



Calgary Board
of Education

Colonel Macleod
School

CMAC WAAG | Sept 11, 2026

(Colonel Macleod School Week-at-a-Glance)

Good Afternoon CMAC Families,

I want to send a big thank you to all the parents and family members who showed up to our online School Council meeting last night!!! We set a new record – lets try to beat it again next month. We have 3 returning council members who have done so much to support our school, and a volunteer to lead our Park Revitalization project, I am really hopeful that, with the incredible group of CMAC families we have this year, some more parents or family members will come forward to help.

Students have done a great job settling into routines this year! This is my sixth year at CMAC, and it has been the best startup by far! Thank you for all you do to support your kids in showing up, engaging, and following school rules and routines. It goes a long way toward making this such a great place to learn and work.

Our BBQ is coming up next week. We really look forward to seeing everyone out on Thursday September 17, from 5-7 pm! If you just joined our school, or missed the signup, let me know ASAP so we can make sure we have enough food for everyone.

Upcoming Calendar and Events

Monday September 14 – Day 2 – TLC Formal

Tuesday September 15 – Day 1 – TLC Informal

Wednesday September 16 – Day 2 – TLC Informal

Thursday September 17 – Day 1 – TLC Informal – **Third Annual Welcome Back BBQ!**

Friday September 18 – Day 1 – TLC Casual

Monday September 21 – Day 2 – TLC Formal

Tuesday September 22 – Day 1 – TLC Informal

Wednesday September 23 – Day 2 – TLC Informal

Thursday September 24 – Day 1 – TLC Informal

Friday September 25 – **Non-Instructional Day – No School for Students**

Housekeeping

- Students need to eat their lunch during lunch break, not period 5
- Reminder – as per regulation by the Government of Alberta, students may not have any personal mobile devices at school. In addition to cell phones, this includes smart watches, blue tooth ear/head phones and any other devices with connectivity features.
- Reminder – no energy drinks, canned drinks, or messy sticky drinks in the school (slurpees, fountain pops, Iced Caps, etc.)
- Grade 5 and 6 lunch – Lunch break is short and students spend half of it outside. Please send quick, easy meals for lunch.
- No food delivery/skip the dishes – We cannot support this, but we have a great hot food cafeteria!

Important – Forms!

There have been new forms added to MyCBE this year, including consent for your child to participate in surveys. Please complete these forms ASAP, as this first survey of the year is approaching, and it is very important that we hear from as many of our students as possible.

The Cougar Café Returns!

The Cougar Cafe will open on September 21st! Students can keep an eye open for menus going up Tuesday. For the next week we will continue to have hot water and microwaves available. Please make sure to bring your utensils and any other paper products such as plates and bowls from home. Thank everyone!

Buy a Donut, Support Indigenous Education at Our School!

Celebrate Orange Shirt Day by enjoying a delicious donut while supporting students at our school!

Starting **Monday, September 14**, students can pre-order a donut in the cafeteria. Donuts are **\$2 each**, and **all proceeds will go toward supporting Indigenous education at our school**.

 **Pre-orders:** Monday, September 14 – Thursday, September 24

 **Cost:** \$2 per donut

 **Donut delivery:** Thursday, October 1

Thank you for supporting Indigenous education in our school community! ❤️

Volunteers – Annual Registration – Action Required

Reminder: Annual Volunteer Registration Required for All School Volunteers

To ensure the safety and security of CBE students and staff, all volunteers must be registered with the school each school year before participating in volunteer activities.

The Annual Volunteer Registration Form is valid for the current school year only. All volunteers, including returning volunteers, must complete a new registration form each school year before participating in volunteer activities.

Process

Parents and guardians can register as volunteers through the SchoolEngage tab in their [MyCBE](#) account. As part of the registration process, all volunteers must review the POPA requirements and sign to indicate their agreement with the conditions outlined in the form.

New This Year: Community members who do not have a child registered with CBE must complete their volunteer registration in person at the school where they wish to volunteer. This change allows school staff to verify that volunteers have reviewed and acknowledged their privacy obligations under Alberta's Protection of Privacy Act (POPA).

Parents and guardians can access the form through the SchoolEngage tab in their [MyCBE](#) account. Community members without a child in the system should be directed to the school where they wish to volunteer to complete their registration in person.

Athletics

Cross Country season is well underway! Our first meet was on September 10th, and we set a CMAC record with an incredible 40 students showing up!

The soccer season has officially started! Both the Girls' and Boys' teams will be selected by Monday, September 14th. The Boys' team will play their first home game against Dr. Egbert on Wednesday, September 16th at 4:00 p.m. The Girls' team will kick off their season with an away game at Sir Wilfrid Laurier on Thursday, September 17th at 4:00 p.m.

Please have a look in your My CBE account and pay any unpaid fees.

If students want to try out for a team, they MUST first return their Annual Authorization for Athletic Tryout form.

If students wish to attend sporting events as a spectator, they need to come with a parent. This helps our coaches to keep their focus on the athletes who are competing. If your child is playing on a sports team, or volunteering, please pick them up right at the end of their games and practices. Our teachers generously volunteer their time, and like the kids, are tired by the end of the day. If students cannot be picked up on time, they will not be allowed to participate.

To participate in games and practices, students must be present for the duration of the school day, as per Calgary Middle Level Schools Amateur Athletics rules. They must also represent themselves as positive members of the school community, as per the standards set by our school for students in leadership roles.

CBE Caregiver Series

Want to learn more about how to best support your child? CBE Caregiver Series sessions are free and provide information, resources, helplines, and services to support healthy child and youth development

Oct 6	Unmasking ADHD in Girls Part 1: Understanding Female ADHD (Noon – 1:30 PM)
Oct 6	Mental Health & Youth (6:30 – 8PM)
Oct 8	Unmasking ADHD in Girls Part 2: Supporting Females with ADHD (Noon – 1:30 PM)
Oct 13	Vaping & Youth (6:30 – 8PM)
Oct 14	School Avoidance: Moving towards reducing distress and improving attendance (6:30 – 8PM)
Oct 20	Raising Healthy Humans in a Digital World: Conversations about technology, mental health, and growing up online (6:30 – 8PM)
Oct 21	Sexual Health: How to have conversations at home (6:30 – 8PM)
Oct 22	Stress, Stigma, and Safety: Building supportive communities for youth (Noon – 1:30 PM)
Oct 28	School Avoidance and Sleep Hygiene: Working towards improving attendance and communication with your child (6:30 – 8:30 PM)

Interested? [Sign up here!](#)

Fees

For families with low incomes, the CBE provides a fee waiver program. Please see the following link for details: <https://cbe.ab.ca/registration/fees-and-waivers/Pages/Waivers.aspx>

If there is a field trip or other learning opportunity with a fee, and this fee will prevent your child from participating, please connect with the principal. No child should miss a learning opportunity offered to their class due to financial reasons.

Have a wonderful weekend everyone, thanks for reading to the end ;)

Stephen Becker,

Your Principal,

Colonel Macleod School