



Calgary Board
of Education

Colonel Macleod
School

CMAC WAAG | Sept 18, 2026

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

Good Afternoon CMAC Families,

What a beautiful evening for a BBQ! A big thank you to all the families who were able to come and join us for a lovely evening of food, fun and connection. These events that bring us all together always put a huge smile on my face, so thank you for coming out to keep building a strong community for our students.

A big thank you to our sponsors: School council, Assurance Group, and Sysco, for covering the majority of costs associated with the BBQ. And another huge thank you to our incredible lunch room team who ordered, prepared and organized all of the food ahead of time. This was a huge job, and done with incredible skill and professionalism!

Upcoming Calendar and Events

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

Monday September 28 – Day 2 – TLC Formal – Orange Shirt Day Assembly

Tuesday September 29 – Day 1 – TLC Informal

Wednesday September 30 – School Closed for National Day for Truth and Reconciliation

Thursday October 1 – Day 1 – TLC Informal

Friday October 2 – Day 1 – TLC Casual

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!

The Cougar Café Returns!

The Cougar Cafe will open on September 21st! Our lunch team does an excellent job of providing affordable, filling meals for our students, and providing healthy options. For \$5 a student can get a high-quality lunch. Keep this in mind if you are having a busy week!

Urgent - Demographic Verification Forms Compliance

The deadline for families to complete Demographic Verification Forms passed on Monday, Sep.14. Currently, approximately 45% of students do not have a completed Demographic Verification Form for the 2026-27 school year.

On Tuesday, Sep. 15 an overdue reminder communication was sent to parents / legal guardians who have not completed Demographic Verification Forms for the 2026-27 school year. This communication will continue to be sent the beginning of each week, with the final overdue reminder being sent on Friday, Oct. 30.

Important | These forms are a legal requirement from Alberta Education and Childcare for funding purposes. If forms remain incomplete, it may result in a reduction in funding for the Calgary Board of Education. That means less money in classrooms for our students!

Buy a Donut, Support Indigenous Education at Our School!

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

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 and basketball seasons has officially started!

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