



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 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.



this issue

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PRINCIPAL'S MESSAGE

Wow! Here we are at our first set of final exams in this new quarter system already!

Here are some things that we have noticed with our COVID response procedures and in this new fast paced quarter system:

- You can be super proud of your kids! They have been in their classes and are focused. We have had way less hallway traffic during classes and discipline concerns to the office.

- Not all students have adjusted their home routines when they are absent. Be clear, that if a student is sick, their health comes first and families need to tend to his/her wellbeing. However, after the at home learning experience last spring, teachers are posting daily lessons in their google classrooms and students who are isolating but are well need to be keeping up with class work while they are at home. If a class is sent home due to close contact, teaching continues as the curriculum must still be completed.

- Students started the school year quite diligent with masks, sanitizing, and procedures. Physical distancing was and still is a challenge. Given the increase in our community recently, we will be reemphasizing COVID safety as we begin Q2.

- Halloween was fun on Friday! With so many things "off the table" for us nowadays, when something is back on, students are jumping in. It was great to see their enthusiasm as there was a noticeable increase in students dressed in costume.

I would also like to draw your attention to a new [COVID-19 Alberta Health Daily Screening Checklist](#) which came into effect last week. We thank you for checking in with your kids each morning before school.

On exam days this week, there will be a change in that the common area and library are closed as central study locations. Students at school will be in their classrooms to study. If you wish for your kids to be at home to study in the afternoons to reduce exposure, please call in their absence as you normally would.

We've learned a lot in Q1 and are looking forward to Q2. It's an opportunity for a reset.

Be well.

Ms. Jensen

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

Next School Council Meeting

Monday, November 30
7:00 pm
MCHS Common Area
Or virtually by GMeet:

Student Council Meeting Virtual Attendance

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

Volleyball, swimming and cross country will continue for a few more weeks.

We are looking to start basketball soon after volleyball finishes up.

Memorial Moments

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

October Happenings:

05 – World Teachers' Day
05 – Green & Gold Executive Meeting 7pm
06 – Memorial Rotary Spare Change Day
08 – PowerSchool Update
09 – PD Day – No School
12 – Thanksgiving Day – No School
15-17 UofA Virtual Open House
17 - Concordia - Virtual Open House
22 – School Picture Retakes
23 - Anime Movie Night 4-9pm
24 - King's University - Virtual Open House
26 – School Council Mtg – 7pm Common Area
29 – Virtual Post-Secondary Fair for MCHS
31 - Halloween

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!



November Key Dates:

02 - English Diploma Part A
02 - G&G Exec Meeting 6:30pm
03 - Last day of classes
03 – Remembrance Day Ceremony
03 - Social Diploma Part A
04 - School Based Exams
04 - English Diploma Part B
05 - School Based Exams
05 - Social Diploma Part B
06 - School Based Exams
06 - Math Diploma AM
06 - Chemistry Diploma PM
07 - MacEwan University - Virtual Open House
09-13 Fall Break
09 - Physics Diploma AM
09 - Biology Diploma PM
10 - Science Diploma AM
11 - Remembrance Day
16 - First Day of Quarter 2
19 - TT Change Deadline
24 - Grade 10 & 11 Virtual Awards
30 - School Council Mtg 7pm Common Area



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.

MCHS Robotics



MCHS Vex Robotics team is up and running. We will be meeting Wednesdays after school from 3:30 - 5:00. A link to this year's competition is <https://www.youtube.com/watch?v=Hxs0q9UoMDQ>. Covid has us working under different circumstances this year and we are awaiting key tournament dates. Vex just announced remote competitions so there will be opportunities to compete with 4 teams playing at the same time, each at their own school, connected over the internet. We look forward to having a strong season.

Stay healthy!



For their Foods 30 Presentation Module, Aiden Belcourt & Seth Johnson made canapés.

Nice work!

MARAUDER MUSIC



Fantastic News: In-Person Music-Making is Happening at MCHS!

In Quarters Two and Three, the MCHS Music Department is thrilled to offer both choir and band classes, and even more exciting is that (barring any changes to safety guidelines) students WILL be playing and singing together in class!

Learning will be practical and project-based, and as safe as possible in our beautiful, large music room. Physical-distancing, timing singing/playing with breaks for air exchange, and small group work will make these programs look a little different this year, but keep them rewarding and exciting for our MCHS music students.

Mrs. Holton is very excited to be back teaching choir again, as well as band this year! Don't hesitate to connect with her via email with any questions.

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

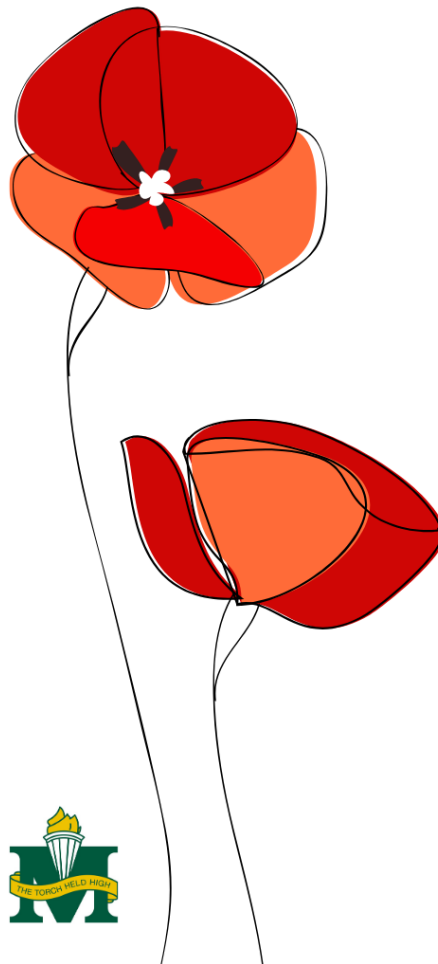
Grade 11 Breaks:
10:10 – 10:17 am
2:10 – 2:17 pm

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.

**ROTARY
INTERACT SPARE
CHANGE FOR
HOPE MISSION
FUNDRAISER**

Memorial students
and staff raised
\$510.00 in spare
change which fed 188
people for
Thanksgiving!



**PLEASE JOIN US VIRTUALLY FOR OUR 2020
REMEMBRANCE DAY CEREMONY**

**MCHS invites you to watch our
Remembrance Day Ceremony live on our
YouTube channel.**

**Tuesday, November 3, 2020
10:30 am**

**Please join us virtually
by going to our website and clicking on the
YouTube icon.**

Or [CLICK HERE](#) to be taken
directly to our YouTube channel.

Never forgotten. Always
remembered. Let us give thanks.



**Congratulations
to Mr. Tokarsky's
English class for
winning the
chocolate bar
challenge put out
by the Phys. Ed.
Department.**

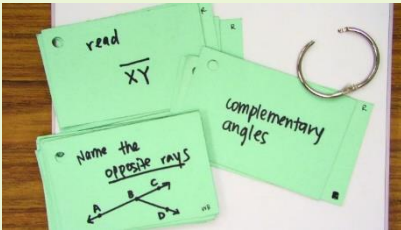
We are a school that supports and celebrates all students as

DIVERSE LEARNERS



INCLUSION is not just about learners with special needs. It is an attitude & approach that embraces diversity & recognizes that all students learn differently.

Inclusion promotes equal opportunities for learners as they shift toward more independence and work toward attaining their goals.



Here are the steps of the 3-pile method:

1. Go through the entire pile of flashcards, quizzing yourself on each one.
2. If you totally know the information (without having to turn the card over), put the card in a **YES** pile.
3. If you don't know the information, put the card in a **NO** pile.
4. If you sort of know the information but have to turn the card over to confirm, put the card in a **MAYBE** pile.

The YES pile will build your confidence and give you more time to focus on the MAYBE and NO pile. The idea is to end up with fewer NO.

LEARNING TOOLS & STRATEGIES



Feature:

Digital Tools for Students:

Annotate Text in Google Docs

Increase your understanding of what you read by making digital notes in an article.

INDIVIDUAL PROGRAM PLAN MEETINGS

Repeat:

Mrs. Moisan has been meeting individually with students to go over their IPP and get student input. All students with an IPP need to meet with Mrs.

Moisan. Parents, I will send you a copy once I have been able to get their input on how things are going. Please encourage your teen to drop by Room 1148 or book an appointment to see her at the Student Services

PREPARING FOR EXAMS

It's that time! With exams quickly approaching, I recommend that students start to review materials at home and create a study schedule in order to spread out their time spent studying and avoid cramming which leads to additional stress.

Students could be making flashcards or creating questions on [Quizlet](#). Check out these wonderful [tips](#) for before and during your exam, including:

- how your body responds to stress,
- how to prepare for your exam,
- understanding your learning style to be effective studying
- creating your study space, and
- tips for writing during the exam.

Have you ever read something and stopped to think, "Whoa, I don't even remember what I was reading?" It is important that whatever strategy you are using is actually helping you to retain information. Maybe reading and making your own notes with key items that you highlight will help as opposed to just reading it.

With whatever strategy, ask yourself, "Am I confident with the material? Do I have a good understanding?" If exams aren't your strength you need to switch things up. It's how the saying goes, "if you do the same, you can expect the same".

Do you know what your learning preferences are? Take the [Quiz](#) and get suggestions for what might work best for you.

Diverse Learning Needs Coordinator
Inclusive Education Lead
Mrs. Javine Moisan
jmoisan@psd70.ab.ca

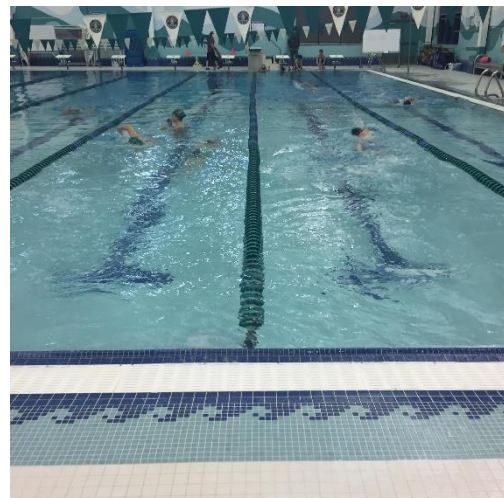
MARAUDER SPORTS

Volleyball is on its way and will run until the end of November. You can now view games live or recorded on our [YouTube channel!](#)



Swimming is running practices on Mondays and Wednesdays from 6am – 7am. These are dedicated students!

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.



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.
[2020-2021 Grad Fee Form](#)
Please do not submit the Grad registration form prior to payment of the Grad fee, thank you.
- 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.
- Lifetouch Graduation Photos – January 20 - 26, 2021 held at MCHS.
- 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.

As we continue to plan for Grad activities, please make sure to check the website often, and watch for messages in your inbox from the school.



Order your MCHS Spiritwear and Gradwear now!

The online store <https://memorialcomposite2020.itemorder.com/sale> is available until Nov 12th at 11:59 pm CST. This year we have two logos and some new items.

The store link will be available on the school website and greenandgoldathletics.com. Get them while you can!

Order your MCHS Spiritwear and Gradwear online until Nov 12



Visit the Memorial school website or greenandgoldathletics.com for the online store link <https://memorialcomposite2020.itemorder.com/sale>



MEMORIAL
BUSINESS

CHECK OUT **Memorial Business** companies run by students at MCHS:

[Covid Comfort](#)

[JB Woodworks](#)

[SayItWithSwizzle Bracelets](#)

COUNSELLOR'S CORNER

myPass

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.

Post-Secondary Virtual Open House:

MacEwan University

Saturday, November 7

Register at: <https://www.macewan.ca/wcm/MacEwanEvents/OpenHouse/index.htm>

Awards

Memorial Composite High School is very proud of their students and their many achievements. Typically we honour student achievement at Awards Night on the Tuesday following Thanksgiving weekend. This year we will not be able to honour our students in the same way we have in the past due to AHS restrictions. We will, however, be hosting a Virtual Awards Event during the day on November 24 for our current Grade 11 and 12 students. The awards for the Grad Class of 2020 will be honoured in the November 27th edition of the Stony Plain Reporter and their awards will be distributed during that week.

CTS: Construction

Over the last month, Construction students designed their own projects, completed the planning process and built them.



CTS: Construction



CTS: Construction



FEATURED SCHOOL CLUBS

12 CLASSICS BY GRADE 12 CHALLENGE

12 Classics (Literature) Club – Mr. Bridgeman

Students work their way through twelve classic books, checking in with both a sponsor and Mr. Bridgeman after finishing each book. All readers are welcome!

Title	Genre	Author	Date
The Inferno	Epic Poetry	Dante	1300
Emma	Novel	Jane Austin	1815
Frankenstein	Gothic Novel	Mary Shelley	1823
20,000 Leagues Under the Sea	Adventure Fiction	Jules Verne	1870
Metamorphosis	Novella	Franz Kafka	1915
Brave New World	Dystopian Novel	Aldous Huxley	1932
The Old Man and The Sea	Novel	Ernest Hemingway	1952
Things Fall Apart	Novel	Chinua Achebe	1958
Catch 22	Satirical Novel/Black Comedy	Joseph Heller	1961
One Hundred Years of Solitude	Novel - magical realism	Gabriel Garcia Marquez	1967
The Alchemist	Quest/Adventure Fiction	Paulo Coelho	1988
The Book of Negroes	Historical Novel	Lawrence Hill	2007



MEMORIAL
BUSINESS

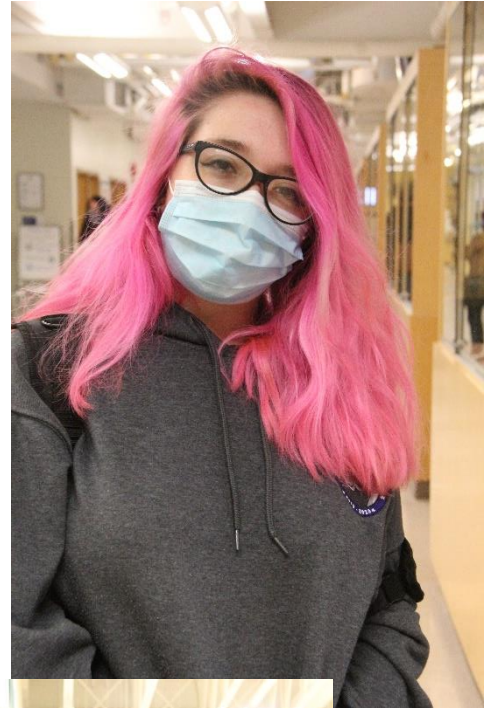
BUSINESS COMPETITION CLUB

Do you want to compete for your school? Would you like to explore different university campuses? Do you want to improve your problem solving and public speaking skills? The business competition club might be just what you are looking for.

Students will compete against other high schools in business case competitions and a high school finance competition. Prizes include scholarships, cash, and trophies. If you are interested, the business competition club runs on Thursdays at lunch in room 1068 (Mr. Stuckey's room). Come check it out!

MASKS, MASKS & MORE MASKS

Please read the [Temporary Mandatory Face Coverings Bylaw](#) update on the PSD website for the most up-to-date information on mask-wearing protocols in school.







[Building Futures](#) with Coventry Homes

Students in Parkland County are splitting time between the classroom and a construction site.

Grade 10 students from the area are building a duplex from the ground up. It's part of a partnership between [Parkland School Division](#) and [Coventry Homes](#), where kids are able to earn credits toward their diploma through the project.



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.



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

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.



MCHS Contact Info

(780) 963-2255
 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!

COMMUNITY SUPPORTS, RESOURCES & INFORMATION

TOWN OF STONY PLAIN FCSS has many resources to offer. Please check out:

[Programs for Everyone - November 2020](#)

[Registration Form](#)

Topics Include:

- Mentally Strong – 8 Week Counselling Session
- Mental Health First Aid – 2-day course
- The Power of Storytelling – Free
- Survivors of Suicide Loss Day – Nov 21 at Heritage Park
- Caring Hearts Connection
- Neighbourhood Connect
- Family Violence Prevention Month – Guest Speakers
- Support Groups



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

It is Men's Health Awareness Month!



MOVEMBER



Stronger Together

Parkland School Division Family Supports Newsletter September 22, 2020

Dear parents and caregivers,

We have all experienced the frustration when we can't get our kids to go to sleep or to get on a sleep routine after a long break from school. Don't give up, sleep is important for your kids to be able to manage their emotions, learn and to maintain good physical and mental health. We have included some tips in this newsletter you can add to your toolbox.

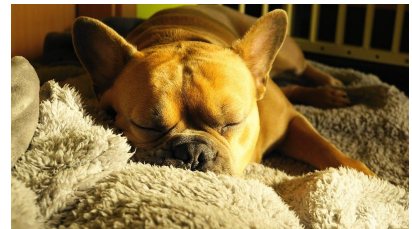
Although this newsletter is long, please read right to the end for great information about community supports and free programs for your kids and teens.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

Why is sleep so important? ([FraserHealth.ca/SchoolHealth](https://www.fraserhealth.ca/SchoolHealth))

"Sleep is important for school because healthy students are better learners. Research shows when children and youth get enough sleep, they do better in school because they can concentrate better, remember things and behave well.

Sleep is also important for students' overall physical and mental health. Research shows when children and youth get enough sleep they are better able to make healthy choices, and making healthy choices also contributes to better sleep."



Family Tips for Sleep with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Sleep is an important and often overlooked element in emotional regulation. Developing an effective sleep schedule is a key component in supporting a child's physical, emotional, and mental wellness. Let's look at some general tips for sleep.

General Tips for Sleep

- **Schedule:** Determine a consistent bedtime and wake time each day. (Contact your pediatrician to determine the appropriate amount of sleep for the age and activity level of your child. Allow for slight variations of a sleep schedule for special events but try to stick to your schedule as much as possible).
- **Alarms:** Set daily alarms for bedtime and waketime. Encourage older children to be responsible to set their own alarms.
 - o **Bedtime:** Set an alarm half an hour before bedtime (ex. 8:30 pm if bedtime is at 9:00 pm) to cue sleep preparation routine.
 - o **Waketime:** Set an alarm for wake-up time. (For younger children, parents can also wake up their children. Working toward independence is preferable as appropriate.)
- **Pre-Sleep Routine:** Begin a pre-sleep routine at least half an hour before bedtime. A pre-sleep routine may include journaling, stretching, meditation, music, reading, taking a hot bath or shower, or other activities that help you relax. Try to avoid screen time, vigorous activity, sugary foods/drinks, or emotionally provoking activities before bed.
- **Falling Asleep:** Children who have difficulty falling asleep may benefit from focusing their mind on something else. Try listening to a calming audiobook or sleep story, breathing/counting techniques, or practicing visualizations of places that you've visited or new places you hope to travel.

If you are still having difficulty falling asleep consider consulting your medical practitioner to discuss further supports.

Additional Tips

Source: Mindell JA & Owens JA (2003). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems. Philadelphia: Lippincott Williams & Wilkins.

- **Bedroom.** Your child's bedroom should be comfortable, quiet, and dark. A nightlight is fine, as a completely dark room can be scary for some children. Your child will sleep better in a room that is cool (less than 75° F). Also, avoid using your child's bedroom for time out or other punishment. You want your child to

think of the bedroom as a good place, not a bad one.

- **Snack.** Your child should not go to bed hungry. A light snack (such as milk and low-fat cheese) before bed is a good idea. Heavy meals within an hour or two of bedtime, however, may interfere with sleep.
- **Caffeine.** Your child should avoid caffeine for at least 6 to 8 hours before bedtime. Caffeine can be found in many types of soda, coffee, iced tea, and chocolate.
- **Electronics.** Keep electronics out of your child's bedroom. Children can easily develop the bad habit of "needing" the television to fall asleep. It is also much more difficult to control your child's television viewing if the set is in the bedroom.
- **Naps.** Naps should be geared to your child's age and developmental needs. However, very long naps or too many naps should be avoided, as too much daytime sleep can result in your child sleeping less at night.
- **Exercise.** Your child should spend time outside every day and get daily exercise, but if possible, limit exercise within 4 hours of bedtime.

A note from SleepFoundation.org on Night Terrors -

<https://www.sleepfoundation.org/articles/3-ways-tell-nightmare-night-terror>

How much sleep does your child need?

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) recommends:



- Children aged five to 13 should get nine to 11 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- Youth aged 14-17 should get 8-10 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- The 2018 BC Adolescent Health Survey showed that B.C. students who slept for 8 or more hours were more likely than those who slept less to report positive overall health and mental health.
- Adjusting to an earlier bedtime is best done gradually, over a two-week period, if possible.

How do I know if my child is getting enough sleep?

(<http://www.med.umich.edu/yourchild/topics/sleep.htm#childrens>)

School-aged children still need somewhere between 9 and 10 hours of sleep each night. Your child is getting the right amount of sleep if they:

- Can fall asleep in 15 to 30 minutes
- Can wake up easily at the time they need to get up and don't need you to keep bugging them
- Are awake and alert all day, don't need a nap, are alert and awake in school



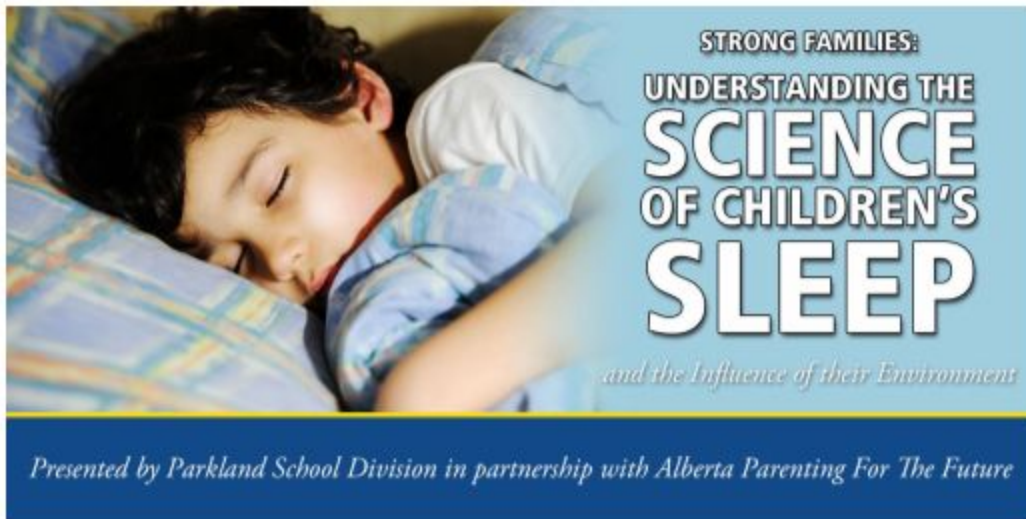
Tips for healthy sleep habits: (Fraser Health and Sleep Foundation.org)

- **Role model healthy sleep habits.** Parents and caregivers can role model healthy sleep habits for their children and youth, such as prioritizing healthy sleep, engaging in calming activities and limiting screen time before bed.
- **Limit screen time.** Bright lights from screens may interfere with the body's normal sleep-wake cycle. Set a schedule for use of electronic devices before bed.
- **Get Outside!! Daily physical activity.** Regular physical activity can improve sleep quality, just try to not exercise too close to bedtime.
- **Avoid sugary caffeinated drinks:** Make sure your students avoid sugary and caffeine-containing drinks, such as pop, iced tea, energy drinks, coffee or tea or hot chocolate, and limit overall.



Students who get enough sleep may have fewer attention and behavior problems.

- **Set the Scene:** A calming bedroom atmosphere can help ease sleep struggles. Be sure the room is dark enough (installing black-out shades can help) and the temperature is comfortably cool. A rumbling tummy can keep kids awake, so offer a light snack before bed. Ones to try: whole-grain crackers with peanut butter or a small banana.
- **Watch the Clock:** Staying up too late is a big reason kids aren't getting the sleep they need each night. In fact, a child who heads to bed too late can take longer to fall asleep and may wake more frequently during the night. Try to base your child's bedtime on his age and activity level and then stick to the appointed time during the week and on weekends. <https://www.sleepfoundation.org/articles/sleep-strategies-kids>



Strong Families Series: Understanding the Science of Children's Sleep

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

We've all heard that getting a good sleep is essential to maintaining good health in both adults and children: it can improve our mood, concentration, physical coordination, memory and immunity, while reducing our risk of obesity, diabetes, high blood pressure and heart disease. Getting a good sleep, however, may be easier said than done, as numerous factors can influence each individual's ability to do so.

In our upcoming Strong Families session, Dr. Cary Brown, a U of A teacher and researcher in the areas of knowledge translation, health literacy, sleep, and chronic pain, will offer families practical tips for helping their children get quality sleep. Learn how to recognize signs of poor sleep hygiene in children, and how to manage the various biological and environmental factors in their lives to ensure they are able to get the best sleep possible.

Dates: **Tuesday, October 13, 2020**

Time: **6:30pm**

Location: **Online Zoom Webinar / Discussion Group**

Presenter: **Dr. Cary Brown** (University of Alberta)

In this session, we will discuss the basics of how biology and the environment interact to help or hurt sleep. Armed with this information, parents will be able to identify any problems with their child's sleep habits, and to adjust their child's bedroom to create the best conditions for sleep. We will focus on straightforward, low stress, easy-to-accomplish examples and options - let's get practical about children's sleep!

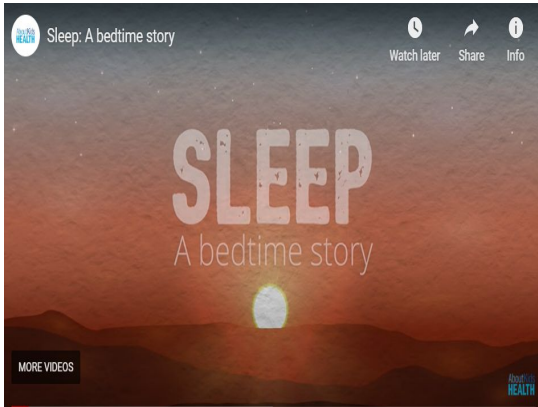
Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/strong-families-understanding-the-science-of-childrens-sleep-registration-121630300503>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca



[Sleep tips: How to help your teen get a good night's sleep](#) (click the link above)

Create a relaxing bedtime routine for teens- About Kids Health

If your teen is having trouble sleeping at night, encourage them to take some deep relaxing breaths, focusing on their breath as it goes in and out. Deep breathing for five to 10 minutes may help your teen become more relaxed and sleepy. If your teen feels wide awake at bedtime, make sure their activities are relaxing to help make them sleepier. Encourage your teen to go for a short walk before bed, practise yoga, do some light stretching, read a book or write in a journal. You can also have your teen watch this animation, which will remind them how they can get ready for a good night's sleep.



[Guided Sleep Meditation for Kids and Parents | Relaxation Techniques for Anxiety](#)



[Can't Sleep? Guided Sleep Meditation for Kids & Parents | Relaxation Techniques for Anxiety](#)

Free Webinar



[Sleep Disorders and ADHD: Insomnia, Restlessness, Stimulants](#) In this free webinar from ADDitude Magazine Dr. Mark Stein will inform you about the impact of poor sleep on ADHD.

Try this activity free at Biglifejournal.com



Falling into Great Programs for Youth

Parkland School Division is proud to work with amazing community partners across Spruce Grove, Stony Plain and Parkland County. We know that healthy students are better learners. For this reason, we want to ensure that youth are socially, physically and emotionally supported. Please check out the following programs, supports and services. If you have questions or would like to get involved in the Parkland Area Youth Coalition, please contact Wellness Coordinator Felicia Ochs at fmochs@psd70.ab.ca

Tri-Region Bunch: a network of youth- serving providers committed to connecting youth with activities, resources, and safe adults in the Tri-Region . Check out our video on the [Community Compass](#) and visit us at bit.ly/triregionbunch.

Youth Mental Health Clinic

The Youth Mental Health Clinic is a referral-based specialty clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist, and Community Connectors. The main focus for accessing the YMHC would be for diagnosing and managing ADHD, anxiety, and depression. Contact the Community Connectors listed below for your area. There is no longer walk-in therapy available.

Community Connectors

Community Connectors support youth ages 11-25 and their families in the Tri-region with accessing and navigating community and mental health supports and services by working collaboratively with a coalition of community stakeholders, social service agencies, and health care providers. Community Connectors work out of the Youth Mental Health Clinic, Parkland Area schools/outreaches, the Stony Plain Youth Centre, and the Lions Log Cabin Spruce Grove.

How can you access these services?

To access the Youth Mental Health Clinic or Community Connector services, please contact the Community Connectors listed below.

Prab – Spruce Grove & Greater Parkland Area

email prab.gill@westviewpcn.ca or call/text 780-217-8701

Michelle- Stony Plain & Greater Parkland Area

email michelle.enright@westviewpcn.ca or call/text 780-217-4146

Check out the Community Connector Instagram [@triregioncc](https://www.instagram.com/triregioncc)

Family and Community Support Services (FCSS)

FCSS provides prevention focused programs and activities that enhance the quality of life for residents of the region. Find our current program guide for all ages here. <https://conta.cc/3IHClxP>

Community Helpers Program - Free



COMMUNITY HELPERS PROGRAM

Alberta Health Services

Are you the person people come to for help?
Do you want to be able to help others?

Week 1: Ethics, assumptions, and supports
Week 2: Setting the stage for helping.
Week 3: Helping as a process
Week 4: Helping yourself
Week 5: Setting Boundaries
Week 6: How to respond to a crisis
Week 7: Mental health awareness
Week 8: Suicide facts and myths

Tuesdays - Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10
Wednesdays - Sept. 23, 30, Oct. 7, 14, 21, 27, Nov. 4, 18
Register: 780.963.8583, email pfcssestonyplain.com

FREE PEER TRAINING ONLINE FOR YOUTH 11-18
Choose Tuesdays or Wednesdays 4:30-6:00 p.m.

HELP
SUPPORT
ADVICE
GUIDANCE

A free peer training program to empower and build skills in youth to enable them to support friends and peers safely. This program is an Alberta Health Services program.

- The program runs online for 8 weeks. Choose Tuesdays or Wednesdays from 4:30-6:00
- Register by calling 780.963.8583 or email pfcss@stonyplain.com
- Links will be sent to participants prior to first session.

safeTALK - \$50, subsidy available



safeTALK
Suicide Alertness for Everyone

Be prepared. Take an introductory course about suicide. Get comfortable talking about suicide, learn to recognize the signs, connect persons with thoughts of suicide to suicide first aid resources. You don't have to be a health care professional to help.

September 24
Choose: 9:00AM-12:30 PM or 1:30-5:00 PM
Location: 4613 52 Ave #107, Stony Plain
Register: 780-963-8583
Cost: \$50+GST *Subsidy available Age 16+

COORDINATED SUICIDE PREVENTION PROGRAM

FCSS
Family and Community Support Services

Learn the basic steps for suicide prevention, how to spot the signs, connections for safety, and getting comfortable talking about suicide.

- 16 years +
- Cost \$50, Subsidy available
- Register at pfcss@stonyplain.com or call 780-963-8583
- September 24. Choose morning 9-12:30 or afternoon 1:30-5p.m. session
- Location 4613 52 Ave #107, Stony Plain

For more information about suicide visit our website at <https://www.thecspp.org> or contact Angela at 587-338-3802 afetch@stonyplain.com

FCSS--Stony Plain Youth Centre

As of September 1st, the Stony Plain Youth Centre will be reopening for limited in person activities and programs!! We are geared towards youth aged 11 to 17 and are located at 4902-51 Avenue in Stony Plain. 😊

Things will be looking a bit different and we will all be learning and adjusting as we go.

We will be open Tuesdays and Thursdays from 2pm – 6pm for scheduled activities and/or programs and you must register in advance.

We have set up a new booking system so you can save your spot, whether it be for one of our "Activities of the Day" or reserve some time at a computer station.

Look for the new "Booking" button at the top of our Facebook page, check the link in our Instagram bio, go to our webpage or give us a call to save your spot! 📞

As with most places, you will need to social distance, sanitize and wear a mask to participate, so bring one if you have one. But don't worry, we have some extras if you don't! 🧴

You will also be asked a few screening questions once you arrive--and anyone exhibiting symptoms, will sadly not be allowed to participate. So if you aren't feeling well, please stay home and rest up till you are feeling better! 😞

Find and follow us on Facebook, Instagram or Snapchat for up to date info and to find out what will be happening each week!

Thank you for your ongoing patience, and we can't wait to see you!



Collaborative Communication Program

A special 4-part YOUTH series to learn about conflict styles, listening to understand, and assertive communication. It is never too early to start strengthening your communication skills!

When: Thursdays, October 15-November 5th from 4:30PM-6PM

Location: ZOOM link to be provided

Register: (780) 968-3846

Cost: FREE

GEARS Program

Gears program is a six week program that provides youth with the opportunity to develop tangible skills and build positive relationships while working on bicycles. The program is a mentorship model where staff work alongside youth to repair bikes. There is VERY limited space available for this program, so make sure you register soon!

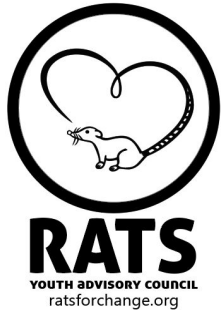
Who: Youth 11-17

When: Thursdays, from 6-8PM starting October 1st till November 5th

Location: Stony Plain Youth Centre 4902-51 Avenue.

Register: (780) 968-3846

Cost: FREE



RATS (Respect Advocacy Togetherness Support) Youth Advisory Council

This youth led group connects youth passionate about wellness to opportunities to improve mental health outcomes in the region. The Rats Youth Advisory Council is based in the TriRegion and connect online through Discord or in person. Projects are designed and led by youth including the current project Infectious Tales. This group provides opportunities to innovate, advocate, and build skills in the area of wellness and we take time for food and fun. Project Coordinator is Jason Gondziola jason@mtset.com contact to connect.



Spruce Grove Public Library

Spruce Grove Library - <https://sgpl.ca/programs/virtual-reading-clubs>

Virtual Reading Club for Teens

This teen-based group is so much more than a traditional ("boring") book club: there'll be vlogs, read alouds, discussions and goofy videos galore.

Tech Bowl

Take a splash into our Tech Bowl this fall! Some of your favorite tech from our old Innovation Lab that has now transformed into the Tech Tank.



Stony Plain Library - <https://mysppl.ca/>

Virtual Events

- Kids Can Cook
- Builder's Club
- Parkland Poets Society
- Thursday After School Events
- Virtual Escape Rooms

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 (Stony Plain)

Community Connector - Prab Gill- 780-217-8701 (Spruce Grove)

Youth Mental Health - Northgate Walk In Clinic (AHS - 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 - 780-342-7700

Parkland School Division - Family Support - Vicky Mamczasz - vmamczasz@psd70.ab.ca

Sunrise Supports - Dena Davis - dgdavis@psd70.ab.ca

Caregiver Education Team Newsletter

November 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

Breaking the Cycle of Anxiety: A Step by Step Approach
Tuesday, November 3
6:00 – 7:30 pm

Parenting Strategies that Promote Positive Mental Health
Thursday, November 12 or
Wednesday, November 18
6:00 – 7:30 pm

Mindfulness: Benefits for the Whole Family
Thursday, November 19 or
Wednesday, November 25
6:00 - 7:30 pm

More than Just a Bad Day: Understanding Depression and Self-Injury
Thursday, November 26
6:00 – 7:30 pm

Lunch & Learn Webinars

Sleep and Your Family's Mental Health – Part 1
Monday, November 2
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 2
Monday, November 9
12:00 – 1:00 pm

ADHD: An Introduction
Monday, November 16
12:00 – 1:00 pm

Anxiety: An Introduction
Monday, November 23
12:00 – 1:00 pm

SEEDS Sessions

Managing Meltdowns and Shutdowns
Thursday, November 5
6:00 – 7:30 pm

Resiliency in the Face of Stress and Anxiety

This 6-session group will be offered on **Tuesday** evenings from **November 10 – December 15** from **6:00-8:00 pm**; participants are expected to attend all six sessions.

** Registrations are limited for this six session group. Register by Friday, November 6.*



Mental Health Foundation



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

Caregiver Education Sessions

November 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.

Breaking the Cycle of Anxiety: A Step By Step Approach

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

Date: Tuesday, November 3, 2020

Time: 6:00 – 7:30 pm

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

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Date: Thursday, November 12, 2020

Time: 6:00 – 7:30 pm

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

Date: Wednesday, November 18, 2020

Time: 6:00 – 7:30 pm

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

(Continued on next page...)

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:

“Virtual delivery was great, length was great, good information!”

“I felt it was presented very well. Love the information we received after, it was very helpful.”

“Enjoyed this session – looking forward to more!”

“I really liked the interactive piece of the session.”



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

November 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.

(...continued)

Mindfulness:

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Thursday, November 19, 2020

Time: 6:00 – 7:30 pm

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

Date: Wednesday, November 25, 2020

Time: 6:00 – 7:30 pm

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

More than Just a Bad Day:

Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Thursday, November 26, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades 7-12; 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:

“Nicely organized to cover everything that’s practical and important.”

“These were recommended to me and I am really enjoying them.”

“Session provided good overview of strategies and provided good info.”



Mental Health Foundation



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

Lunch & Learn Webinars

November 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.

Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

Date: Monday, November 2, 2020

Time: 12:00 – 1:00 pm

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

Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

Date: Monday, November 9, 2020

Time: 12:00 – 1:00 pm

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

ADHD: An Introduction

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Learn about the signs and symptoms of ADHD and how it can impact a child's life.

Date: Monday, November 16, 2020

Time: 12:00 – 1:00 pm

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

Anxiety: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

Date: Monday, November 23, 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:

“Good examples via the videos and good to see other attendees written input.”

“Thank you very much. I look forward to these.”

“Thank you for continuing to provide helpful information and education during this different time.”

“Fun webinar. Keep it up!”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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

PEAR Group

November 2020



These free **Parent Education and Reflection** Groups are for parents looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development.

Resiliency in the Face of Stress and Anxiety

This online group is for parents who want to strengthen their family's ability to 'bounce back' from life's challenges. It consists of a series of 6, 120 minute interactive small group workshops where parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support. Strategies will be shared that can help you and your children learn to be more resilient in the face of stress and anxiety - a key skill that can support overall family wellness.

Note: Participants are expected to attend all six sessions.

Tuesdays from 6:00 – 8:00 pm

November 10 – I HAVE Resilient Relationships

November 17 – I HAVE Supportive Environments

November 24 – I CAN Regulate my Response to Stress

December 1 – I CAN Solve Problems

December 8 – I AM Optimistic in my Thinking

December 15 – I AM Compassionate, Kind, and Grateful

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:

This group is for parents of children **grades 5-8**.

Registration is limited to 25 participants.

Participants are expected to attend all six sessions

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

“Great delivery overall! Virtual delivery is different but this worked really well.”

“Just from the first sessions I'm finding myself so much more confident in what I'm doing with my kids and I've really noticed an increase in feelings of connection. I'm so glad I signed up for these!”



Mental Health Foundation

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

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

SEEDS: Growing Parenting Skills

November 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.

Managing Meltdowns and Tantrums

This sessions is designed to help parents understand the brain science behind meltdowns, shutdowns, and tantrums and strategies we can use to help regulate our minds and bodies. Join us in conversations about co-regulation, triggers, and calm down strategies so you feel more confident in your ability to respond to your child.

Date: Thursday, November 5, 2020

Time: 6:00 – 7:30 pm

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

“Children do well if they can.
If they can’t, we adults need to figure out
what’s getting in the way, so we can help.”
~ Dr. Ross Greene

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

“Thank you for another great session. I am enjoying them so much!”

“Great ideas and interactive discussion today!”

“Thank you for wonderful session, plus your time and dedication to make it informative and helpful.”



Mental Health Foundation

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

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