-being through outdoor adventures that contribute to the social and emotional assets of individual health.

Please note: Your child must first be registered for a recognized Alberta Kindergarten program (such as Parkland School Division's regular Kindergarten program) before they can be registered in the Nature-Based Kindergarten program. Complete information on the registration process can be found on our Registration page. While priority shall be given to Parkland School Division students, out-of-division applicants may be considered if space and resources are available.

To apply to the [2022-2023 Nature Kindergarten Program](#), please complete and submit all material in the [2022-2023 Nature Kindergarten Application Package](#). The [application form](#) in this package will begin accepting submissions when Parkland School Division 2022-2023 Registration opened on February 14, 2022.

Community Services Educational Sessions for September

Alberta Health Services [Community Education Service](#) provides free public education sessions for parents and caregivers, with a focus on child and youth wellness. During the COVID-19 pandemic, live webinars can be viewed on a computer, smartphone, or tablet. Pre-recorded sessions are available too.

These upcoming sessions may be of interest to families in your school community:

- **September 19:** [Screen time & teen mental health](#)
- **September 21:** [The gift of gratitude: Creating gratitude jars](#)
- **September 27:** [Words Matter! Supporting children and youth through the lens of Mental Health Literacy](#)

Back to School Resources

- [Resources for families - Get the Latest - Healthier Together School](#)
- [Back to School Health - Families | Alberta Health Services](#)

Mental Health Resources

- [National Addiction Awareness Week 50 Ways to Connect With Kids Poster \(albertahealthservices.ca\)](#)
- Digital Technology [Youth & Digital Technology | Alberta Health Services](#)
- [Facts for youth \(alberta.ca\)](#)
- [Tips for parents \(alberta.ca\)](#)
- [Recreational Activities \(albertahealthservices.ca\)](#)
- [Recommended Educational Resources \(albertahealthservices.ca\)](#)

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, should you have any questions, please feel free to contact the school at 780-963-3535 or via email at MuirLake@psd.ca.

Muir Lake School Admin Team