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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 log in to your Parent PowerSchool account or come into the school to pay your high school 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 absence.



PRINCIPAL'S MESSAGE

Dear MCHS Families,

And just like that March is upon us! February is always a quick month with the start of Semester 2, Teachers' Convention, and Family Day.

March will be a busy one as well as we head towards Spring Break at the end of the month. As the weather is getting nicer, and the days are getting longer, it is important that students be reminded to stay on top of their studies. **There will be a powerschool update on March 13, 2020.**

This week, we will be showcasing MCHS at the New to High School Parent Meeting on Tuesday followed by our amazing Open House on Thursday. We are always so excited to welcome incoming grade 10s and their families and meet the Graduating Class of 2023!

The bikeathon is coming on March 17 hosted by our Rotary students. It promises to be

another fun filled day with students and staff raising money for the Alberta Cancer Society. This is an annual Memorial highlight.

In this issue of the Memo, there is an article about students missing key assessments. We are quite concerned about the trend we are seeing. Please be sure to take a read through this article as there are some suggestions for parents and students.

Parent Teacher Interviews will be held on March 19th from 5:00 pm – 8:00 pm just prior to Spring Break. We look forward to seeing you!

Ms. Jensen

MCHS Grade Administrators

Grade 10 – Ms. Mohammed
Grade 11 – Ms. Fisk
Grade 12 – Mrs. Wendel

Next School Council Meeting

Monday, March 16
7:00 pm
Conference Room

MCHS parents always
welcome!

THANK YOU!!

The Green & Gold Society has generously donated funds to go towards the purchase of Volleyball setting machine
Volleyball uniforms & Basketball uniforms

Our Marauders appreciate this so much!

Green & Gold Athletics Need Your Help!

We are still in need of 2 willing parents to support our Marauder Athletics by filling the following positions on our board.

- 2 Concessions Opener/Closers

These positions earn points to use towards student athletic fees!

If you are interested in these opportunities please email Ms. Fisk at

mfisk@psd70.ab.ca

or contact the school.

mfisk@psd70.ab.ca

or contact the school.



FEBRUARY Key Dates:

03 - First Day of Semester 2
03 - Sr. Boys & Girls Basketball at MCHS 6:30pm
05 - Last Day to purchase Grad Wear/Spirit Wear
06 & 07 - Teachers' Convention - No Classes
12 - Last day to request timetable change
11 - 13 - Drama Production - Spamalot
17 - Family Day - No Classes
24 - School Council Meeting 7 pm
26 - Pink T-Shirt Day
26 - Wrestling Meet - McNally
26 - Drama Field Trip to Horizon Stage

Memorial Moments



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

MARCH Happenings:

03 - First Time High School Parents Meeting
05 - Grade 9 Open House
02 - 05 - Grad Photo Retakes
06 - 07 - Robotics Tournament - Calgary
06 - 08 - Business Case Competition - SAIT
09 - 10 P.E. Ski Trip
10 - Molly Kennedy - Blk 3 Assembly
13 - PowerSchool Update
13 - 14 Wrestling Provincials - Calgary
14 - Business Case Competition - Edmonton
16 - School Council Meeting 7pm
17 - Rotary Bike-A-Thon
19 - P-S-T Interviews 5-8pm
23 - 27 - Spring Break
30 - Staff Planning Day - No Classes



MEMORIAL COMPOSITE HIGH SCHOOL
OPEN HOUSE EVENTS
in advance of the 2020-2021 school year



Parent Information Night

Tuesday, March 3, 2020
7-8pm
50 Westerra Centre, Stony Plain

This event is for parents/guardians who have a child entering high school for the first time. The information presented will help with navigating the registration process and selecting appropriate core classes.
For parents/guardians only.

Grade 9 Open House

Thursday, March 5, 2020
6-8pm
50 Westerra Centre, Stony Plain

This event is for incoming Grade 9 students and parents/guardians. Staff will be showcasing programs offered at MCHS. The evening will start with an assembly in the large gym, followed by an opportunity to tour the school.



mchs.psd70.ab.ca



Dr. Doug Needs Your Help!

We are recruiting people for the CHANGE Research project for cancer prevention and screening.

If you are at least 18 years of age and have either:

- ⇒ Type 2 Diabetes
- ⇒ High Blood Pressure
- ⇒ High Cholesterol

You may be eligible to participate!



What's involved? People will come into the Memorial Composite CHANGE clinic for 3 brief screening visits over the course of 12 months. Surveys will also be emailed.

If you are interested in taking part, or for more information, please contact:

changeab@ualberta.ca

It's Survey Season!

As the spring rolls around, it is the time of year when Alberta Ed. (gr. 10 parents) and Parkland School Division (all parents) will be contacting you asking for your opinion on a number of topics related to your child's education. We really do use that data as we plan our way forward. **Please take a few moments** to share the good and the bad about your child's experience at school. We need to continue to identify and build on our strengths and develop in areas that need growth.

For further information from Alberta Health Services regarding the Coronavirus, please click on the following link:

[Coronavirus Update From Alberta Health Services](#)

Volunteer Drivers Needed

Do you have a Class 4 License and are willing to spend time with some of our students on Extra-Curricular Activities?

Volunteer Drivers earn Green & Gold points towards student athletics for every 2 trips made!

We would love your help! Please contact Ms. Fisk at mfisk@psd70.ab.ca or at the school (780)963-2255



ROTARY YOUTH EXCHANGE

If you are interested in traveling to a different country to attend school and learn more about a different culture, consider applying for the Rotary Youth Exchange. This rewarding experience is for a whole year and is sponsored by your local Rotary Club of Stony Plain. Please see Mrs. Thomas in room 1042 for more details.

A CONCERN: MISSING KEY ASSESSMENTS

We noticed something at the end of semester one. Since we have centralized the writing of missed key assessments in the Academic Achievement Center (AAC), the number of missed exams has been increasing steadily to the point where last semester there were 1480 key assessments missed. We are not sure if this is an ongoing longer-term increase but we can say for sure the numbers have been climbing in the past five semesters.

In checking in with our Lead Teachers, there is a sense that about one third of those absences were for legitimate reasons such as medical appointments or illness. However, teachers have been seeing two concerning trends emerging. First is that there has been a significant increase in “absent unknown” absences on exam days. Second is that as students are handing in key assessments, they are asking for rewrites indicating to their teachers that they were not prepared for the assessment.

In regard to the lack of preparedness, there are two common scenarios. Some students, knowing that the AAC is available for rewrites, choose to miss the assessment purposely. For some of those students, they have not managed their time appropriately to be prepared and see the AAC as a preferable option to engaging in proper timely exam preparation. For others, they are sharing with their teachers that they are feeling much pressure to be successful and are not managing that pressure well causing them to choose to miss the assessment.

We had a lengthy discussion about our concern for the academic and emotional wellness of our students at one of our staff meetings over exam break. We took the time to define the work that we do to prepare and support students for key assessments. The next page shows a continuum of supports specific to key assessment completion. Each department completed their own continuum as there are some differences between them. The details were then collated into this school wide continuum. The first tier shows what teachers do to prepare all students for key assessments. The second tier illustrates the interventions provided for students who miss a key assessment. If completion of the key assessment continues to be an issue, school wide interventions are put into place. You can see that MCHS students are very well supported through the entire assessment process.

Parents, your kids need your support in managing their learning and to grow up to be able to handle life’s challenges. You know our society has become more complicated than when we were kids. Today’s teens are managing differing expectations, social complexity, and future uncertainty. Your presence and guidance are essential to help your kids navigate their lives as high school students. It’s hard though to offer that character building guidance to a teen who is naturally seeking independence. This article, [What is Grit, Why Kids Need It, and How You Can Foster It](#), is an easy read with practical suggestions for parents that may be of help.

The pressure that students talk about can sometimes turn into legitimate, diagnosed anxiety which does need to be managed carefully. While not wanting to minimize the struggles of those students who battle this internal tension, the term “test anxiety” has become a bit of a buzz word and for some might be an excuse to make up for lack of preparedness. If you think your child needs some support in approaching assessments, this video and article, [Text Anxiety](#), offers some current concrete suggestions for students to successfully take on their exams. If you are worried that your child is developing some unhealthy habits in managing stress, this TED Talk, [How to Make Stress Your Friend](#), offers some current thinking on how to use stress as a positive in managing life events.

Of course Memorial teachers will continue to support their students through the assessment process. As well, we will continue to maintain the high standards we have set as we credential our students in their courses. The intention in including this article in the newsletter is to share some recent insight with our parent community so we can all support our students in developing positive character traits and essential personal skills to take on life’s challenges. It’s important to tend to this while students are still in high school as there is a stronger safety net (parents and teachers) in their lives now than there will be as young adults in post-secondary where there will naturally be fewer supports for them as young adults. If you have any questions about this, please contact your child’s teacher, grade administrator or Student Services for assistance.

MCHS Continuum of Supports

Key Assessment Completion

Tier 1 Classroom Strategies

- Provide formative feedback throughout instruction to guide student learning.
- Schedule in advance and advise of date with reminders (multiple forms).
- Provide general information about the assessment content and format in advance.
- Build confidence. Give positive reinforcement.
- Ensure prerequisite skills have been scaffolded.
- Set high standards of attendance and meeting deadlines.
- Provide time in class to prepare for the assessment.
- Provide tutor/help/study sessions outside of class.
- Help room available for core subjects during collaborative time.
- Rewrites as per department procedures.
- Advise of procedures for missed assessments.
- Provide student with progress report.

Tier 2 Classroom Interventions

- Defer the assessment to a later date if the student is not ready at the time of the assessment.
- 1:1 conversations about assessment, grades, plans for future, etc. before the assessment. Set up a date and plan to complete the assessment.
- Review/remedial work for the student. Target areas of weakness.
- Targetted help sessions.
- Call or email home to inform of missed assessment and cc. grade coordinator.
- Recover incomplete exam from AAC and have department team support student in writing at lunch.
- Hold student in class during seminar block.
- Ensure student completes key assessment prior to attending lab, field trip or other activities.

Tier 3 School Interventions

- AAC to write missed exam.
- Refer student to Collaborative Response Team meeting.
- Grade coordinator to have exam written in the office.
- Inclusive Ed Lead support.
- Indigenous Grad Coach support.
- Homework in the Hub (Wed).
- Credit recovery within 30 days of final failing mark.
- Schedule to repeat course.

Additional Tier 1 Procedures

- Put in zero following test day with notation that it is a placeholder.

Additional Tier 2 Procedures

- PowerSchool comment update to reflect missed assessment.

Potential Accommodations

- Extra time
- Chunking the exam
- Quiet space to write
- Assistive technology

Online Registration/Verification for 2020-2021



Online registration and verification for the 2020-2021 school year will open February 3!

This process must be completed for every student each school year. Please check your email beginning February 3 2020 for a message from "PowerSchool Registration Support" <noreply@noreply.psr.support.com> and follow the instructions in that email to complete the registration process.

All parents and guardians are required to complete the registration process by 4:30pm on March 20, 2020. This deadline allows us to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break while schools are still operating. **Any applications received after the March 20 deadline may not be processed in time for the first day of school.**

Payment arrangements for bus passes must be received through Parkland School Division's online payment system (Rycor) or at the Parkland School Division Centre for Education on or before **Friday, June 26, 2020** for students to be eligible to ride the bus the first day of school. Remember: If your child does not have a valid bus pass for the 2020-2021 school year, they will not be able to ride the bus.

For more information, including the registration process for new students and a list of important registration dates and deadlines, **please visit** www.psd70.ab.ca/Registration.php.



Have you set up your account yet?

[myPass](#) is the self-service website for the education documentation of Alberta students. Click here for a [set of instructions](#) to set up an account. Remember your MCHS student ID number is also your Alberta Student Number. Also, use a personal email address as your PSD account will be deactivated when you graduate.

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 will not interrupt class to pass along non-emergency messages.
- Students will be called to the office to receive messages at lunchtime or the end of the school day.
- On Mon, Tues, Wed, and Fri, contact your child as follows:
 - Breaks – 10:04 - 10:11 or 1:59 - 2:06
 - Lunch – 11:35 - 12:35
- On Thursdays, contact your child as follows:
 - Breaks – 9:54 - 10:01 or 1:29 - 1:36
 - Lunch – 11:15 - 12:15

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.

STUDENT TEACHERS

We introduced you to Danielle Bechard in our last newsletter, and along with Danielle we have 2 more student teachers joining us this semester:

“Hello! My name is Ms. Newton and I am a student teacher in the Social Studies department working with Mrs. Kissel. This is my AFX 9-week practicum, so I will be here at Memorial Composite High School until April 22nd, 2020! I live in Spruce Grove, and I hope to teach within the Parkland community following the completion of my degree this year.”



“Hello, my name is Brittany McGonigal. I am currently completing an after degree in secondary education with a mathematics major and a chemistry minor. My previous degree was a Bachelor of Science in Kinesiology. I am a Memorial alumnus from the graduation class of 2013. This is also my 7th year coaching Memorial basketball and will be my 7th year coaching the track and field team. I am so excited to be able to student teach in the school this semester. I look forward to working with all of you! Go Marauders Go!!”

No picture available

MCHS Marauder Music Bingos:

All MCHS Music students for Semester 1 and 2 need to sign up to work bingos. The remaining bingo date is:

March 21, 2020 11:00 am

Please see Ms. Alexander in the Music Room to sign up!

BIKE-A-TTHON[®]



If you have any questions, please see Mrs. Thomas in Room 1042.

The Memorial Rotary Interact Club invites you to participate in the 4th annual **Bike-A-Thon**

On Tuesday, March 17, 2020 from 8:30 AM until 3:30 PM in the Large Gym, participants will be riding stationary bikes throughout the day in support of the **Alberta Cancer Foundation**.

Each participant is required to pledge a minimum of \$30.00 which will be accepted until Tuesday, March 10, 2020 in the Finance Office. Cheques can be made out to the Alberta Cancer Foundation and tax receipts can be provided for donations over \$15.00.

Any additional fundraising efforts will be accepted until the end of the day Tuesday, March 17, 2020 and can be made at the Finance Office or online by clicking on the following link.

<https://giving.albertacancer.ca/memorialbikeathon>

There will be activities for participants and prizes for the best team theme. This is a school sponsored event hosted by the Memorial Rotary Interact Club.

PARENT-STUDENT-TEACHER INTERVIEWS

MARCH 19, 2020

5:00 – 8:00 PM.



applyalberta
Alberta Post-Secondary Application System

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.

MARAUDER SPORTS



Our Basketball teams finished their league games in February and have playoffs starting in Early March. Our Sr. Boys and Jr. Girls teams are on track to host a playoff game so keep an eye out for the playoff schedule by visiting the Metro Athletics Website!

The Badminton team has been chosen and league games start on March 9th! Memorial will be hosting games on Monday March 16 (vs. Beaumont & Sturgeon), Wednesday March 18 (vs. Edmonton Christian & Archbishop Jordan), Tuesday March 31 (vs. SPA), and Thursday April 16 (vs. Fort Saskatchewan).

For any wrestlers who qualified at the Zone Championships at McNally, Wrestling Provincials are on Friday March 13 and Saturday March 14 in Calgary. Good luck, wrestlers.

Spring sports are slowly being thawed out from the deep freeze that has been this winter! They will be starting up in the next few weeks with training and tryouts happening in the gyms and weight room. Keep an eye on the announcements for more info!





Green & Gold Athletics Need Your Help!

We are in need of willing parents to support our Marauder Athletics by filling the following positions on our board.

- 2 Concession Opener/Closers

These positions earn Green & Gold Athletic points towards student fees.

If you are interested in these

opportunities please email Ms. Fisk at mfisk@psd70.ab.ca or contact the school.

GRADUATION

Graduation Information and Important Dates

Memorial's Class of 2020 Graduation is on Saturday, June 27!

Memorial's Graduation Event is a special gala evening. Admission tickets cover the overall costs of hosting this event. Tickets may be purchased online from June 2 (9:00 am) until June 17, 2020 at mchs.inviteright.com/grad2020

[Click the following InviteRight link to watch a video on how to purchase tickets.](#)

[InviteRight ticket purchase tutorial](#)

Preparations for are in full swing and the following are some important dates to remember!

- Grad Fees were due **December 6, 2019**. Payment can be made on-line through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance Office. Please contact Mrs. Sorenson (MCHS Graduation Coordinator) if your child does not wish to participate in the Graduation Ceremony or Graduation photos.
- Grad portrait re-take session bookings started on February 14, 2020 with the on-line Appointment Plus program @ [Lifetouch Photo Bookings](#) Grad fees must be paid prior to scheduling an appointment. If an appointment has been booked and the Grad fee remains outstanding the appointment will be cancelled. Proofs from the first photo session must be handed in at the time of re-takes or a \$20.00 fee for the second set will be imposed by Lifetouch. The fee is payable directly to the photographer at the time of the re-take appointment. First time portrait sessions can also be booked during Re-take Days.
- Lifetouch Graduation Re-take Photos – March 2 - 5, 2020 held at MCHS.
- Jostens will be in the Common Area on March 4 & 5, 2020 from 11:00 am – 1:00 pm daily to assist with orders or to answer any questions.
- Preliminary Grad List posted – May 11
- Final Grad List posted – May 29

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 Mrs. Wendel or a School Counsellor in Student Services.

More detailed Graduation information can be found on Memorial's website [Graduation Class of 2020](#)



COUNSELLOR'S CORNER

We hope that you are enjoying your new classes. Spring Break is almost here.

For Grade 12 students... March Scholarship information and applications are available online. We also post information on our bulletin board - check it out.

Post Secondary Updates - Have you heard of dual credit opportunities? St. Teresa's Catholic Outreach School in Spruce Grove has partnered with Norquest College and Northern Lakes College to offer programs to students who are either entering grade 12 or students who have recently graduated from high school to offer TUITION FREE certificate programs (Yes - you read correctly - it is TUITION FREE!!). The three programs being offered next year are **Health Care Aide, Business Office Management, and Educational Assistant**. These are all one year programs that give young adults career potential and laddering opportunities. There are upcoming information events in March. Please stop at Student Services or call St. Teresa's Outreach (780-960-0475) to get more information.

U of A online Registration 101 - For those students who have applied, been accepted, and have accepted their offer of admission to the U of A online Registration 101 sessions are now available. *At these sessions students will:*

- *Learn to navigate Bear Tracks for the purposes of course registration*
- *Build a draft schedule (available to students that have accepted their offer)*
- *Get advice on course selection*
- *Meet their fellow first-year students*

Advisors will be on hand to answer all of your questions. Limited spots are available. Students can register at uab.ca/reg101

Open House for the new Grade 10 students and their families will be held on **Thursday, March 5th, 2020**. Pass this information on to any families of Grade 9 students that you know. Counsellors will be available to answer questions.

For current Grade 10 and 11 students - registration for returning students will begin the first week of April. Parents, if you haven't already done so, please log into your PowerSchool Parent Portal account and click on the Returning Student Registration icon to register your son or daughter for school and bussing for the 2020-2021 school year. Deadline to ensure bussing for next year is March 20, 2020. Also, students won't be able to make course selections without this process being complete. Prior to Spring Break the counsellors will be visiting grade 10 and 11 classes in block 1 and 2 to discuss course selections and online course requests. Once students return from Spring Break they will be called to a computer lab to make their course selections for the 2020-2021 school year. In the meantime, if students need assistance with course selection, post secondary options, career ideas please do not hesitate to make an appointment with Student Services. March is a great month to make these plans.

Mrs. Porter & Mrs. Scheidl

CAREER & TECHNOLOGY STUDIES



The Construction class is requesting custom shed orders from parents and friends. A great opportunity to receive a shed at cost of materials and provide learning activities for carpentry students. The floor sizes include 4X6, 4X8, 6X8, 8X8.

aclarke@psd70.ab.ca

Contact Mr. Clarke for details





SHED CONSTRUCTION

ANOTHER HAPPY CUSTOMER!





Need a haircut or color and willing to support student learning?

Advanced Cosmetology students are looking for clients!

Haircut - \$5.00 and Hair Color - \$25.00 - \$40.00.

Appointments are available in the mornings only. Please call Mrs. Gardner at 780-963-2255 to book an appointment.



For the past six months, the Business Competition Club has been preparing to compete against other schools across Western Canada. Starting March 7&8, two teams from Memorial will be competing in the SAIT Case Clash in Calgary for cash prizes: First place - \$1200, Second place - \$800, Third Place - \$500. The following students will represent MCHS: Ashlynn Dixon, Isabella Allen, Mackenzie Hennig, Samantha Ethridge, Ryan Engelhardt, Tyson Strowbridge, Ryder Chambers, and Blake Anderson.

On March 14, four of the students will also be competing in the MacEwan Business Challenge at MacEwan University in Edmonton. This time the team will consist of Mackenzie Hennig, Ryan Engelhardt, Tyson Strowbridge, and Blake Anderson. Memorial has finished third the past two years and hopes to improve their finish this year.

Good luck to the students!

MEMORIAL MEMORIES



PINK SHIRT DAY





Spamalot was a GREAT success!
3 nights SOLD OUT!
Congratulations to Mr. Tokarsky and the cast and crew!





Bring Your Own Mug Day



Jr. Boys Basketball



Jr. Girls Basketball



Wrestling Team



MCHS Drama Presents *Spamalot*

March 26, 2020 is EPILEPSY AWARENESS DAY

Did you KNOW:

That someone you know, and love could be affected by Epilepsy?

Epilepsy is one of the most common, serious, neurological disorders affecting approximately 300,000 people in Canada and 50 million people worldwide.

Worldwide 1 in 100 people are affected by epilepsy

There are approximately 15 000 people living with epilepsy in Edmonton and Northern Alberta.

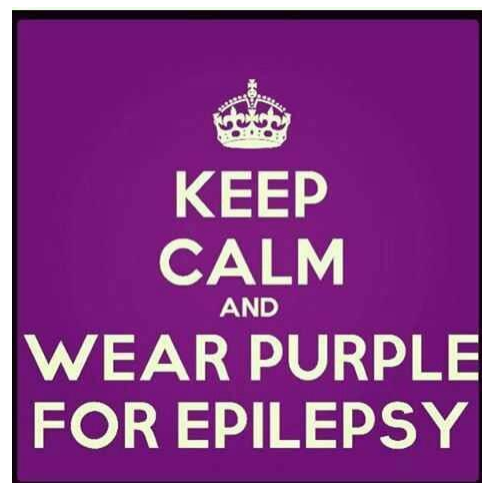
Do you know what to do if someone has a seizure? Seizure first aid is a matter of taking precautions.

- * Keep other people out of the way.
- * Clear hard or sharp objects away from the person.
- * Don't try to hold them down or stop the movements.
- * Place them on their side, to help keep her airway clear.
- * Look at your watch at the start of the seizure, to time its length.
- * Don't put anything in their mouth.
- * Call 911

Keliah Leighton is 8 years old, she has Epilepsy. She and her mom Shandea are selling cupcakes for \$1.00 and T-shirts for \$15 each at your school on March 17th and 18th _____ at _____ in _____. If you would like to purchase either one of these, please do so at the school. The proceeds from these sales will be donated to The Edmonton Epilepsy Association.

<https://www.epilepsy.ca/> <http://www.edmontonepilepsy.org/>

PLEASE WEAR PURPLE TO SHOW YOUR SUPPORT ON March 26, 2020 FOR EPILEPSY AWARENESS DAY





Parkland School Division is proud to present another **FREE** information series for local families.

Evening 1: We will focus on defining the concept of addiction, exploring how addiction develops, identifying the types of drugs that youth may be using and how those substances can affect the brain and body.

Evening 2: We will focus on how to talk to your child/teen about drugs (and what to expect when you do) as well as what addiction and mental health services are available for families.

Dates: Tuesday, March 10 and 17, 2020

Time: 6–7:30pm

Location: Centre for Education (4603 - 48 Street, Stony Plain)

Presenter: Lisa Kimmerly (Alberta Health Services – Addictions)

Information and topics discussed will build on each other, so participants are asked to attend all dates, if possible.

A light supper will be provided. Limited childcare is available.

Space is limited, so please register early to reserve your spot.

To register, please contact:

Vicky Mamczasz, Family Supports Facilitator

phone: 780-963-8472

email: vmamczasz@psd70.ab.ca

INVEST IN YOUR FUTURE

Through Off-campus Experiences

Test Drive a **CAREER PATH**

This Information Session Will Provide a Full Overview of Off-campus Programs

ALL GRADE 9-12 STUDENTS
WELCOME

Earn up to **40 credits**
in the Registered
Apprenticeship Program (RAP)

Explore **OVER 50**
Different Skilled Trade Occupations

Qualify for a **\$1000 Scholarship**

FLEXIBLE work schedules
semesters or summer

Earn while you learn



WHERE: Horizon Stage
1001 Calahoo Rd
Spruce Grove

WHEN: March 18th, 2020
6:30 - 8 :00 PM



Call us at 1.888.757.7172
or visit www.careersnextgen.ca

Follow us @careersnextgen



CAREERS
the Next
Generation

General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth 5-17 years of age - and their families-residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

Intake Services

Intake Services: 780.342.2701

External Referral Form: fax to 780.413.4728
www.albertahealthservices.ca/fm-18344.pdf

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ School Personnel
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

Youth Addiction Services

Youth Addiction Services Edmonton (YASE)
 780.422.7383
 12325 140 St, Edmonton, AB

Rutherford Mental Health Clinic
 780.342.6850
 # 202, 11153 Ellerslie Rd, Edmonton, AB



January 2020

1



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

Social Media Guidance for Parents

Parents – if you feel like you need to know more about the social media platforms that kids are accessing today – please click on the following link for some helpful information:

[Common Sense Media](#)



YOUTH CENTRE & SERVICES

Stony Plain FCSS Youth Centre (SPYC)

Stony Plain Youth Centre
4902 – 51 Avenue, Stony Plain, AB
Phone: 780-968-3846 Fax: 780-968-3987
Email: spyc@shaw.ca
www.spyc.ca

Youth Drop In Hours:
Monday to Wednesday (2:00 pm – 6:00 pm)
Thursday (2:00 pm – 8:00 pm)
Friday (2:00 pm – 9:00 pm)

General Office Hours:
Monday to Wednesday (11:00 am – 6:00 pm)
Thursday (11:00 am – 8:00 pm)
Friday (2:00 pm – 9:00 pm)

Like us Facebook!



SPYC is a safe place for youth ages 11-17 in our community. Youth can learn new skills, meet new people or just hang out. The Youth Centre is supervised by qualified staff and volunteers.

The programs and activities offered at SPYC are facilitated by professionals with the appropriate expertise or by Youth Centre staff and volunteers. Most programs are offered free of charge.

Daily interaction with those who access the Youth Centre allow staff first hand knowledge of the needs of the young residents of Stony Plain and the greater Parkland area. SPYC staff are always looking for great, new program options as specific needs are identified.



Supported By



Attention Youth: The application deadline for the Young Edmonton Grant is February 15, 2020. Future deadlines are May 15 and October 15. You could receive between \$500-3,000 in funding! Start your application here today:

<https://www.ecfoundation.org/grants/young-edmonton-grants/>

Did you know since 2010 Edmonton Community Foundation has granted over \$500,000 to 247 youth initiated projects!

We would be happy to speak with you or potential applicants to answer any questions about our grants. We can be reached at yeg@ecfoundation.org



Red Brick Creative Links DROP-IN ART PROGRAM

Room 9, PERC Building 5413 - 51 Street, Stony Plain
Thursdays from 9 AM until 12 Noon

\$2 Drop-in Fee
includes materials for weekly project

Individuals of any skill level and ability are invited to this weekly drop-in art program to learn new creative skills and meet other creative people. No registration required.

multicentre.org

Caregiver Education Series

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

Click on this link: [AHS Caregiver Education for more information.](#)

Click on this link: <https://www.surveymonkey.com/r/caregiversessions> to register.

Winter 2020 Sessions:

Test Anxiety: Strategies for Success

Breaking the Cycle of Anxiety: A Step by Step Approach

Parenting Teens in the 21st Century: Respectful Limit Setting with Adolescents

Sleeping Your Way to Better Mental Health

Executive Functioning: Promoting Success in Learning

Mindfulness: Benefits for the Whole Family

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

Technology and the Teenage Brain: Supporting the Digital Wellbeing of Families

Supporting Self-Regulation in Elementary School Children

MCHS Contact Info

(780) 963-2255

email: mchs@psd70.ab.ca

website: mchs.psd70.ab.ca



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We hope you enjoy this month's newsletter. 😊

If there are any topics that you 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!