

# THE MEMORIAL MEMO

*THE TORCH HELD HIGH*



## This Issue:

- Principal's Message P. 1
- General Information P. 2-4
  - Key Dates / Bell Schedule
  - School Fees / Powerschool
  - School Council / Green & Gold
  - Torch Time
- Coming Up/Good To Know P. 5-6
  - Athletics Banquet
  - Summer School
- Graduation P. 7
- Indigenous Graduation P. 8
- Unified Games Jamboree P. 9-10
- Marauder Athletics P. 11
- Student Vote P. 12
- Rotary Interact Club P. 13
- Sports Medicine P. 14
- Design & Fabrication P. 15
- English P. 16
- Outdoor Education P.16
- Business/Entrepreneurship P. 17
- Memfest P. 18
- French 30 P. 19
- Choir P. 20
- Art P. 21-22
- Counsellors' Corner P. 23
- Community Resources P.24



Dear Memorial Parents -

## PRINCIPAL'S MESSAGE

It seems to sneak up on me each year but here I am writing the last newsletter message of the year for you. This was a great year at Memorial! Last year was a bit tentative coming out of the pandemic but this year felt a lot like times before. The old high school energy is back. Kids are much more carefree. Events are happening. And in the Stony Plain spirit, we came together positively and built community here.

Your kids had so many events to join this year! The Club Fair is always a great way to start the year for students to see what's happening at MCHS. Students from Shikaoi, Japan returned in October. Other highlights included the Round Dance in December, the Bikeathon in March with over 400 students raising over \$35K for the Alberta Cancer Foundation, the return of Taste of Memorial sponsored by POC Talks in early May, Memfest also returned, capped off by MCHS hosting the Metro Athletics Unified Jamboree which was wildly successful. The Memorial staff and students are truly dedicated to creating great experiences for all.

On an academic note, the new CNC Design and Outdoor Education classes have been very successful and will continue to be offered next year. The creation of the Grade 10 Transitions class and the Indigenous Based Program proved very successful. We undoubtedly kept some students in school who likely would have faded away otherwise. Administrators from six high schools visited during the year to learn about Torch Time and MCHS intervention processes.

Two congratulations are in order. The first is that our Rotary Interact students won the District Youth Leadership Award for northern Alberta, BC and the Yukon for their ongoing work to support charitable organizations and the community of Stony Plain. As well, congratulations to the MCHS softball team who won the Metro Athletics championship banner this week.

I would be remiss if I didn't remind you that exams are upon us quickly. There are just seven days of classes left and exam week begins. With the nice weather, your kids could likely use a nudge or two to remain focused on their classwork and studying. Please check PowerSchool to make sure all assignments are in and help your student along as needed. It's hard to keep focused at this time of year.

Have a great summer! Thank you for your support through the 2022-23 school year.

Ms. Jensen

# MCHS General Information

## MAY HAPPENINGS

- 01 - G&G Executive Meeting 6:30 pm
- 01 - Initial Grad List Posted
- 01-07 - Mental Health Awareness Week
- 03 - Hats On For Mental Health
- 03-06 - Business Field Trip to SBTA Case Competition in Regina
- 04 - Outdoor Ed Field Trip - Chickakoo Lake
- 05 - Taste of Memorial
- 05 - Pep Rally 9:45 am
- 05 - LAWS Divisional PD - No Classes
- 09-10 - PSD Art Show @ Memorial
- 13 - Memfest - Anime Club 11:00 am-4:00 pm
- 14 - Mother's Day
- 16 - French 30 Field Trip to Cafe Bicyclette, Edm
- 18 - Legal Studies Field Trip - UofA Law Building
- 18 - Music Parents Meeting 7:00 pm
- 19 - PD Day - No Classes
- 22 - Victoria Day - No Classes
- 24 - KAE Information Night - SGCHS 6:00 pm
- 25 - Metis Sash & Eagle Feather Teachings
- 26 - Student Vote - Provincial Election
- 29 - School Council - 7:00 pm
- 30 - Metro Athletics Unified Games @ MCHS
- 31 - Final Grad List Posted

## **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**

## JUNE KEY DATES

- 01-22 - Grad Ticket Sales
- 01 - Legal Studies Field Trip to Edmonton Law Courts
- 01 - Choir field trip to Horizon Stage
- 01 - Drama 20/30 to Horizon Stage
- 01 - Final Choir Performance - 7:00 pm
- 05-06 Outdoor Ed Field Trip - Camp Warwa
- 05 - G&G Executive Meeting
- 07 - Athletics Banquet 6:00-8:30
- 07 - Personal Fitness Field Trip to Fitset Ninja
- 09 - QSA Pride Festival
- 09 - Anime Movie Night - 3:45-9:30pm
- 12 - English Diploma - Part A
- 13 - Social Diploma - Part A
- 14 - Indigenous Grad - 5:30-8:30pm
- 15 - Last Day of Classes
- 15 - Music Parents Meeting 7pm
- 16 - Math Diploma
- 16-28 - School Exams
- 18 - Father's Day
- 19 - English Diploma - Part B
- 20 - Social Diploma - Part B
- 21 - National Indigenous Peoples Day
- 21 - MCHS Walk the Talk - AM
- 22 - Biology Diploma
- 23 - Chemistry Diploma
- 23 - LAWS Grad Ceremony
- 26 - Physics Diploma
- 27 - Science Diploma
- 29 - PD Day
- 30 - High School Turnaround Day
- 30 - Grad Ceremony  
Edmonton Convention Centre 2:00 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

## 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](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 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 |
| Cosmetology 20/30 (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

Thank you to those parents with incoming Grade 10 students who attended our last meeting. We look forward to seeing you next year!

Thank you to all the parents who brought special treats for the staff on May 25th for the Student Council Staff Appreciation day. It did not take long for it to disappear!

## Green & Gold Athletics

MCHS would like to thank the continued support from the Green & Gold society. Green & Gold supports student athletes and all students through their fundraising efforts. There are a number of positions available for next year and we look forward to your support in filling those positions to support students at MCHS.

[Green & Gold Website](#)

## Parkland School Division

[PSD News](#)

[Stronger Together Newsletter](#)

## 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!

## Athletics Banquet

All student athletes are invited to attend the Athletics banquet **June 7.**

It will be held in the main gym from 6:00 - 8:30, and will include dinner and awards.

Parents are welcome to join at 7:30 for awards. Please arrive at 7:15



Parkland School Division offers Summer School for current and incoming high school students at [Connections For Learning](#). Students over the age of 18 are also welcome to register, and select courses are open to students who have completed Grade 7.

Registration for Summer School at Connections for Learning opens on Monday, April 3, 2023, and will remain open until Friday, June 23, 2023. Please view the [Summer School Registration and Fees pages](#) for more information.

For a detailed list of the courses on offer and their prerequisites, check out the [Summer School Courses page](#).

Schedule & Calendar  
Summer School 2023 will run from Tuesday, July 4 until Wednesday, July 19 using the following schedule:

Monday-Friday: 8:30am-3:30pm  
Saturdays: 8:30am-noon

Please see our [school calendar](#) for specific Summer School dates.

## Cosmetology 30s are accepting clients until June 14!

Appointments are available during block 2 (9:50 - 11:05)  
Solid Color \$25.00



Haircut \$5.00  
Hairstyle \$5.00  
Treatments \$5.00  
Facial \$5.00  
Manicure \$5.00



Please email [jessica.gardner@psd.ca](mailto:jessica.gardner@psd.ca) to book an appointment.

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](https://jostens-school-store-canada.myshopify.com/memorial-composite-high-school-1114374) for the online store link  
<https://jostens-school-store-canada.myshopify.com/memorial-composite-high-school-1114374>

Gradwear/Spiritwear  
[Order Here](#)

**Parkland Youth  
Pride Party**

**June 23rd, 2023**

**Dance event for LGBTQ+ youth  
and allies aged 14 - 22**

**Tickets on sale for \$10!**  
**(We won't turn anyone away due to cost)**

**This is a dry event,  
meaning there will be no alcohol**

To register, scan this  
QR code or visit the link in the  
@parklandpride Instagram bio!

organized by  
The City of  
SPRUCE GROVE

Stony Plain  
Public Library



- **Friday, June 23, 2023** - Bus pass deadline to make payment arrangements or pay-in-full.
- Thank you to everyone who has registered. The deadline has passed and if you have not registered yet, you may not get the transportation you need - register as soon as possible!

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

[2023-2034  
Registration/Verification  
Revised Transportation Fees  
for 2023-2024](#)

For more information contact:  
Transportation Services  
Phone: 780-963-8452  
Email: [Transportation@psd.ca](mailto:Transportation@psd.ca)

# Graduation



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

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.

We're so excited for our Graduating Class of 2023, who will cross the stage at our Graduation Ceremony.

**Date: Friday, June 30 @ 2pm**

**Location: Edmonton Convention Centre**

**1:15pm - Doors open for general seating**

**No later than 1:30pm - Students participating in the ceremony must arrive at Hall C (graduate staging area).  
Students must be on the current grad list to participate in the ceremony.**

## Graduation Requirements & List

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 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). More information can be found by visiting the [MCHS website graduation requirements page](#).

## Ceremony Tickets

There will be two rounds of online ticket sales to provide everyone with equal opportunity. Tickets are for general seating (first come, first served).

- ROUND 1: June 1 @ 9am through June 12 @ 11:55pm (limited to 8 tickets per graduate)
- ROUND 2: June 13 @ noon through June 22 @ 11:55pm (unlimited tickets)

Additional tickets may be made available for purchase June 13 @ noon until June 22 @ 11:55pm, or until maximum venue seating capacity is reached.

**Ticket price**

\$32 + convenience fee for InviteRight online ticket portal (4.9% + \$2.78 per ticket).

**Ticket and Admission Policy**

Graduates do not require a ticket. All other guests\* need to have a purchased ticket. Guests must provide printed proof of ticket purchase at the door for admission.

\*Children age two and older are required to have a purchased ticket. Children under age two may attend for free; however, due to limited seating, they will not have an individual seat (i.e. they may sit on their parent's lap). Parents who wish for their younger child to have their own seat may purchase a ticket for them.

All sales are final. No refunds.

Once registration opens, you will be able to access the grad ticket portal through the link below. Please have the graduate's Alberta Student Number (ASN) on hand—you will need to enter it in order to purchase a ticket.

[Purchase Grad Ceremony Tickets \(opens June 1\)](#)

# CLASS OF 2023 INDIGENOUS CULTURAL CELEBRATION



*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 14, 2023

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 either email below no later than June 2nd*

LEANNE.TRAVERSE@PSD.CA

RHONDA.HARBERT@PSD.CA





# The Metro Athletics Unified Jamboree

Was

# AWESOME!



Memorial hosted the Metro Athletics Unified Jamboree on May 30, an inspirational event where athletes and partners from Edmonton and surrounding community high schools were welcomed to participate.

It was a huge undertaking with many MCHS students volunteering in every aspect of the games.

[CHECK OUT THIS GLOBAL NEWS FOOTAGE](#)

We hosted over 700 participants from over 20 high schools for the day. Activities included: opening ceremonies, 3-on-3 basketball, bocce ball, bean bag toss, a variety of fun activities throughout the day including a petting zoo, and closing ceremonies.



# The Metro Athletics Unified Jamboree

Was

# AWESOME!



Belonging at Memorial has been a priority topic for several years now as we continually develop an inclusive environment for all. The Unified Jamboree was an important event for our school community. Participating in sports builds friendships that start on the field and carry over to other aspects of life. The Jamboree experience took hold at Memorial in preparation to defend our 2022 banner win. This sparked the MCHS Unified Club which runs all year long organizing sporting and other activities. The Jamboree was the pinnacle event to end the school year.



# Marauders ATHLETICS

## All Marauder Athletes

26th Annual Athletics Banquet & Dinner

**Wednesday, June 7th @ Memorial Main gym**

Time: 6:00 pm- 8:30 pm.

Dinner: FREE and amazing - starts at 6:30 pm

Dress is semi-formal.

*Parents can come to the awards part of the banquet that will begin at 7:30 pm. Please arrive at 7:15.*



MCHS would like to congratulate Josh Page and Brodie Schutz for being selected to and participating in the Handball All-Star game.



MCHS would also like to congratulate Alex Sinclair for being chosen as the Metro Athletics Male Athlete of the Year!



The MCHS Mixed Slo-Pitch are the new Metro Athletics Division III Edmonton High School Champions!





On Friday, May 26, 474 students at MCHS participated in the provincial election simulation Student Vote. Prior to the election, students were familiarized with the voting process through a school wide lesson and access to a Vote Compass to explore issues and party platforms. Social Studies students were exposed at a greater level, exploring the issues and platforms as a class and completing and discussing the Vote Compass to see where they align with various candidates. Student volunteers from the Social 30 class ran the student vote as polling and election clerks creating a valuable learning experience in understanding the process of election day. Students in multiple classes also took the opportunity to either volunteer or work at polling stations at the actual election on Monday, May 29.

The results for the portion of the population who cast an eligible ballot were as follows:

| Candidate   | Total Votes | % popular support |
|---|-------------|-------------------|
| Daniel Birrell<br>Green Party of AB                     | 39          | 8                 |
| Darlene Clarke<br>Solidarity Movement of AB             | 18          | 4                 |
| Chantal Saramaga-McKenzie<br>New Democratic Party of AB | 122         | 26                |
| Searle Turton<br>United Conservative Party              | 269         | 57                |



# Memorial Rotary Interact Club



The Interact students have collaborated with members of the Stony Plain Rotary Club to decorate a float representing community connection, for the Farmer's Day Parade held Saturday, June 3rd. The interactors have also been dedicated to cleaning up our school parking lot and grounds over the last month. The students have also helped paint the picnic tables outside the school. Several Interact students helped volunteer at the Unified Jamboree held on May 30th.

The Memorial Rotary Interact Club has received the District 5370 Community Service Award for their service projects this year. This is the 10th year that the Memorial Rotary Interact club has been a part of Memorial Composite High School. Throughout the years the Interact students have organized projects that have helped raise close to \$100 000 for the Alberta Cancer Foundation and have fed over 5 000 people at Thanksgiving through HOPE Mission. The student directed leadership continues to make a difference in our school and community.

Our final Interact meeting will be held June 7 during lunch time, and our current presidents will be presenting all of the projects and accomplishments to the Rotary Club of Stony Plain at the end of June at the changeover meeting.



# Sports Medicine



**The Sports Medicine students have been very busy volunteering for Memorial Athletics as student athletic trainers and for the track meets held at Stony Plain Central. Several Sports Medicine students also helped out with the Unified Jamboree held on May 30th at Memorial. This month the Sports Medicine Students had the opportunity to volunteer for the Parkland School Division Try-Me Try-Athlon held near the outdoor pool in Stony Plain.**



# DESIGN

Students created these projects using a CNC router with the new inlay techniques that they have learned.



## FABRICATION

FAB 20 students built Bocce Ball ramps for the Unified Games.

# English 20-2 with Mrs. Onysko



This was a response to a graphic novel where they showed their understanding of how we represent our identities in different ways to one another.

## Outdoor Education

Outdoor Ed classes did archery and went canoeing this last week and had a blast!

They are outdoor cooking this week and have their overnight trip next week!







On May 4 & 5, eight Memorial students from the Business Competition Club travelled to Regina to compete in the SBTA High School Case Competition. The students included Ryan Burton, Ryder Reaney, Hunter Hollands, Jaleesa Anderson, Barrett Ellert, Jakob Whiffin, Elijah Wilfert, and Jaden Van Dasselaar. This has always been one of the toughest events to win. However, the last time we participated, one of our teams won it. Unfortunately, none of our teams finished in the top 3 this year. However, each student earned a \$1,000 scholarship to the University of Saskatchewan just for participating. Thank you to the following sponsors of the Business Competition Club: Kevin Mullane (Mullane Wealth Management at National Bank Financial), Birdsell Grant, Hawkings Tinney, and the Town of Stony Plain. Without their support, the kids would be unable to network with and participate in business competitions against students from across Western Canada.

On May 11, the Entrepreneurship class travelled to several businesses in the area to hear the story of the successful entrepreneurs. Thank you to Talking Dog Brewing, HomeGrown Foods, Mira Timberframe, Jack's Drive in, and Wilhawk Beef Jerky for taking time out of their busy day to meet with us and answer our questions. The kids were able to learn from the experiences of these entrepreneurs.

On May 18, the Legal Studies class travelled to the University of Alberta to participate in a mock trial in the Moot Courtroom. It was a murder trial. The kids had a great time. Thank you to Thomas O'Leary and Richard Tchir who came to visit the class on May 29. They are Crown Prosecutors in Edmonton who took the time to tell their story, explain some of the cases they have worked on, and answer the students' questions. On June 1, the class will be travelling to the Edmonton Law Courts to watch live court. This is usually a great experience as the kids get to see the theory they have learned in action.

Entrepreneurs have also begun operating their businesses. You can find the student companies' ads on the MCHS website: <https://mchs.psd.ca/home/news/post/student-businesses-now-open>. You will also find them in the MCHS Common Area at lunch, at the Stony Plain Farmers' Market, and at the Tri-Leisure Centre on specific days.



# Memfest

The 10th annual Memfest (the last one being in 2019) was held May 13, and was an amazing success! The Anime Club Presidents did an amazing job organizing and planning everything and making sure things kept running smoothly. All of these students showed such incredible growth and maturity and Ms. Oshiki couldn't be prouder of this team!



Every single vendor was either a current or former student. Every single helper and volunteer were either staff, current students or former students. Ms. Oshiki led an army of volunteers and was touched at how many former students came back to help!

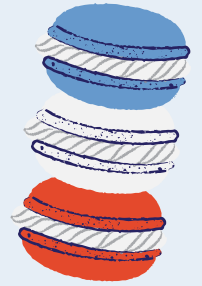
Memfest was designed originally to help promote Japanese culture, particularly anime and things associated with anime culture. This happens because the Anime Club Presidents want to put it on for the students and provide a fun event for all! One of our students (Rachel Bishop), created the poster, program cover and colouring sheet. That allowed us to invite all of the schools in Parkland School Division, a few schools from Evergreen Catholic and Living Waters as they all received posters. This was essentially an invitation only and not advertised to the general public. We had really good numbers and it kept us busy the whole day! All of the events were run and organized by our students. They did a great job and really showed how much they are capable of!



# Cafe Bicyclette

## French 30

On May 16, the French 30 class went on a field trip to Cafe Bicyclette, in the Cite Francophone in Edmonton. They practiced ordering and speaking in French, and enjoyed traditional French food.





# CHOIR



The MCHS Choir's June Show was a huge success! We were thrilled to perform for an almost full house, and were heartwarmed by the generous applause and cheering. Thank you to all the staff, students, and community members who came to Horizon Stage on June 1st to support the singers. We're already looking forward to the next one!

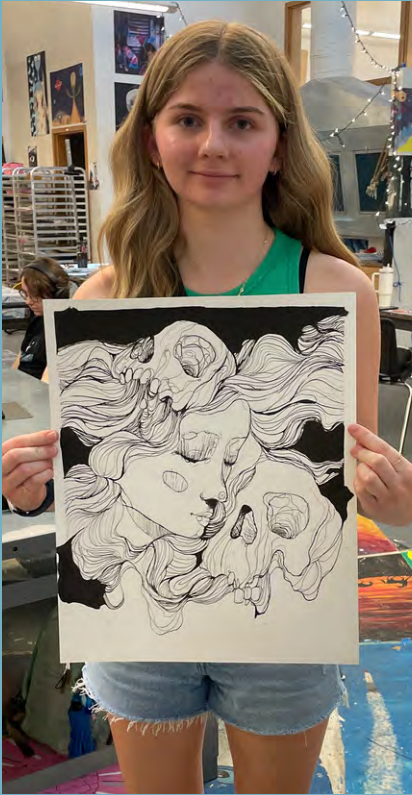


# ART



**Unified Games Art Station volunteers**





# COUNSELLORS' CORNER



## Exam Preparation Tips

1

Give yourself enough study time

Organize study groups with friends

6

2

Organize your study space

Take regular breaks

7

3

Use flow charts and diagrams

Snack on brain food

8

4

Practice on old exams

Plan your exam day

9

5

Explain your answers to others

Drink plenty of water

10

### ***Need to talk to someone?***

- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
- **Mental Health Helpline:** 1-877-303-2642
- **Talk Suicide Canada** (call 1-833-456-4566 or text 45645)
- **Wellness Together** (call 1-866-585-0445 or visit their website for resources)

Find a [CMHA near you](#).

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.

# Indigenous Community Resources



[Metis Nation of Alberta Website](#)



[First Nations Health Consortium](#)



[The Indigenous Sport Council of Alberta \(ISCA\)](#)



<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.**

