

The Memorial Memo

ISSUE

04

January, 2021

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 child's full name, grade, and details of the absence.



this issue

Happenings & Key Dates	P.2
Transfer Site Reminder	P.3
ASBA Indigenous Student Award	P.4
Diploma Exams	P.5
Graduation	P.6
Construction	P.7
CTS Student of the Month	P.8
Parkland Food Bank Donations	P.9
Community Resources	P.11

PRINCIPAL'S MESSAGE

Dear Marauder Parents –

Welcome to 2021 which we hope will turn into something much different than 2020. We wish you and your family a terrific year with good health and renewed opportunities.

The good news of this week is that it has been announced that **students will be returning to school on Monday, January 11.** We are so looking forward to welcoming your kids and thank you for your efforts to support our teachers with your kid's learning. Students will return to an environment as safe as we can make it with the same COVID protocols in place as when they departed in November.

There will be a fair bit of communication coming from MCHS and PSD in January and February as we change quarters and are already planning for the 2021-22 timetable. We will be seeking some feedback and preparing your kids for next year. Stay tuned!

In addition, we will be making some changes to our schedule in third quarter to provide the opportunity for students to work with teachers

in the areas where support is needed. We will be putting supports in place for students to personalize their approach to their learning through Torch Time each day. (We called it Collab Time last year.) There will be more information coming out shortly.

In the meantime, we have 13 days left of second quarter. Our teachers are ready for your students return and to help to catch them up on any gaps that may have occurred during at home learning. As we have all come to experience, the quarter moves quickly, so please continue your support of your child(ren) by encouraging them to make individual contact with their teacher(s) if needed.

A bright spot of this year has been that being outdoors is a great place to be and the weather so far has been stellar. Enjoy!

Ms. Jensen

MCHS Grade Administrators

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

Next School Council Meeting

Monday, January 25
7:00 pm

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, February 1st 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?



December Happenings:

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

January Key Dates:

04-08 - Online Learning continues
04 - G&G Executive Meeting 6:30
08 - Q3 Learning Option 1-2 Change Deadline
11 - Students return to school
11 - English Diploma Part A
12 - Social Diploma Part A
23-27 - Grad Photos
20 - Math Diploma
21 - English Diploma - Part B
22 - Social Diploma - Part B
25 - Q2 Last Day of Classes
25 - Biology Diploma
25 - School Council - 7:00pm
26-28 - Q2 School Exams
26 - Chemistry Diploma
27 - Physics Diploma
28 - Science 30 Diploma
29 - Q2 High School Turnaround Day-No School



If you love to read, see Mr. Bridgeman about the 12 Classics Literature Club!

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!



MEMORIAL
BUSINESS

Check out **Memorial Business** companies run by students at MCHS:

[Covid Comfort](#)

[JB Woodworks](#)

[SayItWithSwizzle Bracelets](#)

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.

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.



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.



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.

ASBA HONOURING SPIRIT: INDIGENOUS STUDENT AWARDS

We would like to offer our heartfelt congratulations to one of Memorial's graduates of the Class of 2020. Buffalo Rock Rain is an esteemed recipient of the Alberta School Board Association Honouring Spirit Indigenous Student Award. He was selected as one of twelve recipients from over 240 nominations from across the province. This comes as no surprise to us!

“These awards offer the opportunity to celebrate exceptional First Nations, Métis and Inuit students nominated by members of their education communities, based on their exemplary leadership, courage, and commitment to their cultures and educational paths.” With quiet leadership, Buffalo has shared his culture with his teachers and peers, most notably through the Memorial Round Dance in his grade 10 year. He participates in Pow Wows and has been an exemplary youth ambassador for Paul First Nation.

As a student at MCHS, Buffalo has been an excellent role model for others. He maintained great attendance and was diligent in his studies. He has been a hard worker and positive citizen in the classroom. He was also an athlete at MCHS where he demonstrated positive leadership in this realm as well, running alongside his peers sometimes to the detriment of his own race results.

We are very proud of this kind, supportive, and helpful young man. Buffalo, we wish you well on your journey.

You can read the full article and view the video celebration here:

[ASBA Indigenous Student Awards](#)



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 (Optional):

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

Diploma writing schedule:

Monday, January 11	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A* English Language Arts 30–2 Part A*
Tuesday, January 12	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A* Social Studies 30–2 Part(ie) A*
Wednesday, January 13	9:00 A.M.–12:00 P.M.	Français 30–1 Partie A French Language Arts 30–1 Partie A*
Tuesday, January 19	9:00 A.M.–12:00 P.M.	Français 30–1 Partie B French Language Arts 30–1 Part B
Wednesday, January 20	9:00 A.M.–12:00 P.M.	Mathematics 30-1 Mathematics 30-2
Thursday, January 21	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Friday, January 22	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Monday, January 25	9:00 A.M.–12:00 P.M.	Biology 30
Tuesday, January 26	9:00 A.M.–12:00 P.M.	Chemistry 30
Wednesday, January 27	9:00 A.M.–12:00 P.M.	Physics 30
Thursday, January 28	9:00 A.M.–12:00 P.M.	Science 30

Graduation Information and Important Dates

- **Grad Fees** were due **December 11, 2020**. Payment can be made online 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 to Mrs. Sorenson (Graduation Coordinator) 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 of 2021 Composite.*
- Grad portrait session bookings for January started on December 15, 2020 with the online Appointment Plus scheduling system. **Grad fees must be paid prior to booking an appointment or 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 (large and small gymnasium).
 - 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.

To view Lifetouch's photo day Covid-19 Precautions please [Click here](#)

Grad photo sessions will be subject to mandatory Alberta Public Health restrictions and MCHS is working in collaboration with Lifetouch to provide our students with an opportunity for professional graduation photos. Portrait sessions include a photo that will be submitted for the Yearbook and Class Composite. At this point graduation photos dates are proceeding as planned in January and March.

- Grad portrait session bookings for Graduation Photo Retakes will start on February 12, 2021 with the online 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 check Memorial's website often, and watch for messages in your inbox from the school. All Graduation activities are based on Alberta Health Services (AHS) regulations.

CTS: Construction

During online learning the CTS shops continued to run with limited students signing up to complete their projects. The Construction students finished their cabinets and hardwood tables. Many helped design and build projects for the future grade 10 classes.



CTS: Student of the Month



Student Of The Month



Dawson Bruer
Mechanics 20



Student Of The Month



Jessica Good
Foods 30



Student Of The Month



Drexler Bareng
Entrepreneurship



Student Of The Month



Avril Sythes
Comm Tech 30

N
O
V
E
M
B
E
R



Student Of The Month



Kaylyn Hennig
Cosmetology 10



Our Rotary Club would usually have donation boxes up and running for Christmas. With no students here to do that, Mrs. Skow and Mrs. Ennis got the ball rolling and had a wonderful response! They were able to take 12 boxes of food and \$180 in cash donations to the **Parkland Food Bank**. ❤️





We hope that you had a restful, happy, healthy Christmas Break.



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!

MCHS Contact Info & Social Media

Ph: 780-963-2255

Email: mchs@psd70.ab.ca

Website: <https://mchs.psd70.ab.ca/>

[Facebook](#) @MemorialComp

[Instagram](#) @memorialcomposite #memorialcomp

[Twitter](#) @MemorialComp

[YouTube](#): Memorial Composite High School, PSD

COMMUNITY SUPPORTS, RESOURCES & INFORMATION

TOWN OF STONY PLAIN FCSS has many resources to offer including:

Lets Talk Dementia on January 19, 2021

The Alzheimer Society will present:

- What is dementia
- Alzheimer's Disease
- Types of Dementia
- Tip & techniques

Noon - 1 PM

RSVP to Stony Plain FCSS at 780-963-8583 or registration [form](#)

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



Looking for community agencies that support
our students and families?

The [Green Book](#) is a community resource directory for the City of Spruce Grove, Town of Stony Plain and Parkland County.



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

Caregiver Education Team Newsletter

January 2021



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.

Lunch & Learn Webinars

Mental Health and Resiliency Series

Settling Into Routines:

Making Uncertain Times More Predictable

Tuesday, January 12
12:00 – 1:00 pm

Giving Time and Attention to Our Big Needs

Tuesday, January 19
12:00 – 1:00 pm

Strengthening Connections

With Ourselves, Our Kids, and Our Communities

Tuesday, January 26
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 1

Monday, January 18
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 2

Monday, January 25
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Breaking the Cycle of Anxiety

A Step by Step Approach
Wednesday, January 13
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Wednesday, January 20
6:00 – 7:30 pm

Building Executive Functioning Skills

Promoting Success in Learning
Wednesday, January 27
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Creating Positive Experiences Through Play
Thursday, January 14
6:00 – 7:30 pm

Supporting Emotional Growth in Children

Thursday, January 21
6:00 – 7:30 pm

Motivating Through Praise and Rewards

Thursday, January 28
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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

Caregiver Education Sessions

January 2021



These free 90 minute 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.

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, January 13, 2021

Time: 6:00 – 7:30 pm

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

Technology and the Teenage Brain

Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

Date: Wednesday, January 20, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Date: Wednesday, January 27, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Thank you CYF Caregiver Education for helping us to learn and grow with our children's development.”

“It was an excellent session, very timely.”

“Great energy from you guys, made us feel genuinely supported.”

“I learned a lot and appreciate the resources provided.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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

Lunch & Learn Webinars

January 2021



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.

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

Mental Health & Resiliency Series

Settling Into Routines: Making Uncertain Times More Predictable

In this online webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Tuesday, January 12, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Tuesday, January 19, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Strengthening Connections With Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Tuesday, January 26, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Parent Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"These sessions are excellent!"

"I liked the format, especially the interactive part as it keeps you focused."



Mental Health Foundation



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

Lunch & Learn Webinars

January 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

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

Caregiver Education Sessions

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, January 18, 2021

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, January 25, 2021

Time: 12:00 – 1:00 pm

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

Parent Feedback:

“Thank you! Just a wealth of great information.”

“The time was good and with two presenters it didn't feel boring at all. Great job.”

“I like the interactive portions because it helps to connect with other people who are watching.”

“Going over tips and strategies helped quite a lot.”



Mental Health Foundation



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

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

Drop-in Series

January 2021



These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, January 14, 2021

Time: 6:00 – 7:30 pm

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

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 goals.

Date: Thursday, January 21 2021

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, January 28, 2021

Time: 6:00 – 7:30 pm

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

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

“Thanks so much for sharing with us in this session.”

“The interactive questions asked to participants were helpful.”

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

“The time was just right as I work in the daytime. Thank you so much for providing this support!”



Mental Health Foundation



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



Stronger Together

Parkland School Division Family Supports Newsletter December 16, 2020

Dear parents and caregivers,

All of us experience grief and loss in our lives and it is so difficult to go through. Grief and loss are not only experienced when someone dies. Especially in a pandemic, many of us have experienced the loss of connection with others, jobs, activities and have a profound sense of grief and longing for what was. It is important to reach out for support for yourself and for your family. We are here to chat and to help connect you to other partners in our community who can help.

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



Family Tips for Grief and Loss with Andrea Pukalo - Family Life Psychology - Stony Plain 780-963-7451

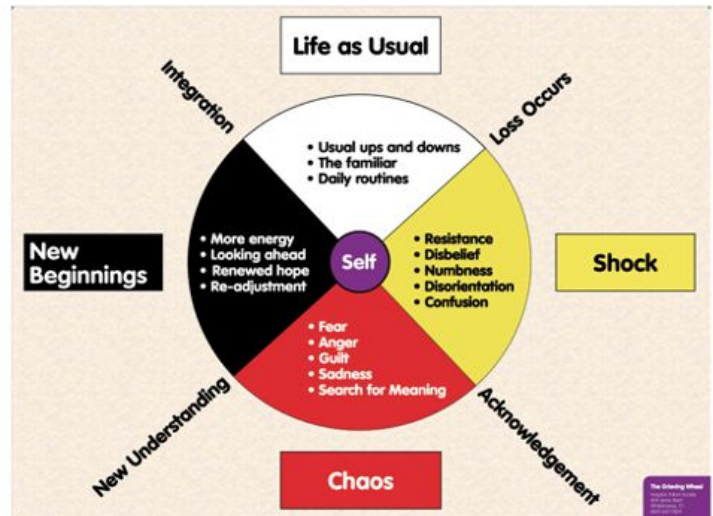
- Free online webinars
- Low cost counselling for children and adults

Grief and loss is something we all experience in life at different times. As a result of the present global pandemic, we have all experienced effects of grief and the toll it has taken on each individual, family unit, school,

community or city. Grief and loss often begins with an initial shock or disbelief in the event, situation or relational change. For some this shock might include numbness, disorientation, confusion, and resistance. Some individuals stay in shock for a time, while others quickly move into the emotional chaos of grief and loss. Acknowledging the emotional chaos of grief and loss is very important.

As a parent, it's tempting to help our children feel better without acknowledging their inner emotional chaos involved in experiencing grief. Feeling the emotional chaos of grief is the door to healing. Expressing and acknowledging emotions such as fear, anger, guilt, and sadness are essential to charting the stormy waters of a child's inner emotional chaos.

Acknowledging and processing different emotions surrounding grief enables children to transition towards a new understanding that helps them move forward in life. Whether it's the death of a pet, the loss of a loved one, or the changes in everyday life, acknowledging the emotional chaos of grief creates space for children to process their emotions. Although grief is common to the human experience, children all experience grief differently. Learning to listen more and talk less, processing the pain instead of trying to make things better right away, and building intentionality with periodic emotional check-ins are some practical strategies for parents to help children process grief and loss.



CAMH adapted from - <https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>

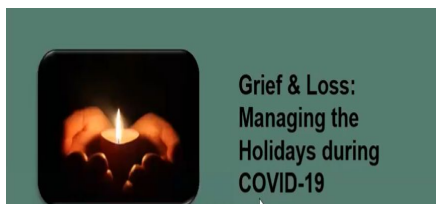
As the COVID-19 pandemic continues to unfold, communities are looking to build the “next normal.” At the same time, we are individually and collectively dealing with tremendous loss and grief. The experience of loss is one of the hardest things we can face. It may involve losing a loved one or a friend, a job, a routine, a hobby, or anything else that has left our lives. One of the most distressing things about the pandemic is the amount of loss that many of us need to process.

Grief can be emotionally overwhelming, which may lead us to try to avoid our strong feelings. However, mourning is an important part of processing a loss. When we mourn in a healthy way, we may gradually come to a deeper understanding of what the person or thing we lost meant to us, which helps to eventually restore hope and motivation. In this way we can slowly re-engage in our daily lives – even if it is in a different way than before.

Although grief and mourning are normal responses to loss, for some people they can persist, and may overlap with traumatic experiences and reactions. This can lead to significant and lasting mental health or substance use challenges. If you find that feelings of grief are overwhelming and seem “stuck,” seek professional mental health support (for example, you can ask your doctor for a referral). The healing process is unique to each person - these are some steps you can take:



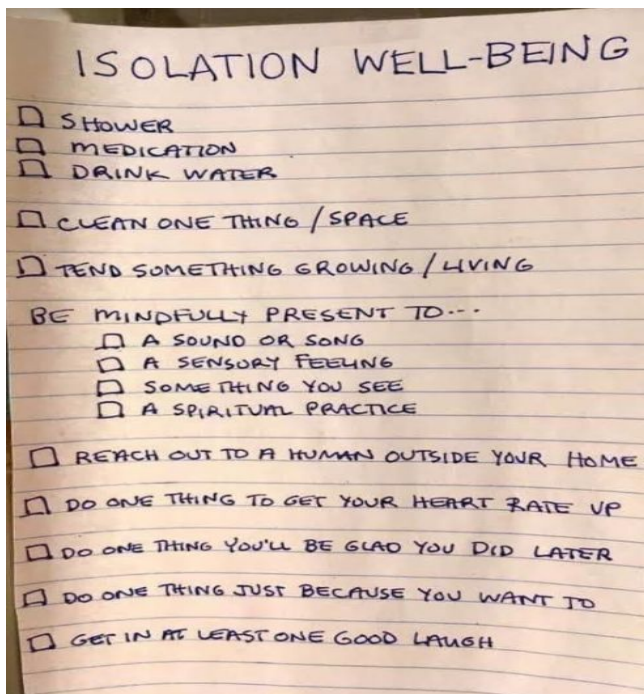
- **Name your struggles:** Naming the issues we are struggling with can bring some much-needed clarity to why we are feeling so stressed. Try to identify five things that you have found hard, and order them from least to most difficult. Choose one issue to tackle first, and break it into smaller pieces so it is easier to work on.
- **Take things one day at a time:** It can be overwhelming to think about the change and loss the pandemic has brought, and what is still to come. If we are constantly worrying about whether things will get better, it affects our mood, stress levels and motivation. Consciously taking things one day at a time can help split the big problem we may be facing into many smaller problems, which can feel more manageable.
- **Prioritize self-care:** Many people at this time are focused on thinking about and taking care of others, whether in their personal lives or professionally. In this situation it is easy to forget about taking care of ourselves. Prioritize self-care by checking in with yourself every day to see if you have taken time to keep yourself balanced, and mentally and physically healthy. For some people, self-care may include reading, writing, or revisiting an old and beloved hobby. For others, it might be staying in touch with friends and family. Try to become aware of what your mind and body need in order to stay grounded, and build it into your routine.
- **Exercise and eat healthily:** Physical activity is beneficial for our physical and mental health, especially during stressful times. Customize your exercise routine to what your body is comfortable with. It may include walks, bike rides, running, yoga and stretching, or following online exercise videos. Likewise, choose a healthy, balanced diet to give your body the nourishment and energy it needs to maintain positive mental and physical health.
- **Talk to someone:** Reach out and talk to family and friends for support. Let them know what you are experiencing and ask for what you need. If you do not feel better, reach out to your doctor and ask for a referral for professional support. For more grief and loss support resources from CAMH go to the end of the newsletter



Alberta Health Services

<https://mail.google.com/mail/u/1/?tab=wm#inbox/FMfcgxwKjnZhtkvbrWgglNZqtNzHpGzl?projector=>

1



from Facebook - Anonymous

A Virtual Family Christmas (ideas from <https://elizz.com/family/fun-and-creative-virtual-family-gatherings/>)

This year many of us will be meeting virtually over the holidays. These are some fun ideas to try:



- Virtual karaoke
- Online toasts
- Share an online meal together (or all order from same restaurant or type of restaurant)
 - Bring on acting chops and have a dramatic holiday reading
 - Make it a pajama party
 - Host a [charity donation party](#) (eg., I'll give you 10 bucks if you sing a holiday song for us, dress as an elf, send us all cookies beforehand, etc.). Have each member donate all the money to charity
 - Curate a holiday playlist and send to everyone before your event/party. Get everyone to add their favourites.
 - Have a [Scavenger hunt](#)
 - Make it a dessert party
 - Entertainment night – family members contribute- who can sing? play an instrument? do performance art? (or think they can). Bring on the amateur hour! On the other hand, I only found out as an adult that my family were just being polite when I played my accordion every Christmas!
- Have an interactive gratitude party. Why gratitude? It's a great way to tap into a well of warmth and love, and when we express gratitude, we feel closer to others. That is the point, isn't it?

- Play a virtual game together –movie game trivia or holiday trivia, charades, Pictionary, online holiday bingo

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING
On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



STAY CONNECTED
Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



HELP OTHERS
Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



LIMIT NEWS
Limit the amount of time you spend on social media and checking news



COPING STRATEGIES
Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



CONNECT TO YOUR VALUES
Re connect with things that are important to you and try to engage with them on a regular basis



TAKE TIME FOR YOURSELF
Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



PLAN YOUR WEEK
Organise your week and plan in activities that provide you with a sense of pleasure and achievement



STAY ACTIVE
Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



POSITIVE HABITS
Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



ASK FOR HELP
If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help





Strong Families Series: Coping with Grief & Loss

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

At different times in our lives, we all experience grief and loss, in the form of not only death, but also major life changes - and children are no exception. As a parent, it's tempting to help our grieving children try to feel better without acknowledging their inner

emotional chaos, but feeling this emotional chaos is the key to healing. How then does one strike the right balance in helping a child navigate their turbulent feelings without letting them become too overwhelmed to cope?

In our upcoming Strong Families session, registered psychologists Andrea & Joel Pukalo will offer families valuable information about grief and loss, as well as practical tips for supporting their children and other loved ones in processing their emotions and opening the door to renewed hope and healing.

Date: Tuesday, January 19, 2021

Time: 6:30pm

Location: Online Zoom Webinar / Discussion Group

Presenters: Andrea & Joel Pukalo, Registered Psychologists (Family Life Psychology)

Any major change can trigger feelings of grief in children: the death of a pet or a loved one, or the changes in everyday life. Although grief is common to our human journey, every child experiences it differently, and allowing them to express and acknowledge their own feelings of fear, anger, guilt, and sadness is essential in enabling them to heal.

In this session, participants will learn how to help children process the pain of grief and loss instead of trying to make it better right away. Discover practical strategies for checking in with your child's emotions and helping them find purpose and meaning in this experience so they can be motivated to move forward.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-series-coping-with-grief-loss-registration-133150533831>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

Caring Friends Bereavement Support Group

Caring Friends is a confidential and informal (drop-in) bereavement support group led by trained bereavement counsellors. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

First Thursday of each month - 7:00 to 8:30 p.m. - [Forest Green Plaza, #107, 4613-52 Avenue in Stony Plain](#)
Free, drop-in - For more information call 780-963-8583

Grief and Loss Support



Appointments can be made by contacting Cheryl Salter-Roberts, Manager, Grief Support Services at 780.690.6135.

Living with Loss to Suicide

This self-help group supports its participants through listening, sharing and caring. It offers a shared experience, strength and hope. Last Monday of each month - 7:00 p.m. - Spruce Grove FCSS at 105, [505 Queen Street](#)

Are you in need of Christmas Dinner?

This Christmas Food for the Soul (Lighthouse Church) is providing a free take-out, hot Christmas dinner in conjunction with New Life Church that will be picked up on Dec 25 from 11 am -1pm at New Life Community Church. 5009 - 51 ave in Stony Plain.

Event Link

www.lhpc.ca

Dates

December 25, 2020, 11:00 am to
December 25, 2020, 1:00 pm

Contact

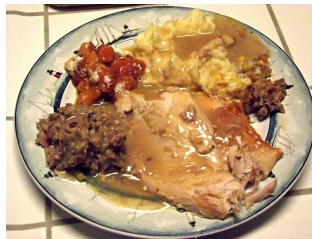
Jackie, Janet and Susan. you can find them on the food for the soul facebook page.

Location

5009-51 ave, Stony Plain
Stony Plain, AB, CA

Register at:

<https://tithe.ly/event-registration/#/2784951>



COVID-19 Online Resources

Supports

[Text4Hope](#) - Free daily text messaging services, evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke

- To subscribe text COVID19HOPE to 393939.

[Healthy Together](#) (click anywhere on the box to reach the site)

- A guide to family and home life during COVID-19

[Mental Wellness Moment with Dr. Nicholas Mitchell](#) - Videos on topics including how to deal with stress and talking to kids about COVID-19

[Virtual Mental Health Supports](#) – Learn more about virtual mental health support, including [Togetherall](#) a free, online network that offers anonymous, peer-to-peer mental health services 24 hours a day, seven days a week

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector -Simonne Massner - 780-221-7973 Stony Plain and Prab 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

If you are in need of social or financial supports over the holiday and you are unable to reach someone please call 211.

The Distress Line is open 24 hours a day - 780-482-HELP (4357)

Resources and support - from CAMH

[Grief & Bereavement \(Sunnybrook Health Sciences Centre\)](#)

[COVID-19 Resources ToolKit \(Spectrum\)](#)

[The Discomfort You're Feeling Is Grief \(Harvard Business Review\)](#)

[Grief and COVID-19: Mourning our Bygone Lives \(American Psychological Association\)](#)

[Grief Resources During COVID-19 \(Families First\)](#)

[Understanding Grief in the Age of the COVID-19 Pandemic \(Verywell Mind\)](#)

[How 'Anticipatory Grief' May Show Up during the COVID-19 Outbreak \(Healthline\)](#)

[Coping Strategies & Trauma \(PTSD Association of Canada\)](#)

[4 Ways to Practice Trauma-Informed Healing During COVID-19 \(Crisis and Trauma Institute of Canada\)](#)

[Helping Healthcare Workers Cope with COVID-19-related Trauma \(Anxiety Canada\)](#)