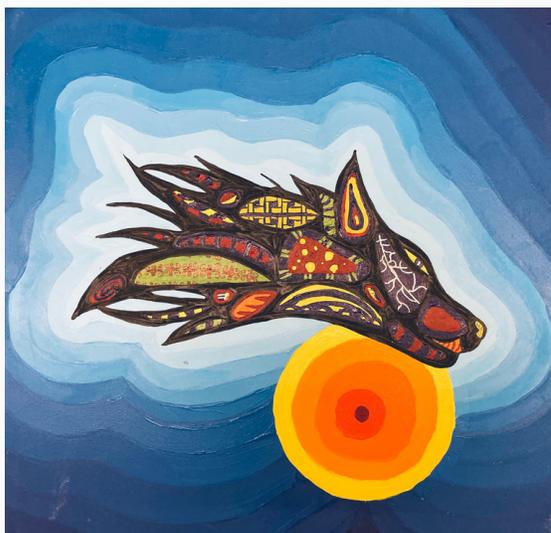


# THE MEMORIAL MEMO



*THE TORCH HELD HIGH*



## This Issue:

- Principal's Message P.1 & 2
- General Information - P.3-5
  - Key Dates / Bell Schedule
  - School Fees / Powerschool
  - School Council / Green & Gold
  - Torch Time
- Coming Up/Good To Know - P.6
- Shikaoui Visit - P.7 & 8
- Halloween - P. 9 & 10
- International Pronouns Day P.11
- Indigenous Wellness P.12
- Graduation -P.13
- Athletics - P.14
- Foods P.15
- Art - P.16 & 17
- Indigenous Resources -P.18
- Community Resources - P.19

## PRINCIPAL'S MESSAGE

**Dear MCHS Parents,**

**October is the month when we settle into the routines and experiences of high school. It has been such a pleasure to return to a vibrant, active school life. The Shikaoui students returned after two years away. Clubs are starting activities with the QSA celebrating International Pronouns Day with button making, Anime hosting their first of several movie nights, and Student Leadership bringing Fear Factor to our Halloween festivities.**

**Educational activities are also underway in earnest and Student Services has been busy. The Grad Assembly was Oct 12 and gr. 12 students received handbooks and lots of information. Most of it can be found on our Graduation page.**

**The ELAA Post-Secondary event was back in person at the Tri on Oct 6. Most post-secondary institutions have started accepting applications. Scholarship opportunities are opening AND closing already too. Our Counselors hosted six Apply Alberta Torch Sessions to assist gr. 12 students with applications.**

**(cont'd on P.2)**

**In addition, a number of field trips took place, the Sr Volleyball tournament was a success, three student teachers arrived, and we held parent teacher interviews.**

**But with all of this excitement, we cannot lose sight of the importance of staying on top of coursework. Each month of a semester is 20% of a course, so we are 40% complete. Be sure that you are checking your PowerSchool account frequently to ensure your student's marks are where they should be. In semester one, teachers generally finish delivering the course before Christmas and use January for review. That means there are only six weeks of instruction left for the semester when you factor in fall break. That's not much time to turn a mark around if that's needed.**

**If your child is missing an assignment or needs additional time/support, Torch Time is the way to get needed help. Parents, you can sign your child up for a Torch Session via your PowerSchool account to ensure they are getting assistance. Here is a video tutorial to sign up. Now that the weather has cooled, some students are migrating into the school rather than enjoying time for a walk outside. If a student is in the building during Torch Time they are required to be in a Torch Session. There are a few open sessions where students can be otherwise they should be signing up for a classroom/subject session.**

**Thank you for keeping your sick kids at home. You should have received an emailed letter from us indicating that MCHS has been declared an outbreak site. Other than classrooms being notably emptier, things have been manageable. We've all learned about responding to illness over the past couple of years. Torch Time is the primary way for students to catch up on missed work when they return to school.**

**It's been a pretty good start up so far. It's been rewarding to see kids excited and engaging.**

**Sincerely,  
Ms. Jensen, Principal**

✂️  
*Thank you!*

**Students helped paint the picnic tables - they look great!**



# MCHS General Information

## OCTOBER HAPPENINGS

03 - Shikaoui Student Visitation Day at MCHS  
03 - Green & Gold Executive Meeting 6:30pm  
05 - World Teachers' Day  
05 - 06 Outdoor Ed Field Trip - Camp Warwa  
05 - Cross Country Metro Championships  
06- ELAA Post Secondary Event - TLC 6-8pm  
07 - PD Day – No School  
10 - Thanksgiving Day – No School  
14 - Fabrication Field Trip - Academy Fabricators  
14 - Anime Movie Night  
14 - Olds College Open House  
15 - The King's University Open House 10am-2pm  
15 - University of Alberta Open House 9am-3pm  
18 - School Picture Retakes  
22 - Concordia University Open House  
24 - School Council - 7pm  
25 - 02 Parent-Teacher Interviews 5-6:30pm  
28-29 Sr. Volleyball Tournament @ MCHS  
29 - Nait Open House 9am-4pm  
31 - Halloween

## NOVEMBER KEY DATES

04 - Outdoor Ed Field Trip - Chickakoo Lake  
04- 07 Basketball Tryouts  
05 - MacEwan University Open House 10:am - 3:00pm  
06 - Daylight Savings Time Ends (Back 1 Hour)  
07 - G&G Exec Meeting - 6:30pm  
08 - Japanese Field Trip - Cultural Experience  
09 - 2021-2022 Academic Awards  
09 - ELAA Virtual Career Fair - 6:30-7:30  
10 - Remembrance Day Ceremony - 10:00  
11 - Remembrance Day - No Classes  
14-18 - Fall Break  
16-22 - Bullying Awareness Week  
22-26 - Indspire Conference  
24 - Metro Divisional Swim Meet  
24 - Swimming Field Trip - Kinsmen  
25 - LAWS Divisional PD - No Classes  
25 - Anime Movie Night 4-9pm  
28 - Metro Championship Swim Meet  
28 - School Council Mtg - 7pm  
29 - LAWS Field Trip - Stelter Home

## **BELL SCHEDULE**

### **Mondays:**

**Block 1 8:30 - 9:55 am**  
**Block 2 10:00 - 11:25 am**  
**Lunch 11:25 - 12:25 pm**  
**Block 3 12:25 - 1:50 pm**  
**Block 4 1:55 - 3:20 pm**

### **Tuesdays-Fridays:**

**Block 1 8:30 - 9:45 am**  
**Block 2 9:50 - 11:05 am**  
**Lunch 11:05 - 12:05 pm**  
**Block 3 12:05 - 1:20 pm**  
**Block 4 1:25 - 2:40 pm**  
**Torch Time 2:45 - 3:20 pm**

## **MCHS GRADE ADMINISTRATOR & COUNSELLOR TEAMS**

**GRADE 10 - MS. FISK / MS. MAZEREEUW**

**GRADE 11 - MS. JEWELL / MRS. NUIJENS**

**GRADE 12 - MR. COGHILL / MS. COX**

## Follow us on social media:



# MCHS General Information

The table provides information on the school fees that will be charged for the 2022-2023 school year. Invoices for fees were sent in September and are due upon receipt.

## Payment Options:

- 1. PowerSchool – Fees can only be seen through the parent portal using a browser. Fees can't be seen through the phone app.**
- 2. Cheque – Payable to Parkland School Division and may be dropped off or mailed directly to the school.**
- 3. Debit or credit – Is available at the high school or Parkland School Division.**

## 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 [here](#). Please contact Mrs. Campbell at the office if you need assistance accessing your account.

## Reporting an Absence?

Please email [mchs.absence@psd.ca](mailto: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 [Powerschool website](#).

Please log in to your [parent PowerSchool account](#) or come into the school to pay your high school fees. If you have any questions, please contact Ms. Miller at the Finance Office.

### SCHOOL FEES

School Culture	\$10
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### COURSE MATERIAL FEES

Art 10	\$70
Art 20/30	\$80
ART 35	\$70
Communication Technology	\$44
Construction	\$75
Cosmetology 10 (5 credits)	\$32
Cosmetology20/30(10 credits)	\$65
Fabrication	\$80
Food Studies	\$60
LAWS	\$75
Mechanics	\$80
Outdoor Ed	\$70
Personal Fitness	\$40
Phys Ed 10 (5 credits)	\$80
Phys Ed 20	\$80
Phys Ed 30	\$80
Sports Medicine 15/25	\$60
Sports Medicine 35	\$65
Wellness 10	\$55

## 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: 11:05 – 12:05**

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.

# MCHS General Information

## School Council

Next Meeting:

November 28 7-8:30 pm

MCHS Conference Room

All MCHS Parents Welcome!

## Green & Gold Athletics

Next Green & Gold Executive Meetings:

December 5, 2022 [Gmeet Link](#)

January 9, 2023 [Gmeet Link](#)

MCHS Conference Room or Google Meet

[G&G Website](#)

## Parkland School Division

## [PSD News](#)

[Click here to see the latest \*\*Strong Families\*\* Information Session from Parkland School Division & Alberta Parenting for the Future Association](#)

## 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 2:45 - 3:20 pm and lunch will run from 11:05 am - 12:05 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.

[Video - How to sign up for Torch Time using a phone](#)

[Video - How to sign up for Torch Time on PowerSchool Website](#)

Coming  
Up!

Good To  
Know!

Spiritwear and Gradwear Store Now Open!



Support your Green & Gold Athletics Society

Note: Items showing "Sold Out" will be available to order when more inventory is received

Visit the Memorial school website or greenandgoldathletics.com for the online store link  
<https://jostens-school-store-canada.myshopify.com/memorial-composite-high-school-1114374>

Gradwear/Spiritwear - [Order Here](#)



## Bus Driver Recruitment Event



NOVEMBER 14, 2022  
9 AM-3 PM  
Memorial Composite High School

Diplomas are just around the corner. Plan ahead with Diplomax. Instructor-led Diploma Prep Review Sessions (live Alberta-wide webinar broadcasts) 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. Register at [www.diplomax.ca](http://www.diplomax.ca)

[Visit our website for the January Diploma Schedule](#)

Exambank is a great way to practice writing tests. See your teacher for the password.



"Students can complete the English Dept. November Literary Icon and Characters Contest by completing the Google Form found on the bulletin board in the English wing. The deadline for submissions is November 30. Prizes will be given to the 3 students who have the most correct answers. Good luck!

<https://forms.gle/CYoGp9x3EYX8knfm9>

Don't Forget to Order  
This Year's School Pictures

N'oubliez de commander les  
photos d'école de cette année!

FREE SHIPPING

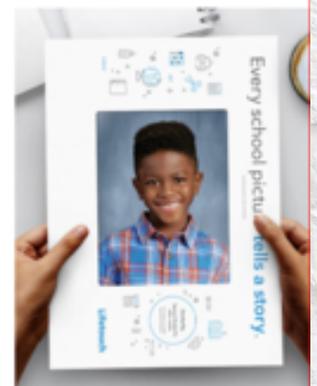
on your order of \$29.99+

LIVRAISON  
GRATUITE

pour toute commande  
d'au moins 29,99 \$ et plus  
CODE: SHIFFREEP2022

ORDER SCHOOL PICTURES  
COMMANDER DES  
PHOTOS D'ÉCOLE

EXPRES: 8/28/2023  
EXPRIE LE: 20/08/2023





# Shikaoi

## Student Exchange Visits Memorial

Oct 3, 2022



**It's been 2 years since the Town of Stony Plain has been able to have the Shikaoi student exchange. It was wonderful to once again work with the Town and welcome the students, teachers, chaperones & dignitaries to our school for a visit!**



# Shikaoi

## World Indigenous Fusion by Foods 30



**Foods 30 prepares for their white coat presentation of lunch for guests**



**"Orange Shirt" Soup with bannock**



**Indigenous Italian Fusion**



**Ginger Raspberry Baked Alaska**



Foods 30 students with the support of Foods 10 and 20, created and served a three course meal for our guests. The theme, World Indigenous Fusion, highlighted different ingredients that have value to Indigenous people in different parts of the world. From beans and squash (two of the Three Sisters used by the southern and central aboriginal peoples), tomato bush tomato sauce (from Australia), bison from our prairies and bannock which has become a traditional food used by many of our First Nations People, were incorporated into the dinner. The "orange shirt" soup paid homage to Orange Shirt Day which preceded the dinner the week before. Baked Alaska (with ginger ice cream and a raspberry sorbet) represented the Japanese flag and the hand piped maple leaf for Canada represented the bond between our guests and ourselves.



# HALLOWEEN Boo!



# HALLOWEEN



# International Pronouns Day

International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace.



**Students made and sold buttons in support of International Pronouns Day**



**Lonzo had to write a poem for his Aboriginal Studies 10 class. Well done Lonzo!**



**Well Ordered**

**I'm well ordered of course  
I'm exceptional  
They recognize me  
I have the wealth and strength to make a change  
The chief and council  
Be calling my name  
The bros clan is Blackfoot Confederacy  
I respect that I have the generosity  
And knowledge just to keep makin' a change.**

**The Lonzo story**

**The Indigenous Wellness class had a field trip to the Change Health Centre**



# Graduation



Commencement is a very important milestone in your educational journey. Graduation is a time to look back at your accomplishments with pride, and strategically look ahead to your future.

## **Grad 2023 Friday, June 30 2:00 pm Edmonton Convention Centre**

### **Graduation Photos**

Grad photos for the Class of 2023 are scheduled to be taken at Memorial from **January 23-27, 2023**. Photo appointment reservations will open on December 16, 2022, and can be booked with the [Lifetouch Appointment Plus](#) online scheduling system.

Brochures will be available in Student Services in December. Photo proofs will be mailed home; therefore, it is important that you provide Lifetouch with your current home mailing address when checking in for your appointment.

Please note:

- **Graduation fees must be paid prior to booking a portrait session** or the appointment will be cancelled. Graduation fees are due on December 9, 2022, and are payable in the school finance office or through the PowerSchool Parent Portal.
- Students who wish to have a photo taken with their pet must schedule an appointment for a portrait session at the Lifetouch Studio in Edmonton by calling **780-437-2431**. Graduation fees must be paid prior to booking a session.



### **Parent Graduation Committee**

The Memorial Parent Graduation Committee is a volunteer group that is hosting an event following the graduation ceremony. For further information please send an email to [memorialgradcommittee@gmail.com](mailto:memorialgradcommittee@gmail.com).



# ATHLETICS

## Marauders

**Swimming is having a mini meet and there is still a Championship on Nov. 24.**

**Volleyball has finished up as well. Only the senior women's team has made it to the semi finals against SPA on Monday Nov. 7th. Great season for all 6 of our teams.**

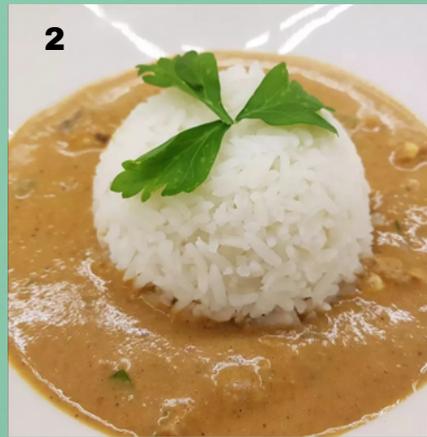
**Flag football lost out in playoffs as well and went undefeated in league play.**

**Football team is playing Fort McMurray for a chance to go to Provincials. Josh Page won the Haliburton Award for MVP of the League.**

**Basketball tryouts started Friday, Nov. 4, Monday Nov. 7 and Tuesday, Nov. 8.**



# MCHS FOODS



1. Salad presentation

2. Butter Chicken  
Depth of Spices with  
Heat

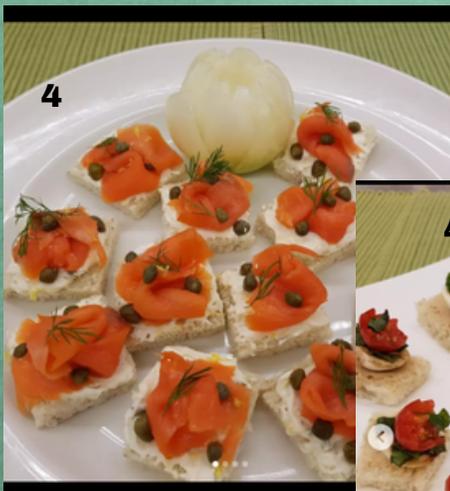
3. Mango Tomato  
Fresh Salsa

4. Canapes

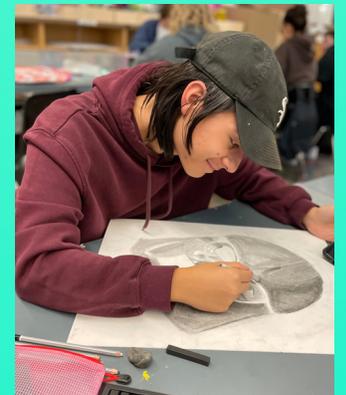


5. Poached Egg on  
Polenta

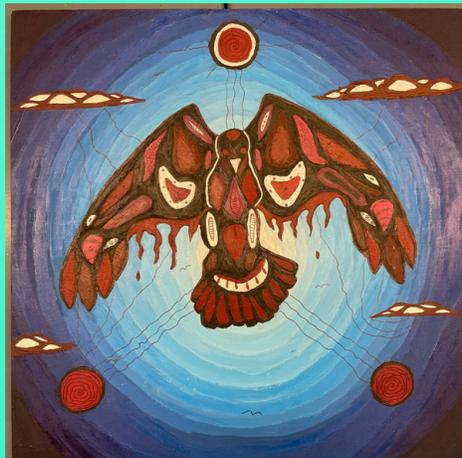
6. Poached pear with  
puree garnish,  
chocolate mousse,  
candied hazelnuts.



# MCHS ART



# MCHS ART



# Indigenous Community Resources



Check out the [Metis Nation of Alberta Website](#)

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**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](#)

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<https://www.ncsa.ca/>

# 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](#)

[The Green Book](#) - community resource directory for the City of Spruce Grove, Town of Stony Plain and Parkland County

[Alberta Health Services](#)

- 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

**We hope you enjoyed our newsletter.**

