

THE MEMORIAL MEMO

THE TORCH HELD HIGH



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PRINCIPAL'S MESSAGE

Dear MCHS Parents,

Welcome to 2023! I hope that you all had a lovely winter break and were able to enjoy some relaxation and create some great family memories.

There are eight more days of class before exams begin and in three weeks we will be done with semester one and at the halfway point. Can you believe it?! Please stay in close touch with your kids about their school work in these next few days. During Torch Time on December 12, students were given a lesson on effective studying. Here is the [link to the slideshow](#) if you would like to review this for yourself or with your student. All the information you need about your kids' progress is on [PowerSchool](#), check there first and then contact the teacher if you need any further clarification.

The Round Dances in December were a huge success! There are so many people from Paul First Nation that assisted us in giving our students an opportunity to experience the welcoming of the Indigenous culture first hand in the afternoon and then bring in the community in the evening. We would especially like to acknowledge the elders, Emil Durocher and Violet Poitras, for guiding us through.

I know that I talk about your kids more often in my messages than the staff but I want to acknowledge the work they have been doing so far this year. The engagement of our teaching staff in supporting the learning of MCHS students has been outstanding. Programming both at the classroom level and at the school level to offer intervention to support learning loss through the pandemic continues. Professional learning and support related to equity and diversity has been truly embraced. This past month we have weighed into discussion on how artificial intelligence may impact learning with access to those tools becoming readily available. Not to mention, the extensive involvement in extracurricular activities. The teaching staff at MCHS is progressive, dedicated and I am so proud to be their colleague.

Sincerely,
Ms. Jensen, Principal

MCHS General Information

DECEMBER HAPPENINGS

01-03 - Sr. Girls Basketball Tournament in Calgary
05 - Outdoor Ed Field Trip - Rock Gym
05 - G&G Exec Mtg 6:30
06 - Astronomy Class Observation
08 - Drama Field Trip to Horizon Stage
08 - LAWS Field Trip
09 - Round Dance 8am-11pm
09-10 Sr. BB Tournament - Red Deer
09 - Grad Fees Deadline
12 - Legal Studies Field Trip to UofA Law Building
14 - Drama Field Trip - Morinville Cultural Centre
15 - LAWS Field Trip
15 - LGS Field Trip - Law Courts
16 - Anime Club Night - 3:45
20 - LAWS Field Trip - Cancelled
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
10- Peru Trip Meeting 5:30pm
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:

January 9, 2023 [Gmeet Link](#)

February 6, 2023 [Gmeet Link](#)

MCHS Conference Room or Google Meet

[Green & Gold Website](#)

Parkland School Division

[PSD News](#)

[Click here to see the latest **Stronger Together** Newsletter from Parkland School Division - Latest issue - Self-Care](#)

[Click here to see the latest **Strong Families** Information Session from Parkland School Division & Alberta Parenting for the Future Association - check the PSD website often for new sessions.](#)

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!



WE'RE HIRING!

Educational Assistant
MULTIPLE POSITIONS AVAILABLE

APPLY TODAY

psd.ca/employment/current-openings



Good To Know!



Thank you to everyone who donated to the Stony Plain Kinsmen Hampers!



Prom Night

Friday, June 30th
At the Heritage Pavilion in Stony Plain

- Doors Open at 7pm
- Close at 2am
- Appetizers & Finger Foods
- Graduate and Plus One (Not a family event)
- DJ, Dance, & Photo Booth
- Refreshments
- Sign in and Sign out
- No one in attendance is permitted to drive



HOSTED BY
Memorial Parent Grad. Committee

Watch for ticket sales in the New Year!



Memorial Composite's Green and Gold Athletic Society is excited to announce that the online 50/50 fundraiser generated \$2140.00 half of which went to the lucky winner! Thank you so much for your support!

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 greengoldathletics.com for the online store link
<https://ostens-school-store-canada.myshopify.com/memorial-composite-high-school-1114374>

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



THANK YOU!



We raised over \$500 in our online book fair - we appreciate your support!



UP TO 90% OFF LIST PRICE

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.



Japanese Food Day



The Japanese classes had their annual "Food Day", where they got to try different food items. This semester, the Japanese 10-3y class got to learn how to use chopsticks by picking up a variety of foods such as Goldfish crackers and gummy bears.



The Japanese 20-3y, 30-3y and 20-6y classes all got to try a variety of noodles. They also got to cook their own frozen ramen and try some sushi as well. It was a good experience for everyone to try some authentic Japanese food or learn a valuable Japanese skill - using chopsticks!

MCHS ROUND DANCE

Building Relationships Round Dance

What a wonderful community building afternoon and evening at the Memorial Composite Building Relationships Round Dance. Approximately 300 people joined us for this celebration. We are so appreciative of our friends from Paul First Nation sharing their culture, talents and stories with us.

[#truthandreconciliation](#)





Semester 2 is just around the corner and time for a fresh start! Make sure you're booking early for any timetable changes you might need - email your counsellor or grade level administrator if you can't make an appointment right away!

In the meantime, there is a looming reality called "FINAL EXAMS". Exam preparation can help reduce and/or eliminate exam stress.

Here are a few reminders to help study and prepare for said exams:

- **Do not wait until the night before the exam to crack open your book and read your notes. The sooner you start the better equipped you will be. You will gain more confidence and be more relaxed when you write your exam if you have spent time preparing for the exam.**
- **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. Start studying early and study as often as you can fit in.**
- **Choose your best study environment. The best studying is done where there is a surface for writing, good lighting and comfortable. While it may be tempting to lay on a comfy cozy bed, you will be more alert and motivated when sitting at a desk than when lying down.**
- **Eliminate distractions as best as you can. Try setting a timer on your phone for 30 minutes so that you are not distracted by social media, email, music, video games, etc. and use the time to study without interruption. Studies show that if you study in 30-minute blocks and then take a short break you retain the most information.**

Alberta Health Services has also created a handout that is linked on our website:

[Test Anxiety](#)

Additional websites you may want to check out:

- **<https://kidshealth.org/en/teens/test-anxiety.html>**
- **<https://www.heretohelp.bc.ca/workbook/test-anxiety>**
- **<https://www.verywellmind.com/test-anxiety-3024422>**
- **<https://medicine.umich.edu/sites/default/files/content/downloads/Relaxation-Skills-for-Anxiety.pdf>**

If you would like more resources about study techniques or test taking strategies, please visit Student Services to see a counsellor. "We are what we repeatedly do. Excellence, then, is not an act but a habit." --Aristotle

Good luck with your final exams! Have a great start to semester 2!

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

Basketball will be busy the beginning of January before the break during exams and will finish strong the month of February.

Co-Ed Badminton will also be starting at the beginning of February as well. The Men's Handball team will start in mid February so keep reading announcements for tryouts.

FOODS

FOCACCIA



GINGERBREAD



CANAPES

CONSTRUCTION





The Business Competition Club participated in the MacEwan Business Challenge on Dec. 3. Two Memorial teams competed against schools across Edmonton. Team 1 was made up of Ryder Reaney, Ryan Burton, Hunter Hollands, and Jaleesa Anderson. Team 2 was made up of Jakub Whiffin, Elijah Wilfert, Barrett Ellert, and Kara Zandbeek. Team 2 finished second in their pool so they were unable to advance to the final. Team 1 advanced to the final and finished third. Congratulations to both teams who performed very well!

In Legal Studies, the students participated in a Mock Trial at the University of Alberta on December 9. On December 13, Corporal Dave Stanbrook spoke to the students about his experience as an RCMP officer. Then, On Thursday December 15, they also travelled to the Edmonton Law Courts to watch live court.

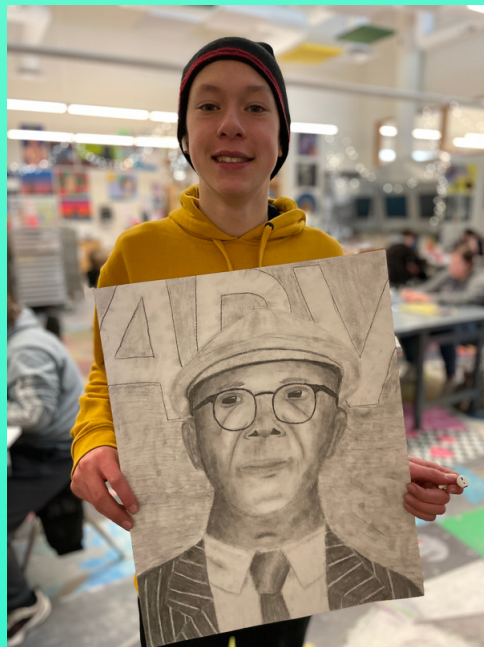
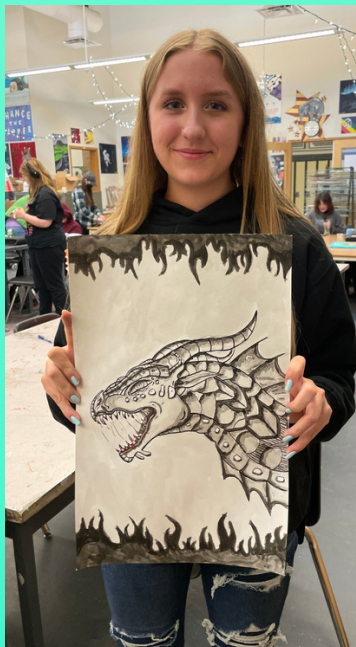
In Entrepreneurship, students have now opened their own businesses. They can be found in the Memorial Common Area, at the Stony Plain Farmers Market, and at the Tri-Leisure Centre.

Their businesses are:
Woodworking Etc.
Jensen BBQ
Daisies Candles
Fresh Soap Suds
The Hot Chocolate Shop
Nolan's Hobbies
Scorched Earth Hot Sauce
Parabellum Clothing
Can Carousing
The Artist's Cove

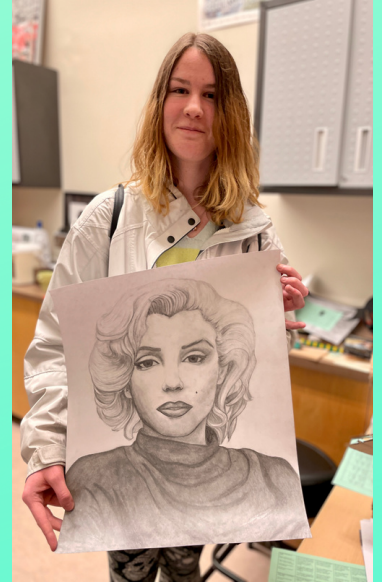
To learn more about their businesses, check out the [Memorial website!](#)

In Marketing class, students are currently using Sketchup to build a 3D rendering of their businesses. In Marketing students choose a business idea and then they build a marketing plan around it. At this stage, they even get to create a storefront in 3D and then complete the store interior with a pre planned floor plan.

MCHS ART



MCHS ART



Fun at MCHS



December came with some very cold weather and therefore several snow days. Staff and attending students enjoyed a few different activities at lunch, including karaoke.



Indigenous Community Resources



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



First Nations Health Connections



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.

