



[Meadow Ridge School Website Link](#)

Week at a Glance

Community Connect

Volume 5

IMPORTANT HOT LUNCH NEWS:



All hot lunch accounts will be credited for the missed lunches due to the teacher's strike.

HotLUNCHES.NET MAKING HOT LUNCH SERVICE EASY FOR EVERYONE				
October				
6 Homemade-BOW TIE PASTA/BEEF MEATBALL SUB	7 Booster Juice	8 Homemade- HAMBURGERS/GARLIC CHEESE BUN	9 Tacomtime	10 Homemade-BUTTER CHICKEN/PIEROGIS/HONEY GARLIC MEATBALLS AND RICE



Meadow Ridge School is thrilled to announce that the MacDonald family and the Prime Hair Transplant Clinic have pledged \$1,000.00 towards the purchase of a buddy bench for our new playground. We are very grateful for their generosity!!

This will be a valuable spot for our children to make new friendships. We are seeking a matching donation to complete the funding for this important piece.

If you are interested, please contact Nicole.mulholland55@gmail.com for more information.

Accessing Your Child's Images Online

Families can now access photos securely using their **student ID number** (Please login to your Parent Edsembli Account by clicking on the link below to see student ID number:

[Parent Edsembli Account](#)

Steps:

1. Go to www.mylifetouch.ca
2. Sign in or create an account
3. Select "Student ID" tab
4. Enter student information to view photos

Alternatively, families can use their portrait ID and access code.

PICTURE RETAKES:

November 4th, 2025

Lifetouch.



DID YOU KNOW ?

Meadow Ridge School has many land-based components woven into its design.

The Rocky Mountains are represented by bricks in a huge feature wall located in our 'River Valley'. As you walk through the school you will notice a wave design on the floors to represent rivers and streams.

The lower level of the school is furnished with predominantly green chairs among our younger grades to represent the young seedlings and trees that grow towards the sky (the upper level) in a meadow.

In our upper floor you will find more blues in the furniture to represent the sky as well as white 'clouds' that hang in the grade 5/6 and Jr. High Meadows. Even the language used in the names of our spaces (such as 'meadows', 'river valley') makes intentional reference to our land.

Our school is also known for its beautiful natural light that filters in through many spaces.



Meadow Ridge School Terry Fox Run

Congratulations Grizzlies on a great Terry Fox Run!

MRS raised...Drum roll....

\$3640.00

Phenomenal Work!!



8E raised the most amount as a class!!

\$1400.00 Wowza!!



Thank you for supporting our
Poster Sale today in the Learning Commons!

Meadow Ridge Grizzlies, you raised **\$490** that will go towards new books for our school library!



Week at a Glance

Community Connect

Weekly Counsellor Information:



Sleep Advice for Parents of Teens

Everyone has a 24 hour internal clock cycle that regulates sleep-wake cycles, called circadian rhythms. In childhood, the normal circadian rhythm directs most children to fall asleep around 8 or 9pm. In puberty hormonal changes cause the internal clock to delay the time teens start to feel sleepy. Your teen may tell you that he or she is not tired or is unable to fall asleep until 12am. Unfortunately, on weekdays when they need to wake up early for school, your tired teen does not want to get up! When your teen tries to catch up on sleep until 10 or 11am on weekends, this only results in later bedtimes on the next night.

Signs that your teen is getting too little sleep:

- Daytime sleepiness, napping and fatigue
- Irritability and mood changes
- Trouble waking up and being on time in the morning
- Poor concentration, memory, and academic performance
- Decreased motivation
- Cravings for stimulant drinks like coffee, Redbull and coke
- Decreased ability to make effective decisions

How you can help your teen sleep well:

- Modelling good sleep habits supports better sleep habits for your teen
- Ensure your teen's room is dark, the bed and pillow are comfortable, and it is a cool but comfortable temperature
- Lower the volume of music or TV at bedtime
- Dim your house lights an hour before bedtime
- **Discourage use of computers, television, and cell phones at bedtime. The artificial light shining into your eyes from backlit screens on these devices can stop the production of melatonin, a hormone that your body makes to get you ready for sleep**
- Encourage your teen to only use his or her bed for sleeping and only fall asleep in their bed (not the couch or favorite chair)
- Encourage exercise every day but avoid strenuous exercise 3 hours before bedtime
- Discourage napping. If needed, a nap should be 30 minutes or less. No after supper naps!

If you'd like additional information on sleep scheduling for your teen or if you're interested in tracking your teens sleep using a weekly sleep diary, please feel free to contact me.

darelm@fsd38.ab.ca



Week at a Glance

Community Connect



our Fall Grizzly Gear online store is now open!

Please use the link below to place your order:

<https://meadowridgestudentfall2025.itemorder.com/shop/sale/> OR use QR code



Brochure QR code:

We ask that you include your child's first & last name on the order as that helps us with sorting. We will send the orders home with your child(ren) if the order is not too large. Otherwise, we'll contact you to pick up. If you prefer to pick it up, please let the office know by replying to this email.

The deadline date to order is **11:59 pm on Thursday, October 16th** and they will arrive to the school approximately 4 to 5 weeks after the closing date.

Please note, orders are made directly through Sportfactor and they do not accept returns as orders are custom-made. Please refer to the sizing charts on the site. If you need assistance with ordering, you can find the 'Need Help' button at the bottom of the webpage. A copy of the brochure is also attached.

Mabels Labels

Please consider ordering labels to for your children's items. These labels are excellent, and they stick to everything - even clothing! We always have a huge amount of grizzly gear and water bottles in our lost and found and this will allow us to get them back to their owners.

Link: <https://mabelslabels.ca/>

To order, click on "Support a Fundraiser" and type "Meadow Ridge School" in the search box.