



Mustangs Memo



September 8, 2023

Welcome to the 2023 - 2024 School Year! We are excited to welcome you and your family to a new school year. Our PSD Team has worked hard at getting everything ready for the start. You can read what we have planned for the first month of school on our school website at <https://muirlake.psd.ca> and we encourage you to keep up to date of what is going on by visiting our [school calendar](#) on the [website](#). Last year we had new 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: We are super excited for our Mustang Kick-Off. Families are invited to join us for a hot dog and chips on Wednesday, September 13 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 teachers in the classrooms. We look forward to seeing everyone!

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.

Visiting the School: Last year we had new security doors installed in the front entrance. This allows us to leave our front door unlocked. If you are at the school for any reason, please check in at the office.

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 14th hosted by Blueberry School. 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 shown below. 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.

When and Where?

September 14: Bluberry

September 21: Living Waters (@Jubilee Park)

September 28: Entwistle

October 5: Woodhaven

October 12: Meridian Heights

October 19: High Park

When Exactly? Races begin at 4:15 pm, starting with the youngest runners. Please arrive by 4:00 pm.

Parents of students in grades K4

are required to accompany their child to their running location and

they must stay and supervise their child in that location. This year, the cross country coaches are Mr. Shaw and Mrs Rich. Please find one of them as soon as you arrive at the race location. Your coaches will make sure you are signed in and have the correct name and race category label. Parents, you are welcome to leave after your child's race, or feel free to stay and cheer on other Muir Lakers.

All registered Muir Lake Cross Country athletes need to attend all practices.

Who? Any child from Grade K9.

Parents are responsible for all transportation.

What? Runners compete against children of the same gender and year of birth (eg. girls, 2010). The races are through trails or an established route through a schoolyard. It is considered to be an accomplishment just to finish the race; some medals and ribbons are given out to the fastest runners.

Born 20162018

runners run 800 m,

Born 20122015

runners run 1000 m

Born 2011 and older runners run 2000 m.

Cost? \$5.00 for each race registered. Fees cover costs of medals, ribbons etc

Terry Fox Run: Students will be participating in our Annual Terry Fox Run on the afternoon of Friday, September 15th. Donation forms and Information will be going home with students or if you would like to donate online to the Terry Fox Foundation it can be done here [HERE](#).

Career and Technology Foundation (CTF) Course Descriptions for 2023-2024:

Book Fair: The first Book Fair of the year is fast approaching! It will be held Oct 2-5 this year. Stay tuned for times!

School Fees: Statements for the 2023 2024 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 **Hybrid** School Council meeting on Tuesday, September 19th at 7 pm. You can attend in person in the school library or attend through Google Meet by clicking

[HERE](#). We hope to see you there! Meetings will be held on the third teaching Tuesday of the month except for December and June.

Food for Thought: We all know that children learn better on a full tummy. We have a cooler inside 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!! Bite to Eat is excited to begin another year of hot lunch service to Muir Lake students. Deliveries will again be on Mondays & Thursdays. The September order deadline is **Sunday September 10th** and the first delivery will be on **Thursday, September 14th**. Everyone will need to register for a new account even if you ordered last year. Your access code is MLHL, all in capital letters. Visit bitetoeat.ca to place your orders. If you had a credit from last year, it will automatically be posted to your account when you register with the same email address. Any questions or concerns, please contact us at info@bitetoeat.ca.

Thanks! and I hope you have a great start to the school year.

Nicole Kucy at Bite to Eat Inc

Volunteers Needed: We have a wide variety of volunteer opportunities this year!!

- **Parent Council**
- **Parent Foundation**
- **Breakfast Club**
- **Muir Lake Mustangs:** Welcome back to another great year for all Mustang Athletes. As the first week of school is already nearly over, In the next few weeks the Volleyball season will begin. We would like to extend an offer to our community for the opportunity to coach our amazing Junior Girls Volleyball team as well as our Junior Girls Basketball team. If you are interested taking this opportunity, please contact the school as soon as possible.

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](#).

Alberta Parenting for the Future September Calendar: Here is a link to the September Calendar of Events offered by Alberta Parenting for the Future.

<http://albertaparenting.ca/events/>

CES: 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 18:** [Parent-Child Attachment Foundations: Strategies for Building and Maintaining a Healthy Attachment with Your Child](#)
- **September 19:** [Stress, Stigma, and Safety for Caregivers](#)
- **September 20:** [Stress Management, Target Dyslexia](#)

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

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