



Mustangs Memo

September

September 23, 2022

Comprehensive School Health: Healthy school communities promote wellness and strive to create environments that foster lifelong health and overall well-being. The approach used to create active, healthy school communities is an internationally recognized framework called Comprehensive School Health. At Muir Lake School we will strive to inspire and empower our school community to be leaders in their journey to health through a focus on positive social behaviour, physical activity, and healthy eating. All three Comprehensive School Health pillars are infused into day-to-day life at school through various initiatives. We look forward to sharing our Comprehensive School Health journey with you in 2022-2023.

Truth and Reconciliation: Orange Shirt Day will be Thursday, September 29th. Staff and students will be having conversations around the history of residential schools. Here is a [link](#) to a useful article for parents who might be having those conversations with their children at home.

Parent/Teacher Interviews: Interviews are scheduled for Wednesday, October 5th from 4pm to 7pm and Thursday October 6th from 3pm to 6pm. Parents can sign up for their choice of either an "In Person" interview or an "Online" interview; the choice is yours. Book your appointment online via our online booking system at <https://muirlake.schoolappointments.com>. Please note that you will need to re-register as a user each year and add your children. [Parent Instructions can be found HERE](#). If you choose to participate in your appointment virtually, then the teacher will be sending you the link.

Busing: If you are picking up your child from school and they will NOT be taking their regular bus home, please notify the driver, teacher, or school office so that the driver is not looking for them at the end of the day and delaying the departures of the buses.

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. Please assist us in keeping your children safe by not dropping them off in the middle of the drop off lane.

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. We have asked the Bylaw officers for assistance with this and we would hate to

see anyone be ticketed for parking on the highway or worse yet, for someone to be injured. We thank you for your cooperation with this very extremely important safety matter.

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.

If Your Child is Ill: 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.

Book Fair: We are super excited to announce that our Scholastic Book Fair will be returning the week of October 3 to October 6. Watch for more information coming soon.



Cross Country Running: Cross Country Running Club has begun. Races will continue on Thursday afternoons after school until October 20th. 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](#). 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, click it and fill in the form, pay for the races online and you are set to go!

Terry Fox Run: Students participated in our Annual Terry Fox Run this morning and it was a great turnout. Check out the video [LINKED HERE](#) of our Kindergarten to Grade 3 students having a great time. Donation forms/Information have been distributed to students and are due. If you would like to donate to the Terry Fox Foundation it can be done online at TerryFoxSchoolRun.org. Simply click on the the "Donate To A School" icon in the upper right hand corner and then search for Muir Lake School in the search bar on the page or [click THIS LINK to go directly to our school page of their website.](#)

School Fees: Statements for the 2022 2023 school year fees were sent 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](https://powerschool.psd.ca/public) 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.

Security & Student Doors: We have had security doors installed which allows us to leave our main outside door unlocked during the day. The students and staff can easily get out of the building, but this stops people from getting into the building unannounced; which will keep everyone safer. We ask that students use their designated doors and wait outside until the bell rings at 8:00 a.m. and the perimeter doors are then locked afterward.

Once the bell has rung, we encourage students to be independent and go to their classrooms on their own and we ask that parents/visitors not enter the building through the side doors. If there is something that needs to be addressed then please go to the office and we can assist you there.

School Council: All parents and guardians are invited to attend our next **VIRTUAL** School Council meeting on Tuesday, October 18th at 7 pm. Please click the [LINK here](#) to add your name to receive the School Council Google Meet Link. Meetings will be held on the third teaching Tuesday of the month except for December and June. We hope to see you there.

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 and will 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](#).

Canceling a Hot Lunch: Just a quick reminder that If your child will not be at school and you have ordered a hot lunch, please email info@bitetoeat.ca to cancel their lunch. Please be sure to include your child's name and which school they attend. To receive a credit for the meal, you must notify us by 12pm noon the day before delivery. We will accept late hot lunch cancellations, but no credit will be given. Please note that we cannot give away lunches to other students if you do not notify us that your child will be absent.

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](#).

Muir Lake Community League News

Upcoming Casino: MLCL has a Casino slated for October 2 and 3. The following positions are still available and any and all help is greatly appreciated. Please contact Lori Baryluk, Muir Lake Fundraising Coordinator at 780-242-5647 if you are able to help out.

Sunday

Day shift 11:30am - 7:00pm - Cashier
Evening shift 6:30-2:30 - Banker, Cashier, Chip Runner
Night shift 11-2:30 Count room X 2 positions

Monday

Evening shift 6:30-2:30 - Banker, Cashier, Chip Runner
Night shift 11-2:30 Count room X 3 positions

Muir Lake Community League

Hall Info 780-963-5242

Hall Bookings 780-288-5242

"Find Us" muirlakehall.ca

"Get Social with us!"

facebook.com/MuirLakeHall

instagram.com/MuirLakeHall

twitter.com/MuirLakeHall

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