



### 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](mailto: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](mailto: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

November Happenings & Student Teachers	P.2
Student Vote Results	P.3
MCHS Music & Memorial Business	P.4
Awards Night	P.6
Remembrance Day Poppies	P.7
Counselling Corner	P.8
Graduation	P.9
Shikaoi Visit	P.10
Diverse Learning Needs	P.11
Marauder Sports	P.13
Food Fair	P.18

## PRINCIPAL'S MESSAGE

Hello MCHS Parents!

I am so lucky I get to come here to work every day! I am so proud of our staff to see the great things they are doing for kids from neat classroom activities like tracing their own bodies to explore character development in a story or building a helmet to protect an egg, to organizing field trips, to sponsoring extra-curricular activities. It makes my heart happy to see students engaging in their studies, seeking out that extra help when needed, joining in activities, and just being part of the Memorial experience.

One great bit of news we received in October were our Diploma exam results from June. MCHS exceeded the provincial average at the acceptable level for every exam! We also exceeded the provincial average for the standard of excellence in five of the ten exams. These exam results belong to everyone. All core teachers contribute to those 30 level exam results by laying foundation. Complementary course teachers provide students the opportunity to pursue their passions and take a bit of a break from

their academic pursuits. Support staff keep us all rolling. And the kids are obviously committed!

I'm glad to connect with you on the eve of Fall Break. Please help your kids take advantage of that time in whatever way they need. If they do need to catch up on school work, please check PowerSchool to see what materials they need to bring home and remind them. We will roll right into Christmas break when we return and exams will be upon us in no time.

Mrs. Jensen

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**MCHS Grade Administrators**  
 Grade 10 – Mr. Strangway  
 Grade 11 – Ms. Fisk  
 Grade 12 – Mrs. Wendel

## Next School Council Meeting

Monday, November 25,  
2019

7:00 pm  
Conference Room

MCHS parents always  
welcome!

## Volunteer Coach Needed for Jr. Boys Basketball By November 8

We would love your  
help! Please contact  
Mr. Greer at  
[cgreer@psd70.ab.ca](mailto:cgreer@psd70.ab.ca)  
or the school at  
(780)963-2255



## Memorial Moments

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

### OCTOBER Key Dates:

01 - Marketing Field Trip - Freson Bros.  
02 - Music Parents Association AGM  
07 - Green & Gold Executive Meeting  
08 - Shikaoui Exchange Students Visitation  
09 - Pizza Sale - Rotary Interact for Hope Mission  
09 - Cross Country Zone Championships  
10 - PowerSchool Update-Marks/Comments Available  
11 - Staff Planning & Development Day  
14 - Thanksgiving Day  
15 - Gr. 10-12 Awards Night - 2018-19  
16 - School Picture Retakes  
17 - Parent/Student/Teacher Interviews  
18 - Yearbook Workshop  
18 - MCHS Student Vote  
18 - Anime Movie Night  
18-19 - NAIT Open House  
19 - U of A Open House  
23 - Marketing Field Trip  
25-26 - MCHS Sr. Volleyball Tournament  
28 - School Council Meeting 7pm  
31 - Happy Halloween

### NOVEMBER Happenings:

01 - 02 Marketing Field Trip - Calgary  
02 - Explore Japan Field Trip  
02 - MacEwan University Open House  
04 - Green & Gold Exec Meeting - 7pm  
08 - Entrepreneurship Field Trip  
08 - PowerSchool Update - Marks/Comments Available  
08 - Entrepreneurship Field Trip  
11 - Remembrance Day - no classes  
12 - 15 Fall Break - no classes  
21 - MCHS Food Fair  
21 - Parent-Student-Teacher Interviews 5pm - 8pm  
22 - Legal Studies Field Trip - U of A Law Mock Trial  
25 - School Council Meeting - 7pm  
27 - Swim Meet - Divisional Qualifying Meet

## MCHS Welcomes our Student Teachers



Hello, my name is Ty MacDonald and I am a Chemistry major and a Physical Education minor in the Secondary Education program at the University of Alberta. I am in my 4<sup>th</sup> year of my degree and am looking forward to pursuing my future teaching career upon graduation. I am very excited for the experiences I will receive from Memorial Composite High School during my practicum.

Hello, I am Mr. Mitchell Chodzicki. I am a 4<sup>th</sup> year education student at the University of Alberta with a major in mathematics and a minor in physical education. Derivatives/integrals have to be my favorite math subject. I also enjoy playing/learning about all sports. However, there are a few sports that I am quite awful at which makes them hard to like (i.e. basketball, ultimate frisbee). I thoroughly enjoy following leagues like the NHL, CFL, and MLB. Also, although this may be an unpopular opinion, I love winter and all that it brings - especially snowboarding. There's nothing like the adrenaline rush you get when you land the trick you've been longing for. On top of all that, I also enjoy working on my car when I have time and one day I hope to upgrade and own a Lancer Evolution IX. I look forward to meeting and working with you all.











# STUDENT VOTE CANADA 2019

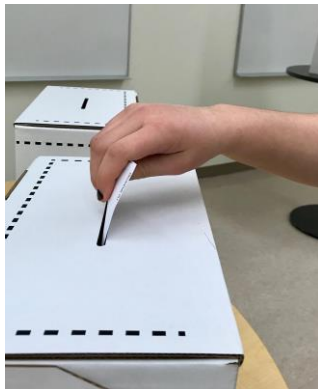


## THE RESULTS ARE IN!



Memorial student body participated in **Student Vote Canada 2019** on Friday, October 18. Social Studies 30 students set up the polling stations and acted in the roles of poll clerks and deputy returning officers for the entire day. Thank you to our student volunteers. There was a 51% voter turnout with the Conservative Party of Canada gaining 60% of the popular vote. Our results were submitted to be added to the national Student Vote total which had a Liberal minority government.

Federal Party	Total Number of Votes	% (Popular Vote)	Federal Party	Total # of Votes	% (Popular Vote)
People's Party 	24	5	Green Party 	44	8
Liberal Party 	37	8	Conservative Party 	330	60
Christian Heritage Party 	9	2	New Democratic Party 	83	15



To prepare for the election students worked through the Voter Compass online to explore issues, platforms and candidates. Post Student Vote, Social 30 students cross referenced voters lists with ballots cast then calculated the data based on First-Past-the-Post simple plurality as well as Proportional Representation. Students used the data to create hypothesis on electoral systems and electoral reform. Social students also took time to further understanding on minority and coalition governments. The Student Vote was then followed up with analysis and discussion of data from the official vote. The activity generated much energy and debate with many students looking forward to the next election when they may contribute their voice.

# MCHS MUSIC

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!



So far the Marketing class, has travelled to Freson Bros. and Knighton Men's Wear to learn about visual merchandising and marketing.

Next, they will travel to Strong Coffee Marketing, and Rogers Place on December 9. Students will learn what a Marketing firm does and how the Oilers and Oil Kings use marketing to promote their teams.

On November 8, 2019, the Entrepreneurship class will be travelling to five local businesses to learn how they got their start, the process of opening a business, and rewards and struggles that come with entrepreneurship. These businesses include Mira Timber Frame, All-Star Signs, Hollywood Fine Furniture, Porta Romana, and 88.1 The One.

Later in the semester, the Legal Studies class will participate in a mock trial at the University of Alberta in their Moot Courtroom. They will also visit the Court of Queen's Bench in Edmonton to watch court in action. On November 5, a representative from the CPA (Chartered Professional Accountants) will be speaking to the Accounting class about careers in Accounting.

**Extra-curricular:** The Business Competition Club has been meeting twice a week to prepare for the upcoming University of Calgary Case Competition on November 2 where they will compete against teams from Calgary. On Sunday Oct. 27, they will be participating in a practice case competition at MCHS.

## 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 Mr. Strangway at [rstrangway@psd70.ab.ca](mailto:rstrangway@psd70.ab.ca) or at the school (780)963-2255







## Toothbrushes and Toiletries for Teens

From November 1 - November 8 the Social 20G class, as part of their social activism component, is collecting toothbrushes and other new toiletries such as deodorant, toothpaste, shampoo, feminine products, etc. for youth being supported by the Youth Empowerment and Support Services. The aim is to meet the 430 items we were able to collect last year. Any donations can be dropped off in Ms. Guillaume's room 1116, Ms. Nero's room 1047, Mrs. McAllister's room 1066 and Mrs. Gardner's Room 1122.



## APPLE DAY!

CASL  
Canada's Anti-Spam Legislation



PSD has implemented a new system for newsletter distribution. If a family has approved to receive emails as per the Anti-Spam legislation, they will automatically be emailed this newsletter on a monthly basis. If a family does not approve to receive emails as per CASL, then newsletters will be available on the MCHS website for download. The five most recent newsletters will be available on the home page. Back issues are available on the [newsletter archive page](#) under the *For Parents* tab.



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.

## MCHS AWARDS NIGHT - 2018-2019

On the evening of October 15, Memorial once again shared a celebration of the accomplishments of so many of our students with our community. These students have shown a tremendous commitment to their learning and deserve to be recognized for their amazing work last school year. Over 33% of the population, 355 students, at MCHS last year earned an Honourable Mention or Honors Standing. Students and staff deserve to be proud of this accomplishment. Congratulations to all of our winners!



**Top Grade 10 Academic Student**



**Leah Stachniak  
Top Grade 11 Academic Student**



**Bianca Fuchs  
Top Grade 12 Academic Student  
Schulich Leader Award  
Governor General's Academic Medal**



**Victoria Tapankov  
Premier's Citizenship Award**



**Ella Majeau  
Parker Tobin Memorial Award**

## 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](#).



**FOR MORE INFORMATION CLICK ON THE FOLLOWING LINK – DEADLINE FOR SUBMISSION IS NOVEMBER 30, 2019**

<https://legion.ca/communities-youth/youth-education/remembrance-contests>

**Win a trip!**  
Win a trip for two to Ottawa to represent Canada's youth at next year's National Remembrance Day Ceremony on November 11th.

**Youth Education Programs Booklet**

**POSTER and LITERARY CONTESTS**

**THE LEGION TEACHING GUIDE**

**Legion**

February 2019 200816

## 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!



**MCHS Social Studies Department** is distributing poppies to be colored in honour of Canadian Veterans. We will be investigating Canadian military heroes then coloring a poppy and recording the name(s) in the poppy. The poppies will be displayed on the Social Department bulletin board to create a Remembrance Day Memorial.

Students are encouraged to make poppies for families and friends who are a part of our military history as well as investigate our school's namesake and pay tribute to our Stony Plain fallen soldiers.

We invite all students, their family members and staff to contribute to the Memorial of Memorial. Please see Ms. Guillaume in room 1116 to pick up your poppies. We hope to have the entire bulletin board filled with community poppies by November 8.





# Counselling Corner

## SCHOLARSHIPS

Everyone has heard that there are hundreds of scholarships that go unclaimed every year because nobody applies for them. This is probably true. Students are encouraged to apply for as many scholarships as possible throughout their grade 12 year. Most scholarships have specific criteria and require a separate application.

### *Where do I start?*

There are search engines which narrow down the tens of thousands of scholarship to the ten that might apply to you. Match your qualifications to the scholarships that are available at:

[www.scholarshipscanada.com](http://www.scholarshipscanada.com)

<https://yconic.com/>

### *Where do I continue?*

Students are encouraged to check out the bulletin board outside the Student Services office for a list of scholarships that students might be eligible for. Check the bulletin board regularly for updated lists. These lists are also on the school website at <http://mchs.psd70.ab.ca/Awards.php>.

### *Do I keep looking?*

You have to keep looking at the post-secondary institution to which you have applied. Most colleges, universities and technical schools have scholarships available to their students. Look for “Entrance Awards, Scholarships or Bursaries” on their website. Some awards have automatic consideration while others require an application.

### *What’s next?*

Do you qualify for the Rutherford Scholarship? If so, you will apply when you get your semester 2 diploma marks (approximately at the beginning of August). You apply at [studentaid.alberta.ca](http://studentaid.alberta.ca).

### *Any more advice?*

Please come and see your friendly neighborhood counsellors. Ms. Mohammed and Mrs. Porter are happy to help students with their scholarship searches.

## Rotary Youth Exchange



If anyone is 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.



## Graduation Information and Important Dates

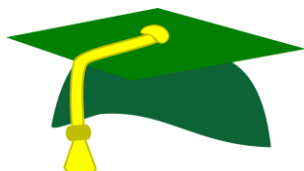
### ***Memorial's Class of 2020 Graduation Saturday, June 27!***

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](http://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 @ [prestigeportraits.ca](http://prestigeportraits.ca) Grad fees must be paid prior to scheduling an appointment.
- 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/K&E 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.



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](mailto:aclarke@psd70.ab.ca)

Contact Mr. Clarke for details

# Shikaoi Visit 2019



Our Japanese guests shared their culture with PSD#70 elementary students. We saw a ninja story, had a quiz show and a calligraphy demonstration.

**MCHS FOODS 30 STUDENTS PREPARED A 3-COURSE MEAL FOR OUR SHIKAOI DESIGNATES. AMAZING!**





## DIVERSE LEARNING NEEDS

### PARENT FEATURE: INDIVIDUAL PROGRAM PLANS

- ★ Teachers have already reviewed student IPPs earlier in the semester to ensure supports and accommodations are in place.
- ★ Mrs. Moisan is close to finishing her 1:1 meetings with students supported by an IPP (Individualized Program Plan).
- ★ When students receive their appointment date and time, a parent memo was attached for them to bring home to you. If you did not receive it, please let me know as it covers useful information for you as a parent. The memo highlights various supports that can be accessed at the school, as well as our process for IPPs throughout the year.



#### How can you partake as a parent/ guardian?

- ★ When the IPP is emailed home, I would encourage you to provide me with your input; this can be done via email or in person by making an appointment with me. To make an appointment please contact the school, 780.963.2255.

#### Here are some ways that you can participate in the IPP as it is a working document:

- ★ Provide information about your child's past experience and his or her goals, interests, and areas of need.
- ★ Get in contact with your child's teachers.
- ★ Use the PowerSchool parent app to monitor your child's progress.
- ★ Learn about services and resources that are available to your child.
- ★ Schedule a meeting with Mrs. Moisan to discuss any specific concerns you may have, ask questions about programming, share information that may impact your child's performance or behaviour at school.

## KAE WORK EXPERIENCE REMINDER

**125 hours of WEX are required for the KAE Certificate. Don't leave it to the last minute. See Mrs. Moisan or Mrs. Nuijens.**

## STUDENT CELEBRATIONS:

**Justin Appleton was the recipient of our Academic Support Achievement Award.**



This award is provided to a grade 12 student who has demonstrated personal and academic growth as well as determination, self advocacy, and commitment to their learning. The award is accompanied with \$100 to honor and celebrate their achievement.

We would like to recognize Justin for his success and completion of the Knowledge and Employability program

resulting in a High School Certificate of Achievement. The program is designed for students who learn best through experiences that integrate essential and employability skills in occupational contexts. The courses provide students opportunities to enter into employment or continue their education.

## STONY PLAIN YOUTH CENTRE FIELD TRIP



Some of our grade 10 and 11 students had the opportunity to check the centre out and learn about a variety of free opportunities for students to have fun, learn, practise skills, volunteer, and get work experience. Check it out @ spyc.ca



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



## 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](mailto:spyc@shaw.ca)  
[www.spyc.ca](http://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.**



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.



## Try a career!

[www.careersnextgen.ca](http://www.careersnextgen.ca)

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](http://www.careersnextgen.ca/learnmore)



# Marauder Sports

And that's a wrap! Marauder Volleyball players and coaches worked hard this season representing Memorial. They were all great ambassadors for Memorial Composite High School! Thank you!



GREEN AND GOLD GOES ONLINE!

## Fees and Registration

All athletic fees will now be collected online through our RAMP website at:

[greenandgoldathletics.ca](https://greenandgoldathletics.ca)

If you do not already have a Ramp account you will be required to create one when you visit the registration link. Please retain your log in information for future registrations.

All athletes need to complete the registration process within 2 weeks of being named to a team. IF this does not happen, participation in all practices and games will be withheld until resolved.

You will need your payment information (currently accepting most major credit cards) to complete the registration process. If you require alternative payment arrangements please contact : [registrar@greenandgoldathletics.com](mailto:registrar@greenandgoldathletics.com)

If you require financial assistance please complete the Green & Gold Torch Assistance Fund Application found under forms on the Green and Gold site. These are reviewed in confidence on a case by case basis.

Payments can be made in full or by selecting the volunteer options for a minimal fee. Please visit [Volunteer Opportunities](#) for more information once you've completed your registration.

The Annual One Time Athletic fee of \$100 is mandatory and required when registering your athlete for the first sport they participate in for the current season. Subsequent registrations for additional sports will not require the Athlete fee once paid.

In addition to completing your online registration you are required to complete the Athlete Medical Form

Any questions regarding Athletic or Registration Fees please email: [registrar@greenandgoldathletics.com](mailto:registrar@greenandgoldathletics.com)



## FREE INFORMATION SERIES FOR LOCAL FAMILIES!

Parkland School Division is proud to present another **FREE** information series for local families.

### **Evening 1: Anxiety in Children and Teens**

This session will summarize the difference between anxiety and stress, how anxiety works, what anxiety can look like in children and adolescents and types of anxiety problems.

### **Evening 2: Strategies to Support Your Anxious Child/Teen**

This session will be a practical and interactive discussion of strategies for self-regulation, self-talk, healthy habits and being brave when supporting your child or adolescent through struggles with anxiety.

**Dates:** Tuesday, Nov. 19 and December 3, 2019

**Time:** 6–7:30pm

**Location:** Centre for Education (4603 - 48 Street, Stony Plain)

**Presenter:** Jennifer Harris (Registered Psychologist)

Information and topics discussed will build on each other, so participants are asked to attend all dates, if possible.

A light supper will be provided. Limited childcare is available.

Space is limited, so please register early to reserve your spot.

### **To register, please contact:**

Vicky Mamczasz, Family Supports Facilitator

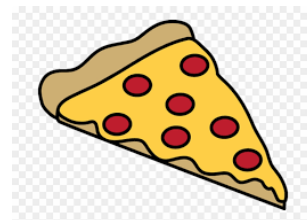
**phone:** 780-963-8472

**email:** vmamczasz@psd70.ab.ca

## Thanks For Your Recent Donation!

*Hello Parkland School Division,*

*My name is Andrew and I work here at Hope Mission in the Community Engagement department.*



*I wanted to reach out and thank you for your recent donation to Hope Mission! Your generosity is truly changing lives in Edmonton. Thank you so much!*

*Every week I get to sit down and hear incredible testimonies from the men, women, and children that are impacted by donors like you. Over the next few weeks I will be sending you some of my favorite stories!*

*I hope that each story can be an encouragement and reminder that there is hope for the hungry and that **your generosity will make a tremendous difference in the life of somebody like Paul.** [Paul's Story](#)*



# 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



## 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.

A poster for "recovery college" by the "CANADIAN MENTAL HEALTH ASSOCIATION" and "FCSS". The poster is titled "The Art of Friendship" and describes a course about building healthy relationships, setting boundaries, and improving communication skills. It lists 8 sessions on Tuesdays from September 17 to November 5, 2019, from 1:30 pm to 3:30 pm at Stony Plain FCSS, 107, 4613 - 52 Ave. It mentions that courses are free and open to anyone, registration is required, and provides a website and phone number for registration. It also states that the course is offered by CMHA Edmonton in partnership with Stony Plain Family and Community Support Services. At the bottom, it says "Recovery is a journey not a destination." and provides a list of Recovery College locations in Alberta. There is a circular graphic with a snowflake-like pattern and a circular graphic with a hand holding a heart.

# PARENT EDUCATION AND REFLECTION (P.E.A.R.) GROUP

For Caregivers of Children & Youth in Grades 5 – 8

## RESILIENCY IN THE FACE OF STRESS & ANXIETY



This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. This is a key skill for both caregivers and their children to develop, and can support overall family wellness.

In these sessions, caregivers will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

**Your child/youth is invited to sessions 1, 4, and 7.**

**All class participants must register for the course prior to attending.**

Session	Topic		Fall 2019	Time
#1	Introduction to Stress and Resiliency		October 15	5:30 – 8:00 PM
#2	I HAVE	Resilient Relationships	October 22	5:30 – 7:30 PM
#3		Supportive Environments	October 29	
#4	I CAN	Regulate my Response to Stress	November 5	
#5		Solve Problems	November 19	
#6	I AM	Optimistic in my Thinking	November 26	5:30 – 8:00 PM
#7		Compassionate, Kind & Grateful	December 3	

**Location: Londonderry School, 7104 144 Ave NW, Edmonton, AB**

For more information, contact [cyfcaregivereducation@ahs.ca](mailto:cyfcaregivereducation@ahs.ca) or 780-342-6885



**Register at [www.cyfcaregivereducation.ca/pear/resiliency](http://www.cyfcaregivereducation.ca/pear/resiliency)**





# 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](http://alberta.ca/EndFamilyViolence)  
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Alberta



November is Family Violence Prevention Month.

**#GoPurpleAB on November 21, 2019**

**TO PROMOTE HEALTHY RELATIONSHIPS**



1 out of 4 violent crimes in Canada involves family members



Albertans learn what makes a healthy relationship:

Sharing feelings

Loving/caring/affection

Happiness/laughter/smiling



So Albertans know **Safer Spaces** certificates allow victims of domestic violence to end their lease at no cost

Visit [alberta.ca/SaferSpaces](http://alberta.ca/SaferSpaces)

**Fewer than 1 out of 5** people abused by their spouse report family violence



**9 out of 10** Albertans believe forcing your child to leave home because of their sexual orientation is a form of family violence



**75%**



of people who saw, read, or heard about family violence prevention agree they are better able to help

The Family Violence Info Line is available toll-free in over 170 languages.

Call 310-1818

Chat online with trained staff:  
[alberta.ca/SafetyChat](http://alberta.ca/SafetyChat)

Get help from a women's emergency shelter:  
Call: 1-866-331-3933

In an emergency, call 911.

For resources, visit [alberta.ca/EndFamilyViolence](http://alberta.ca/EndFamilyViolence)

Alberta



Rotary Interact Club wearing the toques that they have been making and donating to the homeless at Hope Mission!

**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.



November is Family Violence Prevention Month.

**#GoPurpleAB on November 21, 2019**

**TO PROMOTE HEALTHY RELATIONSHIPS**

Wednesday, October 30, 2019

Dear Community Partner,

November is **Family Violence Prevention Month** in Alberta. This year's theme, **Where to Turn**, encourages you to learn about resources available to protect someone from family violence.

Attached please find an Infographic poster and Tri Region what you need to know poster. Please share these materials with your staff and clients to promote awareness of the issues and support for those in need.

Encourage your salon professional to attend the **Cut It Out** event on November 7, 8:15 am. This free training provides salon professionals skills to better understand how to recognize potential family violence, how to respond and refer.

Walk and talk in support of those affected by domestic violence on November 7, 6:30pm. This **Candlelight Walk** will start at the Superstore parking lot in Spruce Grove and travel to the TLC.

**Go Purple on November 21st** to promote healthy relationships. Albertans across the province will be wearing purple in November to support this issue. Share your photos with #GoPurpleAB on social media.

Spot our **Silhouette Cut Outs** at various community locations in the Tri Region. These cut outs include local stats from the Parkland RCMP to raise awareness about family violence.

For more information about family violence prevention, visit [www.alberta.ca/EndFamilyViolence](http://www.alberta.ca/EndFamilyViolence). Need immediate help with family violence? Call the Family Violence Info Line at 310-1818 or chat online at [www.alberta.ca/SafetyChat](http://www.alberta.ca/SafetyChat).

For more information about these project's or for local resources available to help people suffering from Family Violence, contact Stony Plain FCSS, Spruce Grove FCSS or Parkland Response to Family Violence Committee.

Sincerely,





## 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](mailto:changeab@ualberta.ca)



2<sup>nd</sup> Annual

# FOOD FAIR

**THURSDAY NOVEMBER 21<sup>ST</sup>**  
9AM – 3PM

**MEMORIAL COMPOSITE HIGH SCHOOL, STONY PLAIN**

**10 booths promoting nutrition, physical activity, mental health and social connection**

Teachers or the Public: To Register e-mail [changeab@ualberta.ca](mailto:changeab@ualberta.ca)

**BUILD  
YOUR OWN  
TRAIL MIX**

**CHOOSE  
HEALTHY  
DRINKS**

**PHYSICAL  
ACTIVITY  
TEST**

**CANADA'S  
NEW FOOD  
GUIDE FAQ**



## MCHS Contact Info

(780) 963-2255

[mchs@psd70.ab.ca](mailto:mchs@psd70.ab.ca)  
[www.mchs.psd70.ab.ca](http://www.mchs.psd70.ab.ca)



@MemorialComp



Memorial Composite High School



@MemorialComposite

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## 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](mailto:mchs@psd70.ab.ca). Our target is to have the newsletter go out on the 1<sup>st</sup> 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!