



COMMUNITY CONNECT

Friday, March 5th, 2021

Dear Meadow Ridge Families,

March marks the anniversary of when Meadow Ridge was closed due to the pandemic. We are excited for the “firsts” we will have beginning March 12th. Our first Grade 9 class will transition to high school. Our hopes are to have our first Sports Day. Easter celebrations and year-end celebrations will also be a first. We look forward to making the most of the next four months with your children. We appreciate the positivity that students bring each day. They are happy to be at school with friends, to have routines each day, and they continue to adjust to AHS guidelines. Although it has been a year of wearing masks and doing our best to physically distance, students continue to make the most of their time at school and we commend them on being positive leaders!

Thank you to families for supporting the Read-A-Thon. Students raised over \$7200 for Meadow Ridge! It is wonderful to see how many minutes classes read and we hope we can have even more participation next year.

Panago Pizza Lunch

The next pizza hot lunch is on Friday, March 19th – money will be collected Tuesday, March 16th by noon. **Please send exact change with each child as teachers cannot make change.**

Cost: \$3 per slice or \$5 for two slices

Choices: Cheese, Pepperoni or Hawaiian (gluten-free option also available in all 3 choices)

Juice boxes: 50 cents each

Spring Grizzly Gear

We have been getting many requests for more Grizzly Gear. The store is now open! Here is the link to place your order: <https://meadowridgespring21.itemorder.com/sale>

Orders will close on March 28th at 11:59 pm. and delivery will take 4 to 5 weeks. You can place one order per family but please include a student's name on the order to help us in sorting. We will send an email to all parents when the order comes in and you will have to choice to pick up at the school or we can send it home with your child.

Technology Reminders

The cellphone policy at Meadow Ridge is that there are no cellphones in class or during break time for Kindergarten to Grade 6.

For Junior High students, the policy is that cellphones remain in backpacks or lockers unless a teacher requires them for educational purposes and our focus is on teaching responsible use. We want students to have optimal focus during instructional time. Cellphones are very tempting and often distract from the learning and social interactions happening during class time. It is difficult for students to resist checking phones when the light is blinking. This policy allows students to focus during “work time” much like we do as adults but also

builds in scheduled cellphone breaks. Although Junior High students are able to use their phones during scheduled breaks and at lunch recess, we do encourage them to have conversations with one another rather than spending all of their time on their phones.

Therefore, if you text your child, they should not be responding during class time. Breaks are scheduled from 10:50 -11:05 and 12:30 – 1:10. These are the best times to get a hold of your child should you need to. If it is an emergency, we ask you to call the school and we can locate your child. It is important that they not receive “urgent” news via text as we would hope to have supports in place for them before getting any possible upsetting information.

Teaching responsible use and developing digital citizenship is a collaborative effort between home and school. Digital Citizenship consists of the knowledge, skills and attitudes students need to respect and protect themselves and others in the online world.

One easy strategy you can do as a parent is to ensure your child does not go to bed with their phone. Here are the reasons why:

- A good night’s sleep is key to brain development. When we sleep, information we learned from the day gets “consolidated” or stored into long-term memory. It allows us to remember what we learned the previous day. Without a good night’s sleep, we may not remember what was learned the previous day in class.
- Using devices that emit blue light before bedtime disrupts sleep patterns because it suppresses the release of melatonin. Melatonin is a hormone that helps us sleep.
- Many teens are cannot resist the temptation to check social media or respond to texts sent late at night. They often report to texting or snap chatting well after they should be asleep – as late/early as 3 am!
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As a parent, one of the easiest and best things you can do to support your child’s mental health and academic success is to ensure they do not have access to their cellphone during sleep hours. For more information, you can read the full article here: <https://hms.harvard.edu/news/screen-time-brain>

Hot Lunch

Are you tired of making lunches yet? A big thank you to parents who volunteered for the Hot Lunch Committee. They have planned for hot lunch to begin on March 29th. We will send out information next week! Stay tuned!

Important Dates

Mon. March 8th:

- Online bookings for Term 2 Student Learning Conferences will begin; email to be sent out
- Jr. High Sprint 4 Options begin (fees will be available on Maplewood)

Fri. March 12th: Professional Learning Day - NO SCHOOL FOR STUDENTS

Thurs. March 18th: Virtual School Council @ 6 pm & Fundraising Society Mtg. @ 7 pm

Fri. March 26th: Term 2 Learner Profiles emailed home (*please check your junk folder if you do not get it as your spam filter may be set too high. If you find it there, please mark the sender as safe so you get them in the future*).

Tues. March 30th & Wed. March 31st: Student Learning Conferences

Thurs. April 1st: 12:15 pm early dismissal for Spring Break (busses will pick up at this time)

April 2nd to April 11th: SPRING BREAK

Mon. April 12th: Return to school

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