

THE MEMORIAL MEMO



THE TORCH HELD HIGH



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From left to right:
Mr. Coghill, Ms. Jewell, Ms.
Jensen, Ms. Fisk

PRINCIPAL'S MESSAGE

Dear Memorial Parents and Guardians -

We have made it through the first month of school and the signs are looking good that this will be another great year. There is no doubt that things are tight here. Our end of September enrollment count was 1342 students. But all of those kids have found their way around the school. They are smiling and taking care of business.

The first few days of school were interesting with the move to assigned parking. Now that we are a few weeks in, we are sure it was the right move. Once again Stony kids are showing how great they are. As soon as the sign up process began groups of students were asking if there could be more than one vehicle assigned to a stall as they were making car pooling arrangements from each others' homes. Ms. Campbell has done a great job maximizing the use of spaces with am/pm students sharing. The litter problem is barely a problem any longer. In fact, we are purchasing additional outdoor garbage bins as the students are doing such a good job. There have been a couple of minor issues and we had the information we needed through vehicle registration to address the problems quickly. We certainly appreciate your patience as we moved through this process for the first time. We have debriefed and have a few notes on how to smooth things out for the future.

A definite highlight of our first month was the assembly on Friday to acknowledge the National Day for Truth and Reconciliation. A group of about 20 of our Indigenous students led the entire event with a bit of guidance from Mrs. Traverse. They wrote and MC'ed a detailed script outlining the importance of this day and encouraging all of us to understand the truth of the impact of residential schools so we can move along the path to reconciliation. Then twelve student dancers shared their talent along with the story of why they were dancing. They were stories of honor and healing. The dancers were fantastic!! The audience was engaged and supportive. It was significant on many levels.

As information for new high school parents and reminders for veteran high school parents, there are two significant things I would encourage you to do to support your child's success in school.

- Check [PowerSchool](#) frequently. This is our primary communication method regarding your child's progress. A semester moves quickly with each week counting for about 5% of the course. We are already done 20% of the semester in one month! Most courses will have an assignment or key assessment worth marks every week. A student can easily get behind, especially grade 10s who are not used to the system.
- Work with your child to ensure they are using [Torch Time](#) to their advantage. Every student should be signed up for a Torch session everyday. You can sign up your student! Students cannot change registrations that parents and teachers have entered. We have [video tutorials](#) on our website to show you how.

I wish you and your student a great year this year. Stay in touch with us if needed. We are looking forward to working with you.

Take care.

Ms. Jensen, Principal



MCHS General Information

OCTOBER KEY DATES

02 - Green & Gold Executive Meeting 6:30
02 - Art, Comm Tech Field Trip to UofA
03 - Shikaoui Student Visitation Day at MCHS
04 - Rotary Hope Mission Pizza Sale at lunch
04 - Wellness Field Trip to Change Health Centre
05 - World Teachers' Day
06 - PD Day - No School
09 - Thanksgiving Day - No School
10 - Grad Parent Info Night - 6:00pm
13 - Environmental Club Thrift store in Common Area
12-13 - Outdoor Ed Field Trip to Camp Warwa
17 - School Picture Retakes
18 - Pronouns Day
20 - WEM Apprenticeship Fair 10am-9pm
20 - Anime Club Movie Night
20 & 21 - ATCO Women in Trades
23 - School Council - 7pm
27-28 - MCHS SR volleyball tournament
31 - Halloween

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

NOVEMBER KEY DATES

02- Parent Teacher Interviews - 5:00-6:30
05 - Daylight Savings Time Ends (Back 1 Hour)
06 - G&G Exec Meeting - 6:30pm
09 - 2022-2023 Awards Night - 6:30pm
10 - Remembrance Day Ceremony - 10:00
11 - Remembrance Day
13-17 - Fall Break
27-28 Green & Gold Bingo
27 - School Council 7pm



Cosmetology

MCHS GRADE ADMINISTRATOR & COUNSELLOR TEAMS

GRADE 10 - MR. COGHILL/ MS. COX

GRADE 11 - MS. FISK/ MS. MAZEREEUW

GRADE 12 - MS. JEWELL/ MRS. NUIJENS

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.

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.



Reporting an Absence?

Please email mchs.absence@psd.ca

Please leave your child's full name, grade, and reason for the absence.

Picking up your child up early?

Please be aware that our phone lines are very busy between 2:45 and 3:30. There have been significant hold times.

To avoid this, please call in earlier in the day to advise of the absence. This will help you and the office. Thanks so much.

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.

MCHS General Information

School Council

Next Meeting:
October 23, 2023 7-8:30 pm
MCHS Conference Room
All MCHS Parents Welcome!

Green & Gold Athletics

Next Green & Gold Executive Meetings:
November 6, 2023 - 6:30 [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](#) that includes learning opportunities in the Stong Families series.

Latest issue - Welcome to Fall

Explore this month's issue for a spotlight on National Day for Truth & Reconciliation, information about upcoming FREE Strong Families sessions and tons of community resources and contacts.

[VOLUNTEER SIGN UP - HAPPY VOLUNTEERING!](#)

If you have any questions about your current point balance or those still required; please email: volunteercoordinator@greenandgoldathletics.com



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!



Remembrance Day Contest

<https://legion.ca/communities-youth/youth-education/remembrance-contests>

STRONG FAMILIES SERIES:



Transitional Support Information Nights

You Will Learn :

- Application overviews (FSCD, AISH, PDD, DTC, RDSP)
- Qualifying factors
- Where and how to apply
- Question and answer period


3 PART SERIES HELD ON:


 **October 4th, 2023**
6:30 - 8:30pm Part 1


 **January 10th, 2024**
6:30 - 8:30pm Part 2

 **April 10th, 2024**
6:30 - 8:30pm Part 3

 **Family Connection Centre**
5600 50th St., Stony Plain, AB

 780-963-0549

 heidi@apfa.ca

 @albertaparenting



SCAN QR CODE FOR MORE INFORMATION AND REGISTRATION



NOURISHING


YOUR ADHD CHILD'S FULL POTENTIAL

with Chantal Jackson

Registered Psychologist,
Seeds of Hope Psychological Services

A workshop for parents and caregivers of children with ADHD to explore ways of growing their child's potential. We will explore strategies for executive functioning, social skills, self-regulation, emotional regulation, impulsivity, etc. Therapyware will be set up with items to purchase. *Childcare and a light snack also provided.*

 SATURDAY
OCTOBER 14, 2023

 DOORS OPEN 9:00AM
9:30AM - 1:00PM

 FAMILY CONNECTION
CENTRE
5600 50TH ST,
STONY PLAIN

Please scan QR code to register



Please enjoy the [Stronger Together Newsletter](#). We have also provided a couple of other fantastic learning opportunities coming up in the Strong Families series.

Did you know that this newsletter is available online? Find current and previous issues by visiting our Division website's [Stronger Together Newsletter page](#).

Coming
Up!

Good To
Know!



OCTOBER 20
10AM - 9PM

West Edmonton Mall
Phase 1 Centre Stage



Join CAREERS and employer partners at West Edmonton Mall showcasing career pathways for Alberta youth. Students can explore paid internship opportunities, network, and attend industry presentations.

for information
tmcdonald@nextgen.org
780.504.1044
careersnextgen.ca



CAREERS
take on the future

In keeping with Parkland School Division's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students.

We would like to acknowledge the President's Choice Children's Charity Power Full Kids program in providing support for food security at Memorial Composite High School for the 2023 - 2024 school year.

Thank
you

WHAT HAPPENED IN SEPTEMBER?

- 05 - Grade 10 Registration and BBQ
- 05-07 - Volleyball Tryouts 3:30-7:30
- 06 - Grade 11 & 12 Registration
- 07 - S1 First Day of Classes
- 08 - National Literacy Day
- 11 - Parents of Athletes Meeting
- 11 - G&G AGM 6:00 pm
- 13 - Grad Parents AGM - 6:30-8pm
- 15 - Timetable Change Deadline
- 15-16 - MCHS JV Volleyball Tournament
- 21 - Grad Assembly - Block 2
- 21 - Indigenous Student Welcome Lunch
- 21 - Post Secondary Night @ TLC
- 21 & 22 - Club Fair Event - lunch
- 25 - School Council AGM
- 26 - Music Parents Assoc. Meeting
- 28 - Apple Day
- 29 - PSD Orange Shirt Day



Gr. 10 Registration Day & BBQ



Gr. 10 Registration Day & BBQ



Club Fair Event



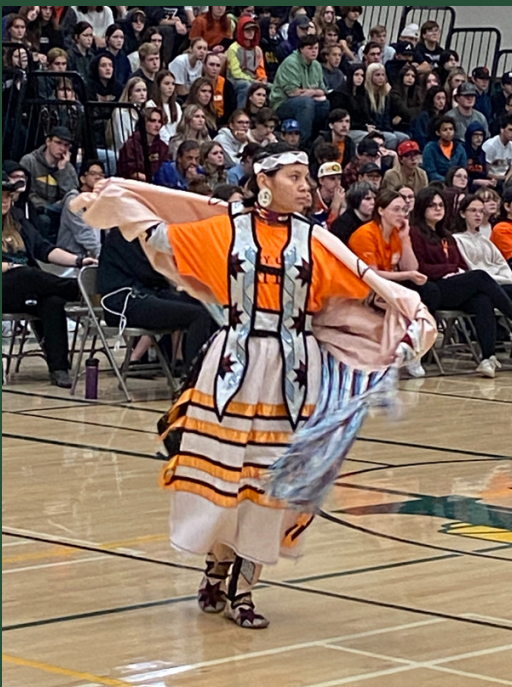


Orange Shirt Day



On Friday students attended an assembly hosted by some of our Indigenous students to acknowledge National Day for Truth and Reconciliation.

This event was written, MC'ed and performed by students. They shared their stories, talents and wishes for all of us to learn the truth so we can move along the path to reconciliation.



Graduation



**Parents of Grad 2024 Students are invited to attend
Grad Parent Info Night on Tuesday, October 10 @ 6:00 pm - Large Gym
This session will be packed with information you need to know about your child's
graduation in June.**

Grad 2024

Thursday, June 27, 2024
Edmonton Convention Centre
Time TBA

2024 Grad Fee Form - Will be posted on the website and the PowerSchool Parent Portal.
2024 Grad Handbook - coming soon and will be posted on the website and in the Grade 12 Google Classroom.

Graduation Photos

Grad photos are scheduled at Memorial on January 22-26, 2024.
Photo appointment reservations will open on December 15 @ 9:00 am, and can be booked with the Lifetouch Appointment Plus online scheduling system.
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 (TBA) must be paid prior to booking a portrait session, or the appointment will be cancelled. Graduation fees are due on December 8, 2023, and are payable in the school finance office or through the PowerSchool Parent Portal.
Students who wish to have a photo taken with their pet must schedule an appointment for a portrait session at the Lifetouch Studio in Edmonton by calling 780-437-2431. Graduation fees must be paid prior to booking a session at the studio.

Graduation Photo Re-takes:

Graduation Photo Retakes will be held March 4 - 7, 2024. Re-take photo appointment reservations open at 9:00 am on February 13, 2024, and can be made with the Lifetouch Appointment Plus online scheduling system.



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



OCTOBER 1st is the first day that students can apply for the majority of post-secondary institutions for the 2024-25 school year. If you are in Grade 12 and are planning on attending post-secondary in September 2024, now is the time to plan, prepare and APPLY!

Watch and sign up for Torch Time sessions for help getting started on ApplyAlberta! Check the Student services bulletin board for Open Houses to post-secondary institutions.

Managing Anxiety

A long time ago, our brains evolved to respond to stress as if we were being chased by bears. But nowadays, we don't just experience stress and anxiety when we're in physical danger. Lots of things about our life can cause us stress and anxiety.

These things can include:

- Commitments and expectations, like school or work
- Conflict with people we care about
- Change or doing something new
- Bullying
- And many more!

A simple way to help yourself feel calmer is to follow these 3 steps:

Calm your body

Calm your mind

Re-engage your smart brain

Find more information on each of these steps at
<https://kidshelpline.com.au/teens/issues/how-manage-anxiety/>

More resources can also be found at
<https://www.anxietycanada.com/free-downloadable-pdf-resources/>

Grade 10 - Ms. Cox

Grade 11 - Ms. Mazeereuw

Grade 12 - Mrs. Nuijens



ATHLETICS

Marauders



Golf sent Chase Lassman to the Provincial Championship in Lloydminster on Sept. 25-26. He was in 1st after day 1 shooting a 67. After day 2, Chase brought home the bronze medal. Congratulations Chase!



Football: The team is young but competing hard to challenge some of those big schools in the top division.

Flag Football women is on its way and started league and is hoping the weather will hold out till the end of Oct.

X-country team has been competing in the Metro league and has their championship at the end of this month.

Volleyball teams are in the full swing of things and all teams are competing in their leagues and tournament play. The Jr. Boys Volleyball Team got 3rd in our home tournament on September 16th.



OUTDOOR EDUCATION

Environmental Outdoor Ed Students have started learning basic survival skills such as shelter building. They have also been able to go canoeing, play disc golf, and practice archery!



MCHS ART



MCHS ART



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

Indigenous Community Resources

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

[Native Counselling Services of Alberta](#)

[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.



PARKLAND SCHOOL DIVISION **ATTENDANCE MATTERS!**

In PSD, we help support families who need help getting their child(ren) to school. We know there are many factors that affect attendance:

- Parents' work schedule
- Transportation
- Family events
- Appointments

Often families don't realize how much school their child is missing and the impact that has on everyone. They are more behind than you think.

1 DAY MISSED = 2 DAYS BEHIND



19 or more days

Missing just **TWO** days every month can add up to **19** days in a school year. This is the equivalent of missing an **ENTIRE MONTH** of instructional days.



10 to 18 days

Students who are absent an average of 15 days per year miss **1 YEAR'S WORTH** of school by their graduating year.



9 or fewer absences

Students with good attendance generally achieve higher grades and enjoy school more.



We hope you enjoyed our newsletter.

