



## Week at a Glance Community Connect

Volume 27



### Inspiring the Next Generation of Engineers

Exciting Afterschool STEM Programs at Meadow Ridge School!

Engineering For Kids is thrilled to bring fun and engaging afterschool STEM programs to Meadow Ridge School!

We make STEM learning exciting through hands-on engineering activities. Our programs cover a wide range of topics, including **Engineering, Robotics, Coding, 3D Printing, App Development**, and more!

This semester, **Grades 7-9** students will dive into the world of **Robotics**—building, modifying, and programming their own robots using the **VEX IQ robotics kit**. They'll learn to integrate motors and sensors for object detection and navigation. Then, using the **EFK Engineering Design Process**, they'll tackle a series of boot camp challenges with their custom-built **soldier bots**!

Join us for an unforgettable STEM adventure! 🚀

**Grade 7-9**  
**Thursday May 1 – June 5 (6-Weeks)**  
**Time: 3:30 – 5:00 pm**

**PLEASE CLICK ON THE LINK TO REGISTER:**

<https://app.amilia.com/store/en/engineering-for-kids-calgary/shop/activities/5585355>

### HOTLUNCHES.NET MAKING HOT LUNCH SERVICE EASY FOR EVERYONE

April

31	1 Homemade-CHICKEN NOODLE SOUP/MEATBALL SUB	2 Quiznos	3 Homemade-BUTTER CHICKEN/PIEROGIS	4 Boston Pizza
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### Public Safety Notice:

#### Violent Online Groups Exploiting Children and Youth

The following awareness bulletin addresses an emergent threat from violent online groups targeting youth through tactics that can include sextortion, self-harm, animal torture, and a radicalization to violence.



**Please read the important bulleting here:**

[https://media.foothillsschooldivision.ca/media/Default/media/violent-online-groups-exploiting-children-and-youth-public-awareness-sheet\\_nwr-inset.5ce15423108.pdf](https://media.foothillsschooldivision.ca/media/Default/media/violent-online-groups-exploiting-children-and-youth-public-awareness-sheet_nwr-inset.5ce15423108.pdf)

#### See something, say something.

Any information or concerns related to the contents of the bulletin should be provided to the NWR INSET via email at [rcmp.kinsetintakekeisnadmission.grc@rcmp-grc.gc.ca](mailto:rcmp.kinsetintakekeisnadmission.grc@rcmp-grc.gc.ca), or by phone at 403-852-6387 (Calgary office).

The last day of  
every week is HATS  
ON for Charity! It  
is our time to give  
back to our  
community and to  
make a difference.

HATS ON FOR  
CHARITY



### What a great time at Meadow Ridge School!

Hello Parents,

As Calgary Team Handball Society, we spent the week introducing and practicing team handball at Meadow Ridge School. We had a blast and feel the students really enjoyed it is well.

Our focus was on being physically active, practicing hand-eye coordination, enhancing team work skills and most importantly; having FUN!



Our main goal is to develop, promote and grow the sport of team handball in the city of Calgary and surrounding areas. Team handball is an exhilarating sport that anyone can enjoy regardless of age or experience level! Its combination between different sports makes it easy to learn.

If this seems like something you or your child would be interested in, please reach out to the email on the left side of this letter. We would love to have your children out and teach them the beautiful sport of Team Handball.

### FIT + FIERCE ANNUAL PROGRAM



Our Annual Program is designed to empower girls throughout the year with monthly sessions focusing on self-confidence, physical fitness, and emotional growth.

#### KEY BENEFITS

- Develop confidence and resilience through monthly in-person sessions.
- Learn foundational skills in fitness, mindset, and nutrition, setting the stage for lifelong well-being.
- Make new friends, gain mentors, and create a community of support.

#### HOW IT WORKS

- Girls are placed into groups based on location and age.
- Monthly meet-ups are held in person with specialized coaches and trained mentors.
- Girls have access to the Member Portal for exclusive online content and at-home support between sessions.



REGISTRATION OPENS  
SPRING 2025.

WE TEACH YOUR DAUGHTER SKILLS THAT  
WILL MAKE HER FEEL CONFIDENT JUST  
BEING HERSELF!

WANT MORE INFORMATION?  
FILL OUT OUR FORM TO INQUIRE!

#### CONTACT US

780-266-5526

KRISTEN@FITFIERCE.COM

FITFIERCE.COM



**Want to stay up to date with what is happening?**

**Please click on the links below:**

[MRS Grizzly Greetings 2025 - Google Slides](#)  
[Meadow Ridge School Website](#)

**HOT LUNCH: Volunteer Sign-Up Link:**

<https://signup.com/go/ETJuVHp>