



Week at a Glance

Community Connect

[Meadow Ridge School Website Link](#)

[Hot Lunch Website Link](#)

[Hot Lunch Volunteer Link](#)

Volume 13
January 9, 2026

Thursday January 15th

School Council and Fundraising Meeting

School Council Meetings are held at Meadow Ridge School on the third Thursday of the month (unless it is a holiday).

The meeting starts at 6:30 pm and the Fundraising Committee Meeting will follow directly afterwards (approximately 7:30 pm)

We would love to see you there and hear your voice!



Relaxation and Your Child's Mental Health.

Relaxation is extremely important and can help your child/teen's mood. It distracts the mind from negative thoughts and helps to decrease muscle and mental tension. Additionally, it helps lessen feelings of depression and anxiety and can help your child develop the skills and emotional strength to bounce back from stress and worries.

Relaxation can help your child/teen to:

- Feel better and more self-confident
- Concentrate better and improve mental focus
- Improve sleep
- Have a positive outlook on life
- Improve sense of hope
- Feel a sense of control
- Feel more connected
- Increase body awareness
- Decrease feelings of worry
- Have more energy
- Find more balance in major areas like school, family, and friendships.



Relaxation techniques are learned skills and can take time to develop. Provide opportunities for your child to incorporate relaxation into everyday life. Some examples: deep breathing, progressive muscle relaxation, guided imagery, meditation, and yoga.

Look for a variety of ways to include relaxation in your family's daily life. For example:

- Do activities together: walking, running, biking, hiking
- Try community involvement: volunteer, help a neighbor
- Allow for social activity: time with friends
- Encourage organized sports
- Encourage creativity: drawing, journaling, dancing, acting, crafts
- Get outdoors: spending time in parks, walking the dog



GET READY TO LEARN WITH
MEADOW RIDGE SCHOOL

KINDERGARTEN

INFORMATION & REGISTRATION NIGHT
JANUARY 29, 2026

TIME: 6:00 PM

foothillsschooldivision.ca/meadowridge



[Kindergarten Information and online registration portal link](#)



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Dear Grizzly Families,

We are excited to announce a partnership with **Be You by Ella** to support an important cause in our school community.

We will be selling **Pink T-Shirts for \$25**, with **\$10 from each shirt sold donated to Meadow Ridge** to support improvements to our playground. This is a **CASH ONLY** fundraiser.

Note:



- Please send **exact amount of cash** as no change will be provided.
- To make it easier please place your child's order form and cash together in a Ziploc baggie or envelope with their name and homeroom written on it.
- If you are unable to print this form, we will have some available at the front office

This fundraising initiative aligns with our school values of embracing diversity, kindness, and acceptance. We believe in empowering our students to stand up against bullying and to support one another.

The **umbrella logo** featured on the shirt symbolizes protection from negativity. Just as an umbrella shields us from the rain, it represents not allowing hurtful words or actions to affect us.

These T-shirts can be worn on **National Pink Shirt Day, Wednesday, February 25, 2026**, and throughout the year. Our commitment to anti-bullying extends far beyond just one day.

Thank you for your continued support and for helping us make a positive difference in our school community.

Order deadline: January 16, 2026

ORDER FORM – (Please print bottom portion to order shirt)

PINK SHIRT FUNDRAISER

Student Name: _____

Homeroom: _____

Quantity: _____

T-Shirt Size – See size chart (please circle):

Youth: Small Medium Large X-Large

Adult: Small Medium Large X-Large 2X-Large

Cash Amount Included: _____

GENDER	SIZES	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Men's Chest (Inch)			34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
Women's (Size)	0-2	4-6	8-10	12-14	16-18	20-22	24-26			
Youth (Size)	2-4	6-8	10-12	14-16	18-20					
Youth (Size) G200B/G240B	6-8	10-12	14-16	18-20	22-24					

If you have any questions please email the following:

enabella@hotmail.com OR
Fundraising.mrs@gmail.com



Week at a Glance

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6 Week After School Science Club at Meadow Ridge School

Who: Grade 3 only

Dates: Wednesdays, February 11 - March 25, 2026.

*No class February 18.

Time: 3:30PM - 4:30PM

Cost: \$105 plus gst

Join Mad Science® after school for a fun hour of science and engineering! Classes will have a substantial focus on our natural environment and will include themes on Outer Space, Chemistry, Biology, Physics, Etymology, Zoology and Engineering. Each class will include a series of fun and educational science demonstrations, discussions and activities, all led by a professional instructor and accompanied by a topic-related take-home project.

To register click [HERE](#) or call 403-263-4140

Mad Science® of Southern Alberta has been providing outstanding science programs in Calgary & the surrounding areas since 1996. Our programs provide a substantial focus on our natural environment, help children develop & use particular intellectual skills, include structured interaction among children where supervisors help children develop interpersonal skills & provide enrichment in the academic subject of science.

If you have any questions about the program content,
please call Mad Science® at 403-263-4140.

Spaces are limited. Register today!

calgary.madscience.org

Registration is now open