

THE MOUNTAINEER MINUTE



EDGE SCHOOL

Important Dates

Nov. 5 – Junior Term 1 Ends

Nov. 8 – Parent Council Meeting at 3:30 p.m. ([Click here to join the virtual meeting](#))

Nov. 10 – Remembrance Day Virtual Assembly (collared shirt day) – *60 minute assembly schedule*

Nov. 11 – Remembrance Day – No School

Nov. 12 – PD Day – No School

Sleep Research Coming to Edge

Through our connection with the Centre for Sleep & Human Performance, all Edge School students, 12 and older, will be able to take part in a sleep research study this winter!

Sleep has been shown to be a critical factor in the human performance of professionals in disciplines of law enforcement, medicine, aviation and transportation. There is substantial evidence in the basic sciences to support the assumption that critical neurobehavioral processes occur during specific stages of sleep that are important to physical and physiological recovery related to training. It would therefore follow that sleep is an important factor and process that will have an impact on a student-athlete's ability to train, maximize the training response and recover from injury or overtraining.

While there is great interest in the effect of sleep and circadian rhythm on athletic performance and injury, there is little systematic evaluation in the literature regarding the relationship between sleep quality, quantity and timing to training, recovery and performance in student-athletes using standardized assessment tools.

The **purpose** of this study would be to validate the Athlete Sleep Screening Questionnaire (ASSQ) and determine its reliability in a student-athlete population. Participants would be required to complete questionnaires on two different occasions and engage in a structured clinical interview on sleep with a sleep clinician.

Every participant will be kept anonymous. Dr. Charest will be holding a research information session for parents next Wednesday, Nov. 10, via google meet. A link will be emailed to all parents in the upcoming days.

Remembrance Day

As a reminder, our virtual Remembrance Day ceremony will be on Wednesday, Nov. 10 (**60 minute assembly schedule**). Students are required to wear Edge golf shirts (or a collared shirt if you don't have an Edge one) with 'dressy' bottoms (no jeans or sweats, please). Students should also wear a poppy for that day.

Skate Sharpening

Did you know that we have a skate sharpening shop on-site? Purchase your [10 pack](#) or [annual pass](#) today!



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U16 Prep Home CSSHL Showcase November 5-7

Our U16 Prep hockey team is hosting a CSSHL showcase this weekend from November 5-7 here at Edge. If you are interested in coming to watch any of the games, please make sure that you have your proof of vaccination and identification. The schedule of games can be found [here](#). Go Mountaineers!

Western Canada Basketball ID Camp

This weekend, November 5-7, Canada Basketball and Alberta Basketball are partnering to host the Western Canada Open ID sessions for this summer's National Team Program. All boys sessions will be held at Edge while girls sessions will be at SAIT. For more information on the ID session please click [here](#).

U18 Female Prep Showcase November 11-13

Our U18 Female Prep Team is hosting a CSSHL Showcase next weekend, November 11-14. The Mountaineers welcome the best U18 Female hockey teams from Western Canada to Edge. The showcase kicks off with your Mountaineers playing NAX at 1:30 p.m. on Nov. 11. Full schedule for the weekend can be found [here](#).

Covid Reminders

General

Please do not send your child to school if they are showing symptoms. The document ["My child is sick, now what?"](#) will help you determine if it is appropriate for your child to come to school.

Masks

As another reminder, **please send your child to school with some extra masks** that they can keep in their backpacks and/or lockers. While we do have an emergency supply in the office just in case, we have already supplied more masks to students so far this year than we did all of last year.

