

# 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.6-9**
  - Remembrance Day Contest
  - Career Fair
- **Indigenous Market P. 10**
- **What Happened in October? P.11-14**
- **Graduation P.15**
- **Counsellor's Corner P.16**
- **MCHS Athletics P.17-18**
- **Outdoor Education P. 19**
- **MCHS Art P.20-21**
- **Community Resources P.22**
- **Indigenous Community Resources P.22**

by Jillian Stockwell  
Art 10

## PRINCIPAL'S MESSAGE

Dear Memorial Parents & Guardians,

I hope you are all feeling great with your teenagers getting an extra hour of sleep this weekend! As always it's been a busy start to the school year. I can't believe this is my 8th year at Memorial! Once again, we appear to be off to a good start.

One bump in the road that we did have in October was the anonymous threat to the school. I neglected to mention in my communication at the time that MCHS has a robust emergency response system. We take into consideration possible evacuations, lockdowns, shelter in place and directed response. We schedule one drill per month rotating through different scenarios. We are proud to say that with our October evacuation drill, attendance was completed in 7 minutes and 21 seconds. Student safety is a priority, always.

On a much better note, school activities are well underway. Golf, cross country, and flag football are over already. Volleyball is in the playoff season. We have numerous school clubs available that started up at the end of September. Swimming is underway and basketball tryouts are this week. Some students are planning for some international travel with the school in the spring. MCHS is a pretty vibrant place.

Something that is happening this week that parents will likely notice is that Mrs. Campbell is retiring! She has worked at Memorial for a total of 18 years and is the delightful voice who answers the phone when you call. We are truly going to miss our "School Nana". We wish Kerry and her husband, Gary, a rich and enjoyable retirement. Thank you so much, Mrs. Campbell for your kindness and compassion for our students and setting such a positive tone for our school.

As we approach fall break, be sure to check PowerSchool to help your child remember to bring home any books, etc. needed for homework. This is a fantastic time to get caught up and finish the semester strong!

Take care,

Ms. Jensen



*We will miss you*

# MCHS General Information

## NOVEMBER KEY DATES

- 01 - Parent Teacher Interviews - 5:00-7:00
- 03 - Fabrication Field Trip to NTS Amega-Canada, Leduc
- 03 - Deadline to Drop Courses
- 05 - Daylight Savings Time Ends (Back 1 Hour)
- 06 - Newsletter Goes Out
- 06 - G&G Exec Meeting - 6:30 pm
- 06, 07, 08, 10 - Basketball Tryouts
- 09 - 2022-2023 Awards Night - 6:30pm
- 09 - National Donut Day (actually Nov 5)
- 10 - Remembrance Day Ceremony - 10:00
- 11 - Remembrance Day (Saturday)
- 13-17 - Fall Break
- 27-28 Green & Gold Bingo
- 27 - School Council 7pm

## DECEMBER KEY DATES

- 04 - G&G Exec Mtg 6:30
- 09 - Grad Fees Deadline
- 22 - PD Day - No School
- 25-05 - 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**

## 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](mailto: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:  
November 27, 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 - Digital Health

Explore this month's issue for a spotlight on Children, Youth & Social Media information. And about upcoming FREE Strong Families sessions and tons of community resources and contacts.



### IVOLUNTEER SIGN UP - HAPPY VOLUNTEERING!

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

# CLASS OF 2024

## Parent Graduation Committee

The Memorial Parent Graduation Committee is a volunteer group that is planning on hosting an event following the graduation ceremony.  
For further information please send an email to [memorialgradcommittee@gmail.com](mailto:memorialgradcommittee@gmail.com).

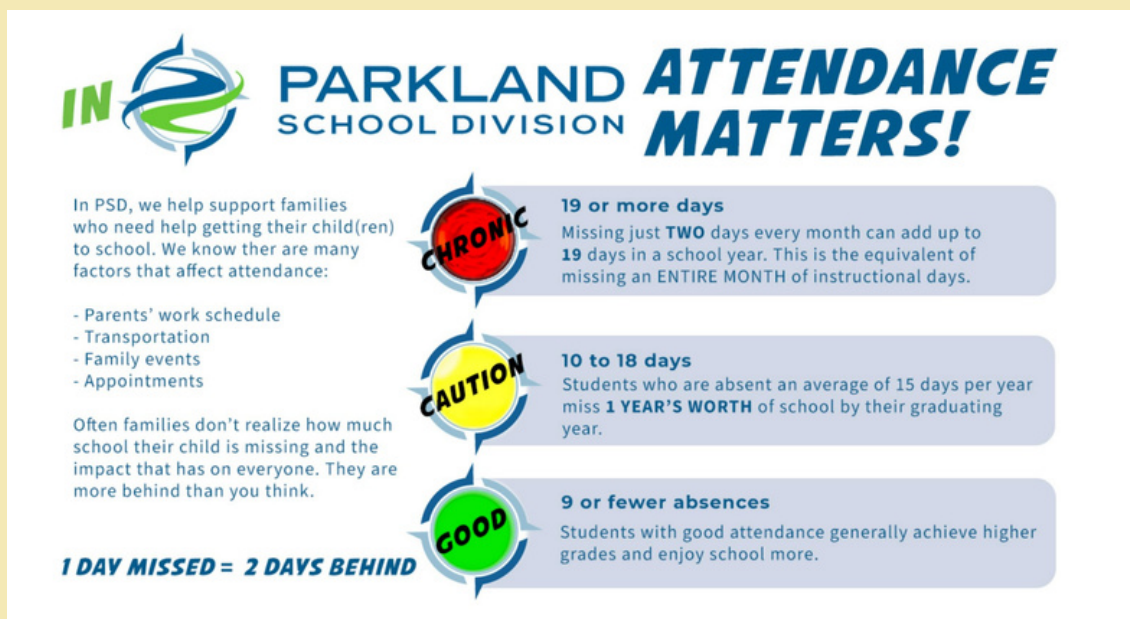
### Course Drop Deadline - Nov 3


Reminder that the last day to drop a course without it showing up on your transcript is **Friday, November 3**. Please email your grade level counsellor if you have any questions or need to drop a class.

Grade 10 - Ms. C. - [meghan.cox@psd.ca](mailto:meghan.cox@psd.ca)

Grade 11 - Ms. Maz. - [jordan.mazereeuw@psd.ca](mailto:jordan.mazereeuw@psd.ca)

Grade 12 - Mrs. Nuijens - [sharla.nuijens@psd.ca](mailto:sharla.nuijens@psd.ca)



**IN**  **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**

**CHRONIC** **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.

**CAUTION** **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.

**GOOD** **9 or fewer absences**  
Students with good attendance generally achieve higher grades and enjoy school more.

Poppies will be available to purchase in the office and all donations will be given to the Royal Canadian Legion.



Coming  
Up!

Good To  
Know!

## Work Experience

### Next in Trades

#### Empowering diversity and inclusion in the trades

NAIT recognizes that Aboriginal peoples, Black and racialized communities, newcomers, women, and 2SLGBTQIA+ communities are underrepresented in the trades.

Next in Trades is a free event series that encourages and empowers people from all backgrounds and abilities to explore careers in the skilled trades industry. As a leading skilled trades training and education provider, NAIT provides training and mentorship to prepare you to succeed in the trades.

Explore your potential and discover a career that works for you in the skilled trades.



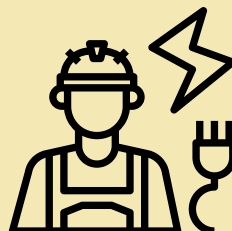
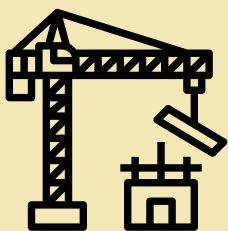
**November 18, 2023**

Registration is open!: <https://www.nait.ca/nait/schools-programs/school-of-skilled-trades/beyond-the-classroom/next-in-trades>

#### A day in the trades

At Next in Trades, you'll get the chance to meet with NAIT graduates, staff and industry members who will share their experiences and journeys in the skilled trades.

Attend hands-on workshops taught by current NAIT instructors in a trade that interests you. You will be able to pick your top 4 career choices from the list below and be scheduled in one of those choices plus 3 other amazing trades to try during the day. Our workshops that will give you a glimpse into future careers include:



- Automotive Service Technician
- Carpenter
- Culinary Arts/Baking and Pastry Arts/Professional Meat Cutting
- Electrician
- Glazier
- Heavy Equipment Technician
- Plumber
- Sheet Metal Worker
- Industrial Mechanic AND MORE



# Jill of All Trades

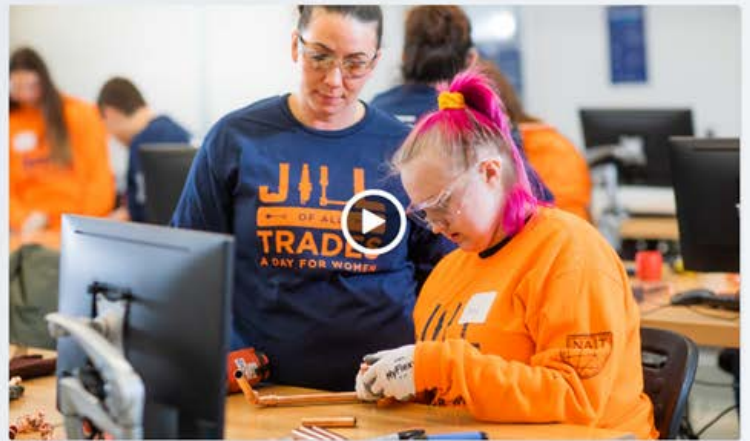
A day to inspire a career in the skilled trades for young women in grades 10-12

Jill of all Trades is a day-long event with the goal of introducing female and female identifying high school students to the prospect of a rewarding career in the skilled trades. You will participate in hands-on workshops across NAIT's main campus and hear from women currently working in the field to discover a trade you can pursue.

Upcoming dates: November 23, 2023

[Register today!](#)

Interested in volunteering or supporting the event? Contact [joat@nait.ca](mailto:joat@nait.ca) to get involved with Jill of All Trades at NAIT.



**November 23rd** – day long event!  
You will get a *t-shirt*!  
You will get *lunch*!  
Up to 15 trades will be available.  
Go to [NAIT.CA](http://NAIT.CA) to register



**YOUNG WOMEN IN TRADES & TECHNOLOGIES**

**DISCOVER YOUR FUTURE**



**CAREERS** is breaking down barriers and paving a path for women in skilled trades and technologies.

Join us for a full day exploration workshop for female-identifying students and take part in facility tours, shop talks, and hands-on activities.

**NOV 10**  
**8:30AM - 4:30PM**  
FREE · LUNCH PROVIDED  
WOMEN BUILDING FUTURES  
10326 107 St NW, Edmonton, AB

APPLY HERE



for information  
[tmcdonald@nextgen.org](mailto:tmcdonald@nextgen.org)  
780.426.3414  
[careersnextgen.ca](http://careersnextgen.ca)





# Coming Up!

# Good To Know!

## Basketball Tryouts

To save time on the first tryout day, please sign up for tryouts on the sign-up sheets in the P.E. lobby. You can sign up at the first tryout as well!

## Men's Basketball Tryouts

Monday, November 6th: 5:30 pm - 7:30 pm  
Tuesday, November 7th: 3:30 pm - 5:30 pm  
Wednesday, November 8th: 5:30 pm - 7:30 pm  
Friday, November 10th (TBD): 3:30 pm - 5:30 pm

## Women's Basketball Tryouts

Monday, November 6th: 3:30 pm - 5:30 pm  
Tuesday, November 7th: 5:30 pm - 7:30 pm  
Wednesday, November 8th: 3:30 pm - 5:30 pm  
Friday, November 10th (TBD): 3:30 pm - 5:30 pm

## [Remembrance Day Contest](#)

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

General Music has an exciting addition to our music programming at MCHS...strings! We have rented several violins and a cello for the rest of the semester, as well as bringing in a wonderful violin teacher, and our students are excitedly trying and learning new instruments!



## Portugal and Spain Spring Break Trip - Last Chance!!

MCHS is going to Portugal and Spain this spring break!

The trip is open to all MCHS students. There are a couple spots remaining. Registration closes November 10 so don't miss out on this opportunity!

If you are interested, please see Mr. Fedorak (1047), Mr. Khan (1116), or Mrs. Duncan (1052) for more information!



MEMORIAL COMPOSITE HIGH SCHOOL:  
LOOKING FOR VENDORS/ARTISANS

# Indigenous Holiday Market

**SATURDAY, DECEMBER 2ND**

10 am - 3 pm in the Large Gym  
50 Westerra Centre, Stony Plain

Please contact Dianne Jewell for more  
information or to book a table (no charge)  
[dianne.jewell@psd.ca](mailto:dianne.jewell@psd.ca) or 780-963-2255



# What Happened in October??

## OCTOBER KEY DATES

- 02 - Green & Gold Executive Meeting 6:30
- 02 - Art, Comm Tech Field Trip to UofA
- 03 - Shikaoi 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



**Shikaoi visit**



**Environmental Club Thrift Shop**

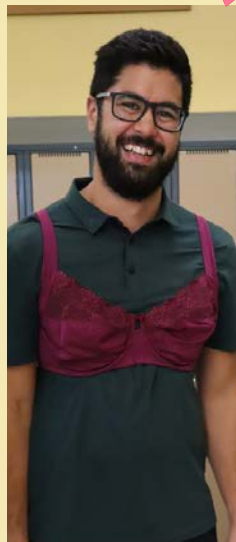


**Pronouns Day**

**We raised \$770 for Bros For Breast Cancer & the Bake sale.** 



**Jersey Day**



**Bros for Breast Cancer**





# Shikaoi Visit

Memorial hosted 46 students and 11 chaperones from Shikaoi, Japan October 3. They performed a cultural demonstration in the morning, and had the opportunity to visit classrooms in the afternoon. Shikaoi, Stony Plain, and PSD dignitaries were treated to a wonderful luncheon created and served by our amazing Foods 30 class!



## Coat Collection Update

Rotary Interact collected 4 large bags of winter clothing for the Family Connection Center in Stony Plain this year. Thank you to everyone who donated items.









# Pumpkin Carving Contest

Tyler Myles and Maren Broadbent

*And the Winner is...*



The MCHS Choir was thrilled to host the province's honour choir, the Alberta Youth Choir, on October 21st. AYC performed a beautiful program to a packed audience, and the MCHS Choir was privileged to perform their own set, as well as collaborate on a song with this elite group. It was a fabulous day of music making and community building.





# Graduation



## Grad 2024

Thursday, June 27, 2024

Edmonton Convention Centre

Time: 2:00pm

2024 Grad Fee Form - Has been posted on the [website](#) and the PowerSchool Parent Portal.  
2024 Grad Handbook - Has been 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 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.



# COUNSELLORS' CORNER

## SCHOLARSHIPS



Everyone has heard that there are hundreds of scholarships that go unclaimed every year because nobody applies for them. This is probably true. Students are encouraged to apply for as many scholarships as possible throughout their grade 12 year so start the search for scholarships early and keep looking throughout the year. Most scholarships have specific criteria and require a separate application.

### Bullying Awareness Week: November 13th-17th, 2023

What do I do if I'm being bullied?

Bullying is never okay. Here are some steps you can take to stop the bullying:



1. **Stay calm and confident.** It can be scary to be bullied, and bullies often target people who seem weak or unsure of themselves. Calmly ask if you've done anything to upset them and listen to what they say. You can also tell them to stop, then walk away. Ignoring them is often better than fighting back. Arguing and yelling can make things worse and you might end up getting hurt in a fight.
2. **Write down what happened with the bully,** including names, where it happened, and when. This can help you remember important details and can be useful if you need to report the bullying.
3. **Stay away from the bully.** If possible, try to avoid the bully and stay away from places where they hang out. If you have to be around them, do so with a friend and remember to always stay in a public place. If they are bullying you through texting, block their phone number. If they are bugging you on social media, unfriend and block them.
4. **Tell a trusted adult.** Whether it's a teacher, parent, or counsellor, tell someone you trust about the bullying. They can help you come up with a plan to stop it and keep you safe.
5. **Get expert advice:** If an adult you know can't help, remember to reach out to [BullyingCanada.com](http://BullyingCanada.com). We're here to help — any time, any day! We even have counsellors available if you're feeling really bad, or you're having a hard time getting over being bullied.

*Remember, you have the right to feel safe and respected. If the bullying doesn't stop, don't give up. And don't feel bad about asking for help!*

Grade 10 - Ms. Cox

Grade 11 - Ms. Mazeereuw

Grade 12 - Mrs. Nuijens







# ATHLETICS MARAUDERS



X-Country sent 2 runners to Provincials this past month. Cole Visscher finished 56th overall & Quinlen Presley finished 43rd overall in the province.

Flag Football just finished up the playoffs and lost a close game against St. FX to make the semi finals.

Swimming has just started practices and will start their season this month. Volleyball teams are starting their playoff runs the first week in Nov. Good luck to all teams!

Basketball tryouts run Nov. 6 - 8. Women go right after school 3:30-5:30 pm on the Monday and Wednesday and men's go late from 5:30-7:30 pm. On Tuesday, men go early and women go late.

## From Metro Athletics:

### Athletes of the Week Powered By **SPORTFACTOR**

October 23 - October 29



**Brodie Schultz**  
Memorial



Brodie is a grade twelve multisport athlete who thrives in volleyball, basketball, handball and slo-pitch, along with playing club volleyball for NAVC. He is currently a captain of the senior men's volleyball team and his leadership skills on and off the court are admirable. His competitive nature is truly contagious. On the volleyball court, he is a skilled middle who contributes positively in so many valuable areas. Most importantly though, he shows fantastic sportsmanship and he is always willing to encourage and help those around him.

Congratulations Brodie!





**Our Senior women's and Senior men's volleyball teams both won 2nd place at our home tournament on October 27 and 28th.**



# VOLLEYBALL





# OUTDOOR EDUCATION



**Outdoor Ed students got to go to Warwa this last month and have been outdoor cooking. At Camp Warwa, students did a variety of outdoor activities (such as rock climbing, archery, orienteering, a giant swing, and more!). They were able to cook a variety of meals outdoors on stoves and over fires (such as bannock, banana boats, and meals of their choice)! It has been a blast!**





# 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.



WE HOPE YOU ENJOYED OUR  
NEWSLETTER