



Week at a Glance Community Connect

Volume 2

Lifetouch.

Monday September 15th, 2025

**Grades 5 – 9
Individual/ Class Photos**



Tuesday September 16, 2025

**Kindergarten T/Th
Grades 1 – 4
Individual/ Class Photos**

Every year they change, we
help you remember.

COME & GO

Meet the Teacher Night

Thursday, September 18

5 pm to 6:30 pm



PARENT VOLUNTEER FORMS:

If you would like to volunteer at the school, please fill out the attached documents below and return to your child's teacher.

- [Volunteer Confidentiality Form](#)
- [Volunteer Registration Form](#)
- [Volunteer Offence Declaration Form](#)
(Only needs to be filled when you have a Criminal Records Check on file)
- [Volunteer Confidentiality Form](#)

Every **NEW** school year new volunteer forms need to be filled out.

ONLY updated CRIMINAL RECORD CHECKS will be left on file. CRC will be left on file for 3 years.



Meadow Ridge School
Terry Fox Run!
Friday, September 26,
1:00 pm - 2:00 pm

Toonie for Terry!



The class that raises the most money wins a class prize!

Let's come together to make this year's Terry Fox Run unforgettable. Every toonie helps us get closer to Terry's dream of a world without cancer. Go all in, aim high, and show the same determination Terry showed. Let's make this our best year yet!

Please bring \$ to your teacher.

Resources from Ms. Darel - Family School Liaison

Please click on the link below:

[OCTOBER 2025 ALL PROGRAMS MCMAN.pdf](#)

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

Bring a minimum of \$1 for charity to wear your HAT.

Next Hats On:

Last School Day of each week



This is Phyllis Webstad. She wrote a book about her experience at a residential school. She had an orange shirt that was taken away when she arrived. Orange Shirt Day was created to help honour the Indigenous children who were sent to these schools.

September 30th is the National Day for Truth and Reconciliation. It is also known as Orange Shirt Day.

Non-Instructional Day

Want to stay up to date with what is happening!!



Please click on the links below:

[Meadow Ridge School Website](#)





Week at a Glance

Community Connect

Grades 2-6 Meadow Ridge Cross-Country Run Club



We are excited to offer **Cross Country Running Club** for students in grades 2-6! This year, registration and permission forms for Running Club will be digital. Please complete the mandatory registration using the Google Form linked below **before September 18th**. This helps Meadow Ridge coaches quickly and efficiently gather parent email addresses. Coaches will send out more information, such as race times, as it becomes available. Our school will be registering in the races listed below. Students do not need to attend races in order to be part of the team – choose what works best for your family.

REGISTRATION FORM



[Click HERE to Register](#)

Please note: completing the Google Form does **not** give permission for your child to attend off-campus races. Official permission forms will be sent via email as race dates approach.

Race	Date and Time	Other information
Red Deer Lake Run Lloyd Park, de Winton Grades 2-6	Thursday, Septembers 25 th Time: TBD	- MRS will bus students to the race - Parents must pick up
Terry Fox Run All students	Friday, September 26th Time: during school hours	- This event takes place at Meadow Ridge School (No transportation needed) - Walking field trip form must be completed (To be sent by homeroom teacher)
Spitzee Road Race George Lane Park, High River Grades 2-6	Thursday, October 2 nd Time: TBD	- MRS will bus students to the race - Parents must pick up

- 🐻 Practices will take place on Tuesdays and Thursdays during lunch recess. These do not require signed permission forms. Children who are registered for the club are expected to attend practices regularly.
- 🐻 Please ensure students come prepared on practice and race days with a water bottle and proper running attire/footwear.
- 🐻 Meadow Ridge is offering transportation to off-campus races this year.
 - Families are responsible for picking up their athletes after the races.
 - If you cannot provide a ride home after the race, please provide written permission indicating who your child is allowed to receive a ride home with on the day of the race. ***This note or email must be submitted to Ms. Lemieux no later than noon on race day.***
 - If you are transporting a child other than your own, please confirm and provide proof of the appropriate liability coverage on your insurance.
 - parents are planning to transport other children, they must confirm they have the appropriate liability coverage on their insurance.
- 🐻 There will be a **small fee** for runners participating in off-campus races. The fee will be communicated to parents once our numbers are finalized and applied to your child's EdSembli account.
- 🐻 I will email additional information to registered families throughout the season and again prior to each race.

We are looking forward to a great season!

- Dawn Lemieux, Allison Mulhall, Angela Read, Stephanie Spahmann, and Kirsten Parisien

Did you KNOW?

- ✓ Grade 5 Social Studies underwent a dramatic revamp and is being implemented across Alberta this year? We have gone from learning about Canada's geography, people, and history to learning about Ancient Civilizations around the world, and their geography, people, and history!

Please reach out if you have any personal expertise in any of these areas!