



Week at a Glance

# Community Connect

[Meadow Ridge School Website Link](#)

[Hot Lunch Website Link](#)

[Hot Lunch Volunteer Link](#)

Volume 16  
February 6, 2026

**HOTLUNCHES.NET**  
MAKING HOT LUNCH SERVICE  
EASY FOR EVERYONE

February

9 Homemade- SPAGHETTI/BUTTERED PARMESAN NOODLES	10 Hot Dogs	11 Homemade-CRISPY CHICKEN WRAP/TAQO IN A BAG/BEEF & CHEESE WRAP	12 Little Caesars	13 Homemade- PANCAKE DAY
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**SCHOLASTIC**

**FUNDRAISING**

**"WE LOVE LITERACY!" SCHOLASTIC SALE - CASH ONLY**

ALL ITEMS \$5 OR LESS! (starting at \$1)

BRAND NEW BOOKS, STATIONERY, KITS AND POSTERS

WHEN: FRIDAY, FEBRUARY 13th

WHERE: LEARNING COMMONS

Each class will be given a time slot to visit the sale in school hours.

Please send cash in a named envelope/baggie with your child.

THANK YOU FOR SUPPORTING OUR FUNDRAISER!

### Screen Time Guidelines

It is no surprise that technology has become a large part of our daily lives. While there are many great things that come with technology, the use of technology by our children needs to be monitored on a regular basis to ensure proper usage and balance with other activities such as playing outside or socializing with friends.

As kids get older, too much screen time can interfere with activities like being physically active, doing homework, playing with friends, and spending time with family. Too much screen time can also contribute to obesity, attention problems, sleep disorders, and problems at school. Some studies have shown that teens spend almost **9 hours a day online**, whether that's being on the phone, watching TV, or playing video games.

So how much is too much? That is up to you as the parent. Not all screen time is created equal. It's up to parents to decide how (and how often) their teens use screens and whether screen time is positive or negative. For instance, time spent on homework or other educational activities might not need to be as restricted as time spent playing video games etc.

Here are some screen time tips:

- Research video and computer games before letting your teen/child get them. Preview games and even play them with your child to see what they're like.
- Make sure they have a variety of free-time activities including spending time with friends and playing sports.
- Turn off all screens during family meals and at bedtime. Do not let your child/teen have their phones or tablets in their rooms overnight.
- Treat screen time as a privilege that they need to earn, not a right that they're entitled to. Screen time should be allowed after homework and chores are done.
- Spend screen time together; you can use this time to connect and communicate.
- Use screening tools to block your child's access to inappropriate material.
- Teach your teen about internet safety and social media smarts.
- Keep the computer in a common area of your home as this will further encourage interaction between your child and yourself.

### A LITTLE NOT FROM THE LEADERSHIP YEARBOOK COMMITTEE

Hello parents,

Our last statement didn't give us enough information for refunds; that's an issue on our end.

If you were not refunded, please tell us again, but give us the **student names** on the orders that need be refunded.

If you have multiple yearbooks needing refunded, send **both/all** student's first and last name.

Thank you for your support 😊

Please email Mrs. Murray with the above information if you **HAVE NOT** been refunded:

[murrayj@fsd38.ab.ca](mailto:murrayj@fsd38.ab.ca)

**Not Your Normal Fundraiser!**

Do you already have enough "stuff" in your house but want to show your **LOVE** for the school? Instead of door to door selling, fill out this form with your preferred donation! 100% of proceeds go towards our new playground!

\_\_\_ I **LOVE** MEADOW RIDGE, BUT I HAVE PLENTY OF SOUP MIXES, HERE'S MY \$20 INSTEAD.

\_\_\_ WE'D **LOVE** TO HAVE ADDITIONAL PLAYGROUND EQUIPMENT. HERE'S \$40 TO HELP REACH OUR GOAL.

\_\_\_ MY KIDS WOULD **LOVE** A GAGA BALL PIT AT OUR SCHOOL. HERE'S MY \$\_\_\_\_\_

\_\_\_ I CAN DONATE SOME TIME AND WOULD **LOVE** TO VOLUNTEER AT THE DANCE OR A COLOR RUN.  
NAME: \_\_\_\_\_ CONTACT INFO: \_\_\_\_\_

Please fill out this form, enclose cash and return it to your child's teacher by **FEB. 13th**

E-transfers to [treasurer.mrs@gmail.com](mailto:treasurer.mrs@gmail.com) will also be accepted until **FEB 13th**.

Donations of \$100.00 or more can receive a charitable tax receipt. Please make a cheque out to "Foothills School Division." If you would like to be a corporate donor, please contact [Michelle.muhlenberg55@gmail.com](mailto:Michelle.muhlenberg55@gmail.com) for more information.

**THANK YOU!**

**Valentine's Activities**  
(February 9th – 13th)

**Monday:**

- ♥ Twin Day

**Tuesday:**

- ♥ Affirmations

**Wednesday:**

- ♥ Red, Pink & White Day

**Thursday:**

- ♥ Dress Like a Teacher Day

**Friday:**

- ♥ PJ's & Fun Socks Day