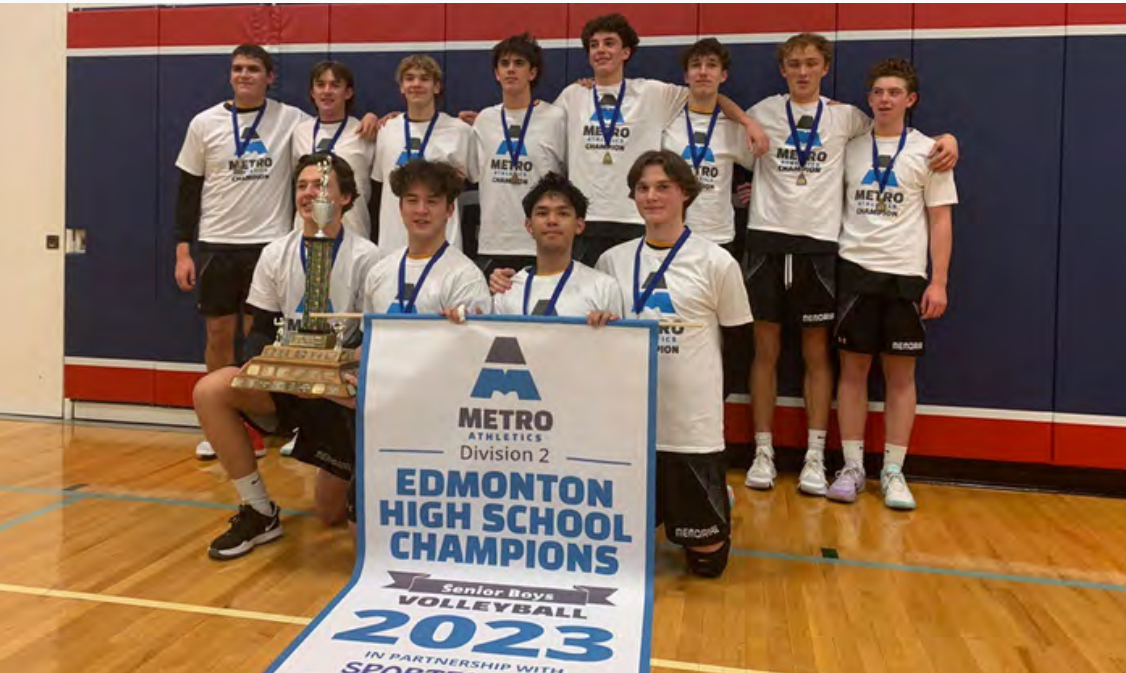


THE MEMORIAL MEMO



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.6-8
- Student Internship Info P. 9
- Grad 2024 Info P. 10
- Prom Night 2024 Info P. 11
- What Happened in November? P.12-16
- MCHS Athletics P.17-18
- Caregiver Education P. 19-21
- Counsellor's Corner P. 22
- MCHS Food Studies P.23
- MCHS Art P. 24-25
- Community Resources P.26
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**Division 2
Volleyball Champs!**

PRINCIPAL'S MESSAGE

Dear Memorial Parents & Guardians

Welcome to December! It doesn't feel quite like December with no snow though, does it? It's starting to look like Christmas here though with decorations and Kinsmen Christmas Hamper bins around the school. Please do support our Rotary Interact students and local Kinsmen in supporting over 2000 people in need in the Parkland area this Christmas. You can have your kids bring both hamper and Food Bank items to the school until Monday, December 11.

I would like to make some introductions to new members of the Office team that have joined us throughout the fall. When you call in, you may reach

- Mrs. Gemmill - main office reception
- Mrs. Reid - main office reception
- Mrs. Mitchell - student services reception

These lovely ladies have been a wonderful addition to the team. We have a fabulous office team that is truly the heart of the school. They keep all of us and all of you organized and informed and they do it so well.

We had some big news this month with the Senior Boys Volleyball Team winning the Metro Athletics Division Two banner for the league. The Student Leadership team was super busy putting on an amazing Remembrance Day Service. They worked their magic again and followed up shortly after by a fun pep rally for the whole school. Swimming ended last week with the entire team qualifying for the Championship meet. The basketball teams are operating in full force. Clubs are meeting. As usual, there is lots going on at Memorial.

My December newsletter message is a signal that there is very little time left this semester for students to complete their work. In a semester system, most teachers will have their curriculum completed before the students leave for Winter Break. There are only ten teaching days left after break which most teachers use for review and final exam preparation. Be sure to be talking with your kids about what is left for them to do in this quickly evaporating semester. Most students should be bringing home some sort of homework to do during break.

I wish you wonderful time with your families over the break creating memories for a lifetime.

Merry Christmas and Happy Holidays!

Carolyn Jensen

Happy
Holidays



MCHS General Information

DECEMBER KEY DATES

02 - Indigenous Craft Market 10:00-3:00
02 - Robotics/Computer Science Field Trip to VEX Competition, Sherwood Park
04 - G&G Exec Mtg 6:30
07 Choir Winter Peace Christmas Performance - 6:00 & 7:30 performances
07 - Transitions Field Trip to Horizon Stage
08 - Grad fees due & Student Teacher Last Day
13 - Indigenous Education & Transitions field trip to Royal Alberta Museum
19 & 20 - Something Rotten.. A Brand New Musical 7:00 Horizon Stage
22 - PD Day - No School
25-05 - Winter Break

JANUARY KEY DATES

08 - Return from Winter Break
08 - G & G Executive Meeting - 6:30 pm
10 - English Diploma - Part A
11 - Social Diploma - Part A
12 - MCHS Jr. Basketball Tournament
13 - LAWS Divisional PD - No Classes
17 - Personal Fitness field trip to Fitset Ninja
19 - Last Day of Classes
22-30 School Exams
22 - Math Diploma
22 - School Council - 7:00pm
22-26 - Grad Photos
23 - English Diploma - Part B
24 - Social Diploma - Part B
25 - Biology Diploma
26 - Chemistry Diploma
29 - Physics Diploma
30 - Science 30 Diploma
31 - High School Turnaround Day - No classes

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



Foods 30 - Danish

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:
January 22, 2024 7-8:30 pm
MCHS Conference Room
All MCHS Parents Welcome!

Green & Gold Athletics

Next Green & Gold Executive Meetings:
January 8, 2024 - 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 Strong Families series.

Latest issue - Holiday Survival

Explore this month's issue for a spotlight on The key to thriving, not just surviving, during the holiday season. 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



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!



Kinsmen
Christmas
Hampers



The Rotary students will be collecting donations for the Kinsmen Christmas Hampers from **Friday, November 24 until Friday, December 8**. This year there are over 2000 residents in Stony Plain and Parkland County West in need of help this holiday season. We are asking for donations such as gifts and gift cards for children 17 and under. We are also collecting non-perishable food items as well, that will be delivered to the Parkland Food Bank. There is a collection jar located in the main office for monetary donations. On behalf of the Kinsmen Club of Stony Plain and the Rotary Interact Club

thank you



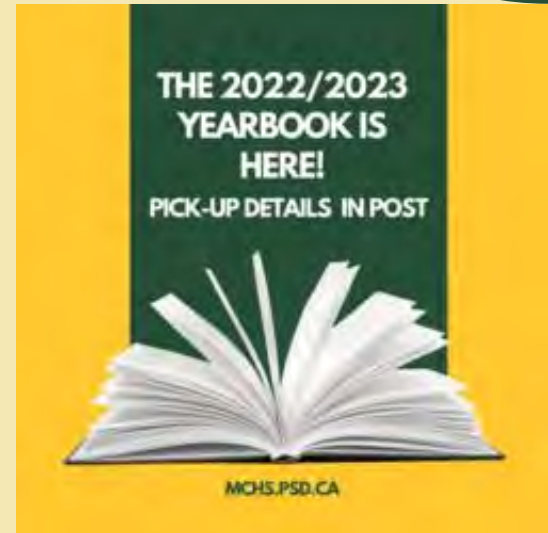
Coming
Up!

Good To
Know!

Yearbooks have ARRIVED!!

Pick up will be Monday To Thursday At Lunch in the
Main Hallway!

After Thursday you will have to pick them up in the
office starting: **Friday December 8th**



MCHS CHOIR PRESENTS

Winter Peace

Thursday, December 7
6:00 and 7:30
in the MCHS Music Room

Tickets \$8
available at the Finance Office
(no door sales)

BLIZZARD SALE



MCHS Choir will be having a
Blizzard Sale

DECEMBER 15

@ lunch

in the common area

\$5 each - CASH ONLY



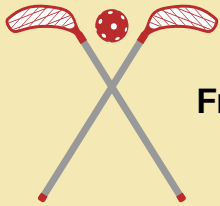
Coming
Up!

Good To
Know!



MCHS 2024 Ski Trip

If you are interested in coming on the ski trip to Fernie **Feb 15-18**, please look on Your Grade level Google Classroom and complete the Interest Form. Based on interest Mr Coghill and Ms. Jewell will be setting up an information meeting and giving forms out to those who are in good standing at the school. This includes attendance, marks, and behaviour.



Floor Hockey at Lunch

Do you love hockey? We will be having floor hockey in the small gym on **Fridays - December 8, 15, & 22**. Come on by to play. You MUST have indoor shoes.

See you there.

SOMETHING ROTTEN

A VERY NEW MUSICAL

Memorial Drama has been hard at work on this year's main stage musical, Something Rotten!

Performances are **Dec 19th and 20th**

@ 7:00pm at Horizon Stage.

Tickets are available for **\$15.00** through the Finance Office.





CAREERS

STUDENT INTERNSHIPS

CAREERS works in partnership with schools to connect students with employers to try out a variety of different careers. It's called a student internship, which is similar to a paid job. Student Internships can:

-  last for anywhere from six weeks to three months
-  be full-time or part-time
-  be done during the school year or over the summer

Wondering what opportunities are available? Start here by exploring your interests and learning about different career paths.



GET AN INTERNSHIP

As a high school student, do you have a plan for what comes after? Have you checked out your options?

 SKILLED TRADES	 ICT	 FORESTRY
 AGRICULTURE	 ENERGY	 HEALTH

For more information go to:
careersnextgen.ca

or

Meet with Ms. Klemp &
Schedule an appointment through
Student Services or email:

kathy.klemp@psd.ca



JOBS

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:

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.

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:

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.





PROM NIGHT

Thursday, June 27, 2024

Heritage Pavilion, Stony Plain

- Doors Open at 7pm
- Close at 1:30am Appetizers & Finger Food Graduate + Guest
(not a family event)
- DJ, Dance & Photo Booth
- Refreshments
- Sign in & Sign out



MEMORIALCOMPGRADPARENTS

Sign up for the email list.



NEXT PARENT

MEETING:

Wednesday, January 24, 2024

Time: 6:30pm – 7:30pm

Location – MCHS Common Area

Follow us on Facebook



What Happened in November??

- 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 - 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



Remembrance Day Ceremony



Pep Rally



On November 5th, three Memorial graduates were awarded Registered Apprentice Scholarships in a ceremony at the West Edmonton Mall Fantasyland Ballroom.

Taylor Balfour, Connor Gardiner, and Kieran Fleming were each presented with a \$1000 scholarship and certificate from Alberta Industry Training.



AWARDS NIGHT

Congratulations to these and all our many award winners for the 2022-2023 school year!



Governor General's Award
Ivanna Sumka



Gr. 11 Top Academic Student
Matthew Audet



Gr. 10 Top Academic Student
Addison Litvinchuk



Gr. 11 Top Athletic Students
Connor Majeau & Nicole Rolfe



Parker Tobin Memorial Award
Ty Sloan



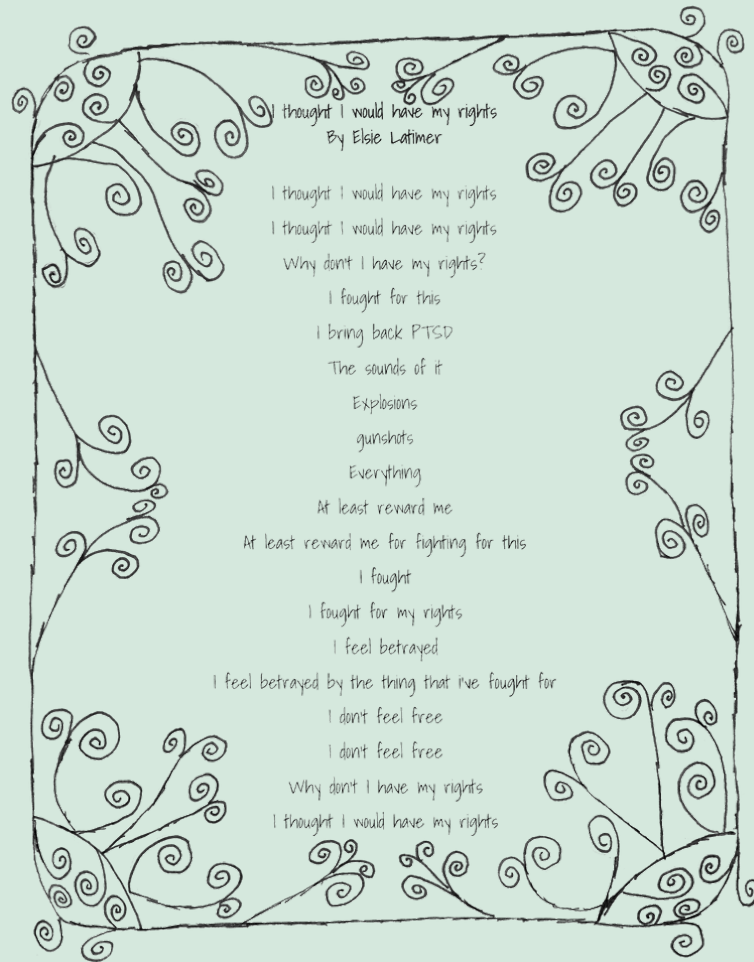
Choral Award
Cadence Corcoran



Leadership in Social Action Award
Nyla Michael



Transitions 10 students studied several themes around Remembrance Day, including the history of the poppy, Indigenous Veterans Day, and the role of animals in war. Students then submitted posters and poetry to the Royal Canadian Legion Poster and Literary Contest. Here are a few of the entries.





Artisan Hour Club

This month the Artisan Hour club has been working on their origami skills! They made origami turtles, as well as origami poppies for Remembrance Day. They are looking forward to making some holiday themed crafts later this month!



Foods 30 student, Kaylee Salter needs our help. She needs our daily votes. Why?

Kaylee has entered the greatest baker contest in the USA. Getting in requires daily votes (1/day for free); the resulting numbers of votes determine if she makes it to the next level of voting. Imagine what we could do if you vote daily. Imagine what we could do if our students voted to support one of our own students and imagine what we could do if you get this on your own social media to have your connections on Facebook vote for Kaylee.

VOTE HERE: <https://greatestbaker.com/2023/kaylee-salter>

VOTE



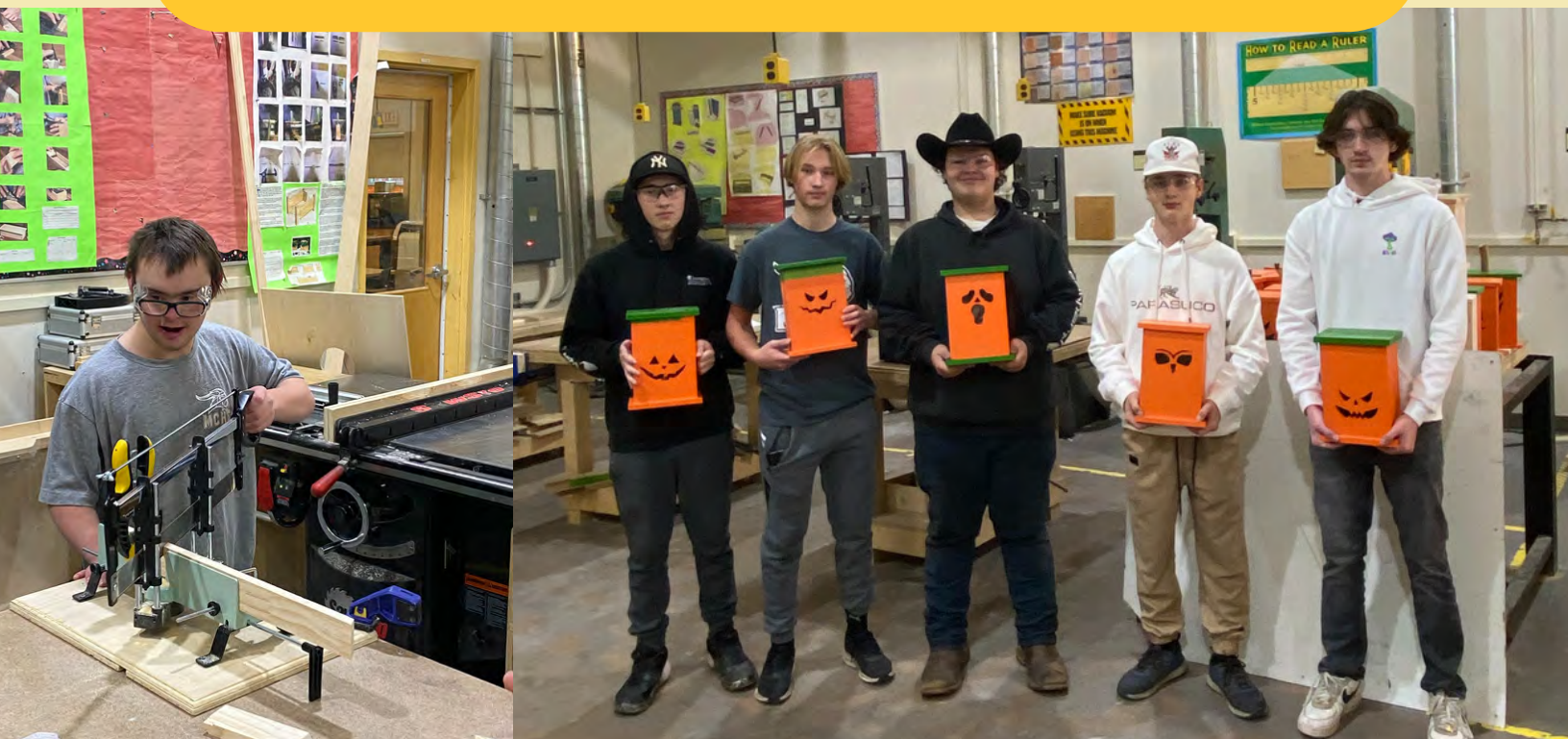
She is an avid baker who has her own home business and an excellent Foods 30 student. She is planning to go to NAIT next year for the Baking program. The link is below to see Kaylee and her products that she has submitted. It is possible to vote via a second method for those who do not have Facebook.

Construction

Mr. Clarke



This semester has been a productive one in Construction class with projects including pumpkin boxes, serving trays, cutting boards, bedside tables and end tables to name a few. Some enrichment students are also close to completing a DIY CNC build with Mr. Golka and myself. Soon we will be moving to the carpentry strand of construction with shed building.





MARAUDERS ATHLETICS



On November 8th, the senior men pulled off another great victory beating the 12-1 Lillian Osborne Legends 26-24, 25-13, 25-12. It was a masterful performance by a great group of guys.

Big thank you to all the people that came out to watch the game. Thank you to our bus drivers and anyone that assisted in any way.

A Memorial only team has never won one of these at this level since we joined Metro and so some cool history was made that night.

Cooper Bourke is a U of A Bears Ganza Allstar. To make this you have to be one of the top 24 volleyball players across Alberta. Cooper will be the first Memorial athlete to ever receive this honour.

JUMPLET GANZA ALLSTAR

ALL-STAR

NAME:
COOPER BOURKE

POSITION:
MIDDLE BLOCKER

SCHOOL:
MEMORIAL COMPOSITE
HIGHSCHOOL

HOMETOWN:
SPRUCE GROVE, AB





Congratulations to the Senior Men's basketball team who took home 2nd place in the Lillian Osborne Legends tournament on November 25th!



Swim Meet

Caregiver Education Team Newsletter

December 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:
Wednesday, December 6
12:00 – 1:00 pm

Part 2:
Wednesday, December 13
12:00 – 1:00 pm

Adult Education Sessions

More than Just a Bad Day

Understanding Depression

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Wednesday, December 20
12:00 – 1:00 pm

Participant Feedback

“I appreciated the delivery method of an hour webinar over the lunch hour.”

“I thought the use of chat / Q&A functions were also smart so that folks could still participate but without pulling the session off track.”

Sessions at a Glance



Professional Practice & Education
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Wednesday, December 6, 2023

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Wednesday, December 13, 2023

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Participant Feedback

"I am very grateful for the time and resources provided, any information and direction is appreciated to help with helping my [child]."

"I enjoyed the delivery to both presenters. Thank you very much, great work!"



Professional Practice & Education
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

December 2023



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, December 20, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback

“Lovely speakers today. Both facilitators spoke in a relaxed and friendly way.”

“You do great work continue supporting families and educational professionals with these great resources. It’s unbelievably helpful!”



Professional Practice & Education
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

COUNSELLORS' CORNER

It's hard to believe it's **December** already!?! In a little over a month's time, students will be preparing for and writing final exams. For some people, this can be a daunting task. The best way to alleviate exam anxiety is to PREPARE for said exam. That sounds simple. But what is the best way to prepare for a high-stakes exam?

Here are a few suggestions:

- **Know what you have to study.** Before an exam, know what it is you have to know.
- **Manage your time wisely.** Start studying early and study as often as possible. Research shows that if you study in 30-minute blocks and then take a short break you retain the most information.
- **Choose your best study environment.** Best studying takes place where there is a surface for writing, it is well lit, and it is comfortable.
- **Eliminate distractions as best you can.** Put your "devices" in a different room.
- **If you like to listen to music while studying, consider listening to classical music.** Research shows that classical music can actually improve your concentration.
- **Study smart.** Getting started on studying can be the hardest part. Begin with something small, something that you find simple, or with a subject you like - just get started!
- **Become involved in what you are studying.** Reduce your textbook or notes into flashcards. Try explaining things in your own words. Draw diagrams or create mental images to help understand complex concepts.
- **Stay healthy.** 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. Good sleep hygiene suggests you should be getting 9 - 10 hours of sleep per night, having a regular bedtime routine, NO television or cell phone in the bedroom, and NO screen time at least a half hour before bedtime. Healthy nutrition starts with a nutritious breakfast. Try to avoid excessive caffeine and sugar - while this may provide a boost in energy initially, it will lead to a crash in energy eventually. Thirty minutes of moderate to intense exercise (preferably outdoors) will help with concentration, sleep and motivation.
- **Study tool:** www.exambank.com is an online tool to complete practice exams for high school courses (Username: memorial & Password: torch)

As we are approaching the holiday season, I would like to share with you **two resources**:

- Grief Support for the Holidays
- Community No/Low-Cost Counselling Services



These resources are in addition to our existing public services listed and will be updated as required. All Mental Health resources and supports can be found on the *Town of Stony Plain website* under: **Help and Supports – Supports - Town of Stony Plain.**

Grade 10 - Ms. Cox

Grade 11 - Ms. Mazeereuw

Grade 12 - Mrs. Nuijens



FOOD STUDIES

Foods 30



Torte with chocolate ganache, cream berry filling and raspberry coulis



Black Box Dinner - students don't know ingredients beforehand



Puff pastry creations with apple, sausage and cheese

Foods 20



Butter Chicken with Basmati Rice



Wing Cook Off - create your own basting sauce



Blind baked crust lemon meringue tarts

Foods 10



Stir Fry



Perogies



Ancient grain salad with pulses

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