

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.6-8**
- **Explore Japan Field Trip P.9**
- **2021-2022 Awards Night P.10-11**
- **Remembrance Day Ceremony P.12**
- **Counsellors' Corner P.13**
- **Graduation P.14**
- **Athletics P.15**
- **Memorial Business P.16**
- **Art P.17-18**
- **Indigenous Resources P.19**
- **Community Resources P.20**

Romeo is a talented piano player and has had no formal training!



PRINCIPAL'S MESSAGE

Dear MCHS Parents,

I'm pretty proud of Memorial. I sound like a broken record (Do you folks even know that that means anymore? Oy!) as I continually say how great the kids and staff are here. When I look at the list of November activities that happened even with Fall Break and a ton of kids away sick, I am amazed and grateful.

Congratulations to the Parkland Panthers!, our high school football team made up of students from MCHS, SGCHS and SPA coached by Mr. Tollestrup and others. They won the Tier 1 Provincial Championship! Student Leadership put on an excellent Remembrance Day service which is integral to the Memorial identity. 14 students representing 6 MCHS clubs presented to the PSD Board of Trustees. Awards night was on November 9 celebrating our best and brightest. Field trips, athletics, and other activities are going strong. MCHS is happening!

(cont'd on P.2)

So I should probably talk about school work. After all, it is the priority reason that we are here. As we return to a semester system this year, it is important for parents to know that the majority of teachers will be wrapping up their curricular instruction before we leave for Christmas. With a late return on Jan 9, the last day of classes will be only 8 school days later (Jan 18). It is of paramount importance that you check in with your student frequently in December to ensure they have completed all assignments, etc.

Please check your PowerSchool account frequently for real time information of assignment status. This is the fastest and easiest way to see your student's progress. We have received feedback from parents over the years that they would like support in learning about PowerSchool features. We would like to thank Mr. Normand who has prepared this PS Tutorial for you which is posted on the MCHS website on the parents page. (Sharing settings updated.) If your child is missing an assignment or needs additional time/support, Torch Time is the way to get needed help. You can sign your child up for a Torch Session via your PowerSchool account.

Thankfully the rates of absenteeism have declined significantly. Fall break was the circuit breaker we needed. Now it's time for us to set our sights on some winter festivities and enjoy the upcoming holiday season. Wishing you wonderful family memories!

Sincerely,
Ms. Jensen, Principal



These amazing MCHS student leaders presented to the PSD Board of Trustees about the clubs they lead and their contributions to belonging @ Memorial Comp #represent #publicspeaking #greatjob
For more information about our clubs visit our website's ["For Students, School Clubs"](#) page.

MCHS General Information

DECEMBER HAPPENINGS

01-03 - Sr. Girls Basketball Tournament in Calgary
05 - Outdoor Ed Field Trip-Vertically Inclined Rock Gym
05 - G&G Exec Mtg 6:30
06 - Astronomy Class Observation
06 - Entrepreneurship Field Trip to SG & SP Businesses
08 - Drama Field Trip to Horizon Stage
08 - LAWS Field Trip
09 - Round Dance 11am-11pm
09-10 Sr. BB Tournament - Red Deer
09 - Grad Fees Deadline
12 - Legal Studies Field Trip to UofA Law Building
15 - LAWS Field Trip
15 - LGS Field Trip - Law Courts
16 - Anime Club Night - 3:45
20 - LAWS Field Trip
26-06 - Christmas Break

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

JANUARY KEY DATES

09 - Return from Christmas Break
09 - Newsletter Goes Out
09 - G & G Executive Meeting - 6:30pm
12 - English Diploma - Part A
12-13 Sr. Basketball Tournament
13 - Social Diploma - Part A
16 - Personal Fitness Field Trip - Fitset Ninja
18 - Last Day of Classes
19 - Math Diploma
19-27 School Exams
20 - English Diploma - Part B
23 - Social Diploma - Part B
23-27 - Grad Photos
23 - School Council - 7:00pm
24 - Biology Diploma
25 - Chemistry Diploma
26 - Physics Diploma
27 - Science 30 Diploma
30 - PD Day - No Classes
31 - High School Turnaround Day - No classes

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

This 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](#). For a [tutorial](#) on how to use PowerSchool, please visit our websites "[For Parents](#)" tab. 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 [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
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:

January 23, 2023 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

[Green & Gold 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](#)

[Click here to see the latest **Stronger Together** Newsletter from Parkland School Division](#)

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!



We have started collecting new toys, gift cards and monetary donations for the hampers this year. Our last day to drop off donations at the school will be **Friday, Dec. 9th**. Boxes have been put in block one class for students and staff to donate items. If we collect any non-perishable food items, the Kinsmen will deliver them to the Parkland Food Bank.



Memorial Composite's Green and Gold Athletic Society is excited to announce our online 50/50 fundraiser! - [**GRAB YOUR TICKETS HERE!**](#)

The Green and Gold Athletic Society is a not-for-profit parent volunteer group that works to raise funds to support athletics at Memorial Composite High School in Stony Plain. We provide volunteer opportunities to offset athletic team fees and support athletics by fundraising for equipment and items to enrich the athletic experience for our athletes (e.g. Buses, scorekeeping equipment, uniforms, tournament entry fees, athletic scholarships, athlete recognition, etc.)

Funds raised by this raffle will go towards replacement of one of the school tubby buses. These buses are used by various groups in the school in addition to our athletes, so this fundraiser will benefit the general school population.

The winner will be contacted to claim their prize.

Thank you for your support!

Coming
Up!

Good To
Know!



Gradwear/Spiritwear - [Order Here](#)

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

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

Exambank is a great way to practice writing tests. Username is memorial, Password is torch



spark BOOK FAIRS

Book fair

NOV 27 TO DEC 10

Books for the whole family at affordable prices.

Shop online at sparkbookfairs.ca

20% of every purchase goes directly to your organization.

More Than A Book Club is hosting an online book fair. Choose from thousands of discounted books on sparkbookfairs.ca, and get some Christmas shopping done while supporting our students! Orders over \$45 qualify for free shipping, and will be sent directly to your home. Fair will be running from November 27 to December 10.

[Order Here!](#)

Coming
Up!

**MCHS invites community members
to join us for the
"Building Relationships" Round
Dance starting @ 5:30pm
Bring the whole family!**

Good To
Know!



Building Relationships Round Dance

Friday, December 9th

Memorial Composite High School Gymnasium

Pipe Ceremony: 11:00am

Feast: 5:30pm-6:30pm

Evening Community Round Dance: 7:00pm-11:00pm

Giveaway at 10:30pm

Stickman: Shane Redstar

MC: Stanley Bearhead

First 15 drummers paid (SIN numbers required
for cash payment)

*No drugs or alcohol *Security and supervision on site*

MCHS is not responsible for any lost or stolen items



Explore Japan Field Trip

Cultural Experience
November 8, 2022



Explore Japan

After three and a half years, our Japanese students finally got to go to Explore Japan - a cultural experience put on by the Edmonton Japanese Community Association (EJCA). On November 8, 2022, All of the Japanese students from Memorial were invited to attend Explore Japan, a free event which an optional bento lunch that students had to pay for. 57 out of the 70 students taking either Japanese 10, 20, 30, or 40 this semester attended the event run entirely by volunteers. The students were broken up into 3 groups and they rotated between trying Tea Ceremony, Calligraphy, and Trying On Kimonos. Then after lunch, all of the students cleaned up and did a Taiko Drumming and Karate Workshop. Memorial students were extremely respectful and we received many compliments about how well-behaved they all were. The students seemed to have had a great time, learning about Japanese culture and getting to participate in activities that many Japanese people do not get to try. We were also treated with a speech sent to us from the Consulate General of Japan and a taiko performance by Kita No Taiko! It was awesome!

We look forward to doing this again next year with the grade 10 Japanese students! A big thank you goes out to the EJCA and Mrs. Sanae Ohki who was the coordinator of the whole event. A thank you also to all of the volunteers who put in so much time and effort to provide such an amazing experience for my students. Also a big thank you to Mrs. M. Bezushko for helping to supervise my students. Finally a big thank you to my Japanese students for representing Memorial in the best way possible and making a good impression on others! It was so much fun and students learned a lot about traditional Japanese culture!

2021-2022 Awards Night

MCHS's 2021-22 Awards Night was a great success with so much to celebrate! The formal program listing all award recipients can be found on the [Awards & Scholarships](#) page of our website.



2021-2022 Awards Night



Congratulations!

We hope you picked up your copy of the October 22, 2021 Stony Plain Reporter that includes a celebration of our Grade 12 subject and major award winners!



Remembrance Day Ceremony

MCHS held its Remembrance Day Ceremony on November 10th. Thank you to Mr. Tokarsky and his students for putting on a meaningful presentation, and to Cadence Corcoran for singing O' Canada. We would also like to thank the cadets and all of our staff, students & delegates who layed a wreath at our ceremony.





It's hard to believe it's December already!?! In a little over a month's time, students will be preparing for and writing final exams. For some people, this can be a daunting task. The best way to alleviate exam anxiety is to PREPARE for said exam. That sounds simple. But what is the best way to prepare for a high-stakes exam?

Here are a few suggestions:

- **Know what you have to study.** Before an exam, know what it is you have to know.
- **Manage your time wisely.** Start studying early and study as often as possible. Research shows that if you study in 30-minute blocks and then take a short break you retain the most information.
- **Choose your best study environment.** Best studying takes place where there is a surface for writing, it is well lit, and it is comfortable.
- **Eliminate distractions as best you can.** Put your “devices” in a different room.
- **If you like to listen to music while studying, consider listening to classical music.** Research shows that classical music can actually improve your concentration.
- **Study smart.** Getting started on studying can be the hardest part. Begin with something small, something that you find simple, or with a subject you like - just get started!
- **Become involved in what you are studying.** Reduce your textbook or notes into flashcards. Try explaining things in your own words. Draw diagrams or create mental images to help understand complex concepts.
- **Stay healthy.** The ability to concentrate depends on sleep, healthy eating and regular exercise. The more you get of each the better you will do on exams. Good sleep hygiene suggests you should be getting 9 - 10 hours of sleep per night, having a regular bedtime routine, NO television or cell phone in the bedroom, and NO screen time at least a half hour before bedtime. Healthy nutrition starts with a nutritious breakfast. Try to avoid excessive caffeine and sugar - while this may provide a boost in energy initially, it will lead to a crash in energy eventually. Thirty minutes of moderate to intense exercise (preferably outdoors) will help with concentration, sleep and motivation.
- **Study tool:** www.exambank.com is an online tool to complete practice exams for high school courses (Username: memorial & Password: torch)

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 in the Drama room from **January 23-27, 2023**.

Photo appointment reservations will open on **December 16, 2022 @ 9am**, 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. If the Grad fee is paid through PowerSchool, please submit the grad registration form to Mrs. Sorenson in Student Services or by email to wendy.sorenson@psd.ca.
- 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.

Graduation Photo Retakes: February 28 - March 3, 2023

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.



ATHLETICS

Marauders



The Panthers football team won Tier 1 Provincials with a 38-37 win. Congratulations to all the players especially the grade 12's in their last year. Josh Page was also named MVP of the league for a second year in a row.

Mikyla Patras was also named a Metro allstar for volleyball which was voted on by the coaches.

Swimming just wrapped up and they had a great year and finally got to have a City Championship after two long years.

Basketball is up and running and teams are attending tournament to get ready for league action which will begin in the 2nd week of December.



MCHS BUSINESS



On October 27, the Marketing class travelled to Anthropologie, IKEA, and Remax Field (Edmonton River Hawks) to learn how businesses use visual merchandising, displays, and marketing in general. Thank you to IKEA for providing a free meal for the students. Thank you to the River Hawks for providing snacks and refreshments at their stop. On October 28, Shelly Britton from the CBC visited to explain how the CBC uses marketing to generate revenue and how ratings affect revenue. Then on November 23, one of our MCHS alumni (Lexie Bouilly), came and visited. She is only 22 years old but has already worked in the Marketing department of Canadian Tire. Now, she owns and operates her own Social Media company. It is called Sixth Sense Marketing.

In Legal Studies, the students begin preparing for their mock trial that will be held at the U of A on Friday, December 2. It will be in the Moot Courtroom in the Law building. All week, students take on the role of a character in a homicide trial and prepare. Then they will perform the trial on Friday December 2. On December 8, they will also travel to the Edmonton Law Courts to watch court and see how law is practiced in a trial. So far we have had one guest speaker in the class: Constable Bobby Hinman. However, we will be getting a visit from another RCMP officer, two Crown Prosecutors, and perhaps a Fish and Wildlife officer.

On October 20, Colin Christensen from NXT GEN, who is a serial entrepreneur, came and spoke to the Entrepreneurship class about innovation and startups. He is a great motivational speaker. On October 25, Adam MacArthur from Community Futures Capital Region came and spoke to the class about the YETI program where students are given seed capital to start a real business during the summer. It is a great opportunity as the money does not have to be paid back! Then on November 8, James Cookson visited the class. He is a young entrepreneur (only 24 years old) who went through the class. He has developed his own successful business. He self taught himself how to code, develop software and build apps. He has since sold his app to many other companies for use. He is very successful and now is part owner in several other enterprises. His passion and inspiration really motivated the students in the class.

On December 6, the class will be travelling to various local businesses in the area on a field trip. They will be visiting the Local Refillery, Beautifully Bazaar, Spring Lake Naturals, and Jack's Drive-in. Thank you to the Town of Stony Plain for sponsoring this field trip!

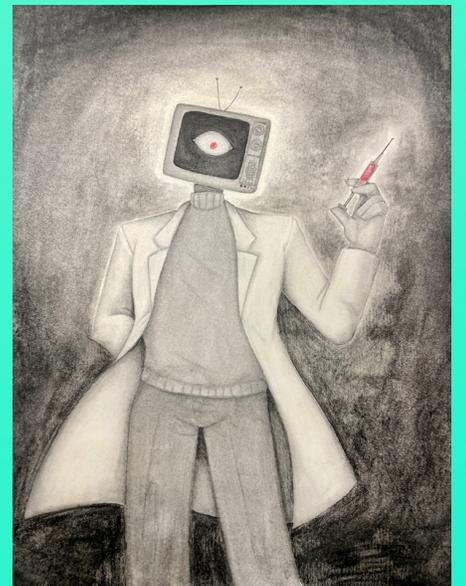
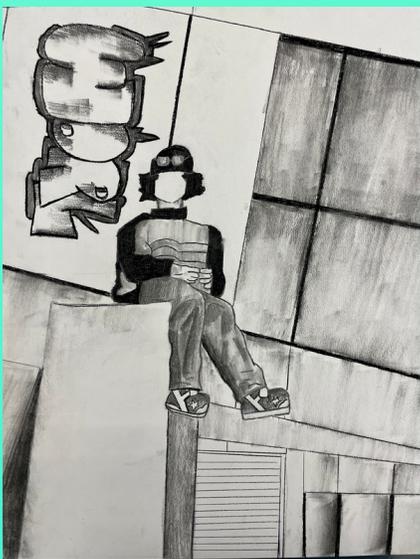
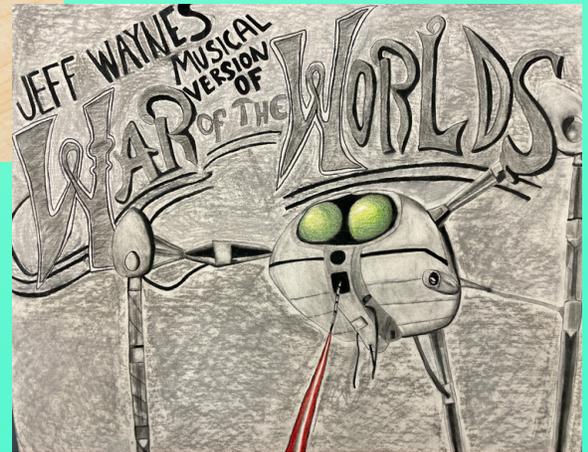
In Accounting, the students had guest speakers from the CPA visit on November 2. It was very informative for students who may be interested in a career in Accounting.

On Wednesdays during Torch Time, the Business Competition Club meets. They are learning the Case Method. On Saturday, November 26, the team came in for an all day practice. They are travelling to MacEwan on Saturday December 3 to compete against other schools in the MacEwan Business Challenge. They are competing for \$500 in cash. Students who are competing at this event include Ryan Burton, Ryder Reaney, Jaleesa Anderson, and Hunter Hollands on Team one. Team two is made up of Jakob Whiffen, Elijah Wilfert, Barret Ellert, and Kara Zandbeek. Good luck!

MCHS ART



MCHS ART



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/>

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.

