



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

Hello Marauder Parents!

Here we are at the beginning of semester two! One of the beautiful things about high school is that there is an opportunity for a change up for the students mid-year and a reset if needed. For you as parents, here is a reminder that the typical start of school year supports and reminders you offer your kids may just need a repeat. Setting routines again after exam week for proper bedtimes (We can't emphasize enough how important sleep is to growth and learning for teens!), daily homework completion, checking in on PowerSchool and connecting with new teachers are all great things that I'm sure most of you are doing for your kids.

We had a very good exam session over the past week and a half in spite of the cold weather. A great big shout out to grade 12 students and their parents for 100% attendance for the English 30 and Social 30 Part A Diploma exams that were written during the week of the deep freeze! Our teachers were advising kids to plan for all the potential hazards of cold weather and SHOW UP! And they did!

Our Rotary students were a bit disappointed with the timing of the 'no bus days' as they had planned an activity to support [Bell Let's Talk Day](#). Related to that, our Student Services staff are preparing for [Pink Shirt Day](#) at the end of the month. It is true that this time of year is challenging for some people, adults and kids alike, bringing on the winter blues. I encourage you to check in with your kids and if needed offer [a little support](#) to help them get to the spring sunshine if needed.

As always, please stay in touch with 'your people' at Memorial. We want your kids to be successful and good communication goes two ways and is helpful.

Take care.

Mrs. Jensen

MCHS Grade Administrators
 Grade 10 – Ms. Mohammed
 Grade 11 – Ms. Fisk
 Grade 12 – Mrs. Wendel

Next School Council Meeting

Monday, February 24, 2020
7:00 pm
Conference Room

MCCHS 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!

Green & Gold Athletics Need Your Help!

We are still in need of 2 willing parents to support our Marauder Athletics by filling the following positions on our board.

- 2 Concession Opener/Closers

These positions earn points to use towards student athletic fees!

If you are interested in these opportunities please email Ms. Fisk at mfisk@psd70.ab.ca or contact the school.

Ready for Semester 2!



Memorial Moments



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

JANUARY Key Dates:

- 11 - Robotics Tournament - Archbishop Jordan
- 13 - English 30 Diploma Part A
- 14 - Social 30 Diploma Part A
- 16 - Timetable Change Request Form open
- 21 - Leadership Council 3:45 pm
- 21 - Last Day of classes for Semester 1
- 22 - 29 Second Languages Project Finals
- 22 - 30 School Exams & Diploma Exams
- 24 - 26 Chemistry Diploma Prep
- 27 - School Council Meeting 7 pm
- 31 - High School's Only - Staff Planning Day
No Classes



FEBRUARY Happenings:

- 03 - First Day of Semester 2
- 03 - Sr. Boys & Girls Basketball at MCHS 6:30pm
- 05 - Last Day to purchase Grad Wear & Spirit Wear
- 06 & 07 - Teachers' Convention - No Classes
- 12 - Last day to request timetable change
- 12 & 13 - Drama Production - Spamalot
- 17 - Family Day - No Classes
- 24 - School Council Meeting 7 pm
- 26 - Pink T-Shirt Day



Alberta Government | myPass
MY EDUCATION, OUR FUTURE

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.



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

It's Survey Season!

As the spring rolls around, it is the time of year when Alberta Ed. (gr. 10 parents) and Parkland School Division (all parents) will be contacting you asking for your opinion on a number of topics related to your child's education. We really do use that data as we plan our way forward. **Please take a few moments** to share the good and the bad about your child's experience at school. We need to continue to identify and build on our strengths and develop in areas that need growth.

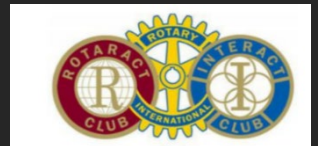


Volunteer Drivers Needed

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

Volunteer Drivers earn Green & Gold points towards student athletics for every 2 trips made!

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 in traveling 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.



Once again, we are done another semester. Without the support of our community, the MCHS Business Program would not be successful. A special "Thanks" to our guest speakers and field trip hosts that made all of the classes interesting and valuable learning experiences.

Constable Gord Marshall
Chris Wiebe from Student Legal Services
Thomas O'Leary and Camille Tokar (Crown Prosecutors)
Alison Broughton from the Travel Desk
Steven Cross from the Fish and Wildlife Enforcement Branch
Colin Christensen from THNQ
Nike Fabiyi from CPA Alberta
Julian Gauthier from Mira Timber Frame
Sue Clynes & Adam McArthur from Community Futures, Capital Region
Tim Getzinger from All-Star Signs
Pepi Bagnasco from Porta Romana Restaurant
Jason Allen from Freson Bros.
Kim Sklaruk from Knighton Men's Wear
Kevin Radomski from the Edmonton Oilers
Daniel Troiani from the Edmonton Oil Kings
Brian Siddle from Strong Coffee Marketing

We would also like to recognize the sponsors of the Memorial Business Program and Business Competition Club. Their generous donations allow us to provide students with extra-curricular and co-curricular business opportunities.

Birdsell Grant LLP
Hawkings Tinney LLP
Zephyr Ventures (Kathy Rondeau)
Mullane Wealth Management (Kevin Mullane)
Community Futures, Capital Region
Town of Stony Plain

Thank You!

Memorial Drama Presents



MONTY PYTHON'S SPAMALOT™

February 12th and 13th

SPAM is a registered trademark of Hormel Foods, LLC, used with permission here.

Memorial Drama presents:

Monty Python's SPAMALOT

Date: February 12 & 13,
2020

Time: 7:00 pm

Where: MCHS Torchlight
Theatre

Tickets are \$15.00 each
and can be purchased at
the Finance Office at the
school.



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:

February 16, 2020 5:00 pm

March 21, 2020 11:00 am

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

MARAUDER SPORTS



Our Sr. Boys Basketball team had a tournament at Bev Facey on January 10-11. They faced some intense competition with a shortened bench and fought hard every game. The Sr. Boys will be gearing up for the bulk of their schedule in February with six league games, including key matchups against Ardrossan (Feb. 5) and Queen Elizabeth (Feb. 24), the only two teams ahead of them in the standings. Good luck, guys!

Our Sr. Girls have their last tournament of the season on Feb. 15-16 at Beaumont, which should be a great tournament. They also have the bulk of their remaining schedule in February, with six league games still to come as they look to turn their season around - starting with Oscar Romero (Feb. 3).

The Jr. Boys Basketball team have their final two tournaments in February, heading to ME Lazerte on Feb. 7-8 and Strathcona Christian Academy on Feb. 20-22. The boys have been working hard at lunch I have shown steady improvement throughout the season!

The Jr. Girls also go to ME Lazerte and Strathcona Christian Academy tournaments with the boys, and are looking to come out with some wins after a couple of tough losses at their last tournament. They also play the majority of their league games in February, with four games on the slate. The key matchup will be against Ardrossan (Feb. 11) as they are tied atop the standings with them. Let's go, girls!

Green & Gold Athletics Need Your Help!

We are in need of willing parents to support our Marauder Athletics by filling the following positions on our board.

- **2 Concession Opener/Closers**

These positions earn Green & Gold Athletic points towards student fees.

If you are interested in these

opportunities please email Ms. Fisk at mfisk@psd70.ab.ca or contact the school.

Online Registration/Verification for 2020-2021



Online registration and verification for the 2020-2021 school year will open February 3!

This process must be completed for every student each school year. Please check your email beginning February 3 2020 for a message from "PowerSchool Registration Support" <noreply@noreply.psr.support.com> and follow the instructions in that email to complete the registration process.

All parents and guardians are required to complete the registration process by 4:30pm on March 20, 2020. This deadline allows us to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break while schools are still operating. **Any applications received after the March 20 deadline may not be processed in time for the first day of school.**

Payment arrangements for bus passes must be received through Parkland School Division's online payment system (Rycor) or at the Parkland School Division Centre for Education on or before **Friday, June 26, 2020** for students to be eligible to ride the bus the first day of school. Remember: If your child does not have a valid bus pass for the 2020-2021 school year, they will not be able to ride the bus.

For more information, including the registration process for new students and a list of important registration dates and deadlines, **please visit** www.psd70.ab.ca/Registration.php.



Spirit & Grad Wear *Store Re-opened*

The Green & Gold Society is once again offering **Spirit Wear** and **Grad Wear** to MCHS students and their families.

The online store for **Spirit Wear** is available at:
[Spirit Wear](#)

For **Grad Wear** the online store can be found at:
[Class of 2020 Grad Wear](#)

Prices and color options for each item are shown in the online store.

Sales will end on Wednesday, February 5, 2020 (midnight MST).

MCHS Grad Wear and Spirit Wear available to order online until Feb 5th



Visit the Memorial school website or Green and Gold Athletics website for the online store links

REACHING YOUR CHILD DURING THE SCHOOL DAY

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

- During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. He/she may not be able to respond immediately.
- If you call the main office, secretaries will not interrupt class to pass along non-emergency messages.
- Students will be called to the office to receive messages at lunchtime or the end of the school day.
- On Mon, Tues, Wed, and Fri, contact your child as follows:
 - Breaks – 10:04 - 10:11 or 1:59 - 2:06
 - Lunch – 11:35 - 12:35
- On Thursdays, contact your child as follows:
 - Breaks – 9:54 - 10:01 or 1:29 - 1:36
 - Lunch – 11:15 - 12:15

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.



If students require a timetable change for Semester 2, the [Timetable Change Request Form](#) is now accepting requests and will remain open until February 12, 2020.

If a timetable change is required, please put all pertinent information in one request. **Do not make multiple requests for multiple changes.** Requests will be accommodated based on availability. Requests for specific teachers will not be accommodated.

View the 2019-2020 Timetables:

[Semester 1](#)
[Semester 2](#)

For more information contact:

Mrs. Sorenson - Student Services Secretary
Memorial Composite High School
Phone: 780-963-2255
Email: mchs@psd70.ab.ca



PLEASE WELCOME OUR NEW STUDENT TEACHER! CHECK OUT OUR NEXT NEWSLETTER FOR MORE STUDENT TEACHER'S JOINING US SOON!

My name is Ms. Bechard, I am a student teacher completing my after-degree in Secondary Science Education at the University of Alberta and am looking forward to teaching at Memorial Composite High School! I can't wait to teach in select science classes in your school! Science has always been my favourite course growing up and am glad that I now get the chance to teach it. I grew up in Parkland and look forward to teaching in the community. My main interest outside of school is ringette, I have been playing for 21 years and coaching/running camps for 7. I played for the Junior National Team, competed at the Canada Winter Games and am now playing my seventh year in the National Ringette League. I also have a background in competitive swimming, cross country and track and field. My other hobbies include skiing in the winter, whenever I get the chance and camping during the summer.

I look forward to my time at Memorial and working with all of you!

Counsellor's Corner



Welcome back to a fresh start for semester 2! We hope that you have a successful second semester and enjoy your new classes. Make the most out of it!

For Grade 12 students....you have almost crossed the finish line! Make sure that your graduation requirements are going to be met. If you want to check this *one more time* look at your mypass.alberta.ca account or book an appointment to see one of us. Make sure to finish strong!

Post Secondary Updates - Students planning for post-secondary in September, 2020 should be well on their way with preparations. Students who have not yet applied for post-secondary studies should be doing so soon. Each institution has different application procedures and deadline dates. Some institutions have spring Open Houses or other opportunities to visit campus. These are a great way to become more familiar, and hence more comfortable, with your new school. Visit a counsellor if you have any questions regarding the next steps.

No clue what you are doing after graduation? That's okay too! If you need help planning for life after high school, why not visit a counsellor? We would be happy to listen, recommend career resources and help devise a plan for the future. One tool that we use is called "Do What You Are". This is an interest / aptitude test that you can take to get a list of suitable careers. Alis.alberta.ca is a great website that can also help you plan your next steps

For Grade 10 and 11 students....this is a good time to reflect on semester 1. If there is something you would like to do differently in semester 2, you can take the necessary steps to set that plan into action. If you are happy with your results from semester 1, keep up the good work!

Pink Shirt Day is Wednesday, February 26th! Wear **pink** and show that you stand against bullying. Bullying is a problem everywhere - in school, the workplace, home and online. By wearing **pink** on February 26th it reminds us to practice kindness, empathy and compassion, and to speak out against bullying!

Counsellors will be visiting middle years schools to help prepare Grade 9 students for high school registration. Open House for the new Grade 10 students and their families will be held on Thursday, March 5th, 2020. Pass this information on to any families of Grade 9 students that you know.

Mrs. Scheidl & Mrs. Porter

PINK SHIRT DAY – FEBRUARY 26, 2020

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 were 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 Re-take session bookings will start on February 14, 2020 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. Proofs from the first photo session must be handed in at the time of re-takes or a fee 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 Re-take Days.
- Lifetouch Graduation Re-take Photos – March 2 - 5, 2020 held at MCHS.
- Jostens will again be in the Common Area on March 4 & 5, 2020 from 11:00 am – 1:00 pm daily to assist with orders or to answer any questions.

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.



CAREER & TECHNOLOGY STUDIES



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.

acclarke@psd70.ab.ca

Contact Mr. Clarke for details



Many talented students make their way through the Fabrication program at MCHS making various metal creations and learning skills to help them pursue a career in the trades. This semester we had three very dedicated and talented students that were chosen for **Fabrication "Student of the Month"**

Congratulations to:

Jordan Brige (Grade 10)



Blaire Buchan (Grade 10)



Marten Filiniche (Grade 12)



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.



Supported By



Attention Youth: The application deadline for the Young Edmonton Grant is February 15, 2020. Future deadlines are May 15 and October 15. You could receive between \$500-3,000 in funding! Start your application here today:

<https://www.ecfoundation.org/grants/young-edmonton-grants/>

Did you know since 2010 Edmonton Community Foundation has granted over \$500,000 to 247 youth initiated projects!

We would be happy to speak with you or potential applicants to answer any questions about our grants. We can be reached at yeg@ecfoundation.org



Red Brick Creative Links DROP-IN ART PROGRAM

Room 9, PERC Building 5413 - 51 Street, Stony Plain
Thursdays from 9 AM until 12 Noon

\$2 Drop-in Fee

includes materials for weekly project

Individuals of any skill level and ability are invited to this weekly drop-in art program to learn new creative skills and meet other creative people. No registration required.

multicentre.org



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.



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

Social Media Guidance for Parents

Parents – if you feel like you need to know more about the social media platforms that kids are accessing today – please click on the following link for some helpful information:

[Common Sense Media](#)



Strong Families: Positive Parenting Program – Teens

Dates: Tuesday, January 21 & 28, and February 4, 11 & 25, 2020 (no session on February 18)

Time: 6-7:30pm

Click [HERE](#) for more information



Caregiver Education Series



Children, Youth &
Families Addiction
& Mental Health

These **free 90 minute sessions** are intended to provide parents, caregivers, teachers, and community members with basic level information regarding addiction and mental health challenges that can and do affect children and youth.

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

Click on this link: <https://www.surveymonkey.com/r/caregiversessions> to register

Winter 2020 Sessions:

Test Anxiety: Strategies for Success

Breaking the Cycle of Anxiety: A Step by Step Approach

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

Sleeping Your Way to Better Mental Health

Executive Functioning: Promoting Success in Learning

Mindfulness: Benefits for the Whole Family

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

Technology and the Teenage Brain: Supporting the Digital Wellbeing of Families

Supporting Self-Regulation in Elementary School Children

MCHS Contact Info

(780) 963-2255

email: mchs@psd70.ab.ca

website: mchs.psd70.ab.ca



Memorial Composite High School



[@MemorialComp](https://twitter.com/MemorialComp)



[memorialcomposite](https://www.instagram.com/memorialcomposite)

[#memorialcomp](https://www.instagram.com/memorialcomposite)

We hope you enjoy this month's newsletter. 😊

If there are any topics that would like to see in future newsletters to assist you as a parent in your family conversations about education and helping your high school child(ren) navigate the world growing up, please drop an email to mchs@psd70.ab.ca. Our target is to have the newsletter go out on the 1st Monday of each month, so please send your email by the third week of the month to give us time to prepare.

See you next month!