



# Mustang Memo



September 27th, 2024

## Today's Top Stories



**Absence?**

Call 780-963-3535

Press #1

Please provide your child's full name, grade and the reason for the absence so that we can enter the absence accurately!

**Class starts at 8:00 AM**

### Scholastic Book Fair

Students will be visiting as a class during the week and can purchase books at that time. Teachers will advise parents on when that will be.

Parents are invited to shop the book fair during our parent teacher interviews



Wednesday, October 9th - 4:00 pm - 7:00 pm

Thursday, October 10th - 3:00 - 6:00 pm



### Parent Teacher Interviews

October 9th and 10th

Book [Here](#)

Instructions are [LINKED HERE](#)



### School Photos



School Photos will be on

October 8th - October 9th



Click [HERE](#) and [HERE](#) for some local National Day for Truth and Reconciliation events on Monday

Check out these other Community Newsletters!

[AHS Healthier Together Schools](#)

[Weaving Indigenous Ways of Knowing](#)



**GROWTH**



**MINDSET**



## **Developing a Growth Mindset**

This school year we are focusing on cultivating a Growth Mindset Culture in Muir Lake School. Adopting a growth mindset is not only essential in our life, it's critical. A person operating from a Growth Mindset perspective tends to have a desire to learn, dedicated to work hard, and discover new things. This often translates into academic achievements.

Guardians/parents/family members/ can have a significant impact on cultivating and developing a growth mindset in their children. The language we use, the actions we take, offering process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices that we can start today! The newsletter that we are going to share every month consists of strategies and resources to cultivate and develop a growth mindset in our children. Please feel free to use these resources to cultivate and maintain a growth mindset in your children. We are in this together!!

*Sharmin Shbnam, School Counselor*

**READ MORE**



**Mindset Newsletter**

## September

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 	31				

## Important Dates - September

**September 27th: PSD's Orange Shirt Day**

**September 30th: National Day for Truth and Reconciliation - No School**

## Important Dates October

**Oct 3 - Cross Country - High Park**

**Oct 4th - World Teachers' Day**

**Oct 7th - Custodial and Maintenance Workers Appreciation Day**

**Oct 8th-9th - School Photos October**

**October 9th - 10th - Parent teacher interviews and Book Fair**

**Oct 10th - Cross Country - Ecole Meridian Heights School**

**Oct 10th - World Mental Health Day**

**October 11th PD Day**

## October




Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3 ★	4	5
6	7	8 	9 	10 ★	11	12
13	14	15	16	17 ★	18	19
20	21	22	23	24 ★	25	26
27	28 	29	30	31		

**October 14th - Thanksgiving Day - No School**



**October 17th - Cross-Country - Prescott Learning Center**

**October 21st - School Library Day**



## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!



## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and on the job.

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 8th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### WHAT YOU CAN DO

#### Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- Keep your student healthy. If you are concerned about a contagious illness, call your school or health care provider.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Support your students if you notice signs of anxiety, and if needed, seek advice from your school or health provider.

#### Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.



Revised June 2016

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!



## Lunch Program is Back!!

**Bite to Eat** is excited to begin another year of hot lunch service to Muir Lake students. Deliveries are on Mondays & Thursdays

Hot Lunch for October is **due September 25th**

**Access code is MLHL**

Click below to order. Instruction to sign up are on the link. Any questions or concerns please contact [info@bitetoeat.ca](mailto:info@bitetoeat.ca)



## Order Here!



## Mobile Devices in School

In June Of 2024 the Minister of Education announced new standards regarding the use of personal mobile devices during instructional time. The standards will take effect the beginning of this school year.

A brief news release can be found [here](#) and you can read the full Ministerial Order here



[Standards for the Use of Personal Mobile Devices and Social Media in Schools](#)

## Muir Lake Out of School Care

6:30AM–8:00AM

2:35PM–6:00PM

Kindergarten non–school days NOT included.

\$550/Month includes PD Days, Spring Break, Fall Break

\$425/3 day Kindergarten

CLOSED for the Summer

Please call (825)977–6607 for more information or to book your tour today.

Email: [muirlakeosc@gmail.com](mailto:muirlakeosc@gmail.com)



**PLANNING HAS BEGUN FOR...**



**SUN RUN**

APRIL 27, 2025  
VANCOUVER, BC

SCAN ME



Planning has begun for the 2025 Vancouver Sun Run. This run is open to all students in grades 7-9. If your child expressed interest, you should have received an email from Mrs. Pugh this week. If you want more info, scan the QR code and complete the Google Form.



World Teachers' Day | October 5

To all of our amazing teachers,  
**THANK YOU!**



**OCTOBER 2**

**WEENIE WEDNESDAY**

**HOT DOG LUNCH**

- HOT DOG
- JUICE BOX
- CHIPS



**\$5.50**

LOG INTO YOUR LOT LUNCH ACCOUNT TO ORDER YOURS TODAY!  
ANY QUESTIONS, PLEASE EMAIL

[MUIRLAKELUNCHES@GMAIL.COM](mailto:MUIRLAKELUNCHES@GMAIL.COM)

ALL FUNDS GO TO THE REMAINING OUTSTANDING BALANCE OF THE PLAYGROUND



**THANK YOU**

for being the heart of our facilities.

**Custodial & Maintenance Workers Appreciation Day | October 7**



**2024-2025**

**KIDS GET IN FREE!**

COURTESY OF **THOMPSON** *Myshak*

**HOME OPENER**  
SEPT 20TH VS. PENTICTON

**FULL SCHEDULE HERE**



All kids 12 and under receive free walk-up admission for any 2024-25 regular season home game.  
\*Must be accompanied by an adult.



**Celebrating literacy and our dedicated library staff.**

**Canadian School Library Day | October 21**



# General Information



**Parking at School Safely:** 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 NORTH and 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. Please do not use the staff parking lot for drop off, the parking lot can get VERY busy, so we appreciate your patience as our top priority is to keep all of our students and staff safe.

**Visiting the School:** 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 7:55 am, then at this time they will make their way to the classroom through their designated doors. If they arrive ANY time after 8:00 am 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](mailto: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.

**School Fees:** Statements for the 2024-2025 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). 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.

**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.



## Food Programs



**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.

\*\*In keeping with Parkland School Division's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students. We would like to acknowledge the **President's Choice Children's Charity Power Full Kids program** in providing support for food security at Muir Lake for the 2024 - 2025 school year.\*\*



**Breakfast Club** – We have started our Breakfast Club for the year and it is busy! Breakfast club is for everyone! We know that mornings can be busy. Every morning starting at 7:45 till 8:00 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 at [christine.ellert@psd.ca](mailto:christine.ellert@psd.ca).