



Mustangs Memo



September 15, 2023

The **first few weeks** of the school year have flown by! It is going to be a great year!

Here is our **September** Calendar. You can also 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](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day	5 Students' First Day	6	7	8	9
10	11	12 Board of Trustees Regular Meeting 9:00 am	13 Mustang Kick Off BBQ 4:30 pm	14 Cross-Country Run #1 (Blueberry)	15	16
17	18	19 School Council Mtg 7:00 pm	20	21 Cross-Country Run #2 (Jubilee)	22	23
24	25	26	27	28 Cross-Country Run #3 (Entwistle)	29 PSD's Orange Shirt Day	30 National Day for Truth & Reconciliation

Mustang Kick-Off: Our Mustang Kick-Off was a huge success (despite a few unexpected rain downpours)! This event is always such a great opportunity to celebrate the start to another school year with our students and their families! Thank you for coming!



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: Our first Cross-Country race at Blueberry School was a huge success. We had about sixty kids show up to race from kindergarten all the way to grade 9! Our next race is Thursday, September 21st at Jubilee Park in Spruce Grove. Please see the information package shown below. 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 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 the other Muir Lakers.

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

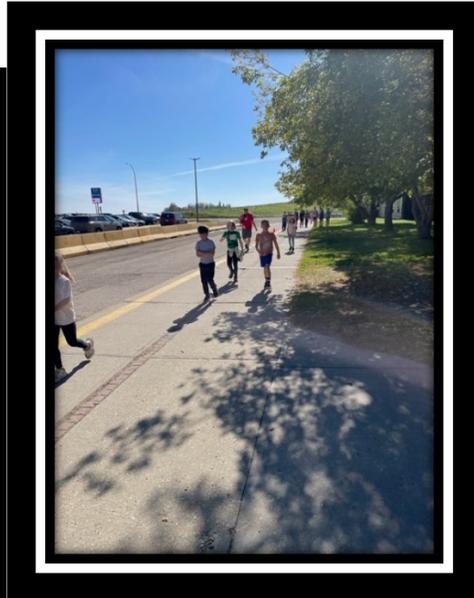
Who? Any child from Grade K9.

Parents are responsible for all transportation.

What? Runners compete against children of the same gender and year of birth (e.g. 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 2016-2018 runners run 800 m, born 2012-2015 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: Our Terry Fox Run was today and was so much fun! It is always nice when our whole school has the opportunity to participate in an event together. If you would like to donate online to the Terry Fox Foundation it can be done here [HERE](#).



Book Fair: The first Book Fair of the year is fast approaching! Stay tuned for times!

Library News: As we prepare for library classes to begin next week it is crucial to clear any outstanding library accounts from last year, this will ensure that every student has the opportunity to sign out new resources. I kindly ask for your assistance in checking for any overdue materials that may still be at home and return them to the library as soon as possible.

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](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.

School Council: All parents and guardians are invited to attend our **Hybrid** School Council meeting on Thurs, 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.

HOT LUNCH MONTH	PAYMENT DUE DATE
September 2023	September 10, 2023
October 2023	September 27, 2023
November 2023	October 25, 2023
December 2023	November 24, 2023
January 2024	January 4, 2024
February 2024	January 24, 2024
March 2024	February 23, 2024
April 2024	March 27, 2024
May 2024	April 24, 2024
June 2024	May 29, 2024

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

Parent Council - A school council is made up of partnership between parents from the school community, the school administration, as well as teachers from the school. On occasion it can also include students from the school. To become involved in school council, all you need to do is come to the council meetings. The School Council is an active member of the Alberta School Council Association. Through this membership, our school council ensures that the voice of our school community is heard on a provincial level.

Parent Foundation - The MLCSF has raised money via 50/50 raffles, quad raffle, silent auctions and dances, casinos, spell-a-thons and cookbook sales, along with many small and substantial donations. With the help of matching government grants and continuing dedication of our volunteers and corporate donations from Prairie North Construction and Myshak Sales and Rentals, among many others, we have been able to improve our school grounds with a dynamic \$125,000 playground area, and a quarter-of-a-million-dollar rubberized running track and soccer pitch.

We believe that physical activity and active families are vital to the well-being of our community. The students of the school, area residents and visitors already enjoy our facility, and we know that the playground, track and soccer field will only enhance our school and community for years to come. We are hoping that with your help we can continue with the next phase of this project and bring the dream to fruition. The MLCSF is made up of various volunteers and executive officers. These positions include Chairperson, Vice Chairperson, Treasurer, Secretary, and Directors. The committee gets together once every couple of months or so, depending on the need at that time.

If you or someone that you know is interested in helping out with the Foundation, or if you have any questions, please contact the Foundation at muirlakefoundation@gmail.com.

Breakfast Club – We have started our Breakfast Club for the year. Breakfast club is for everyone! We know that mornings can be busy. Every morning starting at 7:45 till 8:10 our kitchen is serving up toast

and other healthy options. We are always looking for more volunteers to help the program run smoothly. Reach out if you are available during these times to help out.



Muir Lake Mustangs: Welcome back to another great year for all Mustang Athletes. The second week of school is already over and our volleyball season has officially begun. 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/>

Stronger Together Newsletter: Each month, Parkland School Division's Student Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. Each month we will provide you with information about mental health and ways we can work together to support your family.

[Stronger Together Newsletter](#)

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