





Terry Fox Run

Bring a toonie for Terry
to donate to cancer
research!

Friday, September 25 @1:10pm

Meadow Ridge School Council AGM

September 24, 2026, at 6:30 pm

Voting for chair, vice-chair, and secretary.

Fundraising Society AGM directly follows at 7:30

Voting for President, vice-president, secretary, and treasurer.

All parents and Guardians are welcome.

Council is a great way to get involved and learn about what's going on within Meadow Ridge and our division.

If you ever have something you would like brought up at the meetings, please feel free to email us.

meadowridgeschoolcouncil@gmail.com

Attendance and Absence Procedure

It is important to know if students are leaving school in case there is an emergency. Everyone must be accounted for. Meadow Ridge is a closed Campus which means students are expected to stay on the school grounds during lunch.

To leave school early, parents should notify their child's teacher of the time they will need to be pick up their child and the teacher will send them down to the office to sign out prior to pick up.

To call in an absence, you have two options:

- Send an email to our school's attendance at mrsattendance@fsd38.ab.ca and your child's teacher.
- Call the school and leave a message on the attendance line: 403-995-4808 – Press 1 for attendance

If you call the school for any other reason and we do not answer, please leave a message. We have software which transcribes messages into an email. We check the school emails regularly throughout the day

Back-to-School Tips



The start of a new school year is an exciting time, but getting back into a school routine can take a little adjustment. New classrooms, new expectations, busy mornings, and full days can be a lot to take in! Here are a few simple ways that can help make the transition a little smoother:

- **Get back into a routine:** Gradually returning to consistent bedtimes, wake-up times, and morning routines can make those first few weeks easier.
- **Keep mornings simple:** Packing backpacks, choosing clothes, and preparing lunches the night before can take some pressure out of the morning rush.
- **Make time to check in:** Instead of only asking, "How was school?", try questions like "What was something interesting today?" or "Who did you spend time with?" These can make conversations feel more natural.
- **Allow time to decompress:** After a full day of learning and socializing, some students may need a little quiet time before jumping into homework or activities.
- **Celebrate the small wins:** Learning a new routine, making a new friend, speaking up in class, or simply making it through a challenging day are all things worth celebrating.
- **Remember that adjustment takes time:** Some students settle in right away, while others need a few weeks to feel comfortable. A little patience and encouragement can go a long way.

NEW MAIN DOOR PROCEDURES:

DOORS WILL REMAINED LOCKED

PLEASE PRESS THE **WHITE** BUTTON

(Only rings in the office and not school wide)

WAIT TO HEAR THE **CLICK** AT THE FAR-LEFT DOOR TO BE LET IN

Thank you for your cooperation

Please stop by to see if something belongs to you!!





Week at a Glance

Community Connect

The Hot Lunch Program is NOW open for September/October and the deadline to order is September 19th.

PLEASE NOTE: If you are a returning family, you must re-register for the Hot Lunch Program for the 26/27 school year. New families, please also follow the steps below:

Hot Lunch Ordering Site: mrs.hotlunches.net

Volunteers are always welcome and greatly appreciated! The hot lunch fundraisers rely solely on volunteers. If you are able to help out on any of these days, please go to the link below.

Hot Lunch Sign-Up Link: <https://signup.com/go/rqtZZmt>

The money raised from the Hot Lunch Fundraisers go directly back into this school. It is used for things such as: field trips, sports day, technology upgrades, special education, phys. ed, music and much more.

Registering for the first time?

1. Go to mrs.hotlunches.net
2. Click the "REGISTER" menu at the top right-hand corner to sign up.
 - Our school code is **MRS2026** Enter your name, email address and phone, then a user ID that you will use for access to the hot lunches application.
 - Enter a password and then enter it again to verify that it is correct.
 - Once registered, you will be logged into the website. Please add your child(ren) by clicking on the "**STUDENTS**" button below or the "**PROFILE**" menu tab in order to proceed.
 - Once they have been added to the system you will be able to place lunch orders immediately by clicking the "Order" button below each child's name.
 - Please ensure you only order lunches for days your child attends school (Kindergarten Friday's, field trips, etc.)

NOTE: Due to the nature of ordering and paying for meals MRS Hot Lunch can not offer refunds or late orders after the order deadline has passed.

We offer meals to be picked up by 1:00 pm. If you want to pick up your child's order or have it delivered to their sibling – please email us at mrshotlunch@gmail.com BEFORE 9 am the day of hot lunch.

Thank you,
Hot Lunch Committee
mrshotlunch@gmail.com