



[Meadow Ridge School Website Link](#)

Week at a Glance

Community Connect

Volume 4

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

Statutory
Holiday



HotLUNCHES.NET
MAKING HOT LUNCH SERVICE
EASY FOR EVERYONE

Sept/ Oct

29 Hot Dogs	30	1 Homemade-TACO IN A BAG/CRISPY CHICKEN CAESAR SALAD WRAP	2 Papa Johns	3 Homemade- SPAGHETTI
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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>

DID YOU KNOW ?

You can view Meadow Ridge's Education Plan directly on its website?

[Meadow Ridge](#)

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.

Lifetouch.

Learning Commons Fundraiser!!!

\$1 Scholastic Poster



Yes, you heard right - just \$1 for brand new posters!

On Friday Oct 3rd, we are having a fundraiser in the Learning Commons to purchase more books for our collection.

Students will have the opportunity to purchase posters during school hours.

THIS IS A CASH ONLY SALE.

Thank you for supporting our fundraiser!



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Winner of the \$1/guess candy jar at
Meet the Teacher Night

The winner was Quinn (4M) with a guess of 353.

There were 359 candies in the jar.



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 Friday, October 11th** 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.

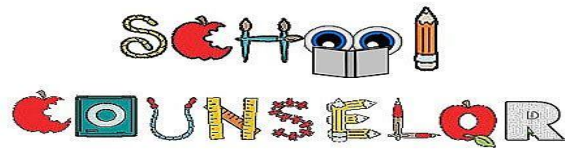
Link: <https://mabelslabels.ca/>

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



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Do and say things the same way you want your child to.

Your emotions affect what you say and what you do in the moment, they also affect your child. For example, anger is a very common human emotion. At times you may feel angry but what you do and say when you're angry is important to your relationship with your child and it's also how your child learns to express different emotions e.g. anger. Things that may make parents feel angry include whining, not doing what's been asked, not getting ready for school or bedtime, fighting with siblings, not doing well in school, and talking rudely.

Here are some tips:

- Try taking deep breaths for a minute to calm yourself. Have a 'quiet' area where family members can go when they're upset. Tell your child that you need a break, stop talking, and go sit in your quiet area until you feel more calm and ready to talk.
- Calm yourself first, then problem solve with your child.
 - Define the problem without blaming or shaming.
 - Listen to your child's point of view and then explain yours.
 - Ask your child what they think they could do to solve the problem. Ask if they would like some suggestions if they were stuck.
 - Write them down as a visual reminder to both the child and you.
 - Together, choose one or two ideas that you think might work.
 - Help your child plan for success. Such as setting up a homework area, decide upon a bedtime together. Compromising and ensuring your child feels heard.
 - Try it out for a week or two, then check back to see if it's working. If not, try another solution.
- Think about how you speak to your child. When you're angry, calling your child names can lead to low self-esteem, low self-confidence, cause problems at home or at school, increase illness, and cause trouble getting along with friends. It also hurts the relationship between you and your child.
 - So instead of saying: "you are so rude", try saying: "you need to speak politely to me".