

PowerSchool

This is our parent's primary way to check in on their child's marks/assignments, update contact information, and to pay fees too. Contact the school for your username and access ID at mchs@psd70.ab.ca

Activate and sign into your account on the MCHS website in the Parents tab. Please contact Mrs. Harper or Mrs. Campbell at the office if you need assistance accessing your account.

School Fees Are Due

Please note that School fees are not visible on the PowerSchool App. Access to all information is only available through the [website](#)

Please log in to your [parent PowerSchool account](#) or come into the school to pay your high school fees. If you have any questions, please contact Ms. Miller at the office.

Reporting an Absence?

Please email mchsreportastudentabsence@psd70.ab.ca or call 780-963-2255 anytime to leave a message. Please leave your son/daughter's full name, grade, and details of the

**this issue**

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PRINCIPAL'S MESSAGE

Merry Christmas Marauder Parents!

Wow! Here we are again in a place that no one hoped for, learning from home. Sigh. The good news is that we all seem to know what we are doing a little bit better second time around. A big shout out to parents and students for following materials pick up procedures seamlessly. There are still a remarkable number of books and other supplies on our tables. Be sure to check in to ensure your kid has everything they need to be completing their work.

In meeting with the grade administrators this morning who have been working diligently with teachers to ensure that our students have made the transition to at home learning, I was pleased to hear that about 90% of our students are engaged in their learning. It is definitely a difficult way to "do school" so kudos to our MCHS families for once again taking up this online challenge. For the 10% who have not yet begun participating in their online classes, it is essential that students connect with their teachers immediately. Four weeks of online

learning is more than half of the course in a quarter system and there just won't be enough time for a student to make up what they have missed if they are not working from home. Please contact your grade administrator if there is anything we can do to assist.

In the meantime, be sure to look after yourselves during these restrictions. Not much feels normal right now and some people have difficulty dealing with change and uncertainty. This is a great opportunity to reconnect with your family members and some of the simpler things in life. There are supports for individuals and families out there if needed. Please let us know if we can help you connect.

Take good care and have an enjoyable holiday season! We miss your kids terribly!

Ms. Jensen



Next School Council Meeting

Monday, January 25
7:00 pm

MCHS Common Area

To join virtually by Gmeet click [HERE](#), or email Carolyn Jensen at cjensen@psd70.ab.ca and request an invite link to the meeting. You must have a Google Account to join.

MCHS parents always welcome!

Green & Gold Athletics

We are still in need of a Bingo Coordinator.

If interested please contact James Coghill at: jcoghill@psd70.ab.ca

We hope to have sports going in the new year. Stay safe and fingers crossed.

The next Green & Gold Executive Meeting is on Monday, December 7th at 6:30 pm

To join virtually by Gmeet click [HERE](#) or email James Coghill at jcoghill@psd70.ab.ca to request an invite link to the meeting. You must have a Google account to join.

Memorial Moments

Wondering what's been going on at MCHS? Or wondering what is yet to come?



November Happenings:

- 02 - English Diploma Part A
- 02 - G&G Exec Meeting - 6:30pm
- 03 - Q1 Last day of classes
- 03 - Social Diploma Part A
- 03 - Remembrance Day Service
- 04-06 - Q1 School Based Exams
- 04 - English Diploma Part B
- 05 - Social Diploma Part B
- 06 - Math Diploma AM
- 06 - Chemistry Diploma PM
- 07- MacEwan Virtual Open House
- 09-13 - Fall Break
- 09 - Physics Diploma AM
- 09 - Biology Diploma PM
- 10 - Science Diploma AM
- 11 - Remembrance Day
- 16 - Q2 First Day of Classes
- 24 - Grade 10 & 11 2019-20 Virtual Awards
- 30 - School Council Mtg 7pm (Gmeet)

December Key Dates:

- 07 - G&G Exec Mtg 6:30
- 08 - Q2 PowerSchool Update
- 11 - Grad Fees Deadline
- 11 - PS Midpoint Comment Published - Noon
- 15 - Q2 Parent Teacher Interviews - 5:00 - 6:30
- 21-03 - Christmas Break

First Half of January:

- 04-08 - Online Learning continues
- 04 - G&G Executive Meeting 6:30
- 11 - Students return to school
- 11 - English Diploma Part A
- 12 - Social Diploma Part A

*please refer to our [public website calendar](#) for more diploma exam dates



MCHS Grade Administrators

- Grade 10 – Mr. Coghill
- Grade 11 – Mrs. Farrell
- Grade 12 – Ms. Fisk

AN IMPORTANT REMINDER THAT MASKS ARE REQUIRED AT THE MCHS BUS TRANSFER SITE

We have been asked to remind students that masks are required at the MCHS bus transfer site. Parkland School Division's [Mask Protocol](#) states in part that:

- Masks are required:
 - in the classroom when close contact between students, or students and staff, is occurring. Masks should be used for the duration of this activity;
 - **on the bus at all times and when in bus transfer sites outside;**
 - in school areas, whether inside or outside, where students or staff may be moving or crossing paths with other students or staff;
 - in hallways (including while at lockers) and entry points;
 - in washrooms;
 - in common gathering areas; and
 - in any areas that clearly indicate (by a sign) that masks are required.

Parents, please have this discussion with your child and make sure they understand the importance of this protocol. If you have any questions or concerns please contact the school at 780-963-2255.



At MCHS we have access to a number of devices for student use such as chromebooks and laptops. For sanitary reasons we are requesting that those students with personal devices please bring those to school. This is only necessary if the class is using devices for their learning objectives.

MARAUDER ATHLETICS



More information about athletics will be passed on as news becomes available. Please contact Mr. Drolet (jdrolet@psd70.ab.ca) with any questions you might have.

REACHING YOUR CHILD DURING THE SCHOOL DAY

Cell phones can be a distraction and a disruption to classroom learning. Our teachers and your kids have worked hard together to come up with routines so that cellphones are not disrupting class. Here are some things for parents to know about communicating with their kids while they are at school.

- During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. He/she may not be able to respond immediately.
- If you call the main office, secretaries can assist in getting messages to the students due to Covid protocols being in place.
- Students will be called to the office to receive messages at lunchtime or the end of the school day.
- You can contact your child as follows:

Lunch: 11:35 – 12:35

Grade 10 Breaks:
10:00 – 10:07 am
2:00 – 2:07 pm

Grade 11 Breaks:
10:10 – 10:17 am
2:10 – 2:17 pm

Grade 12 Breaks:
10:20 – 10:27 am
2:20 – 2:27 pm

We appreciate your support in reaching your child directly to minimize disruption to classroom instruction. Of course, we are happy to assist in an emergency.

SYNC THE MCHS PUBLIC CALENDAR AND THE DIPLOMA EXAM CALENDAR TO YOUR GOOGLE CALENDAR!

You can find the links on our website under the [Calendar & Events](#) section under the “Our School” dropdown. At the bottom of the page you can choose either:

[Add the MCHS Calendar to your Google Calendar](#)

[Add the Diploma Exam Calendar to your Google Calendar](#)

This is a great way to make sure you don't miss anything important!



Applications for several Alberta post-secondary schools begins as early as

OCTOBER 1

Go to the website to check out dates for your schools, admission requirements, etc. You'll need a myPass account to forward your transcripts.



MEMORIAL BUSINESS

The Memorial Business Education department is ordering hoodies! (depending on interest)

They are made by Champion Sportswear and will have the Memorial business logo on the front and the Memorial “M” in gold on the bottom of the right sleeve.

If you are interested, please complete [THIS FORM](#) and return it to Mr. Stuckey. A payment of \$54.60 is also required. (This is cost. I don't markup them up.) Payments can be made at the MCHS Finance office. You can pay using PowerSchool, credit card or cheque. Please make cheques out to *Parkland School Division*.



Don't forget to check out **Memorial Business** companies run by students at MCHS:

[Covid Comfort](#)

[JB Woodworks](#)

[SayItWithSwizzle Bracelets](#)

Have you set up your myPass account yet?

myPass is the self-service website for the education documentation of Alberta students. It is very important that all students set up their myPass account while in high school, but it is particularly important for **Grade 12 students**. This is the only way that Grade 12 students will find out their diploma exams marks.

Go to <https://mypass.alberta.ca> and “Sign in With an Education Account”. Students require their Alberta Student Number (which can be found on PowerSchool) and a personal email address. Do not use your psdblogs account because it will be deactivated when you graduate.

Please stop by Student Services if you have questions or require assistance.

DIPLOMA EXAMS

JANUARY DIPLOMAS ARE OPTIONAL:

For the 2020/21 school year, diploma exams are optional due to COVID-19.

There are circumstances where students may choose or need to write diploma exams, including, but not limited to:

- students who do not have a passing mark from their teacher
- students who want to raise their mark, or want to have a diploma exam mark on their transcript
- students who are registered to rewrite a diploma exam and are not currently taking the course

Students and their families decide if the student will write their diploma exam. Eligible students will get an exemption if they choose not to write their diploma exam.

To be eligible for an exemption, a student needs to:

- be currently taking the course, and
- receive a mark from the school during the 2020/21 year

Only students with a new mark, awarded in the 2020-2021 school year, are eligible for exemptions.

Students who choose to write a 2-part diploma exam, such as English Language Arts 30-1, must write both parts.

Students who choose to write a diploma exam but are dissatisfied with their mark are not eligible for an exemption.

If you have not already done so, please complete [the Diploma Exam Intention Form](#) to make us aware of your decision.

GRADUATION

Graduation Information and Important Dates

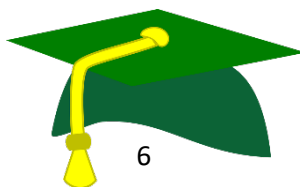
- Grad Fees are due **December 11, 2020**. Payment can be made on-line through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance Office. [Grad Registration/Fee Form](#) Please do not submit the Grad registration form prior to payment of the Grad fee, thank you.
Graduation fees cover; Lifetouch portrait session, diploma cover, Grad cap & tassel, school awarded certificate and a souvenir copy of the Class Composite.
- Grad portrait session bookings for January will start on December 15, 2020 with the on-line Appointment Plus scheduling system. **If an appointment has been booked and the Grad fee remains outstanding the appointment will be cancelled. Once the payment transaction has been processed the appointment can be rescheduled.**
- **UPDATED:** Lifetouch Graduation Photos – January 23 - 27, 2021 held at MCHS.
 - Saturday, January 23, 10am-4pm
 - Sunday, January 24, 9am-4pm
 - Monday, January 25, 9am-9pm
 - Tuesday, January 26, 9am-4pm
 - Wednesday, January 27, 9am-4pm

Those attending Grad photo sessions are to enter the school through the PE doors. No other access to the school will be permitted during the weekend.

- Grad portrait session bookings for Graduation Photo Retakes will start on February 12, 2021 with the on-line Appointment Plus scheduling system.
- Graduation Photo Retakes – March 1-4, 2021 held at MCHS.
- Jostens Graduation Memorabilia – Visit www.jostens.com to view and purchase a Graduation ring. For Grad apparel visit www.jostenscanada.com/classof2021 Students can phone Jostens with questions 1-844-750-9050

[Jostens Video Message for Grads](#)

Students are responsible for ensuring they meet the Alberta High School Diploma/KAE Certificate requirements to graduate and must be on the Grad list to participate in the Graduation Ceremony. Any student concerned about their eligibility to graduate, must see Ms. Fisk or a School Counsellor in Student Services.



COUNSELLOR'S CORNER

Awards

Memorial Composite High School is proud to congratulate the recipients of our school and community awards and scholarships. Despite many unprecedented challenges, our students have demonstrated determination and resilience by what they have achieved.

Our [2019-2020 Grade 12 Award Winners](#) have been acknowledged in **November 27** edition of the [Stony Plain Reporter](#) to see it in print.

A recording of the Grade 10 & 11 Virtual Awards Ceremony will be uploaded to [MCHS's YouTube channel](#) following the event.

The complete list of 2019-2020 Award Winners can be viewed in the [2019-2020 MCHS Awards Program](#). If you would like to print out a copy of the program booklet as a keepsake, you may also download the [Printable Awards Program](#) (use an auto-duplexing colour printer for best results).



DIVERSE LEARNING NEEDS

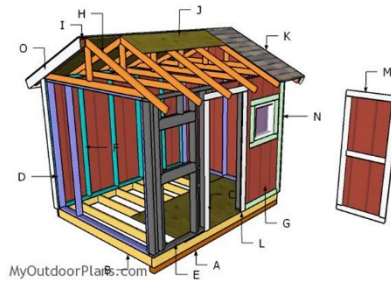
L.A.W.S.

We have been busy working in the greenhouse this fall. The kids are planting various vegetables, herbs, and flowers. We have been learning about how to care for plants, and working on skills such as transplanting. The kids have also started working on cooking skills this month. We are learning to prepare individual meals and snacks. We will be making banana roll ups, veggie trays, meat and cheese trays, as well as individual cookies and cakes.



CTS: Construction

The grade 11 students are busy making frame and panel cabinets while the grade 12 students are building mortise and tenon tables. The split classes allows for more students to enter the Construction 20/30 program and the opportunity for the 30 students to pass on their learning to the 20 students. We are still taking orders for garden sheds, garbage bins, dog houses, etc.



FOODS



Yummy



Halloween at MCHS











CONGRATULATIONS

Grade 12 Award Winners of 2019–2020

MEMORIAL COMPOSITE HIGH SCHOOL



Leah Stachniak

Governor General's Academic Medal (academic)
Town of Stony Plain Mayor & Council Award (academic)
Dr. Dekterov Health Care Professionals Award
Schulich Leader Scholarship (STEM award)



Madelyn Atamanchuk
Parkland School Division
Citizenship Scholarship



Keyea Beausoleil
Constituency of Spruce Grove-Stony Plain Award for Leadership in Social Action & Rotary of Parkland After Dark Scholarship (leadership)



Kyla Boldt
Parkland School Division
Citizenship Scholarship



Raelene Brendel
Decker Award (academic, leadership) & Stony Plain Lions Club Award for Improvement (personal growth)



Joshua Castle
Academic Support Program Achievement Award



Brennon Colgan
LW Kruger Award (athletics) & Parker Tobin Memorial Award & Green & Gold Athletic Scholarship



Ashlynn Dixon
German 30 Award & MCHS Multilingual Award



Ryan Engelhardt
Constituency of Lac Ste. Anne-Parkland Award for Leadership in Business



Alissa Erdman
LW Kruger Award (athletics)



Marten Filiniche
Parkland School Division
Citizenship Scholarship



Finley Fleming
MCHS Multilingual Award



Sarah Gallant
Cosmetology 30 Award



Andrew Hamilton
Computer Science 30 Award



Sarah Hawkings
Parkland School Division
Citizenship Scholarship & MCHS Multilingual Award



Brooklyn Hemeyer
Green & Gold Athletic Scholarship



Alexander Holland
Stony Plain Royal Canadian Legion Bursary (leadership)



Freya Holoién
Shiloh Chiropractic Clinic Sports Medicine Award



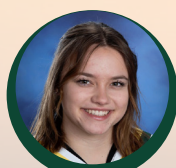
Jakob Hoople
Elizabeth Spychka
Citizenship Award



Nathan Issler
Merit Contractor
Construction Award



Riley Jomha
Video Broadcasting & Editing 30 Award



Alisha Kapalka
Gardner Family Citizenship Award



Makayla King
Parkland School Division
Citizenship Scholarship



Madison Kit
Communication Technology 30 Award



Alyssa Larsen
Parkland School Division
Citizenship Scholarship



Declan Lefebvre
Town of Shikaoi Award (Japanese)



Abigail Logan
Parkland School Division
Citizenship Scholarship



Brennan Lowes
French 30 Award



Joshua Lutz
Stony Plain Royal Canadian Legion Bursary (leadership)



Patrick Maze
Laverne & Jack Lewis Award (agriculture)



Tenielle McCuaig
Premier's Citizenship Award & Rotary of Parkland After Dark Scholarship (leadership)



Cody Moore
Fabrication 30 Award



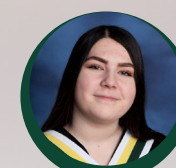
Chyler Nerberg
Canadian Parents for French FSL Award



Elise Olson
Art 30 Award



Cole Peters
Food Studies 30 Award



Faith Purse
Parkland School Division
Citizenship Scholarship



Buffalo Rock Rain
Parkland School Division
Citizenship Scholarship



Miranda Schlosser
Ron Steele Rotary Award (leadership)



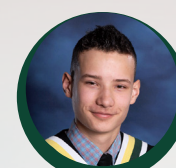
Morgan Seely
Parkland School Division
Citizenship Scholarship



Auren Shabada
Marauder Music Parents' Association Choral Award



Mackenzie Solyom
Art 30 Award



Joshua Styba
Tirecraft Mechanics Award



Tianna Truong
Drama 30 Award & Japanese 30 Award



Sydney Ward
Hawkings Tinney LLP
Commerce Award

★ Thank you to our Community Sponsors for their generous donations & ongoing support.


mchs.psd70.ab.ca

MCHS Contact Info

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email: mchs@psd70.ab.ca
website: mchs.psd70.ab.ca

 Memorial Composite High School

 [@MemorialComp](https://twitter.com/MemorialComp)

 [memorialcomposite](https://www.instagram.com/memorialcomposite)

[#memorialcomp](https://www.instagram.com/memorialcomposite)

We hope you enjoy this month's newsletter. 😊

If there are any topics that would like to see in future newsletters to assist you as a parent in your family conversations about education and helping your high school child(ren) navigate the world growing up, please drop an email to mchs@psd70.ab.ca. Our target is to have the newsletter go out on the 1st Monday of each month, so please send your email by the third week of the month to give us time to prepare. See you next month!

SESSION 4 TALKING ABOUT ADDICTIONS IN A PANDEMIC

With Dr. Gabor Maté

Tune in to this FREE webinar on December 3, 2020 hosted by
CASA Child, Adolescent and Family Mental Health



Gabor Maté (pronunciation: GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness. The bestselling author of four books published in twenty-five languages, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. His book on addiction received the Hubert Evans Prize for literary non-fiction. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver. His books include *In the Realm of Hungry Ghosts: Close Encounters With Addiction*; *When the Body Says No: The Cost of Hidden Stress*; *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*; and (with Gordon Neufeld) *Hold on to Your Kids: Why Parents Need to Matter More Than Peers*. To learn more, join his enews list at www.drgabormate.com.

Dr. Gabor Maté - Keynote

Date: December 3, 2020

Lesley MacDonald – Moderator



WWW.CASASERVICES.ORG/WEB-SERIES



Where the world opens up

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Tuesday, November 17, 2020

Re: Parent Notification of COVID-19 Cases at School

As COVID-19 case numbers rise across the province, our communities and schools are experiencing a corresponding increase. Parkland School Division has been working very closely with Alberta Health Services' COVID response teams regarding cases that may be connected to schools.

As positive case numbers rise due to community spread, there can be confusion as to whether or not a school should notify families. There will be scenarios that arise where contact tracing and case investigations have determined that individuals were either deemed non-infectious while they attended school **OR** their infectious period with the virus came at a time when they were not in attendance at school. (Example, over a 48-hour period during a weekend, on Fall Break, etc.) In both of those scenarios, Parkland School Division, following communication protocols from AHS, will determine that classrooms and school communities **will not** be notified of the positive case due to the fact that there was no connection or risk to the students/staff, and to respect the privacy of the individual involved.

There will be situations in which an individual has tested positive for COVID-19 and the school community finds out through other individuals, organizations, event organizers or social media. In some of these cases, the school may not notify families because the individual has been determined to be NOT infectious while at school. To be clear, Parkland School division will **directly** communicate with the family of any student who has been determined to be a close contact to an infectious individual while at school. The AHS case investigation will always determine whether or not a case has been infectious while at school regardless of where the initial exposure to the virus occurred.

If an individual has been determined to be infectious **while at school**, Parkland School Division adheres to Alberta Government's sector guidance for School Re-Entry. Close contacts of the positive case will receive a direct notification with self-isolation requirements. A separate all-school notification will be sent to the entire school population via email for the first positive case at a school. This is followed by additional updates via school website news items for subsequent cases. Should AHS declare an outbreak at a school (2 - 4 cases at a school), Parkland School Division will issue an outbreak notification and that school will be included in the provinces reporting*, which can be found at:

<https://www.alberta.ca/schools/covid-19-school-status-map.htm>

*Alberta government's tracking is for those cases in which the individual was infectious while at school.

Alberta Health Services (AHS) directly notifies close contacts of cases of COVID-19 confirmed in three priority groups only:

- health care workers,
- minors (parents will still be notified by AHS if their child is exposed at school); and,
- individuals who live or work within congregate or communal facilities.

Albertans who are not within the priority groups listed above, who have tested positive for COVID-19, are asked to identify their own close contacts of the exposure.

For more on the non-school Contact Tracing process, please visit the Alberta Health Services website at:

<https://www.albertahealthservices.ca/topics/Page17199.aspx>

Notification Delays

In some cases, there are delays before any notification may happen. These delays may be attributed to the following:

- When the positive case showed symptoms
- When the COVID-19 test was administered
- How long it took for results to come back to the positive case
- There's a 48-hour window that AHS deals with involving the Early Detection and Response Teams, the Communicable Disease Control teams and finally when an investigator gets assigned to the case
- Sometimes, when schools haven't been contacted within this timeline, it could mean one of three things:
 - AHS has been unable to contact the case/parent/guardian;
 - the person does not have confirmed COVID-19; or
 - the individual was not at school while infectious.

For more information, check out the news item on PSD's website [COVID-19 In Schools](#).



November 25, 2020

Hello Marauder Parents -

Here we go again! At least we have some warning this time. First, let me assure you that we've got this. We have all been down the at home learning road before and have some idea of what to expect. The teachers have had in the back of their minds since the first day of school that this could happen and they are ready. We know that everyone will be trying their best and that it won't go perfectly but things will be fine and your kids will be ok.

One of the things we all learned last spring was the importance of communication. Be sure to be on top of your kids and what they are doing in their classes. Stay in touch with teachers. They will send you an email this week. And of course, grade administrators or myself can assist if needed. Just reach out and someone can help.

As it happens we had our monthly PSD administrators meeting today so we had some time to sort out many details. Here are some key points from the news from the government and PSD:

This is a Starting Point

- The information contained in this email is assuming that when things are reviewed on December 15 by the government, this shift is the only shift that takes place.
- It is possible that after the December 15 review there could be more adjustments.
- The details included here apply to the next six calendar weeks which includes four school weeks.
- At this point in time, we are approaching this as a temporary measure.

Clarity on Dates

- November 30 - December 18 - at home learning for gr. 7-12
- January 4 - January 8 - at home learning for K-12 (all students)
- There is NOT an extended Christmas break.

Option 1 to Option 2

- We will not be making any changes at the moment. As all students are moving to at home learning anyway, it is appropriate for students to remain in their existing classes.
- Current Option 2 students will have their program remain as is.

Preparing Students to Learn at Home

- Check with your kids to ensure that they know how their classes will be proceeding while they are at home. Teachers are reviewing procedures in these couple of days while we are still here.

- Ensure that they bring home their needed materials. We will be doing a locker clean out on Friday morning. They will be getting their same lockers when we return to school and are welcome to leave non-perishable items in their lockers. They won't be able to retrieve items until January though.
- Technology - If your child is in need of technology or other items, please contact the grade administrator for assistance.
 - Marsie Fisk - Grade 12 - mfisk@psd70.ab.ca
 - Connie Farrell - Grade 11 - cfarrell@psd70.ab.ca
 - James Coghill - Grade 10 - jcoghill@psd70.ab.ca

Curriculum Delivery Expectations

- There are some things the same as last spring when we did at home learning but there are some things that are different.
 - **Same** - Student course schedules for at home learning will mirror their schedules here at school. They will have access to their morning teacher in the morning and their afternoon teacher in the afternoon. Teachers will be keeping their typical school hours.
 - **Same** - Six hours per week of work guideline for a five credit course in a semester system.
 - **Different** - We are in a quarter system so six hours now changes to twelve hours per week of work per course as students are only doing two classes, not four.
 - **Different** - The curriculum is not being reduced. Teachers are expected to deliver the full curriculum.
 - **Different** - The 12 hours per week is a minimum expectation. Teachers may expect their students to put in the equivalent amount of time as they would have if they were attending classes and doing homework.
 - **Different** - There are no unallocated credits available to cover off students who do not complete their courses this quarter. Students must earn their credits to graduate.
 - **Different** - There is no COVID 50 for students to guarantee earning credits. Students must earn their credits by completing their assignments.
 - **Same** - Performance based courses will focus on theory so that when students return in January, they will be able to maximize their in class time to complete the course performance based learning outcomes.
 - **Same** - Teachers and the school will support students who are experiencing difficulties. Given the at home learning format, communication will need to be clear and frequent from students, parents and teachers to make sure kids are getting what they need and are doing what they are supposed to be doing.

Diploma Exams

- They are optional for the remainder of the school year as they were in the first quarter. Not much else has been stated at this point.

Students Coming into the Building

- We will have materials pick up available in the foyer as we did last spring if needed.
 - When students arrive at the school, they must remain in the foyer area and pick up their items from the tables.
 - Students should be reminded to [complete the daily checklist](#) prior to coming to school.
 - Mask rules still apply.

LAWS Programming

- As with all LAWS programming, it will be individualized for each student. Some of it will be continuing on campus with some minor adjustments. Some of it will be moved fully at home to honour the intent of the need for at home learning for Alberta to bend the COVID curve.
- Each family will be contacted before the end of the week with information on how programming will work for their child.
- All LAWS students will be home the first week of January (4th to 8th).

We've got this! We've done it before.

Stay in touch!

Ms. Jensen





December 2, 2020

Hello Marauder Parents -

I hope the at home learning experience is going well. By now your kids should be fully engaged in their new learning reality. The quarter system moves quickly. One day is about 2.5% of the curriculum, so just a couple of days can quickly become a big pile of work to catch up on. Please check in with your child if you haven't been doing so already.

As we are approaching parent teacher interviews, it has become apparent that the time required by the teachers to switch to online learning and that we had over 100 students out at the beginning of the quarter has impacted the reporting process. It is important to MCHS teachers that we do a good job in giving our parents an accurate snapshot of how their child is performing in their classes. If we were to maintain the timelines leading to the December 8 PowerSchool mid point comments and December 10 parent teacher interviews, something would be compromised; the quality of the reporting, the quality of online learning and/or the accuracy of student performance reporting for numerous students who are just handing in their first major assessments currently.

Parents need to have a clear understanding of their child's performance in the rapid pace of the quarter system to be able to make any needed adjustments quickly. To ensure we provide that clarity, we will be delaying the comments and parent teacher interviews by a few days.

- PowerSchool Mid Point Comment Published - Friday, December 11 - Noon
- Parent Teacher Interviews - Tuesday, December 15 - 5:00-6:30

You will receive an email next week about how to sign up on the website for interview times. Of course our teachers still remain available by email which you can do at any time.

A couple of notes about PowerSchool. First, there has been a feature added to the system that we don't have to shut down the portal while teachers are working on comments so your family will still be able to access student information. Second, some of you may have received some "untimely" quarter one emails from PowerSchool last week. Apparently the PowerSchool email server went down prior to that and when it came back online fully, numerous backdated emails were sent out. That should be rectified now so you are receiving Q2 information. If you are experiencing any difficulties, please contact the office for assistance.

One more small detail. I will be out on a medical leave beginning on December 8 and returning after Christmas break. Ms. Fisk will be Acting Principal in my absence. I wish your families an enjoyable holiday whatever that looks like this year. :)

Your patience and support in these extraordinary times is very much appreciated.

Sincerely,

Ms. Jensen

COMMUNITY SUPPORTS, RESOURCES & INFORMATION

TOWN OF STONY PLAIN FCSS has many resources to offer.

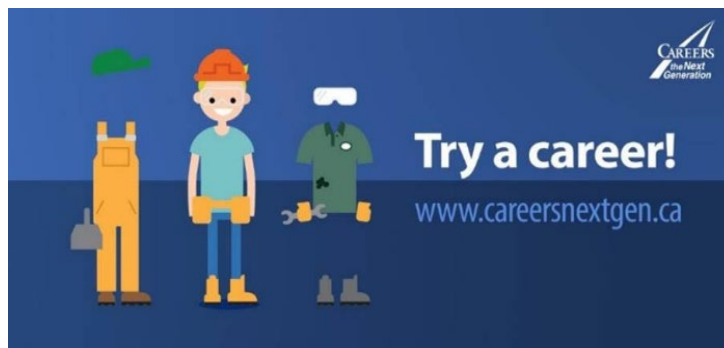
Click [HERE](#) to see what support programming they have to offer right now.



Looking for community agencies that support our students and families?

The Green Book

Click this [link](#) for the FCSS Directory of Stony Plain, Spruce Grove and Parkland County Community Resource Directory



What are you going to be when you grow up? CAREERS: The Next Generation is a not-for-profit organization that helps students tackle this monumental question and prepares them for the future. By connecting students to paid internships in skilled trades, health care and information & communications technology, they can try out careers of interest before they graduate. They even earn high school credits! Want to learn more? Contact CAREERS at 1.888.757.7172 or www.careersnextgen.ca/learnmore



Stronger Together

Parkland School Division Family Supports Newsletter November 19, 2020

Dear parents and caregivers,

Giving is a great way to help others and make your family feel happy at the same time. Giving can happen in so many ways, without costing you any money, sometimes it is just the gift of time. We hope your holidays are happy ones and you enjoy this time with your family.

Take care, Vicky Mamczasz -Family Support Facilitator(780-668-7422), Dena Davis- Sunrise Supports Program Liaison(780-977-6241)

From "Greater Good - 5 Ways Giving is Good For You"

Giving back to others can take many forms. It can be a gift of your time, support, help, a listening ear, a gift, volunteering in your community and just doing something kind for someone else. When we give back we are actually giving to ourselves. In '5 Ways Giving Is Good For You', Jill Suite and Jason Marsh describe the benefits of giving. The list below is adapted from this article. [5 Ways Giving Is Good for You | Greater Good](#)



1. Giving feels great

- it makes us feel happy
- it activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect.
- giving releases endorphins in the brain, producing the positive feeling known as the "helper's high."

2. Giving is good for our health

- it helps us to live longer.
- It reduces stress for the giver

3. Giving promotes cooperation and social connection.

- when you give to others, your generosity is likely to be rewarded by others down the line—sometimes by the person you gave to, sometimes by someone else.
- It promotes a sense of trust and cooperation that strengthens our ties to others
- having positive social interactions is central to good mental and physical health.
- when we give to others, we don't only make them feel closer to us; we also feel closer to them.



4. Giving evokes gratitude.

- whether you're on the giving or receiving end of a gift, that gift can elicit feelings of gratitude—it can be a way of expressing gratitude or instilling gratitude in the recipient. And research has found that gratitude is integral to happiness, health, and social bonds.
- It helps us to be more optimistic, and feel better about life overall.
- expressing gratitude to a close friend or romantic partner strengthens our sense of connection to that person.
- Barbara Fredrickson, a pioneering happiness researcher, suggests that cultivating gratitude in everyday life is one of the keys to increasing personal happiness.

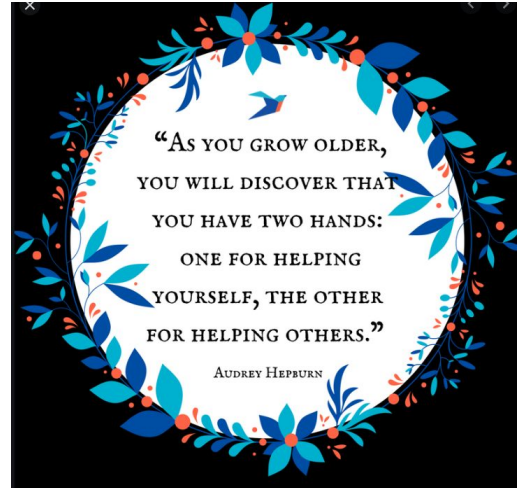
5. Giving is contagious.

- When we give, we don't only help the immediate recipient of our gift. We also spur a ripple effect of generosity through our community.
- Giving has also been linked to the release of oxytocin, a hormone that induces feelings of warmth, euphoria, and connection.

Learning how to give back is a great gift to give our kids.

- Kids learn how to give back by watching us
- They learn important social skills which they carry into adulthood
- They learn empathy and kindness for others
- They learn it is OK to ask for help
- It teaches them they are connected to their community

Giving back does not have to be about money - it can be about sharing your time to help others.



the COMMUNITY TABLE
Aug 28 - Sept 25 - Oct 30
2020

FRI, NOV 27 AT 5 PM UTC-07
the Community Table
Spruce Grove, AB

FRIDAY, NOV 27
5 PM UTC-07

Interested Going Share More

Public · Hosted by **Spruce Grove Community Church**

Friday, November 27, 2020 at 5 PM UTC-07 – 7 PM UTC-07
Next Week · -4-1°C Partly Cloudy

Spruce Grove Community Church

We want to invite all families and individuals to come out and get a hot meal entirely on us! If you live in Spruce Grove, Stony Plain, or Parkland County, then you are welcome! The meal will be served take out style with all food packaged for pick up so families can take home and eat or stay and eat outside in a designated seating area. Sign up for a meal for you or your family

<https://sgconline.breezechms.com/form/communitytable>

For more information contact 780-306-1955 or email helps@sprucegrove.church

If you need help this holiday season.....



Christmas Hampers

Parkland Food Bank and Stony Plain Kinsmen are working together to do Christmas Hampers this year.

To register Call 780-962-4565

<https://parklandfoodbank.org/need-help/>

- Register over the phone
- It is a simple process
- If you are a facebook client you can register over the phone or by using the online form on the website
- Kinsmen or Kinettes are providing gift hampers only for families with children under 17.
- Registration for the gift hamper **ends November 21, 2020 at 12 pm.**
- **Pick up for the gift hamper is only on December 18 between 10 am and 5 pm.**

If you need food support for the holidays, book in for a Food Hamper anytime from Dec. 1 – Dec. 23.

2-1-1

2-1-1 is here to help you find the right community and social services. It is a confidential, multilingual, and available 24 hours a day across many parts of Alberta including Parkland County. Don't feel stuck this holiday season. Call 2-1-1 today to get connected with the resources you need to get ahead.

If you would like to donate – contact the Spruce Grove Kinette and Stony Plain Kinsmen Christmas Hamper Volunteers

- they accept all monetary, gift card and toy donations
- you can donate at designated drop locations around Spruce Grove and Stony Plain
- Cheques can be mailed, or can be picked up by one of our volunteers o Cheques can be made payable: Spruce Grove Kinette Christmas Hampers Box 3664 Spruce Grove, AB T7X 3A9 Stony Plain Kinsmen Christmas Hampers Box 2231 Stony Plain, AB T7Z 1X7
- The gifts will be organized and assembled for each family the week of December 14th, 2020; in Spruce Grove at the Alliance Church and in Stony Plain at the Pavilion at Heritage Park. Due to COVID, we will be strictly adhering to health guidelines and restrictions, and kindly ask that you bring us your donations as outlined, above.

For additional group and cause information, please refer to www.sgkinettes.ca and www.stonyplainkinsmen.ca. Please direct any questions to Carolyn Dumont carolynd.sgkinettes@gmail.com (780) 960-0550 and to Ed Berney eberney7@gmail.com (780) 903-7668.

THANK YOU for your incredible support of local families at Christmas. Best wishes for a safe, happy and healthy holiday season!

Sincerely, The Spruce Grove Kinette and Stony Plain Kinsmen Christmas Hamper Volunteers

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Michelle Enright - 780-217-4146/Simonne Massner - 780-221-7973 Stony Plain and Prad Gill -
Spruce Grove and Greater Parkland area 780-217-8701
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment)780-342-2700
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549
Adult Crisis Response - 780-342-7777
Support Network Distress Line - 780-482-4357
Adult Mental Health Referral and Treatment - 780-424-2424
Parkland School Division - Family Support - Vicky Mamczasz - vmamczasz@psd70.ab.ca
Sunrise Supports - Dena Davis - dgdavis@psd70.ab.ca

Virtual Programs for Youth

This fall, Spruce Grove FCSS will offer free, virtual programs for youth to support social connection, resiliency and mental well-being. Due to the current situation with COVID-19 and based on guidelines from the Province of Alberta, FCSS Fall Programs will operate a bit differently this year. Virtual Programs will be held through Zoom. A meeting link will be provided by email. Registration is required.

To register, visit sprucegrove.org/onlinereg or call 780-962-7618. For more information, please email fcss@sprucegrove.org.

Healthy Relationships (ages 14–18)

Youth will learn about the different relationships they have, what makes for a healthy relationship and strategies for creating positive social connections with others. Focuses include creating boundaries, navigating conflict and effectively communicating. Participants are encouraged to attend all dates because the information covered builds from week to week. Space is limited.

Wednesdays: Nov. 25, Dec. 2 and Dec. 9
4:30–6 p.m.

Format: Virtual through Zoom

Facilitated by: Chartered mediator from [Laurier Mediation](#)

Registration deadline: Nov. 18 at 4 p.m.
Registration deadline: Nov. 18 at 4 p.m.

Understanding Stress and Anxiety (ages 12–18)

Stress and anxiety can affect us physically, emotionally and mentally. This program is designed to teach youth the difference between stress and anxiety, and provide healthy ways to cope and handle with stress. Format: Virtual through Zoom. Facilitated by: Registered psychologist from Family Life Psychology. **Tuesday, Nov. 17 4-5:30 pm**

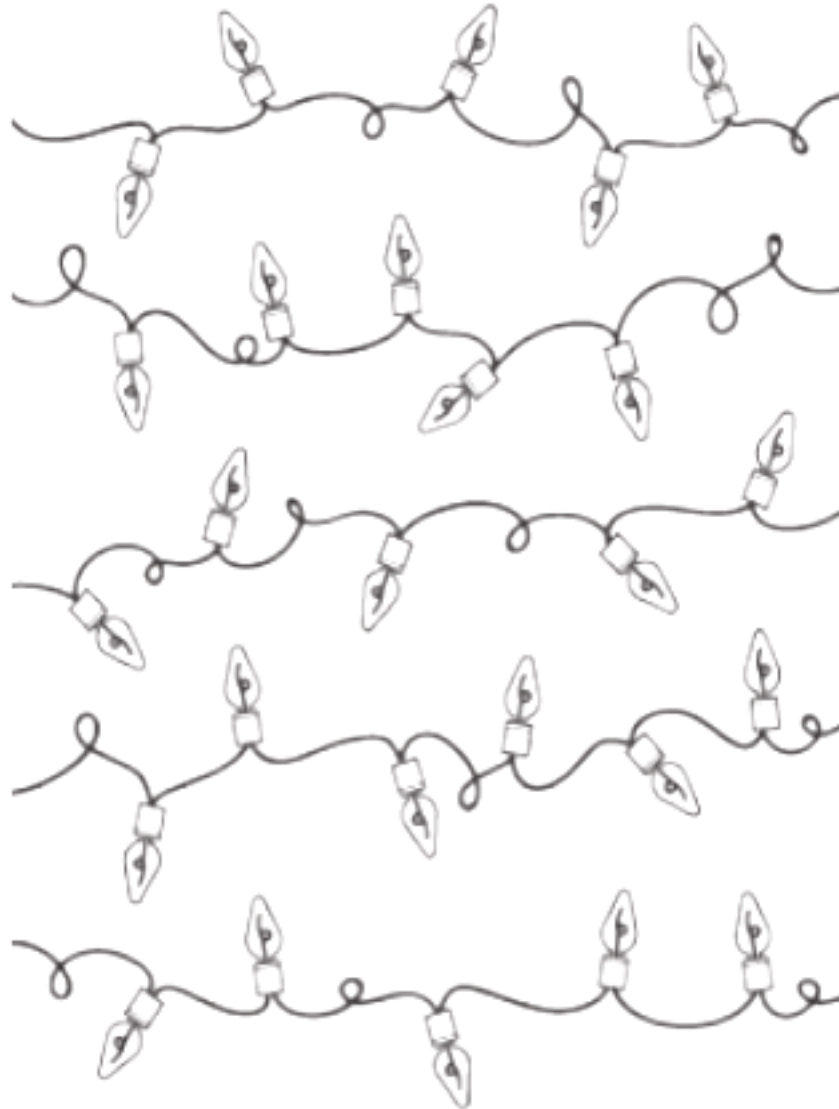
Registration deadline: Nov. 13 at 4 p.m. Social Emotional Skills and Strategies for Self-Regulation (ages 12–18) Learn how to express your emotions in a healthy and effective way. Youth will learn practical skills to self-regulate their own emotions and communicate effectively when they are feeling overwhelmed. Tuesday, Dec. 15

Format: Virtual through Zoom

Facilitated by: Registered psychologist from [Family Life Psychology](#)

Registration deadline: Dec. 11 at 4 p.m.

Share your light - color one light bulb every time you give back to someone - post on your fridge to celebrate your kindness to others. (next page) Print the page and color.



Caregiver Education Team Newsletter

December 2020



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Sessions at a Glance:

Caregiver Education Sessions

Sleep and Your Family's Mental Health

Wednesday, December 2 **or**
Thursday, December 10
6:00 – 7:30 pm

Breaking the Cycle of Anxiety

A Step by Step Approach
Wednesday, December 9
6:00 – 7:30 pm

SEEDS Sessions

Using Praise and Rewards to Promote Self-Confidence

Thursday, December 3
6:00 – 7:30 pm

Lunch & Learn Webinars

Anxiety Part 2:

Calming Our Bodies

Monday, November 30
12:00 – 1:00 pm

Anxiety Part 3:

Settling Our Minds

Monday, December 7
12:00 – 1:00 pm

Anxiety Part 4:

Overcoming Avoidance

Monday, December 14
12:00 – 1:00 pm

These free online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Parent Feedback:

“Great session, thank you! I appreciated the specific tips, ideas, and guidance.”

“Length was good. I enjoyed the various forms of delivery.”

To register for a session, click **here** or visit:
www.cyfcaregivereducation.ca



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit **www.cyfcaregivereducation.ca**

Caregiver Education Sessions

December 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click here or visit:
www.cyfcaregivereducation.ca

Breaking the Cycle of Anxiety: A Step By Step Approach

In this session, we will review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Wednesday, December 9, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Wednesday, December 2, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Date: Thursday, December 10, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Parent Feedback:

“Very helpful, informative, and resourceful ideas that I can implement right away.”

“I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after, it was very helpful.”

“Wonderful, professional, informative, thank you!”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 2020



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Monday, November 30, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Monday, December 7, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Monday, December 14, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"Like the interactive activities. Great information, thank you!"

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

SEEDS: Growing Parenting Skills

December 2020



These free **Support, Education & Engagement Drop-In Sessions** are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

Motivating Your Child through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach personal goals. The use of these strategies has been linked to increased motivation, relationship satisfaction, and self-confidence.

Date: Thursday, December 3, 2020

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

“Help your kids create a life that feels good on the inside, not just one that looks good on the outside.”

~ Unknown

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback

“I am encouraging my friends to look on your website. Thank you so much for providing these supports!”

“I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions.”

“The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive.”



Mental Health Foundation

Alberta Health Services
Children, Youth & Families Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca