



SPRING AHEAD on March 12th

That's right, folks! We are moving our clocks forward one hour this weekend.

Here are a few tips to help cope with the change:

- 1. Gradually Transition** - Put your children (and yourself) to bed 15 minutes earlier each day, starting several days before the time change.
- 2. Soak up the sun** - Sunlight helps to set your body's clock. With some extra sun in the afternoon, you hopefully will be able to get outside and enjoy the weather.
- 3. Tuck the phone away** - Try to eliminate screen time at least 1 hour before bed.
- 4. Change clocks Saturday night before bed** - Most of our devices change automatically, but there are a few of clocks you will need to change manually: vehicles, microwave, stove, wall clocks and watches.



LOST AND FOUND TABLE:

Ask your child to stop on by to see if any of these items belong to them.

NO School
for students on Friday March 17th.



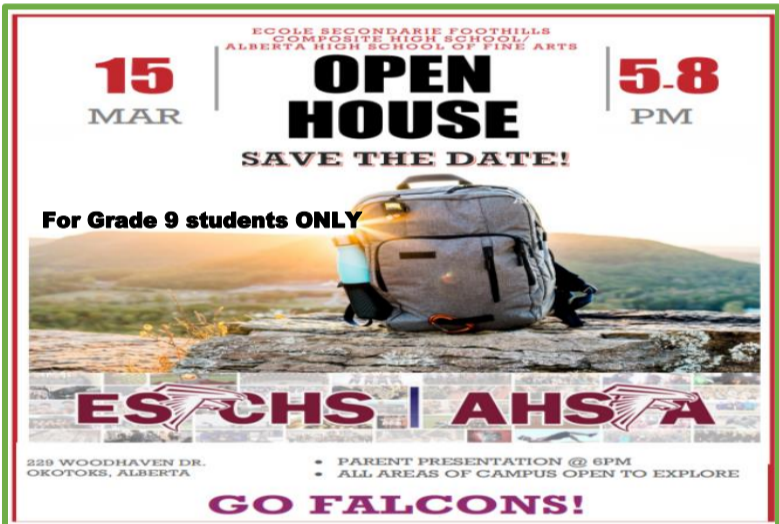
Kindergarten Registration

If you have a child who turns 5 before the end of December 31st, please register for kindergarten as soon as possible.

Our staffing allocation depends on the number of students enrolled and it helps us plan appropriately and have resources in place for fall.



[Register here](#)



School Council

Date: March 23rd

Time: 6:30 - 7:30



Please join us as Jason Neufeld, Addictions Counselor, will be joining us to provide parents with information regarding substance use in youth and provide resources that help parents talk to their children about cannabis use.

Want to stay up to date with what is happening at Meadow Ridge School?

Please click on the links: [Meadow Ridge School Website](#) [Grizzly Announcements](#)

Hot lunch Volunteer Sign-up: [Click here to sign up to volunteer](#)