



# Mustang Memo

November 22, 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**

## Muir Lake Spirit Wear Store is now open!!

Our team has put together a collection of items for our school so students can proudly show off our school colors and logo! Below is the website that you will need to order from to receive your items for students or yourselves.

Last day to order will be **NOVEMBER 25!**



### Spirit Wear Store

If you have any questions, please contact us at [hotlunches@gmail.com](mailto:hotlunches@gmail.com)



### Kinsman Christmas Hampers!

We will be starting collecting items on December 2nd and they will be picked up from the school on December 16th!

Click below for more information [Christmas Hampers 2024](#)



Winter is here.

The weather is turning and it is starting to feel more like **winter**. Please make sure your children are dressed for the weather. The mornings and recesses are getting cold! Also please **label** your children's clothing items, this way if they end up in our lost and found we can easily find their owner! Don't forget to label your children's boots! There are boot mix up daily!



# November

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

Art  
Cards  
due  
today

## ATTENTION PARENTS!

ArtCards  
by Kids



### Reminder Deadline Approaching

You will find instructions on HOW TO ORDER on the inside of your child's sample art card

Your order deadline is:  
**TONIGHT** (midnight)

[www.artcardsbykids.com](http://www.artcardsbykids.com)

**JOIN NOW!**

Join Our Facebook and Instagram!!



## December Dates to Note

SAVE THE DATE!

# Winter CONCERTS

Muir Lake Gymnasium

**TICKET COMING SOON**

KINDERGARTEN  
WEDNESDAY, DECEMBER 18, 2024  
1:00 PM

GRADE 1 - GRADE 3  
WEDNESDAY, DECEMBER 18, 2024  
6:30 PM

GRADE 4 - GRADE 6  
THURSDAY, DECEMBER 19, 2024  
6:30 PM

DECEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
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				

## Christmas Break

December 23rd – Jan 3rd

# New Staff Spotlight



**"Ms. Anderson has joined the Muir Lake front office after many years of experience in Manitoba. She's always ready to help students, parents and staff with all their needs. She loves it if you ask her about her motorbikes!"**



**"Ms. Feist previously taught at Greystone and has already brought her passion for physical activity, outdoor ed, and the humanities to the team. She's also heading our leadership CTF which will be bringing the school many fun student-led activities."**



**"Ms. St. Amand is very happy to return to us at Muir Lake after her time at High Park. She is teaching junior high humanities this year and coaching senior girls basketball. She is very excited to get the season started. Go Mustangs!"**



## Lost and Found!

Our Lost and Found is filling up already! Please remember to **label** all belongings!



**Check out these other Community Newsletters!**

**Weaving Indigenous Ways of Knowing**

**Parkland School Division December Stronger Together**

**Newsletter**



**LEARN TO SKATE**

TRIAREASKATINGCLUB.COM Online Registration

opens December 18 @ 9am

Contact: [info@triareaskatingclub.com](mailto:info@triareaskatingclub.com) or 780-

201-8558

The TRI AREA SKATING CLUB is proud of its history of providing quality skating instruction.

A variety of skating lessons are available by fully certified professional coaches with group or personalized training.

The Tri Area Skating Club is dedicated to the principle of enabling skaters to participate in skating throughout their lifetime for fun, fitness and achievement.

Ages 3+

January 10 - March 24, 2025



# Fundraising EVENT

## DECEMBER 18

### WEENIE WEDNESDAY

#### HOT DOG LUNCH



- HOT DOG
- JUICE BOX



## \$3.50

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

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

ALL FUNDS GO TO THE REMAINING OUTSTANDING BALANCE OF THE PLAYGROUND

## Calihoo Meats Sun Run Fundraiser

**CHICKEN CORDON SWISS**  
Stuffed with Swiss cheese and ham, lightly breaded and delicious. Par fried and oven ready!  
090299 - 12 x 9 oz  
24 portions per box (24) **\$45**

**SALMON PORTIONS 50Z**  
This seafood option is ideal for seafood lovers as it is wild-caught, offering high quality and health benefits like protein, Vitamin D, and omega-3s.  
000092 - 5lb box **\$55**

**CHEEMO MINI PEROGIES**  
Potato & Cheddar mini perogies, pre portioned in snack sized packs.  
1252612 - 10 bags per case  
30 perogies per bag **\$33**

**JIMMYDEAN BREAKFAST SANDWICHES**  
This delicious breakfast sandwich will help you conquer any morning. Wake up to a delicious breakfast sandwich and you'll quickly become a morning person.  
32 box  
487975 - Bacon Egg and Cheese Muffin  
487934 - Sausage Egg and Cheese Muffin **\$33**

**TORNADOS**  
Italian fusion filled with cheese, pepperoni and tomato sauce fried to the perfect crispness. Makes a delicious meal or grab and go snack.  
663923 - 24 x 3 oz  
Pepperoni & Cheese **\$50**

**FULLY COOKED CHICKEN WING**  
Gluten Free  
Fully cooked, ready-to-eat chicken wing ideal for a quick meal or party appetizer.  
090299 - 8-10 oz **\$42**

**CHICKEN DRUMSTICK RAW IQF**  
Perfect for family dinners, BBQs or any occasion where you want to serve up a delicious high-quality meal.  
000284 - 20g lbs IQF **\$22**

**ALL BEEF MEATBALLS**  
Quick and easy staple for the family. These fully cooked all beef meatballs come frozen and packaged full of flavor  
903963 - 1.8kg  
Approx 120/sg **\$35**

**DRY GARLIC RIBS**  
Bite sized boneless pork dry ribs, lightly breaded. A fully cooked appetizer to keep on hand for entertaining.  
090393 - 8 kg box **\$40**

**GINGER BEEF**  
Crispy coated tender cuts of beef served over a bed of rice is your perfect easy Chinese dish made at home!  
088100 - 3 kg box **\$37**

**THAW & SERVE COOKIES**  
Thaw & Serve: Simply take them directly from the freezer, ready for immediate serving. No cooking needed!  
75 lbs  
Chocolate Chunk **\$41**  
1594438  
Oatmeal Raisin **\$41**  
1594423  
White Chocolate Macadamia Nut **\$50**  
1594423



Support Muir Lake's 2025 Sun Run Team!

We are fundraising for our trip to Vancouver in April.

Thanks in advance for your support!

**VANCOUVER SUN RUN**  
APRIL 27, 2025

PRESENTED BY  
**HerbaLand**

**ROYAL BURGER**  
A top-selling item at Calahoo Meats! The Royal Burger features premium Alberta beef, delicately seasoned to perfection. Ideal for grilling, this burger is undoubtedly a customer favorite.  
Contains: Wheat, Soy  
200050 - 4 oz patties  
24 patties per box (24) **\$42**

**CHUCK BURGER**  
Gluten Free.  
No fillers, no gluten added.  
100% Alberta Beef including Alberta Chuck  
Contains: Mustard  
020051 - 4oz patties  
24 patties per box (24) **\$49**

**LEAN GROUND BEEF**  
Crafted exclusively from premium Alberta Beef cuts, finely double-ground, and conveniently packaged in 1lb portions for effortless thawing and preparation.  
2000620 - 1lb bags  
4 bags per box (24) **\$50**

**SLICED BACON**  
Enjoy the savory strips of delicious pork goodness. Who can say no to the temptation of thick-cut bacon?  
093632 - 2 x 1 kg  
**\$42**

**BREAKFAST SAUSAGE**  
Raw sausage, an ideal choice for breakfast, combines a blend of beef and pork infused with delightful maple flavoring.

**GARLIC SAUSAGE**  
A fifty-year-old family recipe crafted with premium ingredients, meticulously smoked to perfection, boasting a harmonious blend of garlic and a rich, textured quality.  
0783100 - 400g **\$12**

**PEPPERONI STICKS**  
A superb product suitable for entertaining or snacking, these pepperoni sticks are crafted from a blend of beef and pork, offering a mild spicy taste.  
0783110 - 200g **\$9**

**PORK CHOPS BONE IN**  
Cut from high quality pork loins and center cut, this is one of the best cuts.  
062640 - 5lb box **\$38**

**CHICKEN FINGERS**  
Our Calahoo chicken fingers are cut from tender white chicken breast filets. They are battered and individually frozen to ensure easy use.  
088880 - 4 kg box **\$60**

**CHICKEN BREAST BONELESS**  
One of the best-selling fundraising items. Chicken breasts are a freezer staple. Boneless, skinless, and individually quick frozen for juicy and easy to use portions.  
090284 - 8-8oz portions  
4kg box **\$50**

**HAM SAUSAGE**  
This exceptional, prize-winning sausage ring is a must-try, crafted from premium pork with hints of caramel.  
0783108 - 400g **\$12**

**BEEF JERKY**  
Being proudly recognized as Alberta's finest Beef Jerky, our unique jerky stands out for its exceptional taste.  
0650900 - 220g / pkg **\$23**

**RIBEYE STEAK**  
Generously marbled boneless ribeye steak, considered to be one of the richest cuts available.  
Vacuum sealed 2 per  
0290210 - 8 oz steaks  
10 steaks per case **\$95**

**NEW YORK STEAK**  
A favorite for steakhouses, the New York has good marbling with a nice strip of fat on the outer edge.  
Vacuum sealed 2 per  
0290340 - 10 oz steaks  
8 steaks per case **\$85**

**TOP SIRLOIN STEAK**  
A lean steak with little to no marbling. Well flavored, versatile, juicy and delicious.  
Vacuum sealed 2 per  
090280 - 8oz steaks  
10 per case **\$75**

## 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!](#)



## 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)



## Developing a Growth Mindset



**NEW!**

**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 Shabnam, School Councillor**

# **Mindset Newsletter 3**



# 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).