



### Upcoming dates to remember...

# Lifetouch



## Fall Picture Retake Day is Coming!

**School Name:** Meadow Ridge School  
**Picture Day Date:** Tuesday, November 7

**Mon/Wed Kindergarten** students needing retakes please come to the school for 9 AM.

## Remembrance Day Ceremony Friday November 10<sup>th</sup>, at 10:45 AM at Meadow Ridge School.

Unfortunately, due to limited seating space, parents cannot attend the ceremony. Students are invited to dress nicely for the ceremony and to bring a donation for a poppy.

During the ceremony, students will be viewing our **Meadow Ridge "Hall of Heroes"**.

The **"Hall of Heroes"** acknowledges Veterans from Meadow Ridge families or people from our families who currently serve.

If you have a family member that you would like to recognize during our ceremony, please upload a photo to the following form:

<https://forms.gle/YN7ybgX4BGKGMLqs7>

We understand that the Remembrance Day Ceremony can be difficult for some of our students. If you have any concerns about your child emotionally during the ceremony, please let your child's teacher know.

## Looking for a Grizzly Athletics Community Sponsor!

We are creating a Grizzly Athletics recognition wall with photos of our teams to commemorate their hard work and effort representing our school.

As we all know, money in education is difficult to come by. If you are interested in sponsoring \$1,000 for this project, please contact Jodie Colfer @ colferj@fsd38.ab.ca.

You will receive a tax-deductible receipt for your contribution.

Tax deductible receipt will be given for donations over \$100.

Recognition of our student athletes is just another example of what makes Meadow Ridge such an exceptional place for kids!

### Go Grizzlies!!!

### October



MRS Hot Lunch Committee Email: [mrshotlunch@gmail.com](mailto:mrshotlunch@gmail.com)

23 Edo	24	25	26 Fat Burger	27 Papa John's
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## Child & Youth Well-Being | Family and Caregiver Series 2023-2024

In partnership with the Calgary Board of Education and Alberta Health Services

Foothills School Division is inviting all families and caregivers to join us in an online series focusing on child and youth well-being. These sessions are hosted by the Calgary Board of Education in partnership with experts from Alberta Health Services and will explore topics such as vaping, brain development, mental health and sexual health.

These sessions are offered free of charge and provide information, resources, helplines and services to support healthy child and youth development.

### Save the Dates

- November 16**  
Understanding Vaping
- January 18**  
Teen Brain Development
- February 8**  
Mental Health & Anxiety (Elementary)
- March 14**  
Mental Health & Anxiety (Jr. High / High School)
- April 11**  
Health Sexual Development

### Understanding Vaping | November 16 | 6:30pm-8:30pm

Across Canada, e-cigarette use, also known as vaping, is reaching new heights amongst teenagers. This presentation will focus on common devices used for vaping, substances vaped such as nicotine and cannabis, and the health risks associated with vaping. We will present on how to engage in challenging conversations with your young person regarding vaping.

[Meeting Link](#)

### Teen Brain Development | January 18 | 6:30pm-8:30pm

Teen brains are amazing, but working with brains under construction comes with challenges. How do you nurture and appreciate this time? Adolescence is known across cultures as a tough time for both teens and adults who support them. Adults and teens can work together to form a deeper understanding of what is happening in the brain creating a deeper understanding of one another. Come learn with us!

[Meeting Link](#)

### Mental Health & Anxiety (Grades K-6) | February 8 | 6:30pm-8:30pm

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support K-6 children to increase resilience.

[Meeting Link](#)

### Mental Health & Anxiety (Grades 7-12) | March 14 | 6:30pm-8:30pm

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping teens manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to grade 7-12 teens to increase resilience.

[Meeting Link](#)

### Healthy Sexual Development | April 11 | 6:30pm-8:30pm

As the first and most important sexuality educators, parents and caregivers play a critical role in their children's healthy sexual development. Learn how, when and why to talk to your children about sexuality and how to support healthy values development in children. This session will also explore what sexuality education look like at school and how you can support it.

[Meeting Link](#)

### Please click on the below links to access meeting links:

- [Understanding Vaping Link](#)
- [Teen Brain Development Link](#)
- [Mental Health and Anxiety Link \(Grades K - 6\)](#)
- [Mental Health and Anxiety \(Grades 7-12\)](#)
- [Healthy Sexual Development Link](#)

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.



Remember you need a stamp to wear your hat. **NO STAMP - NO HAT.** Bring a minimum of \$1 for charity to wear your HAT.

Next Hats On:

**Friday October 27th**



## Want to stay up to date with what is happening!! Please click on the links below:

[Meadow Ridge School Website](#)  
[Grizzly Announcements](#)

Hot lunch sign up: <https://signup.com/go/jAGAwju>