

The Memorial Memo

ISSUE

06

March, 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.

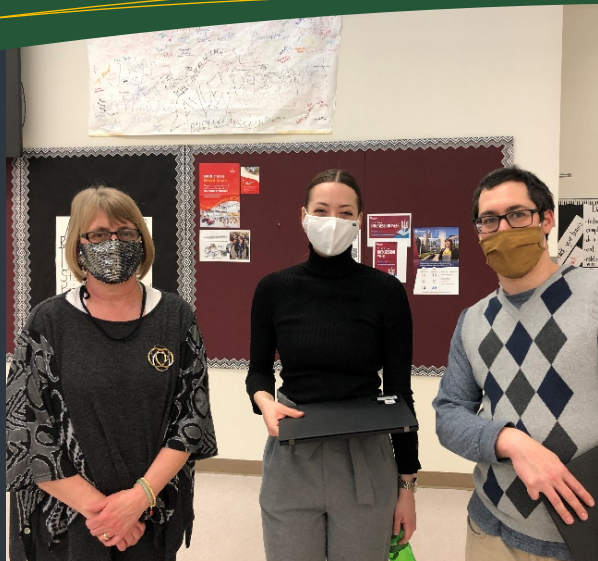
School Fees Are Due

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 and dial 8 anytime to leave a message. Please leave your child's full name, grade, and details of the absence.



this issue

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PRINCIPAL'S MESSAGE

Hello Marauder Parents –

There are two big items on my mind at the moment as I write this message. The first, a business item, is that we will be doing course selections right at the start of fourth quarter. With spring break and the end of quarter three coming, it will be here in a flash. There are approximately 170 students in grades 10 and 11 that have not yet been registered by their parents. Students will not be able to select their courses until they have been registered. Please go to your [parent portal account](#) to register. If you would like more information about any of our programs, we have our [Virtual Open House](#) videos posted.

The second big item is in relation to the email you received from us last week. As the week unfolded, it became very apparent to us that we must continue the conversation about social media, racism, other differences, and school culture at MCHS and share our learning with our community. Here are some things we noticed that guide us:

- Public (on social media) incidents can often impact the whole school and in a population of 1000 there are many valid

responses based upon the lived experiences of our students. In a safe, caring, and supportive school culture, it is our role to acknowledge their view points while guiding them to become responsible Canadian citizens.

- There can be unintended and unexpected serious consequences to using social media. We cannot urge you enough as parents to be involved in your child's social media presence. Here's an article on [the basics](#) and a [Q & A page](#) for parents.

In meeting with your kids last week to review these topics, we were hopeful with the responses we received. There is more work to be done to continue to build a school culture where every student feels that they belong. You can expect to hear more about some upcoming events.

Ms. Jensen

MCHS Grade Administrators

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

Next School Council Meeting

Monday, March 22
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, April 12th 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?



February Happenings:

01 - Q3 First Day of Classes (New Bell Schedule)
01 - G&G Executive Meeting - 6:30 (Virtual)
04-05 - Teacher Convention (No School)
08 - Q3 Timetable Change Deadline
12 - Staff Development Day (No School)
15 - Family Day (No School)
22 - School Council - 7:00 (Virtual)
22 - First Time Parent Info Video Release
24 - Pink Shirt Day

March Key Dates:

01-04 - Grad Photo Retakes
01 - G&G Meeting - 6:30
04 - Gr 9 Virtual Open House
05 - Staff Planning & Development Day
09 - Q3 PowerSchool Update
11 - Q4 Learning Option 1-2 Change Deadline
11 - Q3 Parent Teacher Interviews - 5:00-6:30
14 - Daylight Savings Time Ends
17 - St Patrick's Day
22 - School Council - 7:00
26-01 - Spring Break

A Peek into April:

02 - Good Friday
05 - Easter Monday
06 - Staff Planning & Development Day
07-09 Counsellor Visits to Gr. 10 & 11s re: 21-22 Course Selection
12-20 Diploma Exams



ONLINE REGISTRATION FOR 2021-2022 SCHOOL YEAR

FEBRUARY 8 – MARCH 25

All students from Early Education (3-4 Year Program) to Grade 12 will be able to either register (new students) or verify their existing data (returning students) online, beginning **February 8, 2021**.

To ensure that their child receives a bus pass prior to the start of the next school year, parents are required to complete registration by **4:30pm on March 25, 2021**. This deadline will facilitate the routing of buses, bus pass production and data verification before the summer break while schools are still operating.

For more information, please visit the PSD website [REGISTRATION PAGE](#)



MCHS First Time High School Parent Information Video



February 22, 2021 - Is your first child beginning their high school journey this fall? If so, Memorial Composite High School has put together a First Time Parent Information Video that will help guide you through the high school registration, transition and course selection processes, and give you a good idea of what you and your child have to expect as you make the move to MCHS and beyond.

[MCHS First Time High School Parent Information Video](#)

MCHS PROGRAMMING VIDEOS

Our staff has put together a number of videos designed to introduce incoming high school students to the many different course options they have to choose from at MCHS. They are located on our YouTube channel in our [Programming Videos playlist](#), and you can watch them at any time to get a general idea of what courses may be a good fit for you. They will be available on our website in the near future.

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.
- You can contact your child during their designated lunch hour:

Lunch: 11:08 – 12:08

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.

GRAD WEAR & SPIRIT WEAR

There will be **one more chance in April** to order your MCHS Grad wear and Spirit wear! The store link will be available April 7, 2021 on the school website and at greenandgoldathletics.com



MCHS Spiritwear and Gradwear store will be online April 7-21 for ordering

The store link will be available on the Memorial school website and greenandgoldathletics.com

TORCH TIME (Flex)

IMPORTANT REMINDERS:

Students who are choosing to leave can do so if they are in good standing in their courses. Parents or students must sign up for the Off Campus Torch group in order to leave without.

A reminder that student attendance will be tracked and reported in PowerSchool. Parents can log into their PowerSchool account and also sign up their kids. If a teacher or a parent registers a student, the student cannot unregister themselves and is required to attend. Students may also sign themselves up for the various sessions and unregister if they need to change locations.

- Flex for Parents & Guardians [A video tutorial for parents can be found here.](#)
- Flex for Students [A video tutorial for students can be found here.](#)
- [How To Sign Up For Torch Time \(Flex\) on Your Phone](#)
- [Further Information Regarding Torch Time](#)



Six students from Memorial are competing in the (University of Lethbridge) Dhillon School of Business High School Finance Competition starting on March 8 with the Investment Challenge. It is a stock market simulation where the students will invest \$250,000 in the market in an attempt to outperform their competitors from high schools across Alberta. This portion of the competition will end on April 30 and it is worth 20%. Then the students will make a presentation to a panel of judges on what they learned. This portion is worth 40% of the competition. Last, of all, the students will compete in a Trading Challenge using trading software. It is worth the final 40%. Memorial is the defending champion in the event. Prizes are awarded as follows:

1st place team (overall)

\$1000 Dhillon School of Business Scholarships‡, Team Trophy, Individual Trophies

2nd place team (overall)

\$750 Dhillon School of Business Scholarships‡, Team Trophy, Individual Trophies

3rd place team (overall)

\$500 Dhillon School of Business Scholarships‡, Team Trophy, Individual Trophies

Good luck to our teams!

Team 1: Mackenzie Hennig, Ryder Chambers, Blake Andersen

Team 2: Tacey Robertson, Alex Sinclair, and Brooklyn Plante

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!

News

You can find current news items on our website's main page or under the ["Our School"](#) dropdown menu.

Announcements can be found under the ["For Students"](#) dropdown menu.



NEW BELL SCHEDULE FOR QUARTER 3 & 4:

Monday to Friday

Block 1	8:35 – 11:08 am
Lunch	11:08 – 12:08 pm
Block 2	12:08 – 2:45 pm
Torch Time	2:50 – 3:30 pm

For more information on what programs are available through **Town of Stony Plain Family and Community Support Services** please visit: [March 2021 - Programs for Everyone.](#)

Programs include:

- TriRegion Senior Connect
- Dementia Connection
- Equity, Diversity and Inclusion Webinar
- Grief Support
- Youth Centre



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.

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.

MCHS Choir Music Video – “The Frost”

I wish I could convey adequately how much joy this project has brought us. ❤️ Art, music, beauty will always find a way. It will come out of the woods when you need it, and it will crown you and save you. Singing in choir, and particularly working on this project, Erin Propp’s “The Frost,” through this weird, difficult year has been more than a little bit of salvation during this Arts-starved season. May it bring a little joy to you, too. ❤️

~ Mrs. Holton



Anime Club is once again running at Lunchtime in Room 1065!

ALL ARE WELCOME!!!

See You There!



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!

Graduation

We would like to thank you all for sharing your feedback through the Graduation Feedback Survey. Although this year has been anything but typical, we truly believe that our Graduates deserve a meaningful celebration.

Overwhelmingly, families stated their desire for the Drive IN Ceremony at the Expo Center. Graduation will be held on June 12th, 2021 in the afternoon.

More details will be forthcoming in the near future as we continue to plan for this event.



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.

MCHS STUDENT, EMILY AINSWORTH, IS PROVIDING HOMEMADE DOG TREATS TO THIS YEAR'S GRAMMYS!

Emily Ainsworth's homemade dog treats are going to the Grammys! Emily had a beloved service dog who passed away and in his memory, now makes dog treats for other dogs.

Check out the [Global News interview](#) for more on this heartwarming story. Check out her website [Wags](#) to find out where you can buy her products!



Keela Jones is Parkland's first ever Post-Secondary Partnership student (and only in Grade 11!) to be accepted into a Post-Secondary institution. She started her grade 12 courses early and as a result, received notice in early March that she had been accepted into the Paramedic program.



Congratulations to Taelin! She is the winner of the PSD Land Acknowledgment Poster Contest. She was presented w a framed copy of her work from Alberta artist Lance Cardinal. Well done!!

Judging took place on February 9, 2021. There were over 50 entries. Scores were tallied and a winner in each age category was named:

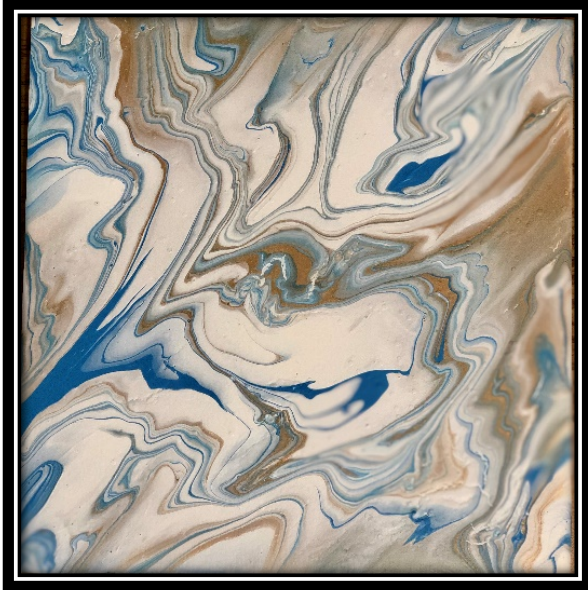
Elementary Winner – Carson Nielsen, Grade 4, Forest Green

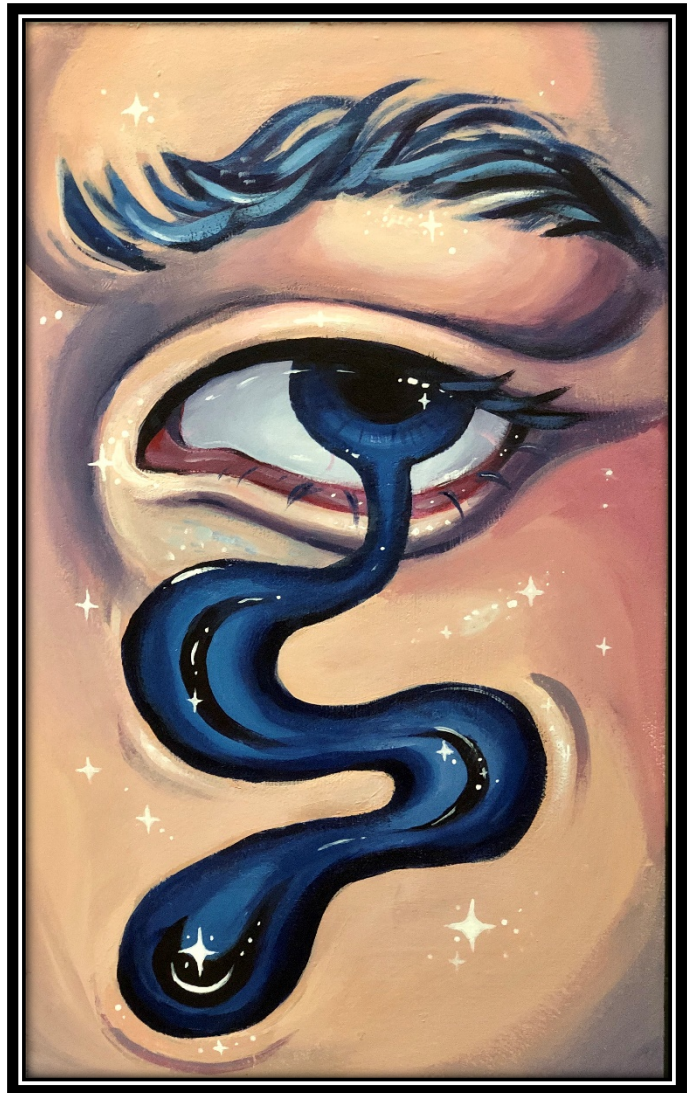
Jr. High Winner – El McKenzie, Grade 9, Stony Creek, CFL

Sr. High Winner – Taelin Bird, Grade 12, Memorial Composite High School



MCHS Art





IN THE CLASSROOMS...

FABRICATION

Students in Fabrication class made these amazing bike racks and hockey nets!



CALM 20

Special guest, Dr. Doug Klein, has students participating in learning about how to live a healthier lifestyle! Check out [this link](#) to see what these students learn!



BIOLOGY 30

Constable Marshall joined the Biology 30 students. We've been learning about the nervous system and the brain in Biology 30. Constable Marshall shared some stories, had students wear special glasses to simulate different degrees of blood alcohol concentration to show students first-hand how alcohol and drugs affect the brain.

The impairment Goggles use an optical technology which enables the user to be in the same situation as somebody in a state of inebriation with the effects going with it like: destabilization, misrepresentation of reality, reaction time. What would seem to be simple activities like walk along a line on the ground, balance on one leg, hold out your hand to grab a bunch of keys, or throw a ball, are in fact really hard and prove to each user the danger of abusive alcohol consumption.

TORCH TIME

Constable Marshall talks with students during a Torch Time session.



SCHOOL LIFE



OFF-CAMPUS EDUCATION

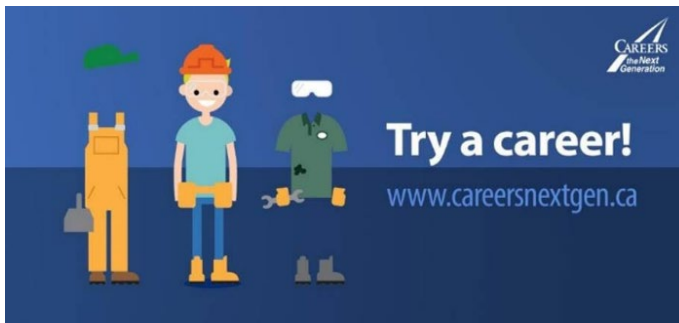
Parkland School Division's Off-Campus Education programs are tailored for high school students interested in exploring their career options and developing the skills they will need to work in their chosen field while still earning credits towards a diploma.

Students have multiple off-campus options to choose from depending on their interests: mastering a trade, working in agriculture, getting a head start in a post-secondary program, and more.

If you would like more information about how to earn credits while working, please visit PSD's [Off-Campus Education Page](#) or contact Mike Partington at mpartington@psd70.ab.ca or 780-966-2209.



[MCHS Off-Campus Education Information](#)



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

Alberta  Advanced Education

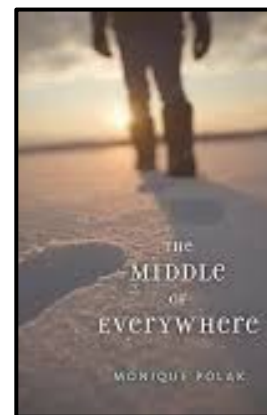
[Apprenticeship and Industry Training](#)

This Government of Alberta site provides detailed information on the three levels of trades practiced in Alberta and the post-secondary courses recommended for those interested in practicing them.

Mrs. Moisan's English 30 class explores the culture of Canadian Inuit.



THE MIDDLE OF EVERYWHERE



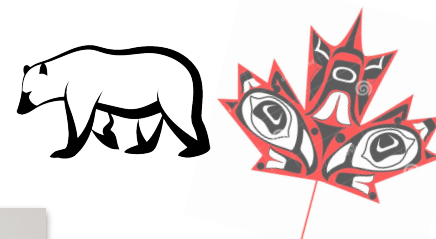
Mrs. Moisan's English 30 class has been enjoying a novel study by Canadian author, Monique Polak. The setting of the story takes place in Kangiqsualujuaq (can-swallow-uh-chuck), also known as George River. *The Middle of Everywhere* is beautifully written through Noah's experiences to reveal a look at Inuit culture, past and present. I recommend this novel for youth who are open to **LEARNING ABOUT THE LIVED EXPERIENCES OF OTHERS.**

"Monique brings her teaching and journalism experience to her novels. Several of her stories take place in schools, and Monique gets many story ideas from her students".

[Author's Website: Writing Tips](#)

This particular novel was inspired from one of her many visits to Nunavik to teach writing and for pleasure.

Students had an opportunity to listen to and learn some Inuktitut vocabulary from the novel.



<p>Inuktitut Inuit language (ih-nook- tea-too) ᐃᓃᑦᑕᑦᑕᑦ</p>	<p>qamutik  sled that travels on snow and ice (ka-mew-deek)</p>	<p>inukshuk  stone landmark/ standing man (ih-nook-shook)</p>
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The class explored The Northern Lights, inukshuks, and the work of artist, Ted Harrison, to create their own watercolor painting. Thank you Mr. Gee for welcoming us into your space!



When Mrs. Moisan reached out to the author, Monique Polak, she generously offered to do a **Zoom Meet** with the class. Students came up with purposeful questions prior to the meet. Monique was very kind, interested in learning about the class, and was enthusiastically passionate about writing youth literature.



Click on the links to learn about culture in [Nunavik](#) and [Nunavut](#).

APPLY TO BE ON THE 2021-22 MINISTER'S YOUTH COUNCIL – Deadline March 24

Junior and senior high school students can have their voices heard by applying to join the Education Minister's Youth Council.

About 40 students from across Alberta will be selected for the 2021-22 Minister's Youth Council, giving them a unique opportunity to provide direct input to the minister reflecting their diverse interests, backgrounds and perspectives on education issues. Students can apply on the Alberta Education [student engagement page](#) by March 24.

“While facing the challenges of COVID-19, the current youth council has done outstanding work and provided important perspectives to me — on the pandemic, mental health, technology and so much more. Student voices are critical to our education system, and I can't wait to meet the young Albertans on next year's council.”

Adriana LaGrange, Minister of Education

Council members serve a 10-month term starting in September and ending in June 2022, and meet with the Minister of Education and Alberta Education staff in three weekend conferences. They will also have opportunities to interact with fellow council members outside of meetings. COVID-19 safety precautions will be taken as required, which may mean virtual meetings.

Youth council members will:

- share their perspectives with the minister
- build positive working relationships
- work with each other and Alberta Education staff to provide input on education initiatives
- participate in leadership opportunities, such as identifying goals and supporting one another to achieve them

Applicants should be in junior and senior high school and be between the ages of 14 and 19 as of Sept. 1, 2021. Up to eight of the 40 students selected can be returning council members.

[Apply to be on the 2021-22 Minister's Youth Council](#)

SPECIAL THANKS TO OUR VERY OWN GERMBUSTER, MR. OSBORNE,
AND ALL OF OUR CUSTODIAL STAFF FOR MAKING MCHS A SAFE AND
HEALTHY PLACE TO LEARN AND WORK!



**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



Stronger Together

Parkland School Division Family Supports Newsletter February 18, 2021

Dear parents and caregivers,

Understanding and being aware of ADHD is important for everyone. We all have friends and family who have this diagnosis and just by being aware of what ADHD is and what it can look like can make a big difference. If you need more information or would like help getting connected to community supports we are here to help.

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



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

Free online webinars - Low cost counselling for children and adults

Children with ADHD are often smart but seem very scattered. Children with ADHD typically have deficits in executive functioning skills (impulse control, planning/prioritization, task initiation, working memory, self-monitoring, emotional control, and organization). The National Center for Learning Disabilities explains that executive functioning skills help us to:

- Make plans
- Keep track of time and finish work on time
- Keep track of more than one thing at once
- Meaningfully include past knowledge in discussions
- Evaluate ideas and reflect on our work
- Ask for help or seek more information when we need it
- Engage in group dynamics
- Wait to speak until we're called on
- Make mid-course corrections while thinking, reading and writing

As one can imagine, children with deficits in these areas struggle in many areas both at school and at home. Although children with ADHD are likely to struggle in these areas, all teens may struggle in executive functioning skills to a degree as the prefrontal cortex of the brain is still developing into our mid-twenties. Peg Dawson, a lead researcher in executive functioning emphasizes the importance of developing practical strategies to support areas where children are weak in executive functioning.

Dr. Peg Dawson has compiled a list of helpful resources for parents on her website to learn more about supporting children in developing executive functioning skills. Additionally, Dr. Dawson has developed a number of practical resources for parents and teens to coach, monitor, and set daily goals to improve executive functioning skills.

Learn more about resources to support your child's executive functioning skills at : <https://www.smartbutscatteredkids.com/resources/print-articles/>

Focus on the Positive

When a child has a diagnosis of ADHD there are some amazing qualities to remember to speak openly with your child about. Lisa Gridley, from The Center of ADHD Awareness Canada writes that **children with ADHD have many talents and strengths** which can often go unrecognized in the face of executive skills challenges. These strengths for a child may include: curiosity, leadership, creativity, math and computer skills as well as humour and boundless energy. The key is to balance helping our children develop these executive functions that don't come as natural to them and to capitalize on the strengths that ADHD highlights such as creativity.

Source: <https://caddac.ca/adhd/document/things-that-parents-of-adhd-children-wished-every-teacher-knew/>
Parents You Are The Solution - From ADDitude Magazine -



As a parent, you know that ADHD can make the normal developmental tasks more difficult to accomplish. One of the ways you might like to try to help your child with ADHD relax and focus is with Mindfulness.

<https://www.newharbinger.com/blog/5-reasons-kids-adhd-need-learn-mindfulness-skills>

ADDitude Magazine

All parents will probably agree that parenting is the most rewarding, but also the most challenging, job in the world. This can be especially true if your child has ADHD. Parenting techniques that worked well with your other children may not work at all. It can leave you frustrated about how to help your child. An Additude Magazine article, *Parents You are the Solution*, written by Merriam Sarcia Saunders, LMFT, offers some suggestions.

1. Dedicate at least five minutes each day to focus on your child. Set up a game or special play time or, for older children a dedicated time to talk or share an activity.
Research indicates that even just five minutes can build a healthy relationship. To better your communication, use PRIDE: Praise, Reflect, Imitate, Describe, Enthusiasm.
2. PRAISE your child during this interaction using specifics. "Nice job keeping your hands to yourself." "Thank you for sharing what happened at school with me."
3. REFLECT verbatim what your child says. This is excellent during whining so you don't start negotiating, but also makes the child feel heard. *Child: I don't want to go last! Parent: You don't want to go last.* No matter how much they beg or complain, simply repeat what they say. It tends to end there, sets boundaries, and leaves the child feeling they've been listened to.
4. IMITATE: During your time together, do exactly what your child does. It lets him lead and feel empowered, but also models doing what you're told. If she puts the doll to bed, you put your doll to bed. If he draws a sun, you draw a sun.
5. DESCRIBE: Narrate your child's actions during play. This shows you are watching and are interested, helps with language development and self-esteem, and helps organize the child's thoughts about play.
6. ENTHUSIASM: Using an elevated tone of voice demonstrates interest in your child and can strengthen your relationships.



Try sharing this with the ADHD child or teen in your life and watch them smile!!



25 good things about having ADHD

1. Have lots of energy
2. Willing to try new things and take risks
3. Ready to talk, can talk a lot
4. Get along well with adults
5. Can do several things at one time
6. Smart
7. Need less sleep
8. Good sense of humour
9. Very good at taking care of younger kids
10. Spontaneous
11. See details that other people miss
12. Understanding of kids who get in trouble or get teased
13. Can think of different ways to do new things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative – creative
17. Articulate – can say things well
18. Sensitive - compassionate
19. Eager to make new friends
20. Great memory for things of interest
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about families



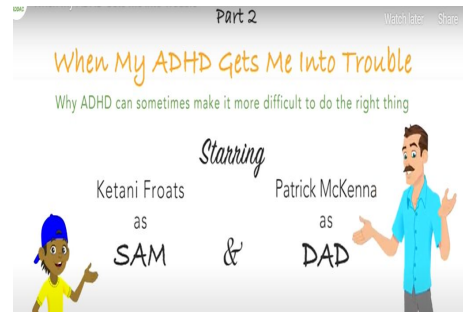
For Kids

The videos below are designed for **kids**, but are a great resource to share with your family to help understand ADHD and also to show how ADHD can make life difficult sometimes. (from the Centre for ADHD Awareness, Canada)

[That's Me, I Have ADHD!](#)



[When My ADHD Gets Me Into Trouble](#)



For Teens

Teen Mental Health Magazine through Teenmentalhealth.org is a great resource for teens who want to understand more about their ADHD.



<https://teenmentalhealth.org/wp-content/uploads/2014/07/Magazine-ADHD.pdf>

ADHD 101 - APFA in partnership with Parkland School Division

It's time to bust some of those myths about ADHD

About this Event

Presenter: [Chantal Jackson, Elements Health](#)

Discussion to bust myths about ADHD. Inform caregivers and the general public in order to increase compassion for the amazing humans living with ADHD, and to streamline interventions.

Date And Time

Wed, March 10, 2021
9:30 AM - 11:00 AM MST
[Add to Calendar](#)

Location

Online Event

Register here: <https://www.eventbrite.ca/e/adhd-101-registration-131636378953>

ADHD Strictly Strategies - APFA in partnership with Parkland School Division

Presenter Chantal Jackson, Registered Psychologist from Elements Health will share easy to use strategies for home, school and other environments and strategies for further developing the brain.

In partnership with Parkland School Division.

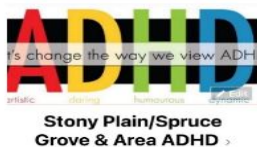
Zoom Link will be sent with order confirmation email and can be accessed again through Eventbrite once you register.

Register here: [//www.eventbrite.ca/e/adhd-strategies-registration-131634100137](https://www.eventbrite.ca/e/adhd-strategies-registration-131634100137)

Get ready to explore strategies for:

- ✓ Executive Functioning
- ✓ Emotion Regulation & Co-Regulation
- ✓ Impulsivity
- ✓ Sleep
- ✓ The (not-so-subtle) Art of Advocacy
- ✓ School & Home Based Accommodations
- ✓ The Developmental Delay of the pre-frontal cortex of the brain

March 17, 2021 - 9:30 - 11:00 - online event



Check us out on facebook.

This group is designed to create a sense of community and connection. To share information & learning opportunities. To ask questions & offer support. To share strategies, challenges & successes. To celebrate our/our child's unique gift that is ADHD and other co-existing diagnoses.

Possible financial supports for children with ADHD (from the Centre for ADHD Awareness Canada)

Disability Tax Credit

The Federal Government allows a Disability Tax Credit for those individuals and their dependents, who have a severe mental or physical development that causes marked restrictions in the area of sight, hearing, mobility, speech, memory, thought and perception, all or almost all of the time in any of the basic activities of daily living and the impairment is prolonged – has lasted or is expected to last for a continuous period of at least twelve months. [READ MORE](#)

Medical Expenses

In addition to the standard medical expenses such as prescription drugs and a variety of assistive devices, in 1999 the Federal government recognized that individuals with learning disabilities may have a need for supplementary educational service. [READ MORE](#)

Free Medication Cards that Cover the Difference between Generic and Brand Name Medications

Access co-pay assist cards for: - Concerta and Adderall XR [Here](https://www.innovicares.ca/)

LD Association Programming

Roblox Social Group 7+ Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and other life skills. Both fun and educational, the purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

- Saturday February 20, 2021 - Saturday March 27, 2021 1:00 to 2:30 pm

Roblox Social Group cost is 50.00 for the 6 sessions

- Spring Break Session - March 29, 30, 31 - 1:00 - 2:30 pm

Roblox Social Group cost is 25.00 for the 3 sessions

Social Skills Group - ages 8-12 and 13-18

- Does your child struggle with friendships and social cues?
- Do they have difficulty with organizational skills?
- Trouble paying attention or staying on task?
- Do they have trouble managing their emotions?

We can help! Join us for our Virtual Social Skills Program starting April 10, 2021

Our groups specialize in children with ADHD, ASD, Tourettes and Learning Disabilities but all are welcome!

- 8-12 years - 6 week program - Saturday mornings - 10:00 - 11:30
- 13-18 years - 6 week program - Saturday afternoons - 12:30 - 2:00

All sessions are virtual and through Zoom

- Some families are able to obtain FSCD funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LD Edmonton's FSCD vendor number is 598018.
- This program is open to everyone! Cost of the Social Skills Group is 100.00. For more information please contact info@ldedmonton.com or call our office at 780-466-1011

ADDitude Magazine



FREE WEBINAR ON FEB. 25

Raising Children with ADHD

Russell Barkley, Ph.D., shares 6 guiding principles for successfully parenting a child with ADHD. [Register »](#)



FREE WEBINAR ON MAR. 2

Discipline Strategies for ADHD

Learn immediate, evidence-based techniques to manage challenging behavior & [increase positive interactions.](#)

To register for Raising Children with ADHD go to:

https://www.additudemag.com/webinar/parenting-a-child-with-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414

To register for Discipline Strategies for ADHD go to:

https://www.additudemag.com/webinar/adhd-behavior-problems/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414

apfa FAMILY RESOURCE NETWORK



Services include:

- Family Support
- Child and Youth Development and Well-Being
- Parent Education
- Home Visitation



780-963-0549



info@apfa.ca



www.facebook.com/apfa.ca



albertaparenting



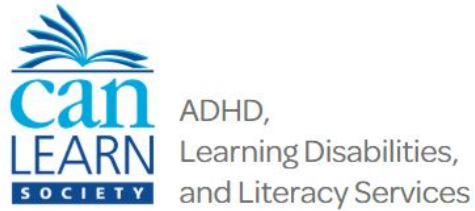
CAADAC (caddac.ca) offers tons of free resources on their site for parents to access and also has links to other helpful resources.



For more information on monthly support group meetings and other offerings check out their [Website](http://www.adhdedmonton.com) or email info@adhdedmonton.com

- **Adult/Partner with ADHD**
Third Wednesday of the month
7 p.m. – 9 p.m.
- **Parents of Children with ADHD**
First Wednesday of the month
7 p.m. – 9 p.m.
- **Young Adults with ADHD**
Third Wednesday of the month
7 p.m. – 9 p.m.

The association offers a parent support group and has many resources on their website at http://adhdedmonton.com/?page_id=25#Xwz-iyhKhPY.



[ADHD & Learning Disabilities | canlearn](#)

The Can Learn Society offers resources, blogs, podcasts and online group opportunities.

LD Edmonton

Monthly Virtual Parent Support Group

Join us for our parent support group running every fourth Wednesday of the month from 7:00 pm until 8:30 pm. Next group is February 24, 2021. Register by emailing info@ldedmonton.com for the Zoom link.

February 24th Support Group is Understanding and Navigating IPP's.

IPP's can leave us filled with anxiety, stress and frustration. A well-written supportive IPP can make a world of difference in our children's educational careers. Join us as we have a candid conversation about what an IPP is, the IPP process and how this tool can contribute to your child's success in school.

Autism Has No Look: Putting A Spotlight on the Spectrum

APFA in partnership with Parkland School Division

Wed, March 3, 2021

6:00 PM – 8:00 PM MST -Online Event

Register here:

<https://www.eventbrite.ca/e/autism-has-no-look-putting-a-spotlight-on-the-spectrum-tickets-139708755649>

As a child Kerry was nonverbal and today as an autistic adult is a professional speaker who has what some would say an 'invisible disability.' In this presentation, you will hear a first-person account of what helped him, from early intervention to his road to adulthood. Case studies will be shared to highlight the uniqueness of each individual who has autism. Time will be left at the end for Q&A.

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 - 780-217-4146 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 - 780-668-7422
Sunrise Supports - Dena Davis - 780-977-6241

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
 Addiction Helpline 1-866-332-2322
 Child Mental Health (8am-11:30pm) 780-427-4491
 Kids Help Phone 1-800-668-6868
 Bullying Helpline 1-888-456-2323
 Seniors Abuse Helpline 780-454-8888
 Family Violence Info Line 310-1818
 Sexual Assault Center (9am-9pm) 780-423-4121
 First Nations & Inuit Mental Health
 Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
780-644-5135
 Access 24/7 (Adults)
 Addictions & Mental Health780-424-2424
 Westview Health Centre780-968-3600
 Child Intervention Services780-422-2001
 Kids Cottage Crisis Childcare ...780-944-2888
 Parkland RCMP825-220-2000
 Poison Control 1-800-332-1414
 NeighbourLink Parkland (practical crisis help)
 Monday-Friday 9am-4pm780-960-9669
 Pay Forward Kindness (homeless supports)
587-286-4663

I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



or download **HelpSeeker**, onto your phone to find local supports and resources.

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) 780-424-8335
 Women's Emergency
 Accommodation Centre 780-423-5302
 Hope Mission (ages 16+, men, women) 780-422-2018
 Youth Empowerment &
 Support Services (YESS)..... 780-468-7186
 Salvation Army (Transitional Housing, 512/4day)
 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters
 1-866-331-3933

I NEED DETOX SUPPORT

George Spady 780-424-8335
 AHS Detox Centre..... 780-427-4291
 Youth Edmonton Detox 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106
 George Spady Centre 780-424-8335
 Boyle McCauley Health Centre 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and
 Mental Health (adults)..... 780-424-2424
 Youth Addiction Services 780-422-7383
 Access Open Minds (youth 16-25) ... 780-415-0048
 Child and Adolescent
 Mental Health Services 780-342-2701
 Westview PCN Youth
 Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

Parkland Food Bank
 105 Madison Cres, Spruce Grove..... 780-962-4565
 Auggies Café (Tuesday Free Lunch)
 131 Church Rd, Spruce Grove 780-962-5131

Spruce Grove FCSS
 #105 - 505 Queen Street, Spruce Grove, AB
 780-962-7618

Stony Plain FCSS
 #107, 4613 - 52 Avenue, Stony Plain, AB
 780-963-8583



Caregiver Education Team Newsletter

March 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

Keeping Scattered Kids on Track: Understanding ADHD

Part 1 - Monday, March 1
12:00 – 1:00 pm

Part 2 - Monday, March 8
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 1 - Tuesday, March 2
12:00 – 1:00 pm

Part 2 - Tuesday, March 9
12:00 – 1:00 pm

Building Executive Functioning Skills

Part 1 - Monday, March 15
12:00 – 1:00 pm

Part 2 - Monday, March 22
12:00 – 1:00 pm

Parenting Strategies That Promote Positive Mental Health

Part 1 - Tuesday, March 16
12:00 – 1:00 pm

Part 2 - Tuesday, March 23
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Sleep and Your Family's Mental Health

Wednesday, March 3
6:00 – 7:30 pm

Parenting Teens in the 21st Century: Respectful Limit Setting With Adolescents
Wednesday, March 10
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, March 17
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Wednesday, March 24
6:00 – 7:30 pm

Drop-In Series

Anxiety Part 1: An Introduction

Thursday, March 4
6:00 – 7:30 pm

Anxiety Part 2: Calming Our Bodies

Thursday, March 11
6:00 – 7:30 pm

Anxiety Part 3: Settling Our Minds

Thursday, March 18
6:00 – 7:30 pm

Anxiety Part 4: Overcoming Avoidance

Thursday, March 25
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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.

Sleep and Your Family's Mental Health

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

Date: Wednesday, March 3, 2021

Time: 6:00 – 7:30 pm

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

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

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

Date: Wednesday, March 10, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“Extremely helpful, realistic advice and suggestions. Thank you!”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

(...continued)

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

Date: Wednesday, March 17, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; 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, March 24, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“The information provided was very good and clear to understand.”

“The speakers were very knowledgeable and gave lots of information.”

“The more sessions I attend, the more I will be able to guide my child.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

March 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Caregiver Education Sessions

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Part 1 - Monday, March 1, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 8, 2021

Time: 12:00 – 1:00 pm

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

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.

Part 1 - Tuesday, March 2, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 9, 2021

Time: 12:00 – 1:00 pm

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

Parent Feedback:

“The session was really well run and [the presenters] were really great, open, and supportive.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

March 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.

Caregiver Education Sessions

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.

Part 1 - Monday, March 15, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 22, 2021

Time: 12:00 – 1:00 pm

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

Part 1 - Tuesday, March 16, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 23, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“Enjoyed the session – the length and format was perfect!”

“Helpful tools to assist parents. Thank you!”

“I can't wait to continue joining upcoming sessions.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

March 2021



These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. As part of a 4 session series, you are welcome to attend one session or join us each week.

Anxiety Part 1: 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: Thursday, March 4, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 2: Calming Our Bodies

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

Date: Thursday, March 11, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 3: Settling Our Minds

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

Date: Thursday, March 18, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 4: Overcoming Avoidance

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

Date: Thursday, March 25, 2021

Time: 6:00 – 7:30 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, click [HERE](#) or go to:

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



For more information, visit www.cyfcaregivereducation.ca