

THE MEMORIAL MEMO

THE TORCH HELD HIGH



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Photo credit: Michael Dyck



See more photos from the
MCHS 2023 Open House on
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PRINCIPAL'S MESSAGE

Dear Memorial Parents & Guardians,

I'm going to borrow the term March Madness because this is a time when things really ramp up in high school. We have had the Open House so our new grade 10s have had the opportunity to see the great things Memorial has available for them when they attend here next year. It was super fun and we are so glad to be back in person again.

That also means things are going to be flying for the students here. Students who will be in grades 11 and 12 next year will be receiving course information next week. They will be picking their courses for next year in the week following spring break. It is super important that you register your student via PowerSchool before then to allow their account access to next year's course selection. Thank you to those of you who have tended to this already.

Things will seem like they are just getting faster as we move from event to event starting with the Rotary Bikeathon coming up on March 17th - raising funds for the Alberta Cancer Foundation. Following closely will be spring break and Easter weekend. May sees MCHS hosting the PSD Art Show, the graduation list being published and then MCHS hosting the Metro Unified Games.

When you're busy like this, it's important to engage and enjoy these great experiences. Also, it's important to keep focus on the main thing, success in school work. It's all about balance. Please continue to check in with your kids to find out about the fun they are having, as well as the assignments they are completing. PowerSchool is your friend to know how your kids are doing.

Take care.

Ms. Jensen, Principal

MCHS General Information

FEBRUARY HAPPENINGS

01- Semester 2 First Day of Classes
01- 04 Legally Blonde Drama Production
03-04 Jr. Basketball Tournament
03-05 - Robotics Field Trip to Calgary for Mecha Mayhem VEX Competition
06 - G&G Executive Meeting - 6:30
09-10 - Teachers' Convention
11 - Cross Country Skiing - Birkebeiner Ski Race, Edmonton
13 - 2023-24 Registration Opens
14 - Student Leadership - Valentines Pop Contest - Common Area at Lunch
14 - Grad Taco in a Bag Fundraiser
14-15 Jostens Grad Order Days
16 - Music Parents Meeting - 7pm
16 - Entrepreneurship Field Trip to NAIT - Innovation Challenge
17 - PD Day - No Classes
17 - MCHS Basketball Alumni Game - Large Gym
20 - Family Day
22 - Pink Shirt Day
24 - Anime Movie Night 3:45-9:30pm
27 - Outdoor Ed Field Trip - Vertically Inclined Rock Gym
27 - School Council - 7:00
27 - CALM Field Trip - Norquest & MacEwan
28-03 - Grad Photo Retakes (Robotics room)
28 - First Time High School Parents Meeting

MCHS GRADE ADMINISTRATOR & COUNSELLOR TEAMS

GRADE 10 - MS. FISK / MS. MAZEREeuw

GRADE 11 - MS. JEWELL / MRS. NUIJENS

GRADE 12 - MR. COGHILL / MS. COX

MARCH KEY DATES

02 - Drama Field Trip - Horizon Stage to watch Addams Family
02 - 2023 Open House 5-8pm
03 - Robotics Field Trip - Genesis Centre, Calgary (VEX Robotics Provincials)
06 - G&G Meeting - 6:30
08 - Leadership Field Trip to Links Golf Course for Chamber of Commerce Women of Influence Lunch
12 - Daylight Savings Time Begins (forward one hour)
14 - Parent Teacher Interviews - In Person
14 - Music Parents Meeting 5pm - in Music Room
15 - Student Leadership Conference
17 - Rotary Bikeathon
17 - St Patrick's Day
24 - PD Day - No Classes
20 - School Council - 7:00
20 - Choral Music Field Trip - Choral Celebration
27-31 - Spring 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

Follow us on social media:



MCHS General Information

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 reason for the absence.

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.

School Fees

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

Payment Options:

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

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

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.

MCHS General Information

School Council

Next Meeting:
March 20, 2023 7-8:30 pm
MCHS Conference Room
All MCHS Parents Welcome!

Green & Gold Athletics

Next Green & Gold Executive Meetings:
April 3, 2023 [Gmeet Link](#)
MCHS Conference Room or Google Meet

[Green & Gold Website](#)

Parkland School Division

[PSD News](#)

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 (must leave school grounds). 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!

On May 30, 2023 Memorial Composite High School is proud to be hosting the Metro Athletics Unified Jamboree.

More to Come!

[From Healthier Together - AHS](#)

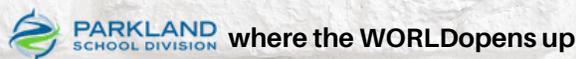
Help teens quit smoking or vaping - the way they want! - Quash is a new smoking and vaping cessation program for teens and young adults (age 14-30) that makes it easy to build a custom plan for quitting. Funded by Health Canada and co-designed by youth, Quash is available in both English and French.

Through a free mobile app and web resources, Quash helps young people learn the dangers of smoking, and coaches them through behaviour change. They can track their successes and setbacks, longest quit streaks, and how much money they've saved. They can access tools and activities to help them through the quit process, including help lines.

If you know a young person who is looking for support to quit smoking or vaping, encourage them to get Quash on the App Store or Google Play.

To learn more about how it works and what adult allies can do, go to quashapp.com.

[Quash Video](#)



Alberta Health Services - School Health & Wellness Promotion ~ (Healthier Together)

Parent Graduation Committee

A second bottle drive has been organized - find out more by contacting the Parent Grad Committee at the email address below. MCHS does not have information regarding this event.
memorialgradcommittee@gmail.com.

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



Led by
Memorial Parent Grad. Committee

Tickets Available
NOW!

Coming
Up!



Good To
Know!

REMINDER TO COMPLETE REGISTRATION FOR THE 2023-2024 SCHOOL YEAR

REGISTRATION DEADLINE: MARCH 24 @ 4:30PM

All Pre-Kindergarten to Grade 12 registrations for both new and returning students will be conducted online for the 2023-2024 school year.

Please mark your calendars with the important deadlines noted below:

- **Friday, March 24, 2023 at 4:30pm** - Registration deadline. For further information, visit our [Registration page](#).
- **Friday, June 23, 2023** - Bus pass deadline to make payment arrangements or pay-in-full.

For all the information you need to register your child(ren) for school and transportation please follow this link:

[2023-2024 Registration/Verification](#)



Important note: When registering, please make sure to select the correct school year in the drop down menu for the field '**Select School Year**'.



Parent Teacher Interviews will be held IN PERSON on March 14 from 5-8pm @ MCHS. No appointments - first come, first served.

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>



The Memorial Composite High School Rotary Interact students will be hosting their annual Bike-A-Thon on Friday, March 17, 2023. More information can be found on Page 13

Gradwear/Spiritwear - [Order Here](#)

MCHS Open House - March 2





FUN



GOOD VIBES



Graduation



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

Grad Ceremony Performances

Graduates, are you interested in performing during your Graduation Ceremony? If so, please stop by the Music room and add your name to the Grad performance sign-up sheet.

May 6 - Sign-up sheet available in the Music room

April 8 - Deadline for auditions

April 14 - Auditions held in the music room during the noon hour

Upcoming Student Events in April (watch for the announcements)

Valedictorian Speech Application

Grad Speech Applications - Historian, Tribute to Staff, Tribute to families, Indigenous Blessing

Grad Song Voting

Graduation Student Assembly - April 25 during Blk 3 in large gym

Graduation Fees

The Grad Fee is due for all students wanting to participate in the Ceremony. Payment can be made online through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance office. [Grad Fee Form](#)

IMPORTANT NOTE: The Grad fee form is used to track all students who wish to participate in the Graduation Ceremony. Reminder to hand in your Grad Fee form to Mrs. Sorenson in Student Services or via email wendy.sorenson@psd.ca if it has not yet been submitted.

Graduation Tickets

Ceremony ticket sales will run from June 1 starting at 9:00 am until June 22, 2023. The individual ticket price and number of ticket available per student has not yet been determined. Graduates will not require a ticket.

Graduation Requirements

Students are responsible for ensuring they meet the Alberta High School Diploma/KAE Certificate requirements to graduate and must be on the Final Grad List (posted May 31 in the Grad display case and the Grade 12 google classroom) to participate in the Graduation Ceremony. Any student concerned about their eligibility to graduate must see Mr. Coghill (Grade 12 Administrator) or Ms. Cox (Grade 12 Counsellor).

As we continue to plan for our Graduation event, please check [Memorial's website](#) often for updates and watch for messages in your inbox from the school.



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.

COUNSELLORS' CORNER



First-Time Parents Night was held on February 28th. If you missed it, you can find information that was shared here:



Open House for New Grade 10 students and their parents was held on March 2, 2023 - photos can be found on Page 7 - 9 of this newsletter.

Just before Spring Break, we will be visiting grade 10 and 11 classes in blocks 1 and 2 to discuss online registration and hand out documents.

Then after Spring Break, grades 10 and 11 will be going to the computer lab to input their course selection for the 2023/2024 school year.

If you need assistance with post-secondary options, career ideas, scholarships and/or personal matters please do not hesitate to make an appointment with Student Services.

MCHS BIKE-A-THON

MAR 17



The Memorial Composite High School Rotary Interact students will be hosting their annual Bike-A-Thon on Friday, March 17, 2023. The event is organized to provide Memorial students, staff, and others from the community, including the Stony Plain Rotary Club and dignitaries from the Town of Stony Plain, with the opportunity to participate in an all-day event that will provide awareness and raise funds for various International or Local Projects.

This year the Interact students from Memorial Composite High School have chosen to partner with the Alberta Cancer Foundation. Many people have been impacted by cancer in one way or another and our leadership students are providing an avenue for the school and community to support cancer research, as well as, enhance earlier detection and improve cancer treatment methods.

We look forward to hosting this amazing event!





ATHLETICS

Marauders

Badminton is up and running and start league play this month.



Men's Handball just finished up tryouts and will start league in mid March and go through till April.

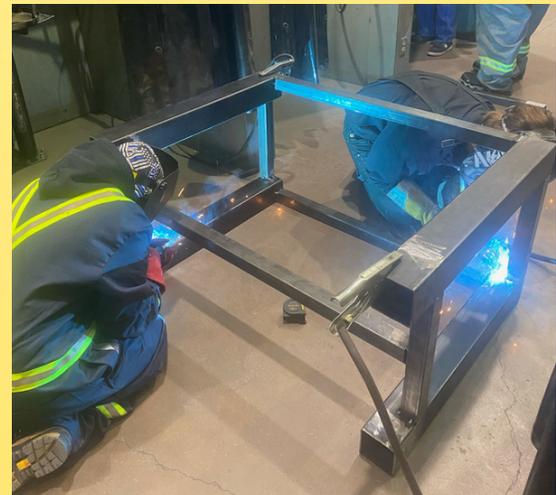
Women's Rugby 7's have tryouts March 8-10 and are hoping for an early spring to get outside soon.



Soccer (men & women), Track & Field and Slo pitch will start after Spring break.



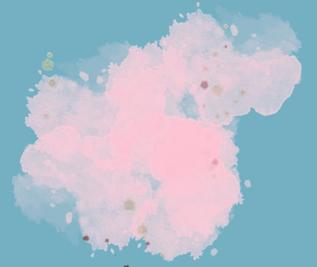
Fabrication 30 class building new shop workbenches for the construction class!



On February 27, the MCHS Outdoor Ed class went rock climbing on Monday Vertically Inclined Rock Gym



MCHS ART



MCHS ART





Memorial German

Past Events:

MCHS German Open House – thanks to all who attended!
Pretzels were courtesy of the Stony Plain Pretzel Shack.

Upcoming Events:

German 30 Food and Culture Field Trip this month!

In the German classroom:

German 30-3y students are currently discussing travel as they learn about the past tense and conjugations. Students will continue discussing other German-speaking countries as they engage in context and culture while learning language skills.

General Information

All interested students are welcome to join Memorial's German program. No experience or prerequisite is required to enroll in German 10. For more information about the German program, please visit <https://mchs.psd.ca/programs/second-languages/german>

For more information about registration, please visit <https://mchs.psd.ca/newcomers/registration>



Deutsch lernen macht Spass!

Indigenous Community Resources



[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.

