



Mustangs Memo



October 21, 2022

Comprehensive School Health: As soon as the crisp fall air creeps in, our natural inclination to get cozy kicks in. The same is true for kids—and they let us know as soon as they are (even slightly!) uncomfortable with the cold. Knowing how important it is for them to connect with nature, work through discomfort, and build resilience, [Active For Life](#) has some ideas for helping them connect with nature when it's chilly.

Remembrance Day Tributes: Muir Lake School will be holding our annual Remembrance Day Service on Thursday November 10th at 10:15 am and families are invited to participate. Many of us have had friends or relatives who served their country in wartime. We would like to pay tribute to these people by having your child(ren) pin a poppy on our cross during our Remembrance Day Service. Please fill out the form [LINKED HERE](#) to have one of your loved ones honoured at our Service. We respectfully request that you please have this done by Friday November 4th so that we may prepare ahead of time.

Muir Lake Spirit Wear Fundraiser: The Foundation Team has launched the first fundraiser of the year and what better way to do it but with school spirit wear? Be part of the Mustangs spirit and order your items today. ***The due date for orders will be Sunday, October 30***, so get your orders in today to ensure a Christmas delivery. Special pick up arrangements can be made to accommodate gift orders. There will be a Show Your School Spirit Day coming in 2023, so get your gear now Check out our online store with a variety of items here: <https://muirlakefall2022.itemorder.com/shop/sale>.

For additional items available immediately please see the menu on the <https://muirlakeschool.hotlunches.net> website. Items ordered here will be processed every two weeks while supplies last. Should you have any questions, please do not hesitate to contact the Muir Lake School Foundation at muirlakelunches@gmail.com.

Vancouver Sun Run: Grade 7 to 9 students were invited to attend a 2023 Vancouver Sun Run information meeting this morning with Ms Garrison and Miss Gilmour. We are delighted to offer the opportunity for students to attend the 2023 Vancouver Sun Run on April 16th. The Vancouver Sun Run's primary mandate is to promote health, fitness and community spirit and to support amateur athletics. The estimated cost for this trip is minimum \$500 to a maximum of \$550 for the 4-day Trip (three-night stay). [Information](#) regarding the trip is available [HERE](#) and was also handed out to the students that were interested. [Completed Forms](#) must be returned by **Tuesday, October 25**. The non-refundable deposit of \$200.00 can be paid online via the [PowerSchool Parent Portal](#). Simply sign into your account and go to the Fees link on the left hand side of your screen. At the bottom of the Fees screen is a button which will allow you to "Add the Sun Run Deposit Fee" to your account. This must be completed and paid by October 27, 2022 to secure a spot on the trip.

Lost & Found: It is only October and already, our lost and found shelves are overflowing. Students are



Halloween Festivities: All of our staff and students are invited to dress for Halloween in the afternoon of Monday October 31st. Our grade 7 to 9 students will enjoy a Halloween Dance in the afternoon and our kindergarten to grade 6 students will enjoy classroom festivities.

Guidelines for Halloween Costumes:

- Costumes must still follow the rules of the dress code implemented in our school.
- No weapons (fake or real) are to be brought to school. This includes, but is not limited to, plastic swords, fake guns, or any type of cane or stick.
- Students are to be respectful of others in the community. Please ensure that we are considerate of other cultures and religions when choosing our costumes.
- No costumes are to be worn until after lunch recess. Students will be able to change into their costumes at lunch time for the afternoon activities.

Spruce Grove Saints Hockey Tickets Draws: In partnership with Thompson Construction Group we are proud to announce the Saints School Program. The Saints School Program have given 24 schools in the Parkland Area access to four (4) season ticket packages for the 2022-23 season. It's very simple – Thompson Construction Group has generously purchased these season ticket packages to help give families and school employees the opportunity to come watch the Saints play at the Grant Fuhr Arena this season.

Muir Lake School would like to take this opportunity to thank Thompson Construction Group and The Spruce Grove Saints Hockey Club for their generosity to not only our school, but the 23 other schools and families that will benefit from this donation.

Muir Lake School would like to “Pay It Forward” by offering our families the opportunity to put their names forward if they would like any of the tickets to the games. To do so, simply check off the dates listed below that you would like your name put in a draw for the tickets. Pick as many or as few as you would like. This does not guarantee that you will get the tickets, just that you will be entered into the draw for them.

Each set of tickets is for 4 people. Games are all at 7 pm and are played at Grant Fuhr Arena in Spruce Grove. We will draw for the 4 tickets the week before the game and contact the lucky winner. We only ask that if you receive tickets and are unable to use them, that you return them to us so that we can forward them to another family that will be able to enjoy the game. To enter the draw please visit [THIS LINK](#) or go directly to <https://bit.ly/HockeyDraw> and fill it in accordingly.

PSD Stronger Together - Family Supports: October is ADHD awareness month. It is important for all of us to understand ADHD and how it impacts our families, friends and co-workers. The newsletter [LINKED HERE](#) is full of activities to keep our kids involved, lots of free ideas, education sessions for parents and caregivers and access to free supports. Please reach out to Vicky & Dena if you would like more information or help in connecting to community resources, they are there to support your family. [CLICK HERE](#) for more information on the upcoming Strong Families session hosted by PSD.

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.

Guest Bus Riders: There are to be absolutely **NO GUEST RIDERS** on any of the school buses. This is a huge safety concern should that bus ever be involved in an accident. If your child is having a friend visit after school then a parent will have to pick them up at the end of the day. NO EXCEPTIONS.

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.

Cross Country Running: Cross Country Running Club is done! The last race was Thursday October 20th at High Park School in Stony Plain. A **HUGE** thank you to everyone that participated; we hope that you enjoyed representing Muir Lake School. We couldn't have had the Cross Country running club this year without the assistance of Mr. Shaw and Mrs. Rich, so THANK YOU to both of them for volunteering their time. Also thank you to all the other staff that helped out with practices and filling in at runs when Mr. Shaw and Mrs. Rich were unavailable.

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.

Food for Thought: We all know that children learn better on a full tummy. We have a fridge outside our office - "The Nutrition Nook" - that is stocked with healthy snacks and food for the students. Kids can access it at any time during the day and out of consideration to everyone's privacy, staff will not be monitoring who uses it.

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](#).

School Council: All parents and guardians are invited to attend our next **VIRTUAL** School Council meeting on Tuesday, November 22nd 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.

From the School Foundation: Muir Lake School Foundation has been awarded a CASINO opportunity for November 1 and 2, 2022 at Century Casino in St. Albert. Casinos are our major source of funding for us and come around once every 2.5 - 3 years. We are currently filling the following positions (first come, first served):

- Banker
- Cashier
- Chip Runner
- Count Room

On top of helping Foundation to secure casino funds for future projects at our school, each volunteer shift will be awarded credits to use for Hot Lunch or Spirit Wear purchases. Daytime shifts are from 11 am - 7 pm and night shifts are from 6:45 pm - 2:15 am where you will earn \$75 per shift. Limited late night shifts 11:00 pm - 2:30 am are also available where you will earn \$50 per shift. Casino workers also receive food credits to be used during their shift. Please email muirlakelunches@gmail.com as soon as possible if you are interested in filling one or more shift opportunities.

**** Multiple family members are able to work for family credits, a person may also fill multiple shifts as long as it is not on the same day **** Thank you for helping us to fill these slots!

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.

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