

OCTOBER 2025



A MMH MINUTE

The monthly newsletter for Mike Mountain Horse
Elementary School



PRINCIPAL'S MESSAGE

September has come and gone in a flurry of activity and excitement. The first month of school is always a challenge as students, families and staff get back into our regular routines and activities. Long fall days make for tired kids and tired adults. October always feels settled and calm and ready to dig into learning!

Students enjoyed a number of engaging activities in September including our Welcome Back Assembly, the Westside Elementary Schools Terry Fox Walk and Orange Shirt Day. Please check the upcoming events page to see the exciting events we have planned for October . . . including our 4th Annual Halloween Dance-a-thon!

Kerry Taylor, Principal

Upcoming Events

October 2: Indigenous Family Bingo Night

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

If cancelled tentative reschedule will be October 21 at 6:30pm

For additional information please check the Mike Mountain Horse
Parent Committees Facebook page

October 8: School Fire Drill

October 13: Thanksgiving - NO SCHOOL FOR STUDENTS

October 14: Grade 4 Waste and Recycling Field Trip

October 15: Grade 4 Waste and Recycling Field Trip

October 16: Grade one Nature Centre Field Trip

October 20: Diwali

October 21: Kindergarten Parent Teacher Interviews -

NO SCHOOL FOR KINDERGARTEN STUDENTS ONLY

October 22: School Based Professional Learning - AM

Kindergarten-Grade 5 Parent Teacher Interviews PM

NO SCHOOL FOR STUDENTS

October 23: School Based Professional Learning -

NO SCHOOL FOR STUDENTS

October 24: Professional Learning - NO SCHOOL FOR STUDENTS

October 28: Picture Retake Day

Hot Lunch Tu/Th Kindergarten

October 29: Hot Lunch

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



Parent Teacher Interviews

Parent Teacher Conferences for Kindergarten students will take place on Tuesday, October 21 from 9:15 - 3:45 and Wednesday, October 22 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 22 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 Friday, October 3 and can be accessed on the school website. Please call the office for any assistance booking your interview

Seven Sacred Teachings



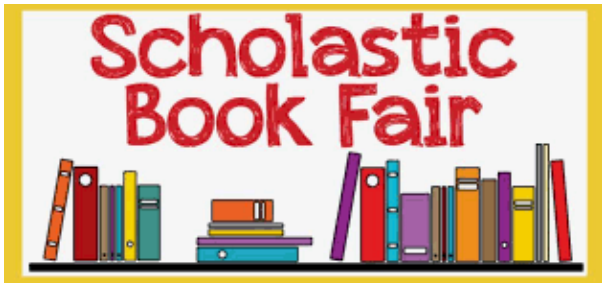
Mike Mountain Horse Elementary School will be recognizing students through the Seven Sacred Teachings : Respect, Courage, Honesty, Love, Humility, Wisdom, and Truth. Families of students receiving recognition will be notified in advance by classroom teachers, and all families are invited to attend the monthly assemblies. Our First Recognition Assembly will be on October 29 at 9:00am in the gym.



Terry Fox Walk/Toonies for Terry

Thank you to everyone who donated to our Toonies for Terry collection. Our MMH community raised **\$538.15** 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 23, walking along with two other westside elementary schools.





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 20-22!** The book fair will be set up in the Learning Commons.

Please watch for more information!

Picture Retakes

OCTOBER 28, 2025

Mountain West

Photography will be returning to MMH on Tuesday, November 28 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.



2025 - 2026 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 Quesada! Please note Tuesday hot Lunch group will always be Tu/Th Kindergarten, Grade 1, 2, 3. Wednesday Hot Lunch group will always be M/W Kindergarten, Grade 4, 5.

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 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 www.healthyhunger.ca