



Week at a Glance

Community Connect

[Meadow Ridge School Website Link](#)

Volume 3



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.

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

HOTLUNCHES.NET
MAKING HOT LUNCH SERVICE
EASY FOR EVERYONE

September

22	23 Opa	24	25 McDonalds	26 Pizzaberg
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Calgary After-school Paid Program

Grades 1 & 2 has four spaces left.

The dates for this program:

October 20, 27,

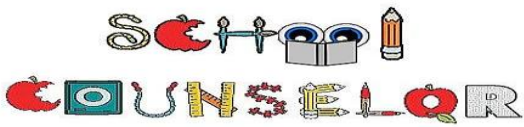
November 3, 17,

December 1 and December 8, 2025.

The fee for the program is \$105.00 plus GST.

Please use this link to register:

<https://calgary.madscience.org/parents-register-a.aspx>



Ask and Really Listen to Your Child

Asking your child how they feel and really listening to their feelings are an important way to build trust and encourage communication. Here are some tips and tricks:

- Pause and stop what you are doing, even for just a minute, and look at your child when you are talking to them. Make eye contact and get to their level (height) is helpful.
- Check your body language be present, focus only on your child, and stay still.
- To show that you are listening, re-state what your child says in your own words and try to find the emotions behind them. Once you have identified the emotion, label it.
- To do this: Does your child look sad, mad, happy, or excited when they are speaking? Try to guess what they might be feeling and name the emotion. If you're wrong, they will correct you. If you're right, they will feel understood. Either way, you will be strengthening your relationship and will continue to build those trustworthy relationships and encourage communication. An example of what this would sound like is: "you've said a few times that you are no longer enjoying being on the soccer team, you look pretty unhappy when you have to go".

DID YOU KNOW?

Did you know that there are **3 B's** at Meadow Ridge that guide our faculty and student expectations:

Belong – Make sure everyone feels like the belong

Better – Make sure we leave things and spaces better than we found them

Best – Make sure we are always doing our best

SPACES AVAILABLE!

KIDS' STOP CHILDREN'S CENTRE-DRAKE LANDING

6AM-6PM

SERVICES

- In house chef
- Outdoor ethos
- Affordability grant available for children up to the end of Kindergarten.
- Subsidy Available for Out of School Care!

ACCEPTING SPACES FOR MOST AGES FOR AN OCTOBER START!

TRANSPORTATION TO AND FROM MEADOW RIDGE SCHOOL. CHILD CARE FOR ALL PD DAYS AND SCHOOL BREAKS!

Kids Stop children's centre

More Info:
drake@kidsstop.ca

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