



PowerSchool

This is our parent's primary way to check in on their child's marks/assignments, update contact information, and to pay fees too. Contact the school for your username and access ID at mchs@psd70.ab.ca

Activate and sign into your account on the MCHS website in the Parents tab. Please contact Mrs. Harper or Mrs. Campbell at the office if you need assistance accessing your account.

School Fees Are Due

Please log in to your Parent PowerSchool account or come into the school to pay your high school school fees. If you have any questions, please contact Ms. Miller at the office.

Reporting an Absence?

Please email mchsreportastudentabsence@psd70.ab.ca or call 780-963-2255 anytime to leave a message. Please leave your son/daughter's full name, grade, and details of the absence.



this issue

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PRINCIPAL'S MESSAGE

Happy Holiday MCHS Parents!

I have taken on a new role at MCHS this year as coach of our swim team. For the past eight weeks, I have been at the pool at 6:30 in the morning twice a week with 15 or so bleary eyed teenagers who show up in good spirits and within moments dig into their youthful energy counting down their laps. They have goals and they have fun! As we approach the end of the swim season and Christmas, I am reflecting on how much I enjoy hanging with these kids and my own sons. I wish you and your family plenty of special moments and memories this season that will last a lifetime for all of you!

On the business side of school, the budget has been a big topic of conversation in the news and around schools recently. MCHS is a large enough school that we can shift some dollars and make it through this year without having to impact classrooms. However, we will have to be very careful planning our way forward for next year. There will be tough decisions and changes that will be made being mindful of keeping students at the

center of our decision making and working within our means.

I saved the [big news](#) for last! I would personally like to offer Mr. Strangway all the best as he retires from MCHS after serving Parkland School Division for 34 years. He literally built this MCHS campus, has provided so many amazing opportunities for students, and has been an awesome colleague. All the best in Arizona my friend! Congratulations on a well deserved retirement!

Ms. Mohammed will assume Mr. Strangway's role after break and Mrs. Janie Scheidl will join MCHS Student Services.

Take care over the holidays!

Mrs. Jensen

MCHS Grade Administrators

Grade 10 – Mr. Strangway

Grade 11 – Ms. Fisk

Grade 12 – Mrs. Wendel

Next School Council Meeting

Monday, January 27, 2020
7:00 pm
Conference Room

MCHS parents always
welcome!

THANK YOU!!

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

Our Marauders
appreciate this so much!



NOVEMBER Key Dates:

01 - 02 Marketing Field Trip - Calgary
02 - MacEwan University Open House
04 - Green & Gold Exec Meeting - 7pm
04 - APEGA Stewardship & Outdoor Skills Field Trip
08 - Entrepreneurship Field Trip
08 - PowerSchool Update - Marks/Comments Available
08 - Entrepreneurship Field Trip
08 - Remembrance Day Ceremony
11 - Remembrance Day - no classes
12 - 15 Fall Break - no classes
19 - APEGA field trip - Norquest
20 - APEGA field trip - Qualimet
21 - MCHS Food Fair
21 - Parent-Student-Teacher Interviews 5pm - 8pm
22 - Legal Studies Field Trip - U of A Law Mock Trial
23 - Robotics Competition
25 - School Council Meeting - 7pm
27 - Swim Meet - Divisional Qualifying Meet

Memorial Moments

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

DECEMBER Happenings:

02 - Green & Gold Exec Meeting 7 pm
04 - Swimming - Metro Championship Meet
06 - Memorial Winter Formal
09 - Marketing Field Trip - Strong Coffee & Rogers Place
10 - MCHS Choir Christmas Concert 6:30 & 8:00
11 - PFN Family Night - Turkey BINGO
12 - 13 - PE Ski Trip
12 - Legal Studies Field Trip - Court of Queens Bench
12 - PowerSchool Update - Marks
13 - Celebrate Memorial - Block 4
13 - Anime Movie Night
17 - LAWS - Unified Bocce Bonanza field trip
18 - Wrestling Meet
20 - Last Day of Classes before Christmas Break



Alberta Post-Secondary Application System

Applications for several Alberta post-secondary schools begins as early as

OCTOBER 1

Go to the website to check out dates for your schools, admission requirements, etc. You'll need a myPass account to forward your transcripts.



Have you set up your account yet?

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

MCHS Marauder Music Bingos:

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

December 6, 2019 5:00 pm

January 12, 2020 5:00 pm

February 16, 2020 5:00 pm

March 21, 2020 11:00 am

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



Dr. Doug Needs Your Help!

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

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

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

You may be eligible to participate!



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

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

changeab@ualberta.ca

Volunteer Drivers Needed

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

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



ROTARY YOUTH EXCHANGE

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



Social 20-2 youth activism project this week collected over **380 items for YESS**. I recognize it is a short project timeline but it is more about the students learning how to collaboratively organize an activism project. If anyone still wishes to donate after the break, I am regularly at YESS and will always take donations. Thanks again.

Further to those items, Ardella Hall brought in 400 hotel soaps and shampoos that were no longer being used at a local hotel which we will also be donating on her behalf. I am grateful she thought of the 20's project and brought these in.



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

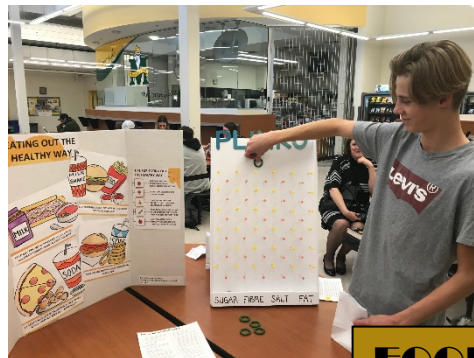
aclarke@psd70.ab.ca

Contact Mr. Clarke for details



Last year PSD partnered with Elevate Aviation and the Edmonton International Airport to provide a week long learning experience for students to explore careers in aviation. This fall the experience will be offered as a series of days through November and early December. To learn more about what the students experienced, check out this [PSD video](#) to see.

If you would like to find out more, please see Mrs. Nuijens in the Off Campus Education Office.



FOOD FAIR



Have you checked out the Stony Plain Public Library?

There is an
amazing array of
programming for
kids and families.

Check out the
[Fall Events Guide](#).



MCHS CHOIRS PRESENTS



2019 MCHS Christmas Concert

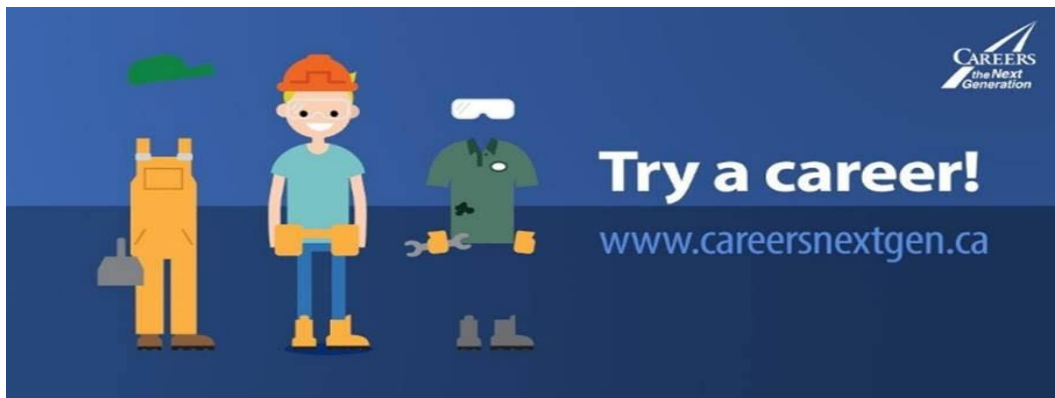


DECEMBER 10TH, 2019
SHOWS AT 6:30PM AND 8PM
MCHS MUSIC ROOM

TICKETS - \$10
AVAILABLE FOR PURCHASE
FROM MCHS FINANCE
OFFICE

BUSINESS COMPETITION CLUB

Do you want to compete for your school? Would you like to explore different university campuses? Do you want to want to improve your problem solving and public speaking skills? The business competition club might be just what you are looking for. Students will travel across AB, BC, and SK to compete against other high schools in business case competitions and a high school finance competition. Prizes include scholarships, cash, and trophies. If you are interested, the business competition club runs Tuesdays and Thursdays at lunch in room 1068 (Mr. Stuckey's room). Come check it out!



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

OCTOBER THROWBACK



Cross Country



Swimming



Halloween



Halloween



Grad Assembly



NOVEMBER MEMORIES





Remembrance Day Ceremony



MCHS held it's Remembrance Day service on November 8th. This is an integral part of MCHS history and tradition especially in the year of our 70th anniversary. Thank you to Mayor Choy, Mr. Warren and Mr. Milne for joining us.



Counselling Corner

Rock the Diploma

Do you need a weekend to prepare adequately for your diploma exams? Study smarter for your diploma exams by participating in courses offered at St. Peter the Apostle School. Courses are scheduled for January 2020 and are held Friday evenings, and during the day on Saturday and Sunday. Call 780 328-0955 to register or pick up a flyer with more detailed information at Student Services.

Stress Relievers

101 Stress Relievers

Need a quick—or not so quick—stress-break? Fresh out of ideas? Try one of these:

Stop and look out the window.

Work a crossword puzzle.

Apologize for a mistake. Stand up and stretch.

Ask for help.

Call up an old friend.

Change coffee break to exercise break.

Count to ten—or 1000—before exploding. Count your blessings—make a list.

Build a model ship.

TELL someone "I love you." a joke.

STOP AND YAWN.

Close your eyes. What do you see?

Cut back on caffeine.

WATCH A REALLY GOOD MOVIE.

Plan ahead.

Do one thing at a time.

Get a massage.

Get a pet.

Find someone you're grateful to and thank them.

Get a good night's sleep.

Get up fifteen minutes early.

Keep a journal of thoughts and feelings.

GO for a brisk walk. swimming. to work a different way.

Laugh at something you did.

Leave the car at home and take the bus.

Lie in a hammock.

Listen to the birds.

Make love.

Look at the big picture. at the big picture. closely at a flower, leaf, blade of grass or tree trunk. off into the distance.

Read a good book.

Smell a rose.

Plant a flower.

Ride your bike to work.

Share feelings with someone.

Practice yoga.

Work out at the gym.

Do a good deed.

WEAR EARPLUGS WHEN IT'S NOISY.

Write down your fears. down your dreams. your congressman.

Watch a cloud for 5 minutes. Watch an ant or other insect for 5 minutes.

Sit by a fire.

Turn cocktail hour into exercise hour.

Walk barefoot in the grass.

SING A SONG.

Make time for play.

Write a poem.

Write a letter to the editor.

Quit smoking.

Massage your temples.

Make a list. Then follow it.

Take a child to the playground.

Take a deep breath and let it all out.

Take a leisurely stroll.

Take a long bath.

Take a nap.

Take an herb tea break.

Take one day at a time.

Take the back roads.

Take the stairs.

Take time for the sunset—or sunrise.

Take up knitting.

Lift weights.

Play a round of golf.

WASH THE CAR.

READ SOMETHING FUNNY EVERY DAY.

Sit by a fountain or stream. Close your eyes and hear the water.

Spent an evening without TV.

TALK TO YOURSELF: "I CAN DO A GREAT JOB." "I CAN STAY CALM UNDER PRESSURE."

Paint a peaceful scene—in your imagination.

Roll your shoulders up and around in a circular motion.

CLIMB A MOUNTAIN.

DANCE.

EAT AN ORANGE SLOWLY, SEGMENT BY SEGMENT.

DAYDREAM.

FORGIVE SOMEONE.

GO FISHING.

HUG A TREE.

HUG SOMEONE YOU LOVE.

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.

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Graduation Information and Important Dates

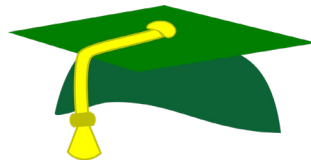
Memorial's Class of 2020 Graduation is on Saturday, June 27!

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

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

- Grad Fees due **December 6, 2019**. Payment can be made on-line through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance Office.
- Grad Portrait session bookings will start on December 13, 2019 with the on-line Appointment Plus program @ <http://lifetouch.ca/northernalberta> Grad fees must be paid prior to scheduling an appointment. If an appointment has been booked and the Grad fee remains outstanding the appointment will be cancelled.
- Lifetouch Graduation Photos – January 22 to January 28, 2020 held at MCHS.
- Jostens Grad Jewelry Order Days – January 23 & 24, 2020 in the Common Area from 11:00 – 1:00 pm.

Students are responsible for ensuring they meet the Alberta High School Diploma/KAE Certificate requirements to graduate and must be on the Grad list to participate in the Graduation Ceremony. Any student concerned about their eligibility to graduate, must see Mrs. Wendel or a School Counsellor in Student Services.



Remind for Grad

Remind is a free communication service designed for school staff to communicate with their students/parents. Each student or parent can register via his or her phone and Ms. Wendel (Grade 12 Administrator) will use this method of communication throughout the remainder of the school year to convey important information about Graduation to the Class of 2020. To join the messaging service, send a text to (587)316-1578, with the message @mchsgrad19. The program does not allow two-way communication nor will individuals have access to personal cell phone numbers.



Memorial Winter Formal

Memorial is excited to be hosting the Memorial Winter Formal on Friday, Dec. 6th. Doors will be open from 6-7 PM. The dance is from 6- 9 PM. Dress up in your formal attire and enjoy the festivities.



Kinsmen Christmas Hamper Collection Nov. 25 - Dec. 9

Memorial Students and Staff please support the Kinsmen Christmas Hamper Collection this season. There are over 1800 residents of Stony Plain and Parkland County West that need assistance this year. Our school will be collecting non-perishable food items and gifts for families November 25 until December 9th. The challenge for classes is to fill a BINGO card that has various items on it. BLOCK ONE classes with one row filled on the card get one entry in the PRIZE DRAW and a BLOCK ONE class that fills their card up completely will get 10 entries into the PRIZE DRAW. All items need to be in by Monday, Dec. 9th in block one. The DRAW will be made on Wednesday, DECEMBER 11th.



Kinsmen
Christmas
Hampers



The Business Competition Club travelled to the University of Calgary to compete in a High School Case Competition on November 2, 2019. In total, we sent nine students. Groups were made up of students from several schools in Calgary and our school. In the end, our students did very well. For many it was there first time "Cracking a Case". They excelled in public speaking and got to do some valuable networking.

The Legal Studies class just participated in a mock trial using the Moot Courtroom at the University of Alberta. It was on Friday, November 21. The trial was a murder trial where the students had to take on roles of the court clerk, Crown Prosecution, Defense Counsel, witnesses, or members of the Jury. The Entrepreneurship class got to travel to several local businesses on Friday, November 8 to hear from local entrepreneurs about their businesses and how they started them. The local businesses involved were Mira Timber Frame, All-Star Signs, Porta Romana, and Holly Wood Fine Furniture. Thank you to all of them for hosting our class and speaking to them. Also, thanks to the Town of Stony Plain for sponsoring our field trip!

On Monday, December 9, the Marketing class will be traveling to Rogers Place and Strong Coffee Marketing for a field trip. The Oilers and Oil Kings will talk to the kids about how they use marketing and Strong Coffee Marketing will talk to the kids about what they do and what their career paths were to entering the profession.

Last of all, the Legal Studies will be traveling to the Court of Queen's Bench in Edmonton on Thursday, Dec. 12 to see "law in action". It is always a fun day for the kids as they get to see what they have learned in action.



Marauder Sports

Basketball has finished up tryouts and we are just gearing up for the season. The Senior teams have their first tournament of the season, travelling to Lillian Osborne for a tournament on Nov. 29-Dec 1. After that, all four basketball teams have a tournament on December 6-7, with the Juniors heading to Ardrossan for the JV Stampede Classic and the Seniors heading to Sturgeon for the Rise Up tournament. Good luck teams!

Swimming has their Championship Meet on Wednesday December 4 at the Kinsmen Sports Centre in the Don Smith Memorial Pool. May all the swimmers channel their inner Penny Oleksiak and Michael Phelps at the meet - good luck!

The Memorial Unified team will be going to Foote Field in Edmonton for a Bocce Ball Bonanza on Tuesday December 17 from 9:30 - 2:30 pm.

Memorial will be hosting a Wrestling Meet on Wednesday December 18 (starting at 4:00 pm) in the Large Gym - come out and cheer on our wrestlers. Also, please come support the Green & Gold who will be running a concession just outside the gym. Debit and Credit cards now accepted!

Green & Gold needs Casino Works!

Attention all parents of past, present or future student athletes:

The Green & Gold Athletic Society is in urgent need of volunteers for the upcoming Casino on **February 28th and 29th 2019 at the St. Albert Casino**. The deadline to register as a volunteer for this event is December 13th in order to fulfill all casino rules set out by the AGLC. This is a major event that only comes to us every few years and is a huge contributor to assist in keeping our athletic fees affordable for all students.

This is the perfect opportunity to work off **2 volunteer points** which is the equivalent to approximately \$400 in sport registration fees. If you owe athlete sport registration fees, have not fulfilled volunteer commitments from past or current years or have an athlete that plans to play a sport later this year please go to our website and register now to volunteer.

<http://greenandgoldathletics.com/content/volunteer-opportunities>

<https://greenandgold.ivolunteer.com/>

Once registered you will be contacted by the casino coordinator. We appreciate your willingness to help us fulfill these positions so that we can continue to offer affordable athletics for all students.

Thank you



Caregiver Education Series

Click on this link: [AHS Caregiver Education](#)

Topics Include:

- *Breaking the Cycle of Anxiety:
A Step by Step Approach
- *Test Anxiety: Strategies for Success
- *More Than Just a Bad Day:
Understanding and Supporting Youth
with Depression and Self-Injury
- *Parenting Teens in the 21st Century:
Respectful Limit Setting with Adolescence
- *Technology and the Teenage Brain



Children, Youth &
Families Addiction
& Mental Health

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
FCSS EDMONTON

When real people with real experiences share what works.

The Art of Friendship

Learn about building healthy relationships, setting boundaries, improving communication skills to achieve your friendship goals.

8 sessions | Tuesdays | September 17 - November 5, 2019
1:30 pm - 3:30 pm
Stony Plain FCSS, 107, 4613 - 52 Ave.

Courses are free and open to anyone. Registration is required.
To register for courses visit recoverycollegeedmonton.ca or call 780-414-6380.

This course is offered by CMHA Edmonton in partnership with Stony Plain Family and Community Support Services.

Recovery is a journey not a destination.

Recovery College Edmonton is part of a provincial project bringing peer-centered supports to communities in Alberta.
Find your nearest Recovery College at:
recoverycollegecalgary.ca
recoverycollegewoodbuffalo.ca
recoverycollegeathirdidge.ca
recoverycollegeedmonton.ca
recoverycollegeinshawville.ca

Listen to our NEW
*Recovery is Possible:
A Mental Health Podcast*
on any major
podcast app.

YOUTH CENTRE & SERVICES

Stony Plain FCSS Youth Centre (SPYC)

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

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

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

Like us Facebook!



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

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

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

Family Violence

What you need to know

Reach out, speak out. Everyone has the right to be safe.

Know who it affects

Family violence can happen to people of all ages, abilities, cultural and spiritual backgrounds, gender identities and sexual orientations. Victims can be in romantic relationships, divorced, children (birth, step, adopted or foster), grandparents, or individuals with guardians or caregivers.

Call 911 if you or someone you know is in immediate danger.

For local help or information, call the Family Violence Info Line, available 24/7 in over 170 languages, at 310-1818.

Know the behaviours

Abusive and violent behaviours may include:

- Physical abuse
- Psychological abuse
- Criminal harassment or stalking
- Verbal abuse
- Sexual abuse
- Financial abuse (your access to money is restricted or controlled)
- Spiritual abuse (being forced into or restricted from practicing religion)
- Pet cruelty

Know the warning signs

Victims of abuse will often show the following warning signs:

- Withdrawal from family and friends
- Not going out or doing activities they used to enjoy
- Have unexplained bruises or other injuries
- Show signs of depression or anxiety
- Children may be left alone, hungry, dirty or not dressed for the weather
- Seniors may seem frightened or withdrawn

Shelters across Alberta help women and children fleeing abuse.

Call 1-866-331-3933.

Know your plan

- Plan your exit strategy – know where you would go in an emergency and how you would get there
- Tell someone you trust about the abuse
- Find out what help is available
- Seek professional help
- Spend time with people who are positive supports
- Talk to your children and help them understand they are not to blame

Reach out, speak out and prevent family violence at alberta.ca/EndFamilyViolence

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Alberta 

**Don't let a lease stop you
from leaving an abuser.
Visit alberta.ca/SaferSpaces
to apply to end your lease.**

Know how to be an ally

- Spread the word about the Family Violence Info Line (310-1818) and other resources on social media. Retweet @AlbertaCSS
- Nominate someone in your community for an Inspiration Award: alberta.ca/InspirationAwards
- Participate in Family Violence Prevention Month (November) by wearing a purple ribbon, supporting local events and using the hashtag #GoPurpleAB
- Offer to help at your local women's shelter
- Set up workplace family violence prevention protocols and awareness workshops
- Join clubs and associations that prevent family violence and promote gender equality

Know how to help

It is important to be supportive if someone tells you they are experiencing family violence, or if you suspect they are being abused. Here's how you can help:

- Learn more about family violence to know the warning signs
- Ask in a caring way if someone is hurting them, and believe them when they tell you
- Keep everything they tell you private
- Help them access professional help and resources

Know your rights

A victim of family violence and abuse has a right to:

- Be free and safe from violence
- Be treated with courtesy, compassion and respect
- Get information about their legal rights
- Press charges for criminal actions
- Have the maximum protection from abuse including restraining or protection orders

An Emergency Protection Order (EPO) provides legal protection to victims. For more information, call the Provincial Legal Aid Office toll-free at 1-866-845-3425.

Know the resources

- The Safer Spaces program helps victims of family violence to end their lease at no cost. Visit alberta.ca/SaferSpaces or call 1-877-644-9992 (toll-free)
- Emergency shelters provide shelter, protection and support. Call 1-866-331-3933 to find the emergency shelter closest to you
- Emergency financial assistance is available if you need help with expenses to start a new life. Call 1-866-644-5135 or 780-644-5135 in Edmonton
- HealthLink provides healthcare advice 24/7. Dial 811
- If you are Indigenous and need help with court or other community resources, visit Native Counselling Services of Alberta at ncsa.ca
- Visit alberta.ca/EndFamilyViolence for additional resources

**Together, we can
prevent family violence
and support survivors.**

Reach out, speak out and prevent family violence at alberta.ca/EndFamilyViolence

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Alberta 

MCHS Contact Info

(780) 963-2255
mchs@psd70.ab.ca
www.mchs.psd70.ab.ca

 Memorial Composite High School
 @MemorialComp
 @MemorialComposite
#MemorialComp

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!