



Week at a Glance Community Connect

Volume 15
January 30, 2026

[Meadow Ridge School Website Link](#)

[Hot Lunch Website Link](#)

[Hot Lunch Volunteer Link](#)

HOT LUNCHES.NET		February	
MAKING HOT LUNCH SERVICE EASY FOR EVERYONE			
2	Homemade-PULLED BEEF SLIDERS/BOW TIE PASTA	3	Booster Juice/TM wraps
4	Homemade-BEEF BURRITO/TACO SALAD/CHICKEN NOODLE SOUP	5	Boston Pizza
6	Homemade-HONEY GARLIC MEATBALLS/PIEROGIS/BUTTER CHICKEN		



- [2026-2027 Instructional Calendar Link](#)

Healthy Eating and Your Child's Mental Health



The effect that food choices have on mental health is sometimes called the 'Food-Mood Connection.' There is not very much research in this area; we don't know all the answers, but we do know a few things.

- A healthy diet may help your child feel better emotionally and physically.
- Brain chemicals (neurotransmitters) such as serotonin, dopamine, and norepinephrine affect the way we think, feel, and act.
- Food choices can influence our sleep schedules.
- Food and brain chemicals work together to give us energy throughout the day.
- Eating a variety of healthy foods is important for mental health.

As a parent, you can help your child/teen to:

- Eat breakfast every day and avoid skipping meals. If mornings are too busy, maybe try preparing breakfast for the week ahead of time.
- Limit highly processed foods, fast food, high sugar drinks, and high fat, sugar, and salt snack foods.
- Drink water! Dehydration affects your energy level and mood. Limit caffeine from coffee, tea, soft drinks, and energy drinks. These drinks can make you feel anxious, nervous, or depressed. Limiting them may also help promote better sleep.
- Be involved and take part in family meals. This helps create family connections. For example- all eating dinner together at the table.
- Learn what to eat, how much to eat and how to prepare healthy food.
- Model healthy eating habits, a healthy weight and a positive self-image.

USE OF MOBILE DEVICES IN SCHOOLS
EXPECTATIONS JK - GRADE 6



- Student personal mobile and smart devices are not permitted during instructional or non-instructional time.
- Student personal mobile and smart devices are powered off and stored out of view.
- Social media sites are blocked on FSD routers.

[READ MORE](#)

USE OF MOBILE DEVICES IN SCHOOLS
WHAT IS NON-INSTRUCTIONAL TIME?

The time before and after school, lunch, recess, or another school-designated break in instructional time.



[READ MORE](#)

Junior High Students: Please remember that your cell phone is not to be out or used during class time (instructional time).
You may use your cell phone at the times listed below.

1. Before the 8:30 entrance bell
2. During morning break from 10:45 - 11:00 am
3. During lunch break, 12:25 - 1:05 pm
4. At the end of the day 3:20 pm

WHEN CLASS IS IN SESSION, FOCUS ON THE LESSON.



Students' personal and school devices are to be powered off and out of view during class time.
Speak with your teacher if you have an urgent need to use a school phone.

USE OF MOBILE DEVICES IN SCHOOLS
WHAT CONSEQUENCES ARE IN PLACE?

- In accordance with the progressive discipline process within Administrative Procedure 350 including:
 - Request to power off
 - Apprehension of device until the end of instructional time
 - Notice to parents and school administration
 - Loss of mobile device privileges
- To learn more visit our website and search Mobile Use in Schools

The Grade 9 leadership students are working on a yearbook, and pre-orders are finally available!

Get your yearbook now through the link below or scan the QR Code!

[MRS YEARBOOK ORDER FORM](#)

Only GRADES 6 - 9 can order Yearbooks!

Sorry for the confusion!

ATTENTION GRIZZLES!

THE MEADOW RIDGE YEARBOOK

WHAT TO KNOW?

- PRE-ORDERS ARE AVAILABLE FOR \$30 WITH A \$5 DISCOUNT UNTIL FEBRUARY 1ST.
- AFTER FEBRUARY 1ST, REGULAR ORDERS ARE DUE BY APRIL 20TH AND COST \$35.

SCAN QR CODE FOR PRE-ORDERS NOW!

