THE MEMORIAL MEMO

THE TORCH HELD HIGH





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PRINCIPAL'S MESSAGE

Dear Marauder Parents,

Well here we are at the end of another school year. We started out still on the rocky covid road with the weight of uncertainty and restrictions upon us. As the rest of the world did, we dealt with it and came through, though it certainly wasn't easy.

The collaborative response work that our teachers have engaged with for the past couple of years continued. Our student data has been inconsistent to say the least over the past two years with the changes to Diploma exams and considerations for extended absences due to illness. However as we examined our Q3 results, we discovered that overall our students are doing very well in terms of pass/fail. Torch Time and the ability for teachers to work together to address student needs continue to be effective intervention tools. As always, we will continue to monitor and tweak our systems to ensure we are supporting your kids as best as we can.

Belonging at Memorial has been a new journey for us this year as we approach diversity, equity and inclusion topics with intention to ensure that we are supporting all of our students appropriately. This means we have been recognizing that different groups need different approaches than we have used in the past and that being equitable actually means that we are not necessarily doing the same thing for every student. Staff and students have embraced this work. The mural dedication assembly in multiple ways demonstrated the growing inclusive school culture we are developing at Memorial. It's been enlightening and emotional at times, definitely rewarding.

The highlight of the year has been the way that we are ending it. With restrictions lifting partway through Q3, we have been able to reengage in so many Memorial traditions this last quarter. It has been great to be able to have our school wide activities like Torch Week common area activities, the mural dedication assembly, the Bikeathon (a huge success), and the Athletics banquet last night. Another highlight will be an in person graduation ceremony on June 25. It's feeling like "real" high school again with an air of positivity and buzz amongst all of us.

I would like to thank all of the parents of our school community on behalf of the staff for your support through this year. The families and community in Stony Plain are strong and positive and we are fortunate to have your children attending MCHS.

Have a great summer!





MAY HAPPENINGS

- 02 G&G Executive Meeting 6:30
- 04 Hats On For Mental Health
- 05 LAWS field trip Bowling
- 05-07 Field Trip Business Case Competition
- 06 Anime Movie Night 4-9pm
- 08 Mother's Day
- 10 PISA survey (Grade 10)
- 11 Initial Grad List Posted
- 12 Q4 Parent Teacher Interviews 5:00-6:30
- 13 LAWS field trip Horsemanship
- 16 Torch Time Assembly Mural Dedication
- 19 Rotary Bikeathon
- 20 PD Day No Classes
- 20 Field Trip PFN to Barrhead Comp HS
- 23 Victoria Day
- 26 PSD Eagle Feather & Metis Sash Teachings
- 27 LAWS field trip Horsemanship
- 30 School Council 7:00
- 30-1 P.E. Camping Trip Cancelled
- 31 Final Grad List Posted
- 31 LAWS field trip Unified Sports

BELL SCHEDULE

Mondays:

Block 1 8:30 - 11:25 am Lunch 11:25 - 12:25 pm Block 2 12:25 - 3:20 pm

Tuesdays-Fridays:

Block 1 8:30 - 11:03 am Lunch 11:03 - 12:03 pm Block 2 12:03 - 2:35 pm Torch Time 2:40 - 3:20 pm









JUNE KEY DATES

- 01-19 Grad Ticket Sales
- 02 Explore Memorial 4-7pm
- 02 Field Trip Indigenous Ed Chg Health Centre
- 03 Anime Movie Night 4-9pm
- 06 G&G Executive Meeting
- 07 Athletics Banquet 5:30-8:30
- 08 Drama Field Trip Horizon Stage
- 10 Field Trip UofA Law Building
- 12 Drama Field Trip Red Deer One Act Drama Fest.
- 13 English Diploma Part A
- 14 Social Diploma Part A
- 15 PSD Cultural Graduation 5:30
- 16 Field Trip Court of Queen's Bench
- 16 QSA Pride Festival Lunch
- 17 Math Diploma
- 19 Field Trip Enterprise & Innov. Local Businesses
- 20 English Diploma Part B
- 21 National Indigenous Peoples Day
- 21 MCHS Walk the Talk AM
- 22 Social Diploma Part B
- 23 Q4 Last Day of Classes
- 23 Biology Diploma
- 24-28 Q4 School Based Exams
- 24 Chemistry Diploma
- 25 Grad Ceremony Edmonton Event Centre
- 27 Physics Diploma
- 28 Science Diploma
- 29 Q4 High School Turnaround Day No School
- 30 PD Day No School

MCHS GRADE ADMINISTRATORS

GRADE 10 - MS. JEWELL
GRADE 11 - MR. COGHILL
GRADE 12 - MS. FISK







PowerSchool

This is our parents' primary way to check in on their child's marks/assignments, update contact information, and pay fees.

Sign into your account <u>here</u>. Please contact Mrs. Campbell at the office if you need assistance accessing your account.

Reporting an Absence?

Please email mchs.absence@psd.ca or call 780-963-2255 and dial 1 anytime to leave a message. Please leave your child's full name, grade, and details of the absence.

School Fees Are Due

Please note that school fees are not visible on the PowerSchool App. Access to all information is only available through the website.

Please log in to your <u>parent PowerSchool</u> <u>account</u> or come into the school to pay your high school fees. If you have any questions, please contact Ms. Miller at the Finance Office.

Reaching Your Child At School

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. They may not be able to respond immediately.

You can contact your child during their designated lunch hour:

Mondays: 11:25 - 12:25 Tues-Fri: 11:03 - 12:03

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.

IMEMORIAL COMPOSITE HIGH SCHOOL

SCHOOL COUNCIL

The last School Council meeting was held on May 30. We hope to see many existing and new faces in the 2022-2023 school year!

GREEN & GOLD

The last Green & Gold Meeting was held on June 6. We look forward to a great 2022-2023 athletic year!

G&G Website

Parents & Students - please check out the <u>Student</u> <u>Services Google Site</u>. You will find information on counsellors, scholarships, tutoring & more!



MCHS Student Services

TORCH TIME

IMPORTANT REMINDERS:

- ·Monday Torch Time is integrated into class time and therefore, Mondays will run on a full day bell schedule with dismissal continuing to be at 3:20 pm. This changes lunch time on Mondays to 11:25 am 12:25 pm.
- -Tuesdays to Fridays will continue to have Torch Time scheduled from 2:40 3:20 pm and lunch will run from 11:03 am 12:03 pm.
- •Students and the school are still accountable for the whereabouts of students until the end of the full school day. All students need to be signed up for a Torch Session every Tuesday to Friday through PowerSchool.
- •Parents and teachers can also sign up a student for a Torch Session. Students cannot unenroll from those sessions. There is a video below explaining to parents how they can sign their child up for a session.
- If a student is in good standing (meeting the expectations of their teachers, parents, and themselves) and have all of their assignments submitted to a passing level, they may use that time for a personal interest Torch Session (Open Gym, Fitness Training, etc.) or sign up to be Off Campus With Parent Approval. Students are also encouraged to sign up for academic sessions if they wish to improve their marks.

<u>Video - How to sign up for Torch Time using a phone</u> <u>Video - How to sign up for Torch Time on PowerSchool Website</u>

MEMORIAL COMPOSITE HIGH SCHOOL

For Families of Grade 9
Students and Students New
to MCHS:
First Time High School
Parents Video

<u>First Time Parent Information</u> Video

MCHS has produced an informational video which provides an opportunity for parents/guardians who have a chld entering high school for the first time to have clarification on what the high school transition and course selection process will look like.

Although we won't have the traditional in-person parent meeting, we hope that the information shared will help first time MCHS parents to become familiar with making the move to MCHS, including registration and course selections. As well this will allow parents to be able to put a face to the names of school administration and counsellors.

If you were not able to attend the virtual open house, you can still find all of the programming videos on the MCHS <u>MCHS website</u> in the <u>Our Programs</u> dropdown menu.

More information on registration can be found on the <u>PSD website</u> in the Registration Quick Link.



Parkland School Division offers Summer School for current and incoming high school students at <u>Connections For Learning</u>. Students over age 18 are also welcome to register, and select courses are open to students who have completed Grade 7 and/or 8.





Face-to-face diploma prep review sessions in January and June for English 30-1, Social Studies 30-1, Biology 30, Chemistry 30, Physics 30, Math 30-1, Math 30-2, and Science 30

DIPLOMAX GUARANTEE - When you register for an In-Class session with DIPLOMAX - we FULLY SUPPORT your exam prep review.

- As you automatically receive a copy of the Instructor's Class Notes package with your completed In-Class registration we
 do not provide refunds. However, DIPLOMAX is COMMITTED to help you complete your chosen exam prep.
- Therefore, if ANY In-person review session is cancelled for ANY reason, DIPLOMAX will provide you with a quality, substitute exam prep package, at no additional charge.
 You will AUTOMATICALLY receive ALL MATERIALS in that subject's ULTIMATE package (13-hour On-line VIDEO Review.
- Instructor's Class Notes, iPrep STUDY Notes, and MAX Results).
- By choosing DIPLOMAX you are guaranteed exceptional review support

June 2022 Schedule - Edmonton and Area

	SESSION ONE		
English 30-1 OR	Saturday, June 4	9:00 am-5:00 pm	
Social Studies 30-1	Sunday, June 5	9:00 am-5:00 pm	
	SESSION TWO		
Math 30-1 OR Math 30-2	Saturday, June 11	9:00 am-5:00 pm	
	Sunday, June 12	9:00 am-5:00 pm	
	SESSION THREE		
Biology 30 OR	Saturday, June 18	9:00 am-5:00 pm	
Chemistry 30	Sunday, June 19	9:00 am-5:00 pm	
SESSION FOUR			
Physics 30 OR	Saturday, June 25	9:00 am-5:00 pm	
Science 30	Sunday, June 26	9:00 am-5:00 pm	

REGISTER AT diplomax.ca

Classes are based in the **Edmonton Clinic Health Academy** (ECHA) on the U of A Edmonton campus (87 Ave & 114 Street)

Check out the Campus Map and Facility Photos for location

Parking is available at the adjacent Jubilee Car Park Convenient LRT terminal location



Graduation Ceremony

Date: **Saturday, June 25 at 2pm** (Doors open at **1:15pm** for guests and grads; grads should arrive no later than **1:30pm** and proceed directly to the staging area in **Hall C**) Location: **Edmonton Convention Centre**

Please note:

- This is not a Cap and Gown Ceremony. Graduates will proceed across the stage in their chosen Ceremony attire and be presented with a school-awarded certificate, diploma cover and souvenir cap & tassel.
- Grad 2022 will follow any existing Alberta Health Services protocols at the time of the event.
- General seating will be used at this event there are no assigned seats.
- Based on previous grads, the anticipated length of the ceremony is 2-2.5 hours. However, due to the new format and many other variables, we are unable to guarantee this time frame.

Ticket Sales

Grad 2022 Tickets will be made available for purchase in two rounds of online ticket sales:

- Round 1: June 1 @ 9am to June 12 @ Midnight (limit of 8 tickets per graduate)
- Round 2: June 13 @ Noon to June 19 @ Midnight (no limit on ticket purchases)

Tickets are \$32 each, and InviteRight charges a service fee of 4.9% + \$2.78 per ticket.

Please note:

- Everyone, except for the Graduates themselves, must purchase a ticket to attend the event.
- Children two years of age and under may attend for free; however, due to the limited number of seats available, children attending for free will not have access to an individual seat (i.e. they may sit on their parents' laps). Parents who wish to ensure their young children have their own seats may purchase tickets for them.
- All ticket sales are final no refunds.

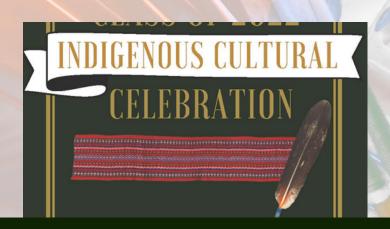
Graduation List - Posted in the Grad display case at MCHS

May 11 - Preliminary list May 31 - Final Grad list

The final determination for participation in the Graduation Ceremony will be based on marks as of May 30, 2022. Parents will be notified by Ms. Fisk if their child is in jeopardy of not participating in the Ceremony.

Please check the <u>MCHS website (under Student Tab)</u> to keep up with the most current Graduation information.

Please join us in congratulating Gabrielle Wood who will represent the Graduating Class of 2022 as their Valedictorian. Through her time at MCHS, Gabrielle has been an exemplary student showing excellence in her academics, demonstrating respect in all that she does and contributing to our school and community through various volunteer opportunities. After Graduation, Gabrielle will be attending Concordia University of Edmonton next year, pursuing a Bachelor of Science, Majoring in Integrative Biology and Minoring in Sociology. Congratulations Gabby!



Join us in honouring the First Nation, Metis and Inuit graduates of Memorial Composite High School, Spruce Grove Composite High School and Outreach.

Wednesday, June 15, 2022
5:30pm-7:30pm
Memorial Composite High school
Main Gym
50 Westerra Centre
There will be a feast for all attendees after the celebration



Each graduate may bring up to 5 guests.

Please RSVP to the email below no
later than June 6th

LEANNE.TRAVERSE@PSD.CA | 780-903-4630

Mural Dedication

We had an assembly on May 16! It was for the mural dedication, "Community Spirit". Thank you to Kookum Violet, Lance Cardinal, Brisa & Jayden, and the drummers for celebrating with us!

What's an assembly without some fun?! Thanks Mr Chiles and Mrs Onysko for the staff trivia and crowd karaoke!









The total money raised for the Alberta Cancer Foundation was \$31,088.87.

Thank you to all of the students who fundraised and to the sponsors of the 2022 MCHS Bike-a-Thon!











Alberta Cancer THANKYOU

A HUGE thank you to the sponsors that supported our

Rotary Club of Stony Plain Dan Kiryluk Team → Royal LePage Noralta Real Estate Stony Plain Safeway Sorrentino's Stony Plain Sport Chek Spruce Grove State & Main Spruce Grove Stony Plain Denture & Implant Clinic TAG Logistics Corporation Wilhauk Beef Jerky Woodhaven Middle School Your Dollar Mart Plus 7-Eleven Sharon Cornelius Terry Skow Constable Gord Marshall The Thomas Family The McGonigal Family





MCHS BIKE-A-THON



















Mental Health Week May 2-8, 2022

During the week of May 2, MCHS will be promoting Mental Health Awareness Week through a variety of activities to support students gain awareness, resources, and support in order to better understand mental health, take care of themselves and help others.

Monday-Friday - Jack Talk from https://jack.org/Home where "trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers."

https://youtu.be/uOqEeBGoVTs

If you have any questions or concerns please contact Ms. Cox in Student Services, meghan.cox@psd.ca

Wednesday May 4 - Hats on for Mental Health - Wear your hat to show your support for Mental Health Awareness.

Thursday May 5 -National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Gender Diverse People. Wear Red to support and bring awareness to this important day.





















MCHS In the Community

Sports Medicine 35 students volunteering at the TryMe - Tryathlon on June 3rd.









Volunteers from Rotary Interact and Memorial participated in the Stony Plain Farmer's Day Parade





2022 Unified Games



Bringing home the banner!! Huge congratulations to #memorialcomp LAWS students and their partners!! For the 3rd consecutive @metro_athletics #unifiedgames our students have been on top. Well done!! #playunified #belonging #choosetoinclude























MCHS HIGHLIGHTS

MEMORIAL DRAMA CLEANS UP!



After a two year hiatus, Drama festivals are back and Memorial picked up right where they left off winning the Outstanding Production award at the Zone 2 West Drama Festival. As the winner they will be representing our Zone at Provincials in mid-May.

Victoria Kibblewhite's production of This is a Play was the most awarded show at Provincials this year and took home multiple awards in the following categories:

Directing (Victoria Kibblewhite), Acting (Kyla Fald)

Costumes & Stage Management (McKenna Gottenbos, Harmony Handsaeme, Victoria Kibblewhite)

Technical Achievement (all) You created a great team Mr. Tokarsky!









MCHS HIGHLIGHTS 🌦



On Friday our LAWS class joined the Foods students to whip up some treats! The kids had a great time! Thanks Mrs. Payne-Stecyk and Mrs. Guthrie for creating this wonderful experience. #memorialcomp #yummy #cookingwithlove

















MCHS HIGHLIGHTS



Katie was chosen by Careers the Next
Generation as the overall top High School
Apprentice in Alberta across all trades. Katie is
a carpenter currently working for Ackard
Construction and receiving high praise from
customers, co-workers, and supervisors alike.
She pays great attention to detail, continuously
demonstrates safe working procedures, and is
learning at a very rapid pace.

A great big thank you to our #memorialcomp parents for the fantastic array of treats! We do feel appreciated.

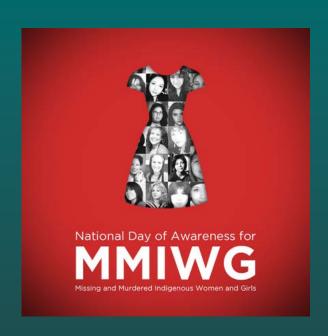
#communitysupport #staffappreciation #delicious





MCHS HIGHLIGHTS

Memorial Comp acknowledged the National Day of Awareness for #missingandmurderedindigenouswomen and Girls and #twospiritpeople Thank you to Brisa and Jamie for sharing healing dances with us.













On May 5-6, the Memorial Business Competition team traveled to Saskatoon, SK to participate in the SBTA High School Case Competition. They competed against teams from all over Saskatchewan. Two teams of three represented Memorial. Oliver Magnus, Benny Plante, and Ryder Chambers made up one team. Gabriel Parent, Ryan Burton, and Ryder Reaney made up the second team. Our team made up of Oliver Magnus, Benny Plante, and Ryder Chambers won the competition! Our second team who is made up of Gabriel Parent, Ryan Burton, and Ryder Reaney finished fourth. Although we did not compete in the Personal Finance competition, as we don't offer that class in AB, we still finished third in the Business School of the Year category.

By participating, each student receives a \$1,000.00 scholarship to attend the University of Saskatchewan. By winning the competition, Oliver Magnus, Benny Plante, and Ryder Chambers also won \$6,000.00 to the University of Saskatchewan or \$2,000 to the University of Regina.

On Thursday May 19, the Entrepreneurship class traveled on a field trip to two businesses and a business accelerator. We visited Mira Timber Frame, Porta Romana, and Start-up Edmonton. The kids got to hear about both entrepreneurs' stories. They got to learn about their successes, struggles, and how they got started. At Start-up Edmonton, they learned what supports and opportunities exist for entrepreneurs through incubators/accelerators. Thank you to Julian, Pepeo and Karren for hosting us! On the trip, the kids were treated to a wonderful meal at Porta Romana. Thank you to the Town of Stony Plain for sponsoring this trip!





















Congratulations to **Levi Visscher** & **Paige Colgan** for being selected as May's Athletes of the Month! Levi plays soccer and Paige plays soccer and rugby.

25th Annual Athletic Banquet

Our #memorialcomp **Rugby 7s** girls were working hard in the wind and cold! It paid off winning 2 of their 3 matches. Well done!





Thank you to all the athletes who came out and competed in track and field this spring!!

Last week the track team competed in the Edmonton Zone Championship and congratulations are in order for **Payton Boyne** who got third place in the intermediate women's triple jump and **Paul Morgan** who got third place in the intermediate men's high jump.

Paul will be heading down to Medicine Hat later this week to represent Memorial at Provincials!!

FOODS



Cupcakes with buttercream icing



Mango Salsa with Tortilla Chips Sweet and Spicy



Whole Wheat Rotini with Cheese Sauce



Grain Bowls Quinoa, a pulse, vegetables and dressing







This spring, the video of our commissioned piece, "Belonging," was entered into a competition called **Canada's Top Choirs**. This was for any recording made in the academic year by secondary school choral programs across the country. There was a grand prize, and then \$500 awards in five different categories.

I am THRILLED that the MCHS Choir won the category "Best Creative Visuals" out of the many, many submissions from all over Canada! This is a huge achievement for any program, and I am especially proud of our tiny choir for their musical integrity and artistic vision in creating this video!!



GARICATION









MCHSART

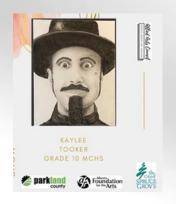
The Allied Arts Council annual High School Show ended with several MCHS students having their artwork chosen for display. Check out their amazing work!

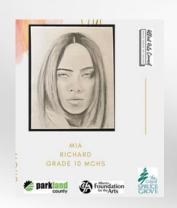
May 10- 28 the Allied Arts Council features the art of Parkland County young artists in the 2022 High School Show. You can visit the pieces in gallery (Tues-Sat 10-5) and on the Allied Arts Council website!























MCHSART





















NOW SHOWING:

<u>Indigenous History Month Video</u>



Welcome to Indigenous History Month!

Mayor Choy has released a proclamation in honour of Indigenous History Month and Indigenous Peoples Day on June 21.

This month and especially on June 21 we as Canadians can recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of the First Nation, Inuit and Métis people. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs. The Indigenous people of this diverse, vibrant and growing region have contributed to every aspect of life in our community;

The Town of Stony Plain acknowledges it is situated in Treaty 6 territory, the traditional territory of the Plains Cree, Woodland Cree, Beaver Cree, Saulteaux, Niitsitapi (Blackfoot), Dene, Métis, and Nakota Sioux Peoples.

Upcoming Events:

June 17 - <u>Indigenous Business Connections</u>

11am – 6pm

Stony Plain Rotary Park

Economic Reconciliation – Indigenous relations, protocol, culture, sharing, reconciliation.
Indigenous Market

June 18

Connecting with Indigenous Neighbours presents; Indigenous Peoples Day Community Celebration

3pm - 8pm

Spruce Grove Rotary Park - parking available at Walmart Parking lot and shuttle available to assist.

FREE

Giving Tree Ceremony

Old Fashioned games and races

Live music

Stop by Spruce Grove Rotary Park to see the recent Iroquois sign that was unveiled last weekend. It provides a brief history of the Michel First Nation and the Iroquois people.

Stony Plain Youth Centre will have activities this month.

<u>Stony Plain Youth Centre (@spyouthcentre) • Instagram photos and videos</u>

Welcome to Our Gathering Place webpage

This page is dedicated to providing information regarding Indigenous opportunities and programs in the Tri-Region and surrounding area, thank you Spruce Grove Library for getting this page going.

Stony Plain Public Library has resources, reads, learnings

I would recommend <u>Indigenous Canada Course</u> from the U of A if you are interested in learning more.

Explore <u>Native Counselling Services of Alberta</u> for resources and programs.

If your curious about Truth and Reconciliation, visit <u>National Centre for Truth and Reconciliation of Canada</u>

Have a good day!

Deanna Butz | Community Development Officer – Celebrating a Welcoming & Inclusive Stony Plain TOWN OF STONY PLAIN | Community and Social Development

#107, 4613-52 Avenue | STONY PLAIN, AB | T7Z1E7 OFFICE: 780.963.8583 | CELL: 587.337.0909

dbutz@stonyplain.com

www.stonyplain.com/csd

The Town of Stony Plain acknowledges it is in Treaty 6 territory, the traditional territory of the Plains Cree, Woodland Cree, Beaver Cree, Saulteaux, Niisitapi (Blackfoot), Métis, and Nakota Sioux Peoples.

KAYAS

National Indigenous Day Long-time-ago celebration

You are invited to celebrate
National Indigenous Day at
Spruce Grove's Rotary Centennial
Park (north of new RCMP
station) on June 18.

5 am – Sunrise pipe ceremony

3 pm – Giving Tree Ceremony

4-6 pm – Old Time Races and

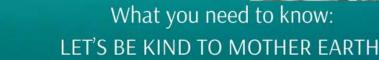
Indigenous traditional Cree Games

demonstration

6 pm— Barbecue Feast

7 pm – Open mike with featured

"surprise" guest



– bring your own feast kit (plate, cup, utensils) in a bag and take home -Bring your own lawn chair

-Walk to event, or park in north end of Walmart parking lot and take our shuttle to minimize congestion and pollution







Social Networking and Online Safety: A Virtual Evening for Parents

Paul Davis



Topics include:

SNAPCHAT / TIKTOK / INSTAGRAM /
FACEBOOK
SMARPHONES AND DIGITAL TRAILS
CYPERBULLYING - TEXTING - IMAGE
SHARING
ONLINE SECURITY

ZOOM

June 28, 2022

7 PM MST

WEBINAR

Brought to you by Ecole Broxton Park and Parkland Village School Councils

Ecole Broxton Park and Parkland Village School would like to invite all Parents/Caregivers to attend an online Cyberbullying Webinar featuring Paul Davis on Tuesday, June 28th at 7:00pm, via Zoom. Please mark your calendars, and the link will be sent closer to the date! Please see the attached poster for more information! Feel free to email the poster to all parents at your school to encourage them to attend!

Thanks!

Topics covered include:

- Accountability and Responsibility of child/parents
 - No excuses to Principals, Police and Parents
 - Who owns your tech
 - cyberbullying (laws, civil and speaking out)
 - smartphones
 - social media: snapchat, tiktok, and Instagram
 - sexting
 - speaking out if you are a victim and how to ask for help
 - privacy
 - passwords



PSD News

Have you checked your PowerSchool account today?

Click here to download the latest **Stronger Together**Newsletter from Parkland School Division



Latest Issue: Caring

Community Resources



Our Kids Have Stress Too! and Stress Lessons programs are designed to support these professionals in working with children and youth to identify and manage stress while moving to resilience. They have all been evaluated with a demonstrated impact on a child and youth's ability to recognize stress in themselves.

- 2.5 hour synchronous training session that provides an in-depth exploration of the program content, stress management activities for the classroom and beyond plus the full-length facilitation guide.
- Masterclass in Stress Management: 1.5 hour recording on the fundamentals of stress and resiliency, including how to identify it in yourself and your students, the physiology of stress, tips and strategies for managing stress and moving to resilience.
- Live Q&A with Stress Management expert.
- Implementation tools for adapting and delivering lessons in the virtual classroom.
- Certificate of completion of specialization.
 <u>Register Here</u>



Community Resources

Stony Plain Public Library

Stony Plain Youth Centre

The Town of Stony Plain Community & Social Development Programs including:

- Webinars
- Neighbourhood Connect
- Grief Support
- Support Groups (Living with Loss to Suicide, BILY Because I Love You, Caring Friends Bereavement Group)

AHS Caregiver Information for the Edmonton Zone - contains the Caregiver Education Team Newsletter

<u>The Green Book</u> - community resource directory for the City of Spruce Grove, Town of Stony Plain and Parkland County

<u>Alberta Heath Services</u> -all the information you need regarding Covid-19 and can also help you:

- Find a doctor
- Find programs and services
- Find information and news about a range of health topics
- Stay informed about what is happening in your community

Don't forget that the 811 Health Link can provide you with health advice from a registered nurse 24/7. Remember, in a medical emergency, always call 911 or visit the nearest emergency department.

Indigenous Community Resources



Check out the Metis

Nation of Alberta Website



The Indigenous Sport Council of Alberta (ISCA) is a non-profit provincial multi-sport organization representing all First Nations, Métis, Inuit and non-Status First Nations peoples in Alberta. The ISCA prides itself in promoting sport, physical activity, recreation and leadership opportunities built on the foundation of culture and traditions of Indigenous peoples in Alberta.

Sign up for the ISCA Newsletter here



https://www.ncsa.ca/