



Week at a Glance

Community Connect

[Meadow Ridge School Website Link](#)

[Hot Lunch Website Link](#)

[Hot Lunch Volunteer Link](#)

May 29, 2026

HotLUNCHES.NET

MAKING HOT LUNCH SERVICE
EASY FOR EVERYONE

1 Homemade- LASAGNA/FETTUCCINE ALFREDO	2 Hot Dogs	3 Homemade- PANCAKE DAY	4 Little Caesars	5 Homemade-HONEY GARLIC MEATBALLS/BUTTER CHICKEN/PIEROGIS
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We are excited to share details about our upcoming **Spring Concert, A Celebration of Music**, featuring students from Kindergarten through Grade 6.



The concert will take place on **Tuesday, June 17 at 6:30 p.m.** and will showcase musical selections performed by all students in **Kindergarten to Grade 5**. In addition, we are pleased to include special performances by the **Grade 6 and Junior High Bands**.

This evening will be a wonderful opportunity to celebrate students' hard work and growth in music throughout the year. We hope you can join us for this special event.

More details will be shared closer to the date. Thank you for your continued support of our music program.

Grade 6 PAT Schedule

Thurs. June 4th 9-10 am – ELA Part B
Fri. June 12th 9-10 am – Science
Mon. June 15th 9-9:30 am – Math Part A
Thurs. June 18th 9-10:15 am – Math Part B

Grade 9 PAT Schedule

Tues. June 9th 9-10:15 am – ELA Part B
Tues. June 16th 9-9:30 am – Math Part A
Fri. June 19th 9-10:20 am – Math Part B
Mon. June 22nd 9-10:20 am – Social Studies
Tues. June 23rd 9-10:15 am - Science

Have you moved Out-Of-Boundary?

If you have moved out of Meadow Ridge's boundary this year, you will need to apply to attend Meadow Ridge School for the 2026/27 school year.

You can find more information about school attendance here:

<https://media.foothillsschooldivision.ca/media/Default/medialib/305-school-attendance-areas-updated-august-22.299ef310436.pdf>

Exam Stress



Does your child ever feel stressed for an upcoming test or exam? Feeling stressed or anxious about exams is common; our bodies react to stress in many ways including headaches, stomach aches, changes in appetite, sleep problems, and trouble concentrating. Here are some things you can do to help your child/teen to overcome exam stress in a healthy way.

Have a plan: a study plan helps teens make the most of their study time. It can help them feel more in control and may relieve some stress. Have them try the following tips:

- Prepare: have your child find out what type of exam it is (eg. Multiple choice, short answer, essay format). Have them gather all their study materials (Notes etc).
- Create a study schedule. We know that life can be busy, so actually creating a schedule and sticking to it will help with prioritizing studying.
- Eat well, sleep a lot, and exercise regularly. These tips will help their brain stay healthy and retain more information.
- The morning of the exam, remind your child to do some mindful breathing exercises if they are starting to feel stressed or anxious.
- Remind your child that exam stress is normal and that they will feel better once they start writing it.
- Lastly, keep in mind that it is not about how smart your child is; it is about them putting in their best effort.



Please click on the link below to read an important message about an upcoming lockdown during the week of June 8 – 12, 2026.

[Notice of Lockdown June 2026.pdf](#)