



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.



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PRINCIPAL'S MESSAGE

Happy New Year!

It's a pleasure to see your kids' smiling faces back from winter break. We hope they are all nice and refreshed and ready for the mad dash to finish semester. Lots will be happening in these last 12 days of classes!

There is big news at MCHS in the office! It is with mixed emotion that we wish Mr. Strangway well as he heads off to retirement! He has been a pillar at MCHS for the past 18 years. He was designated as the lead for the construction of our fantastic school when it was renovated and has cared for the building and the people in it for many years. We will miss his humour, ethics and passion for growing our kids into great citizens. We wish him joy and health in his well deserved retirement!



As we embark on a new year, we encourage parent and students to take on resolutions to create/continue habits for healthy living and a positive mindset. The more our young people focus on healthy nutrition, physical activity, and implementing a positive mindset (optimism, gratitude, resilience, acceptance, integrity, etc.), the better the outcomes that will follow. This will hold true for school success as well as life success.

In the meantime, with semester end/start up quickly approaching, be sure to assist your child in engaging in assignment completion and study activities. There will be more information in this newsletter to assist you.

Take care.

Mrs. Jensen

MCHS Grade Administrators
 Grade 10 – Ms. Mohammed
 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!

Green & Gold Athletics Need Your Help!

We are in need of 3 willing parents to support our Marauder Athletics by filling the following positions on our board.

- 2 Concession Opener/Closers
- Bingo Chairperson

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



DECEMBER Key Dates:

- 04 - Swimming - Metro Championship Meet
- 04 - Drama Field Trip - SGCHS to watch Lion King
- 04 - Rotary Interact field trip to Heritage Pavilion
- 05 - Sr. Boys Basketball - Sturgeon
- 06 - LAWS Christmas Tea
- 06 - Memorial Winter Formal Dance
- 06 - Jr. & Sr. Basketball Tournaments
- 07 - Practice Case Competition - MCHS
- 07 - Wrestling Meet - Vimy Ridge
- 09 - Rotary Field Trip to Kinsmen Hamper assembly
- 09 - Marketing Field Trip - Strong Coffee & Rogers Place
- 10 - MCHS Choir Christmas Concert 6:30 & 8:00
- 10 - LAWS bowling field trip
- 10 & 11 PFN Youth Leadership Summit - Spruce Grove
- 11 - French 10/20 field trip - Cafe Bicyclette
- 12 - 13 - PE Ski Trip
- 12 - Legal Studies Field Trip - Court of Queen's Bench
- 12 - PowerSchool Update - Marks
- 13 - Fabrication Field Trip to Supreme Steel
- 13 - Celebrate Memorial
- 13 - Anime Movie Night
- 17 - LAWS - Unified Bocce Bonanza field trip
- 18 - Wrestling Meet - MCHS 8am - 9pm
- 18 - LAWS - Movies field trip
- 19 & 20 - German Field Trips

Memorial Moments

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

JANUARY Happenings:

- 08, 09, & 13 - Social 30-1 Diploma Prep (after school)
- 11 - Robotics Tournament - Archbishop Jordan
- 13 - English 30 Diploma Part A
- 14 - Social 30 Diploma Part A
- 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



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

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:

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!

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 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.



January 2020 Exam Session in a Nutshell

What happens at the school during exam time? Routines and activities change during the exam session. Clubs, teams, and other school activities come to an end. All staff focus on student exam success. As such, only students who are writing or preparing for exams should be at school. The exception to this is students who attend the LAWS program; they will continue with the same schedule until January 30, 2020.

When are exams? MCHS exams are from January 22-30. See the schedule on the next page or check the [MCHS website](#). Schedules are also posted in classrooms and hallway bulletin boards. Students are encouraged to take a picture so they can have specific exams times with them.

How long are exams? They start at different times and run for different lengths. Be careful with the timing. It is strongly recommended students **arrive at the exam room 10 minutes before the start of the exam**.

- Morning Diploma Exams – Start promptly at 9:00am.
- Morning School Exams – Start promptly at 8:40 and go until 12:00
- Afternoon School Exams – Start promptly at 12:30 and go until 3:30.

If a student misses a Diploma exam, the exam will be written at the next administration session in April or June 2020.

What items are students permitted to bring into the exam room?

- Pens, pencils, erasers
- Course specific calculators fully charged and with spare batteries
- Water bottles are permitted.

What should students do with cell phones? Cell phones and smart watches are not permitted in exam rooms. Students are expected to lock them in their lockers during their exams.

Is there anything special to know about writing exams in the gym? There are multiple classes writing together at the same time so it takes a bit longer to get a large group settled than just a single classroom of students. As well, it can be chilly in the gym, especially first thing in the morning. Bring a sweater or hoodie and wear warm socks as students are asked to remove their shoes.

Where can students go to study? The library is open during the full exam session from January 22-29. The AAC Room is open from January 22, if there is room, as some students may be completing assignments there.

Is the common area available for studying? The common area will be available from January 22nd – 24th, and will then be closed. After that time, a significant number of exams are over and students will be redirected to the library or AAC to study as there will be fewer students in the school.

Are teachers available to help with studying? Yes, teachers will make themselves available to students. However, it is important to know that teachers' schedules change as each teacher does exam supervision, so any one teacher is not available at all times. If a student wants to check in with a teacher for assistance during exam time, it is important to check in with the teacher for an appointment or attend scheduled study sessions. **More importantly, students should be engaging with their teacher throughout January and not waiting until the exam session begins.**

What about lunch? The cafeteria closes from January 21st - 30th. If a student is remaining at school on a particular day with scheduled morning and afternoon exams, he/she must make their own arrangements for lunch.

MCHS EXAMINATION SCHEDULE

January 2020

January 2020	MCHS School Exams		Diploma Exams	
Jan. 13 (Monday)	AM PM		AM PM	English 30-1, 30-2 Part A
Jan. 14 (Tuesday)	AM PM		AM PM	Social Studies 30-1, 30-2 Part A
Large Gym		Small Gym		
Jan. 22 (Wednesday)	AM PM	Math 10C, 20-1, 20-2 Math 10-3, 20-3, 30-3, 31	AM PM	Mathematics 30-1, 30-2
Jan. 23 (Thursday)	AM PM	Social 10-1, 10-2, 20-1, 20-2 Science 14, 24, 20	AM PM	English 30-1, 30-2 Part B
Jan. 24 (Friday)	AM PM	English 10-1, 10-2, 20-1, 20-2 Science 10	AM PM	Social Studies 30-1, 30-2 Part B
Jan. 27 (Monday)	AM PM	Biology 20 Conflict Exams	AM PM	Biology 30
Jan. 28 (Tuesday)	AM PM	Chemistry 20	AM PM	Chemistry 30
Jan. 29 (Wednesday)	AM PM	Physics 20	AM PM	Physics 30
Jan. 30 (Thursday)	AM PM		AM PM	Science 30

German, Japanese and French Project Finals are individually scheduled during the two weeks of exams.

Please Note:

Morning Diploma exams start at 9:00 am
All morning School exams start at 8:40 am
Afternoon Diploma exams start at 1:00 pm
All afternoon School exams start at 12:30 pm



Marauder Sports

Our Basketball teams were off at various tournaments in December. The Junior Boys played three games in the Ardrossan tournament and gained valuable experience throughout the weekend - improving each and every game. The Jr Girls lost a tough game against Spruce Comp, then lost a nail-biter in OT before beating ME Lazerte by 20 to finish off the tournament.

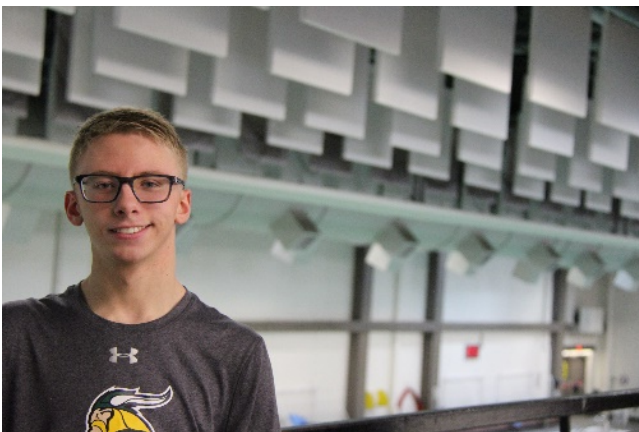
The Sr. Boys played at Sturgeon and beat Peace Wapiti in their first game before losing to Hunting Hills and then finishing off the tournament with a win against Queen Elizabeth. The Sr. Girls lost to Bev Facey in their first game and then beat Peace Wapiti 59-45. They finished off the tournament by losing to Morinville.

The Sr. Boys Basketball team has a tournament at Bev Facey on January 10-11, which should be great competition for them. The rest of our teams don't have any tournaments until February.

A big congratulations goes out to our Green & Gold November Athletes of the Month. For the girls we have a swimmer, Robyn Good, who dominated at the Metro Swim Championships (see below) winning 3 silver medals! For the boys side we have a Wrestler, Levi Goerz, who is showing strong wrestling skills as a rookie!

Another big congratulations goes out to our Green & Gold December Athletes of the Month. For the girls we have Raelene Brendel, who has become a leader with her awesome work ethic day in and day out. On the boys side we have a member of the Sr. Boys Basketball team, Kaeden Fald. Kaeden played well throughout December and has also become a leader for this team.

Please see the next page for our Metro swim results as well as our Metro Athlete of the Month!





**Memorial Metro Swim Championships Final Results
December 4, 2019**

Grade 10 Girls		
Arielle Depner	11th - 50m Freestyle	8th - 50m Backstroke
Ali McCrimmon	5th - 100m Breastroke	
Grade 10 Boys		
Blake Andersen	6th - 100m Freestyle	9th - 50m Freestyle
Ryder Chambers	Silver - 100m Freestyle	Bronze - 50m Freestyle
Ian Fillingner	6th - 50m Butterfly	6th - 50m Freestyle
Riley Meinczinger	16th - 50m Freestyle	
Grade 11 Girls		
Jessica Good	5th - 100m Breastroke	Bronze - 50m Breastroke
Robyn Good	Silver - 50m Backstroke	Silver - 50m Freestyle
Kayla Hansen	5th - 200m Freestyle (open)	Bronze - 100m Freestyle
Jadyn Svenningsen	5th - 50m Butterfly	Bronze - 100m Backstroke
Chloe Thompson	16th - 50m Freestyle	
Grade 11 Boys		
Keegan Gould	Gold - 50m Butterfly	Bronze - 100m Individual Medley
Logan Fulford	Silver - 100m Freestyle	Gold - 50m Freestyle
Grade 12 Boys		
Patrick Maze	7th - 100m Freestyle	9th - 50m Freestyle
Relays		
4th - Boys Open 4 x 100m Freestyle Relay	Blake Andersen Patrick Maze	Riley Meinczinger Ian Fillingner
Silver - Gr 11 Girls 4 x 50m Medley Relay	Jadyn Svenningsen Robyn Good	Jessica Good Kayla Hansen
Silver - Gr. 11 Boys 4 x 50m Medley Relay	Ryder Chambers Keegan Gould	Logan Fulford Ian Fillingner
Bronze - Gr. 11 Girls 4 x 50m Freestyle Relay	Arielle Depner Jadyn Svenningsen	Chloe Thompson Ali McCrimmon
Gold - Gr. 11 Boys 4 x 50m Freestyle Relay	Keegan Gould Ryder Chambers	Blake Anderson Logan Fulford

Memorial placed 2nd in the Small Schools category and 8th overall.

**Metro Athletics Athlete of the Month
December 2019**

**Logan Fulford
Memorial Composite High School**



Logan is fresh off of Metro Edmonton High School Swim Championships where he earned two gold and two silver medals leading the MCHS Marauders to a second overall placing in the Small Schools category. Logan is a freestyler winning the 50m Free and placing second in the 100m Free, Gr. 11 Boys 4 x 50 Medley relay, and anchoring the Gr. 11 Boys 4 x 50 Free relay to gold. Logan is busy all year round training with the St. Albert Gators Triathlon Club. He exemplifies the "student" part of student athlete with a current average of 88% in academic programming. His quiet leadership and friendly nature on the team have been appreciated throughout the season. Great job, Logan!

Marauder Athlete of the Month

**Kaeden Fald
Sr. Boys Basketball**



**Raelene Brendel
Sr. Girls Basketball**



December

Swim Meets



EDMONTON METRO HIGH SCHOOLS
2019 METRO CHAMPIONSHIPS
M30- 50 M FREESTYLE
EVENT 018 - HEAT 8

LN	NAME	TEAM	TIME	PL
1	Park, Jayden	OSA	31.34	7
2	Rutledge, Jeremy	SAL	30.72	5
3	Flandorffer, Mihaly	ROM	29.79	1
4	Maze, Patrick	MEM	29.88	2
5	Banham, Scott	SCONA	30.49	4
6	Morales, Rene	ABJ	30.45	3
7	Stefanov, Marko	OSA	30.76	6
8	Spencer, Ryrie	BF	32.02	8

Don Smith Memorial Pool
EDMONTON METRO HIGH SCHOOLS
2019 METRO CHAMPIONSHIPS
F30- 50 M BACKSTROKE
EVENT 003 - HEAT 6

LN	NAME	TEAM	TIME	PL
1	Chen, Angel	OSA	33.54	1
2	Steady, Mia	ARD	41.09	6
3	Match, Jerica	SCONA	39.90	4
4	Kuch, Brooke	MEL	37.72	3
5	Good, Robyn	MEM	33.54	1
6	Carr, Delaney	SAL	36.67	2
7	DeFehr, Ruby	SCONA	40.59	5
8	Buchinski, Clara	FX	41.77	7
			42.89	8

Counselling Corner



ACE your Final Exams

Interested in learning a few key tips to help you ace your final exams? These short workshops will help you:

- get started on creating a personalized study schedule,
- learn helpful tips and strategies to make studying easier
- win prizes
- get your notes organized and ready for review

THURSDAY—JANUARY 9, 2020—Study Tips, & Schedules

THURSDAY—JANUARY 16, 2020—Test Taking Tips

WHERE: Room #1054—Mr. Khan's classroom

11:20-11:50—Bring your lunch and a subject binder/notes (ex: Math) that you would like to organize and start reviewing

For more information—see Student Services

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.



Memorial Memories

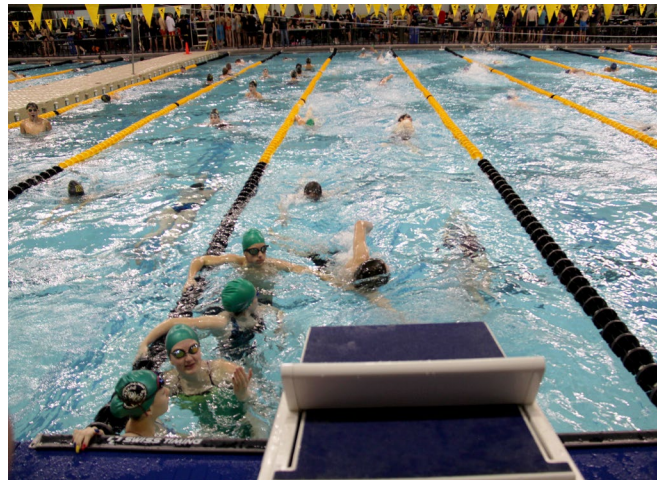


Memorial Winter Formal

Celebrate Memorial Pep Rally



Memorial Swimming Team



Sr. Women's Basketball



11

Sr. Men's Basketball





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



The Legal Studies class travelled to the Edmonton Court of Queen's Bench on Thursday, Dec. 12 to see court in action. While there, we were lucky enough to watch the sentencing hearing for Abdulahi Hasan Sharif, the man who struck a police officer with a car before stabbing him repeatedly outside of a CFL game in 2017. They also got to see family law and contract law argued in a court of law. The kids had fun and got to apply what they learned in the classroom to the courtroom.

On Friday Dec. 20, the Legal Studies also got to hear from two crown prosecutors who visited us. They talked about their experiences in the profession and their path to that career. Again, it was interesting and eye-opening for the kids.

On December 9, the Marketing class travelled on a field trip to a marketing firm and Rogers Place. In the morning, we went to Strong Coffee Marketing to see what a digital marketing firm does and how they develop a marketing strategy for an organization. In the process, the kids were exposed to some interesting digital analytics used to precisely target customers. They also explained their career path to becoming a marketing specialist. In the afternoon, we travelled to Rogers Place where we heard from the Director of Business Operations for the Oil Kings the **Director of Live Entertainment** for the Oilers. Together they toured us around the arena and explained how each team used marketing to promote their brand. Overall, it was a great field trip. The kids had fun and learned a lot about marketing and how it is used.

The Entrepreneurship students have been running their businesses since early December. Watch for them in the school and community until the end of the semester.

DECEMBER MEMORIES



These students had a great experience at the Heritage Pavilion. They actually were able to help fill the Kinsmen Christmas boxes with stocking stuffers for the families in need. Very rewarding for everyone involved.



These lovely ladies made the office windows feel like a winter wonderland! Thank you to Maleena Stecyk, Cadence Mitchell and Aliyah Bellerose!



DECEMBER MEMORIES



**Unified Bocce
Ball Tournament**



MCHS WRESTLING



CONSTRUCTION



Green & Gold Athletics Need Your Help!

We are in need of 3 willing parents to support our Marauder Athletics by filling the following positions on our board.

- 2 Concession Opener/Closers
- Bingo Chairperson

If you are interested in these

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

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](#)



Green & Gold WINTER Volunteer Opportunity

We are raffling off the chance to win 1) \$1500 Travel Voucher for any travel services from Parkland Travel and 2) \$500 cash.

\$10 a ticket, with 20 per booklet and can be sold to anyone in Canada.

Purchase a Booklet of 20 tickets for \$200, and earn 1 credit of your volunteer points! Raffle tickets are an option on RAMP now. Once registered for this option, you will receive an email confirmation and can pick up the tickets at the school finance office with Ms. Miller.

ALL ticket stub booklets must be returned to the school office by Tuesday January 14th, 2020

- If you have any questions please email grantsandgaming@greenandgold.com

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

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.

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college EDMONTON
FCSS

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 recoverycollegetedmonton.ca or call 780-414-6360.

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:
recoverycollegetedmonton.ca
recoverycollegetwoflask.ca
recoverycollegethbrldge.ca
recoverycollegetseawater.ca
recoverycollegetintheberks.ca

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

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

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](https://twitter.com/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 ncca.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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Reach out, speak out and prevent family violence at alberta.ca/EndFamilyViolence

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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. 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!