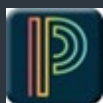


The Memorial Memo

ISSUE

05

February, 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
Online Registration	P.2
Pink Shirt Day	P.3
New Bell Schedule for Q3	P.4
Virtual Open House & Parent Meeting	P.5
Graduation	P.6
Memorial Business	P.7
Student Art	P.8
Foods	P.10
CTS Student of the Month	P.11
MCHS Athletics	P.12
Grad Photo Day	P.13
Off-Campus Education	P.14
Diverse Learning Needs	P.15
Community Supports & Resources	P.17

PRINCIPAL'S MESSAGE

Hello Marauder Parents –

Here we are at the beginning of quarter three! One of the benefits of the quarter system is that there is an opportunity for a change up for the students four times rather than two in a school year, a reset if needed. For you as parents, here is a reminder that the typical start of school year things you can do to support your child's learning.

- Set routines again after exam week for consistent bedtimes. We can't emphasize enough how important sleep is to growth and learning for teens;
- Daily homework completion;
- Regular PowerSchool checks to ensure work is getting handed in;
- Accessing Torch Time; and
- Connect with new teachers.

These are all great things to strengthen the home and school connection that I'm sure most of you are doing for your kids already.

Speaking of Torch Time. This significant change to our daily operations is coming

along nicely. Many students are very appreciative of the opportunity to direct time where they need to advance their learning and/or wellness. It's taken a few days to get oriented, learn the PowerSchool Torch Time feature, and routines but students are getting there and participation and productive use of Torch Time is improving daily. You can be proud of your kids so far in their responsibility in using this time.

We have had a number of emails and phone calls inquiring about different aspects of Torch Time so have prepared this [FAQ document](#) for parents. This is a great opportunity for parents to be involved in their child's education and know a bit more about how they are doing with their work and how Memorial can support their learning.

Yay for warmer weather!

Ms. Jensen

MCHS Grade Administrators

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

Next School Council Meeting

Monday, February 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, March 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?



January Happenings:

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
20 - Math Diploma
21 - English Diploma - Part B
22 - Social Diploma - Part B
23-27 - Grad Photos
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

February Key Dates:

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)
24 - Pink Shirt Day

March (1st Week):

01-04 - Grad Photo Retakes
01 - G&G Meeting - 6:30
02 - First Time High School Parents Meeting (Virtual)
04 - Gr 9 Virtual Open House
05 - Staff Planning & Development Day

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](#)



PINK SHIRT DAY FEBRUARY 24, 2021

With one in five students affected by bullying, chances are that you or someone you know is being impacted. If you're not sure what to do, reach out to someone who can help. And remember, kindness and compassion can go a long way. If you're being bullied, bullying someone else, or see a friend who is being bullied, take a look at these resources: ([CKNW Kids' Fund Pink Shirt Day](#))

Wear your support! It doesn't have to be a shirt - it can be a mask, pin, toque, scarf, bandana, shoes or anything else in your wardrobe!

(Student Services will be safely handing out a pink treat to students to celebrate Pink Shirt Day and remind students how much a little bit of kindness can make a difference.)



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!

MARAUDER ATHLETICS

More information about athletics will be passed on as news becomes available. Please contact Mr. Drolet

(jdrolet@psd70.ab.ca)

with any questions you might have.



REACHING YOUR CHILD DURING THE SCHOOL DAY

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

- During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. He/she may not be able to respond immediately.
- 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.



MCHS ART

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 or click [HERE](#) for easy access.

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

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

- Support Programming
- Connecting to Your Community
- Volunteering
- Youth Centre
- Suicide Prevention Program
- Well-being & Mental Health
- Poverty Reduction Strategy



Click [HERE](#) for more detailed information.

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.

MCHS FOODS





MEMORIAL COMPOSITE HIGH SCHOOL
**VIRTUAL
OPEN HOUSE INFO.**



Video for Parents

of incoming Grade 10s or families new to the school

**Available on our website
at the end of February.**

This pre-recorded video provides detailed registration information for parents with youth entering Grade 10 in the 2021–2022 school year, or any family that is new to our school. The video post will be accompanied by a link for parents to submit questions or a request for callback from the school.

Virtual Open House

**Thursday, March 4, 2021
6–8 p.m.**

Incoming Grade 10 students and their families are invited to log on to this virtual event. There will be a series of pre-recorded programming videos, as well as links to live Google Meets covering specific topics.

**VISIT OUR WEBSITE FOR MORE
INFORMATION AND RELATED LINKS.**

mchs.psd70.ab.ca

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.

Graduation Information and Important Dates

- **Grad Fees** were due **December 11, 2020**. Payment can be made on-line through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance Office.
- [Grad Registration/Fee Form](#) Please do not submit the Grad registration form to Mrs. Sorenson (Graduation Coordinator) prior to payment of the Grad fee. *Graduation fees cover; Lifetouch portrait session, diploma cover, Grad cap & tassel, school awarded certificate and a souvenir copy of the Class of 2021 Composite.*
- Graduation Photo Retakes – March 1-4, 2021 held at MCHS. (Appointment times TBA)
- Grad portrait session bookings for March open on February 12, 2021 (9:00am) with the on-line 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.**
- Proofs from the first photo session must be handed in at the time of re-takes or a fee of \$25 for the second set will be imposed by Lifetouch. The fee is payable directly to the photographer at the time of the re-take appointment. First time portrait sessions can also be booked during March Re-takes.

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

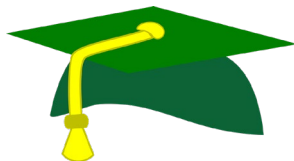
Grad photo sessions will be subject to mandatory Alberta Public Health restrictions and MCHS is working in collaboration with Lifetouch to provide our students with an opportunity for professional graduation photos. Portrait sessions include a photo that will be submitted for the Yearbook and Class Composite.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

- 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.





VIRTUAL INFO SESSION WEEK

February 1-6 | March 1-6

MacEwan.ca/InfoSessionWeek



The Business Competition Club has two case competitions coming in the next month and a half. The first one will be hosted by Rundle College in Calgary on January 30-31. The second will be hosted by SAIT on Feb. 27-28. Due to COVID, both competitions will be virtual. Prizes will be awarded in both competitions.

Do you want to be an entrepreneur? Do you have a business idea or an existing business you need help growing? Polls show 63.8% of individuals still show interest in being an entrepreneur after working for someone else, so why not start now!

Join Enactus NAIT for a 3-day bootcamp on how to come up with an idea, build upon it and present that idea to others. This camp is intended for junior high school and high school students and takes part over Greater Edmonton Teachers' Convention plus the Saturday morning (February 25-27). The camp will be delivered virtually with 2 hours of facilitated instruction per day along with activities and worksheets to further enhance the entrepreneurial experience.

Registration opens on Friday, January 15.

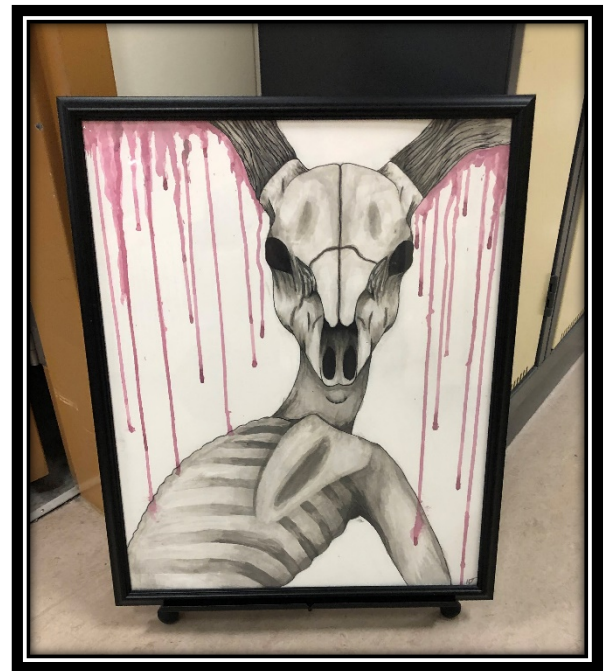
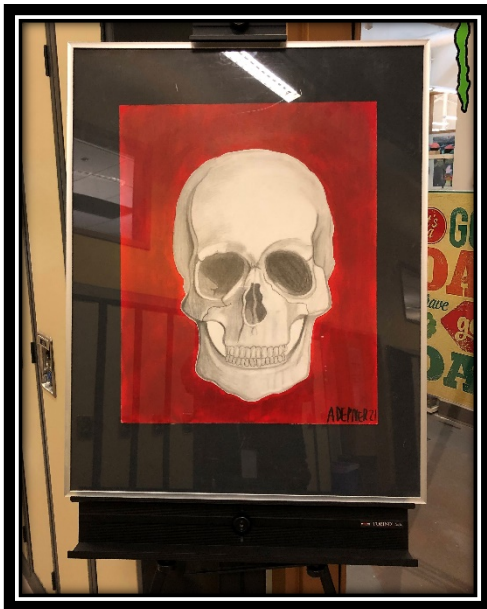
Cost: \$29

To register, speak to Mr. Stuckey in room 1068 or visit <https://app.booking.ca/naitpub/courses/index.asp>.



MCHS Art





CTS: Foods



Memorial Foods classes have been busy cooking up chili, sushi, tea sandwiches, perogies, gyoza, appetizers & more! Check out the [Memorial Foods instagram page](#) to see more.



CTS: Student of the Month



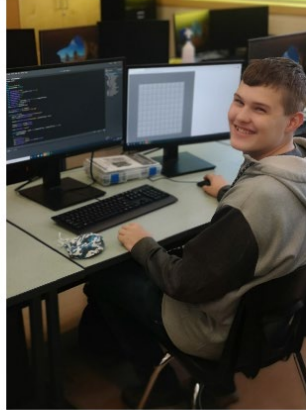
Student of the Month



Dillion Moison -Construction



Student of the Month



*Justin Fraser
Computer Science*



Student of the Month



Piper Fodor -Sports Medicine



Student of the Month



Bradley Johnson -Mechanics

DECEMBER



Student of the Month



Carsyn Ross -Fabrication



Student of the Month



Jael Mykula -Marketing

MCHS Athletics

Grade 12 student, Jenna Reich, is seen here signing her letter of intent to play volleyball at Concordia University of Edmonton.



Jenna played all three of her high school years on the senior women's volleyball team, and we are so very excited to see her take both her education and her volleyball skills to the next level.



The first round of grad pictures is complete. These pictures create a feel of normalcy for graduating students during covid times. We are grateful to be able to provide this opportunity safely to our students.

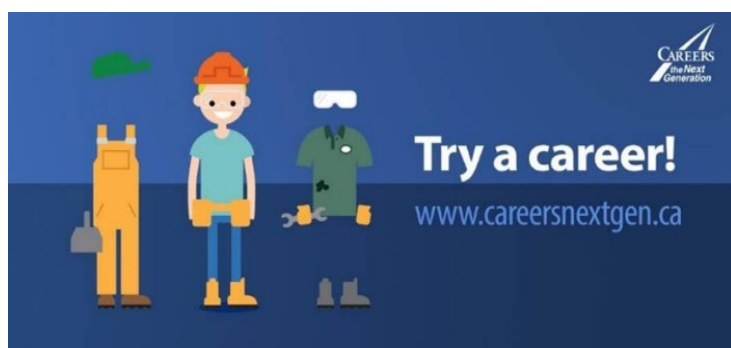


OFF-CAMPUS EDUCATION

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.



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.



[MCHS Off-Campus Education Information](#)

We are a school that supports and celebrates all students as

DIVERSE LEARNERS



INCLUSION is an attitude & approach that embraces diversity & recognizes that all students learn differently. *Inclusion promotes equal opportunities for learners as they shift toward more independence and work toward attaining their goals.*

INDIVIDUALIZED PROGRAM PLAN UPDATE- NEW

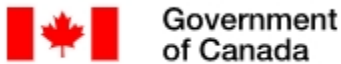
Parkland School Division has made some exciting changes to our current Individual Program Plan (IPP) documents, making them more accessible to parents and guardians in Power School.

An email will be sent out to parents/ guardians once they are available to view on PowerSchool.

The new document is called an Individual Education Plan (IEP).

GRADE 12 STUDENTS

Don't miss out on these opportunities! Check out scholarship and grant opportunities for students with identified learning needs who intend on attending post-secondary after graduating.



<https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/disabilities.html>

Grants for students with permanent disabilities

Financial assistance for students with a permanent disability enrolled at a designated post-secondary institution.

Grant for services and equipment for students with permanent disabilities

A grant towards tuition, textbook, and accommodation costs for eligible students with a permanent disability.



<https://www.nclld.org/what-we-do/scholarships/>

? I have a disability but do not have LD or ADHD. Am I eligible for the Anne Ford and Allegra Ford Thomas Scholarships?

To be eligible for our scholarships, you must have documentation of a "specific learning disability" (LD) such as dyslexia, dyscalculia, and dysgraphia and/or documentation of a diagnosis of ADHD. You are welcome to apply if you have a specific learning disability and/or ADHD in addition to other disorders that impact learning, as long as you provide current documentation of LD and/or ADHD.

? What should I submit as documentation of my learning disability or ADHD for Anne Ford and Allegra Ford Thomas Scholarships?

Please submit your most recent IEP, 504 plan or assessment/evaluation report. You may also submit a letter from a school administrator noting your learning disability and any accommodations you receive in school. If you have a diagnosis of ADHD, you can submit verification of the diagnosis from the physician who treats you. If you have questions about whether your documentation is sufficient, please email us at AFScholarship@nclld.org and ask for guidance.

? Which one of the Anne Ford and Allegra Ford Thomas Scholarships should I apply for? Can I apply for both?

Apply for the one scholarship that best fits your post--high school plans. If you are planning to attend a four-year college, apply for the Anne Ford Scholarship. If you are planning to attend a two-year community college, vocational/technical training program, or specialized program for students with LD, apply for the Allegra Ford Thomas Scholarship. You may not apply for both scholarships.

LEARNING TOOLS & STRATEGIES FOR ALL STUDENTS

Google Read Write Feature: Screen Masking



This built-in feature helps to support students who are easily distracted, or lose track of their place when reading. The Screen Masking tool creates a strip or "ruler" to provide focus to one area of the screen while darkening the rest; the strip follows your cursor. This tool also helps with eye,

Dyslexia, and Dyscalculia. Check out the video below to see the Screen Masking tool in action.



<https://www.youtube.com/watch?v=iWwayGfjTKI>

KAE: KNOWLEDGE AND EMPLOYABILITY

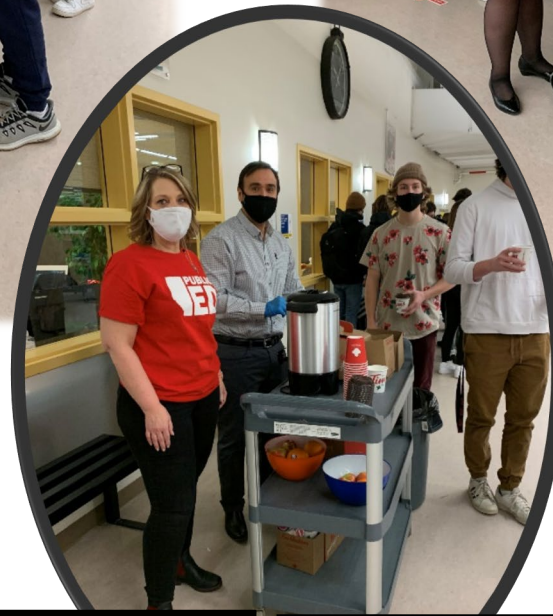
Grade 10 KAE: This upcoming quarter, students have Social 10-4 with Mrs. Kissell.

Grade 11 KAE: This upcoming quarter, students have English 30-4 with Mrs. Moisan.

Grade 12 KAE & KAE to DIP: Reminder that **Work Experience is a requirement for your graduation.** For students who are upgrading courses, this is still a requirement to ensure you can partake in grad. If you have not already, pop in or make an appointment to see Mrs. Moisan a.s.a.p. to go over your grad status and see either Mr. Pardington or Mrs. Nuijens to start your Work Experience contract.

Diverse Learning Needs Coordinator
Mrs. Janine Moisan jmoisan@psd70.ab.ca

COFFEE CART (all covid safety measures in place): As an appreciation to the amazing work our teachers are doing, MCHS administrators served coffee and tea to each teacher in their classroom on Friday, January 15th. With lots of coffee left over, they took it to the common area and served the students. A reminder that small gestures can make someone's day brighter.



**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

Strong Families Series: Teen Mental Health



January 20, 2021 - Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

A child's teenage years are a time of dramatic growth and change - of both the physical and mental variety. Dealing with peer pressure, academic expectations and a maturing body can be overwhelming, and teens can endure the some of the highest highs and the lowest lows they've ever experienced.

However, should those lows persist for a long time and lead to feelings of hopelessness, disinterest, irritability or guilt - or even contemplation of self-harm or suicide - this is indicative of clinical depression: a serious health concern. Luckily, with treatment, teens living with depression can grow into healthy and happy human beings.

In our upcoming Strong Families session, registered psychologist Larissa Predy will offer families valuable information about depression in teens, as well as practical tips for supporting their children through their tumultuous teenage years.

Date: **Wednesday, February 17, 2021**

Time: **6pm-8pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenters: **Larissa Predy, Registered Psychologist** ([Little Oaks Psychology](#))

The teenage brain goes through major shifts in growth and development, often prioritizing reasoning skills over emotional regulation. As a result, adolescents of approximately 13 years and up are at increased risk of mood concerns, and self-harm continues to be common in this age group.

Session participants will learn how negative and/or stressful experiences affect mental health in teens, how teens cope in these situations, and what they need for support. We will also discuss the role of perfectionism and social anxiety, and how they may contribute to depression in teens.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/teen-mental-health-depression-self-harm-registration-131630182419?aff>.

For more information, please contact:

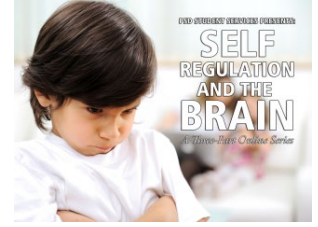
Vicky Mamczasz

Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

Self-Regulation and the Brain

January 28, 2021 - Parkland School Division's Student Services Department is proud to present Self-Regulation and the Brain, a FREE three-part online session for parents & guardians of students in Kindergarten to Grade 12.



As the 2020-2021 school year has made abundantly clear, learning during a worldwide pandemic is no easy task. While some students have found their groove and adjusted well to the changes in their lives and learning, others have struggled with finding the motivation or assurance they need to manage the daily challenges of studying at home or at school under current health measures.

If the latter sounds a lot like your child's learning situation, PSD Student Services is here to help with a series of three 20-minute sessions scheduled throughout February and March, which focus on the concept of self-regulation as it pertains to learning, and how it can be used to mitigate the negative effects of stressors on growing brains.

Dates: Wednesday, February 17, Tuesday, February 23 & Thursday, March 4, 2021

Time: 2pm OR 7pm (20-minute sessions)

Location: [Google Meet Webinar](#)

Presenters: Natasha Lang & Pam McNeil (PSD Student Services Facilitators)

To self-regulate means to monitor and manage your emotions, thoughts, behaviours and energy states in such a way that you are able to remain calm, focused, empathetic and motivated, even when faced with a stressful situation. Self-regulation is a skill that develops over time as a child's brain matures, but as with any skill, it comes more naturally to some than others.

If your child is having difficulty with staying on task, the strategies discussed in this series can help. Choose a time that works best for you, sign up for all three sessions, and then come ready with questions or just to listen in - this topic is applicable to students of all ages.

Please register early to reserve your spot by visiting <https://psd70parentsessions.sched.com>. If a session is full, please sign up on the wait list to receive a notification if another spot becomes available or another session is added. We look forward to seeing you there!

For more information, please contact:

Natasha Lang

Early Education Facilitator

Email: nlang@psd70.ab.ca



Stronger Together

Parkland School Division Family Supports Newsletter January 19, 2021

Dear parents and caregivers,

We all have days where we feel down and may find it hard to cope, but we are able to bounce back. It is important to understand that sometimes there may be more complex issues going on and we need to reach out for help.

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

Try the '100 Day Challenge' to improve your family's mental health - Dr. Peter Silverstone

<https://globalnews.ca/news/7551128/2021-new-years-goals-mental-health/>

University of Alberta psychiatry professor Peter Silverstone said there is more hope in 2021 and that there is light at the end of the tunnel.



"We haven't left the tunnel," Silverstone said. "We are about 100 days away — by the time the weather has changed, the economy has changed and enough people have been vaccinated."

He suggests a 100-day challenge to improve mental health, as opposed to making a long-term New Year's resolution.

"There's a lot of evidence that setting small goals to achieve is much more beneficial in the short and long term, [as] opposed to setting a big long goal."

"Every day you can do at least one kind of exercise, every day you can reach out to somebody, every day you can try and help somebody else," Silverstone said. "By the end of that, you will have done 100 different things."

"If you're a family with kids, you can do 100 days of 'Simon Says', and do an activity with your kids and find some interesting challenges."



Family Tips for Teens and Mental Health Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars

Low cost counselling for children and adults

Supporting teens with their mental health presents a unique set of challenges. The teen years bring many changes in life. Teens experience physiological changes as they go through puberty. There are also many emotional and social changes that teens navigate too. Some teens are

able to cope with these changes better than others.

I've had the privilege of supporting teens and their parents through these challenging times for nearly a decade. This work is near and dear to my heart. As a parent myself, I'm grieved to see the struggles. But as my own mother used to say, every challenge is an opportunity to learn and grow. Learning how to be *in the mess together* with our teens is the key to helping them through difficult times.

I've found there are two key principles to helping teens become mentally strong and resilient.

1. Acknowledging and accepting our struggles. There are two types of people, those who struggle and those try to be strong by pretending to have it all together. Trying to be strong on our own and avoiding our struggles makes us weak. Learning how to embrace our weakness helps us to be strong.
2. Sharing our struggles with others. I often tell teens that we are only as strong as our supporting cast (the friends, family, teachers, and coaches who can help support us). We all need help sometimes. Strong people reach out. Weak people stay stuck and isolated.

Many teens and adults get stuck in life because they've never learned how to reach out and ask for help. Teaching our teens these two most important skills of being real (accepting our struggles) and reaching out (sharing our struggles with others) will help prepare them to deal with the challenging seasons of life.

Dr. Stan Kutcher and his team from *Teen Mental Health Speaks* provides some very practical guidelines for parents and teens about coping with depression and other teen mental health challenges. With respect to depression some warning signs to watch for in teens include:

- Eat much less than normal or much more than normal
- Sleep much less than normal or much more than normal
- Move restlessly or barely move at all
- Feel really tired and lack energy
- Lose feelings of pleasure or enjoyment
- Lose interest in activities that they usually enjoy
- Feel worthless, hopeless, or guilty (without a good reason)
- Have thoughts of death and dying, including suicidal thoughts and plans
- Have trouble concentrating or making decisions

Teen Mental Health Speaks emphasizes the importance of helping teens develop a strong network of personal and professional supports. They also provide some very practical tips to increase overall mental health including:

- Structure your day. Start with basic daily activities like showering, walking the dog, or making lunch. Keeping a daily diary or schedule can be a big help in keeping your mood stable and preventing you from feeling overwhelmed, especially if you're a visual person
- Exercise. Daily physical activity improves your health and mood, and helps you get rid of stress.
- Sleep. Getting 8-9 hours of sleep each night will help you feel better the next day.
- Eat healthy. Eating a balanced diet gives your body the fuel it needs to help combat stress. Try not to skip meals and go easy on the junk food.
- Stay away from alcohol and drugs. Although you may feel better in the short-term, alcohol and drugs will not solve your problems. They'll only give you a false sense of confidence and may make your problems worse in the long run.
- Limit caffeine. Caffeine can make your heart race, which can make you feel worse.
- Daily relaxation time. Take time each day to relax, using techniques like Box Breathing or Hand Relaxation.
- Go outside. Staying inside all the time can be really draining. Getting outside and enjoying the sun and fresh air can help you feel better.
- Build healthy relationships. It's important to have a good support network of people you trust.
- Talk. Talk to the people in your support network about your feelings and concerns. Sharing your feelings with someone else can feel like a weight is lifted off your chest.
- Stop thinking so much. Thinking about something over and over can make you feel worse. Try not to let yourself replay negative thoughts and situations in your mind. Distract yourself, if necessary!
- Be realistic. Depression can make you interpret things as more negative than they actually are. Remind yourself that Depression skews your perspective.

When working with parents and teens, I encourage them to start small. Pick one or two of these areas to practice each day together. Review progress regularly and discuss any barriers that prevent your teen from following their desired plan. Supporting teen mental health is all about parents and teens learning how to work together to communicate, support each other, and find flexible ways to improve mental health in a way that best works for your teen. I always say that the best ideas are the ones that work. Often in working with teens the best ideas are the ones that we develop with the teen because a teenager is more likely to follow through with their own mental wellness plan than a plan prescribed to them from an external source.

Resources access from <http://teenmentalhealth.org/wp-content/uploads/2014/07/Magazine-depression.pdf>

[Mental Health: Coping and Connection for Children & Families During COVID-19](#) (check out the link for more information)

- Check in with your child encourage questions to make sense of the current situation
- Encourage positive activities and thoughts of safety
- Self Care for Parents and Caregivers is important
- Limit media coverage
- Seek support and continued connections
- Keep active
- Be mindful of how you speak
- Ask health care professionals for help



FEB
17

Teen Mental Health: Depression & Self-Harm

by Alberta Parenting for the Future
Association

Follow

Free

Parents concerned about their teen's mental health and how to recognize and support them.

About this Event

Presenter: Larissa Predy, M.A., R. Psych - Little Oaks Psychology

Teens (**approx. 13-years and up**) are at increased risk of mood concerns and self-harm continues to be common in this age group. The teenage brain goes through major shifts in growth and development, often prioritizing reasoning skills over emotional regulation. This presentation will discuss how negative/stressful experiences affect mental health in teens, how they cope and what they need for support. Also discussed will be the role of perfectionism and social anxiety and how they cope.

This workshop is in partnership with Parkland School Division.

Date And Time

Wed, February 17, 2021
6:00 PM - 8:00 PM MST
[Add to Calendar](#)

Location

Online Event

Register at :

<https://www.eventbrite.ca/e/teen-mental-health-depression-self-harm-registration-131630182419?aff>

[Living Through Depression: Julia's Story](#)



The most important thing to remember is that prevention and early intervention are integral to the overall wellness of your child. This helps your child to develop lifelong coping strategies, empowers children to deal with stressful life events and builds resiliency. Your family doctor is a great resource or you can reach out to one of the community partners below.

7 TYPES OF REST WE ALL NEED

PHYSICAL REST: MORE SLEEP, NAPS, DEEP BREATHS, RELAXATION, STRETCHING

MENTAL REST: MUSIC, MEDITATION, SILENCE

EMOTIONAL REST: OFFLOADING EMOTIONAL BAGGAGE, TALKING TO A GOOD LISTENER, THERAPY

SOCIAL REST: CATCHING UP WITH AN OLD FRIEND OR CONVERSELY, TAKING A BREAK FROM SOCIALIZING

CREATIVE REST: READING A BOOK, TAKING A WALK IN NATURE

SPIRITUAL REST: DOING THINGS THAT GIVE YOU SENSE OF PURPOSE OR MEANING

SENSORY REST: TURNING OFF DEVICES AND SCREENS, FIND THE QUIET



January 25 – April 8, 2021 FREE Yoga Classes via Zoom for Women with Children who may be feeling Isolation or Financial Stress

\$0.00

STARTING week of January 25!

Ring in the New Year 2021 with a 10 week Zoom Yoga session designed to benefit Body, Mind and Spirit!

Please register for ONE set of ten classes that best works for YOU:

January 25 – March 29: 4-5 pm
Lonnie DeSorcy (Mondays)

January 26 – March 30: 1-2 pm
Rachel Foster (Tuesdays)

January 27 – March 31: 8-9 pm
Sara Hastings-Morris (Wednesdays)





February 4 – April 8: 10-11am
Karen Hamdon (Thursdays)

Register at:

<https://yoga.ca/product/january-25-april-8-2021-free-yoga-classes-via-zoom-for-women-with-children-who-may-be-feeling-isolation-or-financial-stress/>

Check out free virtual Mental Health Education through Alberta Health Services

Register here: <https://www.cyfcaregivereducation.ca/virtual-education>

			
Register	Register	Register	Register
Caregiver Education Sessions	Parenting Groups	Drop-In Series	Lunch & Learn Webinars

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

Online Resources

www.kidshelpphone.ca

Teenmentalhealth.org

www.kidshealth.org

www.mindyourmind.ca

www.parenthelpline.ca

www.voomagazine.net

One day soon you'll look back on the days
you thought you'd never get through and
smile knowing you never gave up.



<https://www.stonyplain.com/en/live/connecting-to-your-community.aspx#>

FEBRUARY CONNECTION CHALLENGE



February is seen as the month of connection, with Valentine's Day and Family Day. In the spirit of connection, we are launching the February Connection Challenge. Residents are encouraged to connect with their families, friends and neighbours, build community and strengthen Stony Plain, Spruce Grove and Parkland County's community spirit. Visit our [website](#) for your connection card and contest details.

<https://pclibraries.ca/programs/tweens/builders-club>



HYBRID BUILDERS CLUB AGES 7+

Bring your Lego Bricks, K'Nex, or other building materials and unleash your creativity in this 1 hour builders club. Each week there will be a new challenge along with plenty of time for free play. In partnership with Spruce Grove Public Library.

Hybrid program is offered virtually via Zoom and limited in-person at Entwistle Library when safe to do so.

Register online: pclibraries.ca/programs/tweens
or call your local library branch for help.



FEB 11
MAR 11
APR 8
MAY 13
THURSDAYS, 5-6PM



Parkland County Libraries
Duffield, Entwistle, Keephills, Tomahawk, Wabamun
facebook.com/pclibraries
www.pclibraries.ca



Auggie's Brown Bag Lunch Program
Come grab some bagged lunches – and perhaps a loaf of bread or two!

Our Program

- Pick up one or more bagged lunches from our church:
- St. Augustine's – Parkland Anglican Church
- 131 Church Road, Spruce Grove
- Tuesdays from 11am to 1pm. Knock at the double doors on the east side of the church building, facing the parking lot.
- We'll also have loaves of bread, buns, and other baked goods for you!
- Our lunches are an assortment of well-balanced food items: sandwich, fresh fruit and/or vegetable, juice box.
- No need to make an order – just show up!

Questions?

Please email us or phone the church at [780.962.5131](tel:780.962.5131).

Pink Shirt Day

On Pink Shirt Day, Wednesday, February 24, Stony Plain FCSS and the Youth Centre will be joining the national movement in support of anti-bullying. Don't forget, we encourage everyone to practice kindness and wear pink to symbolize that you do not tolerate bullying and join the conversation on Twitter and Facebook **#StonyPlainFCSS** and **#pinkshirtday**



Register for the Caregiver Education Series through AHS

- [Caregiver Education Sessions](#)

These 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/youth. Unless specified, sessions are for an adult audience.

- [Lunch & Learn Webinars](#)

These 60 minute informational 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. We are also offering select Caregiver Education Sessions as part of these Lunch & Learn sessions.

- [Drop-In Series](#)

In February, we are continuing with our parenting series, S.E.E.D.S - Support, Education, and Engagement Drop-In Sessions. These are weekly, 90 minute, drop-in, interactive and educational workshops. They are designed to help parents/caregivers learn foundational parenting strategies that cultivate healthy relationships, strong child development, and resilient families. Participants can register for one session or join us for the series.

To register for a session, follow the links found in the newsletter or visit:

<https://www.cyfcaregivereducation.ca/virtual-education>

Visit our website for tip sheets, videos, and more!

www.cyfcaregivereducation.ca

Caregiver Education Team Newsletter

February 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

Parenting Teens in the 21st Century – Part 1
Monday, February 1
12:00 – 1:00 pm

Parenting Teens in the 21st Century – Part 2
Monday, February 8
12:00 – 1:00 pm

Mental Health and Resiliency Series

Positive Communication that Promotes Growth
Tuesday, February 2
12:00 – 1:00 pm

Calming Our Bodies and Minds
Tuesday, February 9
12:00 – 1:00 pm

Resilient Mindsets
Tuesday, February 16
12:00 – 1:00 pm

Collaborative Problem Solving
Tuesday, February 23
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health
Wednesday, February 3
6:00 – 7:30 pm

More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth
Wednesday, February 10
6:00 – 7:30 pm

Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD
Wednesday, February 17
6:00 – 7:30 pm

Mindfulness: Benefits for the Whole Family
Wednesday, February 24
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Supporting Your Child With Structure and Routine
Thursday, February 4
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns
Thursday, February 11
6:00 – 7:30 pm

Helping Our Kids Figure Things Out
Thursday, February 18
6:00 – 7:30 pm

Effective Consequences
Thursday, February 25
6:00 – 7:30 pm



Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 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.

Parenting Strategies that Promote Positive Mental Health

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

Date: Wednesday, February 3, 2021

Time: 6:00 – 7:30 pm

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

More Than Just a Bad Day:

Understanding and Supporting Depression and Self-Injury in Youth

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

Date: Wednesday, February 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:

"I'm very encouraged that sessions like this are available."

"Really enjoyed the interactions with everyone and the videos."

"Content, delivery and duration were 'just right'. Online is nice, I don't have to drive anywhere."

"Instructors went above and beyond to answer individual questions."



Mental Health Foundation



Alberta Health Services

Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 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)

Keeping Scattered Kids on Track

Understanding and Supporting ADHD in Children and Youth

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.

Date: Wednesday, February 17, 2021

Time: 6:00 – 7:30 pm

Note: 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.

Date: Wednesday, February 24, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Good acknowledgement to ‘real life’ difficulties – very identifiable and relatable. Thank you.”

“Kuddos to everyone making this kind of informative/participative session.”

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

“Great program – would recommend to anyone. Great presenters!”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

February 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.

Caregiver Education Sessions

Parenting Teens in the 21st Century – Part 1 Respectful Limit Setting with Adolescents

In this session, we will explore the challenges of being a teenager, parenting a teenager, and the importance of the parent/teen relationship.

Date: Monday, February 1, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

Parenting Teens in the 21st Century – Part 2 Respectful Limit Setting with Adolescents

In this session, we will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Date: Monday, February 8, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

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

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

www.cyfcaregivereducation.ca

Parent Feedback:

“This helped me to understand more about what is happening with my teenager and some ways to help.”

“I find these are great reminders to be positive when it is so easy to be negative.”

“Fabulous Content! I can’t wait to continue joining you for all the upcoming sessions.”



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

February 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.

Mental Health & Resiliency Series

Positive Communication that Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and to encourage our child to engage with others in positive ways that foster resilience.

Date: Tuesday, February 2, 2021

Time: 12:00 – 1:00 pm

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

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Tuesday, February 9, 2021

Time: 12:00 – 1:00 pm

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

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Tuesday, February 16, 2021

Time: 12:00 – 1:00 pm

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

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Tuesday, February 23, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; 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:

“The speakers were easy to listen to and understand. The content was relevant, helpful and immediately applicable.”

“I thought that the method of engagement was very effective. The presenters immediately read out the messages and tied it to the topics.”

“All the strategies given out so far have been very helpful. They are simple, easy steps to accomplish.”



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

February 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

Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, February 4, 2021

Time: 6:00 – 7:30 pm

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

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Thursday, February 11 2021

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Thursday, February 18, 2021

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, February 25, 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"I learned some great skills and I can't wait to implement them with my kids."

"Fabulous Content! I can't wait to continue joining you for all the upcoming sessions."

"Makes me think of things in a new light. The 'homework' feels like practical application of stuff we discussed."



Mental Health Foundation



Alberta Health Services

Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca