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## **Mustangs Memo**

January 13, 2023

**Comprehensive School Health:** Finding time to stay active as a family can be a challenge when life is busy. Building in active family time into a busy schedule is more than worth it. Here are the benefits of active family time along with helpful tips for fitting activity into your busy weekly schedule. Active For Life

**School Council:** All parents and guardians are invited to attend our next **VIRTUAL** School Council meeting on Tuesday, January 17th at 7 pm. Please click the <u>LINK HERE</u> 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.

**Winter is Here:** Please ensure that your child is dressed appropriately for all the recess breaks. Please mark your child's snow gear and boots with their names so that we can ensure that the proper owner has them. Updates on the buses and whether or not they are running can be found on the PSD Website at <a href="https://www.psd.ca/transportation/bus-status">https://www.psd.ca/transportation/bus-status</a>; we encourage you to check there if you have any questions.

**Christmas Concerts were Awesome!** Thank you again to Mr. Theberge and all the staff and students that helped make this year's Christmas Concerts a success. As promised, Mr. Opatril has shared the video of the Christmas Concerts and you can watch it by clicking on <a href="https://doi.org/10.1016/j.chr.nlm">THIS LINK</a>. A HUGE thank you to Mr. Opatril for all your work in putting this video together for our families to watch.

## **Parkland School Division is Hiring:**





**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.

**Spruce Grove Saints Hockey Tickets Draws:** Congratulations to all of our winners! We hope that everyone has enjoyed taking in the games!

Be sure to get in on the draws by visiting <u>THIS LINK</u> or go directly to <u>https://bit.ly/HockeyDraw</u> and fill it in accordingly. 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.

**Dropping off or Picking Up your child 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 or **NORTH** end of the parking lot so that they can use the designated crosswalks 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.** 

We also ask that for the safety of all staff and students, that you not drive through the staff parking lot, please use the drive-through lane and the crosswalk at the south end of the parking lot.

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.

**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 <a href="MuirLake@psd.ca">MuirLake@psd.ca</a>, 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 III:** 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 <a href="MuirLake@psd.ca">MuirLake@psd.ca</a> or by phone at 780-963-3535.

**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 <u>PowerSchool Parent Portal</u> at <a href="https://powerschool.psd.ca/public">https://powerschool.psd.ca/public</a> 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.

**PSD Stronger Together - Family Supports:** Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present the upcoming FREE sessions for local families. Click <u>HERE</u> for more information on the sessions being offered.

**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 <u>PSD website</u> and read the news article <u>LINKED HERE</u>.

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 <a href="mailto:info@bitetoeat.ca">info@bitetoeat.ca</a> 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 <a href="https://www.psd.ca">https://www.psd.ca</a> and Muir Lake School's new website URL is <a href="https://muirlake.psd.ca">https://muirlake.psd.ca</a>. 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 <a href="https://muirlake.psd.ca/about/staff-directory">https://muirlake.psd.ca/about/staff-directory</a>, but our new address format is as follows: <a href="firstname.lastname@psd.ca">firstname.lastname@psd.ca</a>. 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.

Take care and stay warm,
Muir Lake School Admin Team