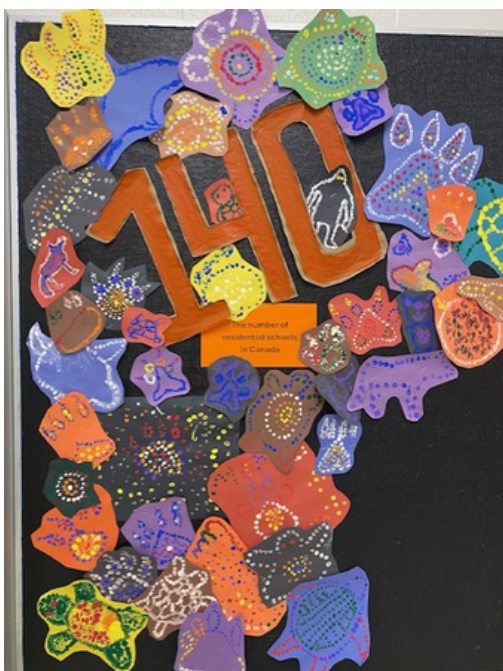


OCTOBER 2024

WELCOME  
fall

# A MMH MINUTE

The monthly newsletter for Mike Mountain Horse  
Elementary School



## PRINCIPAL'S MESSAGE

It's hard to believe that September has come and gone. It feels like we just started school yesterday. Staff and students have spent the past month building connections, learning and practicing routines and expectations and getting to know one another.

Students enjoyed a number of engaging activities in September including our Welcome Back Assembly, the westside elementary schools Terry Fox and Orange Shirt Day. Please check the upcoming events page to see the exciting events we have planned for October!

Kerry Taylor, Principal

# Upcoming Events

October 3: Indigenous Family Bingo Night - Dr. Probe Gym

October 8: School Council Meeting 6:30 - MMH Art Room

October 9: School Fire Drill

October 14: Thanksgiving - NO SCHOOL FOR STUDENTS

October 17: RESPECT Assembly 9:00am - MMH Gym

October 22: Kindergarten Parent Teacher Interviews -

NO SCHOOL FOR KINDERGARTEN STUDENTS ONLY

October 23: School Based Professional Learning - AM

Kindergarten-Grade 5 Parent Teacher Interviews

NO SCHOOL FOR STUDENTS

October 24: School Based Professional Learning -

NO SCHOOL FOR STUDENTS

October 25: Professional Learning - NO SCHOOL FOR STUDENTS

October 29: Hot Lunch 1, 2, 3

October 30: Hot Lunch 4, 5

October 31: Halloween Dance-A-Thon & Halloween Celebrations

November 7: School Council Meeting 6:30 - MMH Art Room

November 8: Remembrance Day Assembly - MMH Gym

November 11: No School for Students

November 12: Divisional Professional Learning - NO SCHOOL FOR STUDENTS



# Parent Teacher Interviews

Parent Teacher Conferences for Kindergarten students will take place on Tuesday, October 22 from 8:35 - 3:45 and Wednesday, October 23 from 1:00pm - 8:00pm. There will be NO SCHOOL for kindergarten students on these days. Students in grade 1- 5 will attend regular classes on October 22.

Parent Teacher Interviews for Students in Grade 1 - 5 will take place on Wednesday, October 23 from 1:00pm - 8:00pm. Parent Teacher conferences can be held either in person or through TEAMS this year. Please indicate your preference when booking your time. Conference bookings will open on Tuesday, October 8 and can be accessed on the school website. Please call the office for any assistance booking your interview

## Orange Shirt Day

MMH students recognized Orange Shirt Day and The National Day For Truth and Reconciliation on Friday, September 27. Students participated in a number of activities in class to learn about the impacts of residential schools. In the Learning Commons we learned there were 140 residential schools in Canada and the last school didn't close until 1996. We also learned about Indigenous Dot Art and created our own dot art, inspired by the book The Giving Tree: A Retelling of a Traditional Metis Story by Leah Dorian and inspired by the & Sacred Teachings.





# Terry Fox Walk/Toonies for Terry

Thank you to everyone who donated to our Toonies for Terry collection. Our MMH community raised **\$818.00** to donate to further Terry's dream of finding a cure for cancer. Well done! Students once again participated in our Westside Elementary Schools Terry Fox Walk around Nicholas Sheran Lake on September 20, walking along with two other westside elementary schools.



# Seven Sacred Teachings



Mike Mountain Horse Elementary School will be recognizing students through the Seven Sacred Teachings : Respect, Courage, Honesty, Love, Humility, Wisdom, and Truth. Families of students receiving recognition will be notified in advance by classroom teachers, and all families are invited to attend the monthly assemblies. Our First Recognition Assembly will be on October 17 at 9:00am in the gym.

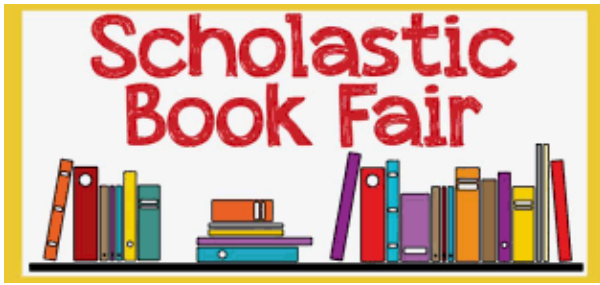


## Lost and Found

As we begin October, we would like to take the time to remind all families that our Lost and Found will be collected and donated on Friday, October 11th. Please feel free to come to the school and look through the lost and found for any of your child's missing articles. Staff will also have students check the lost and found during the school day. At the end of the day on Friday, October 11, any remaining unclaimed items will be bagged and donated to MyCityCare, a local charity serving families in Lethbridge with no cost clothing. We will send this message home each month, reminding families to check for lost items.

To support students identifying their items, we ask that families label easily misplaced items (mitts/gloves, hats, water bottles, shoes and hoodies). Ordering labels from Mable's Labels to support our fundraiser is a quick and easy solution, but a sharpie works too!





Mark your Calendar! The fun and excitement of a Scholastic Book Fair is coming to MMH! Our book fair will be taking place IN PERSON from **October 21 - 25!** The book fair will be set up in the Learning Commons.

Please watch for more information!

## Picture Retakes

NOVEMBER 4, 2024

Lifetouch Photography will be returning to MMH on Monday, November 4 to offer retakes to any students in our school.



## MMH Wellness Corral

### October: Galloping Through Stress with Deep Breathing

Just like a horse trots calmly through a meadow, we can manage our stress by taking deep breaths.

Encourage your child to practice deep breathing by imagining they are a horse taking slow, steady breaths as they trot. Have them inhale through their nose for a count of four, hold it for four, and exhale slowly through their mouth for six.

This simple exercise can help calm their mind and body, just like a peaceful ride in the countryside.



# 2024 - 2025 Hot Lunch

This year MMH School Council will be organizing hot lunches through Healthy Hunger, not School Cash Online. As always, hot lunch is a completely optional service offered once a month by the MMH School Council. Parents who would like purchase hot lunch for their child(ren) can quickly and easily create an account using the attached instructions. Should you have any questions, please email the MMH School Council at mmhschoolcouncil@gmail.com. October's Hot Lunch will be Taco Time, followed by IHOP for November!

**Healthy Hunger**  
Fun Lunch Fundraising

## PARENTS

### FUN LUNCHES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to [www.HealthyHunger.ca](http://www.HealthyHunger.ca) and click "REGISTER YOUR STUDENT". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.

### HOW IT WORKS

**Create an account**

**STEP 1.**  
Click "REGISTER YOUR STUDENT" and create Your account.

[REGISTER YOUR STUDENT](#)

**Add Student**

**STEP 2.**  
Login, and add your children to the account.

[ADD STUDENT](#)

**View upcoming fun lunches**

**STEP 3.**  
View all the Up-coming fun lunch dates.

[ORDER NOW](#)

**Place your orders and make payment online**

**STEP 4.**  
Place your orders and make payment Online.

[PAY NOW](#)

**Healthy Hunger Inc.**  
 1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4  
 800-818-6260  
[support@healthyhunger.com](mailto:support@healthyhunger.com) [www.healthyhunger.ca](http://www.healthyhunger.ca)

# Parent Information



Healthy Albertans.  
Healthy Communities.  
**Together.**

## **A In Person ADHD Parent Group**

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This closed group consists of five ninety-minute sessions on these topics:

- What is ADHD and how to talk to you child/teen about it
- How medication, nutrition, exercise, and sleep impact ADHD
- How ADHD impacts self-regulation and the importance of co-regulation
- Tools for parenting a child/teen with ADHD
- Navigating school systems and community services

### **Upcoming Dates and Location**

Tuesdays, November 5 – December 3, 2024, from 6-7:30 p.m.

Child, Youth and Family Addiction and Mental Health Clinic  
Melcor Centre (Suite 120A\_200 - 4 Ave. So.)

**To register, call Access Addiction & Mental Health  
1 888 594 0211**