

THE MEMORIAL MEMO

THE TORCH HELD HIGH



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**Science volunteers at
Open House**



PRINCIPAL'S MESSAGE

Dear Memorial Parents & Guardians,

First, a congratulations to the Senior Boys basketball team for making it to Metro finals this weekend. They got to play on the Edmonton Stingers home court for their last game. Their season was undefeated and they should be very proud of the silver medals they earned.

Things turn a corner during March in high school. We have had the Open House so our new grade 10s have had the opportunity to see the great things Memorial has available for them when they attend here next year. It was super fun and our teachers really do know how to put on a show!

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

Also right nearby is the Rotary Bikeathon coming up on March 15 raising funds for the Alberta Cancer Foundation again. MCHS has raised over \$100K in the past three years and we are setting even high fundraising goals this year! This fantastic experience saw over 400 students in the gym for a great day of school spirit last year. Miss McGonigal and Mrs. Thomas have been the amazing leaders of this event. The deadline to enter is March 8.

In spite of all of this, March is a workhorse month. We have had a bunch of short weeks since January but now there are several consecutive five day weeks. A huge chunk of the curriculum is covered right now. Attendance, focus and homework are key right now. When we come back from spring break, the weather will be better and it will be harder to keep school work in the spotlight. Please continue to check in with your kids to find out about the fun they are having as well as the assignments they are completing. PowerSchool is your friend to know how your kids are doing.

Take care.

Sincerely,
Ms. Jensen, Principal

MCHS General Information

MARCH KEY DATES

04 - G&G Meeting - 6:30
04-07 - Grad Photo Retakes
07- Entrepreneurship Class Field Trip to Stony Plain Safeway
10- April 8 - Ramadan
10 - Daylight Savings Time Begins (forward one hour)
12 - Gr. 11/12 MacEwan Field Trip 8:25-3:00
13 - Parent Teacher Interviews - 5:00-7:00
11-15 Counselor Visits to Gr. 10 & 11s re: 21-22 Course Selection
14 - Outdoor Ed 10 Vertically Inclined Rock Gym Field Trip
15 - Rotary Bikeathon
17 - St Patrick's Day (Sunday)
18 - PSD Choral Celebration - 9:00 - Westview Baptist Church
18 - School Council - 7:00
18 - Community QSA Planning 4:30-6:30
20 - Indigenous Post Secondary Info Night 4:30-7:30
21-25 - Choir Trip to Disneyland
21-29 - School Trip to Japan
22- 24 Gr. 10-12 Sait Calgary Field Trip
22 - PD Day - No Classes
23-04 - School Trip to Germany
23-02 - School Trip to Portugal and Spain
25 - 01 - Spring Break
29 - Good Friday

APRIL KEY DATES

01 - Easter Monday - No School
02 - Sign up for Grad Performance in the Music room
08 - Jersey Day (Blue Jays first home game of the season)
08 - G&G Exec Meeting 6:30 pm
09 - Belonging Assembly - Blk 2 - Guest speakers Dr. James Makokis & Anthony Johnson
18 - Grad Assembly Blk 3 large gym
19 - Grad Ceremony Auditions - sign up deadline
22 - School Council - 7:00 pm
23 & 24 - MCHS to host PSD Visual Arts Celebration (Gee)
25 - Rotary Pancake Breakfast
26 - Valedictorian - Deadline April, 26

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 Ms. Reid, Mrs. Gemmill or Mrs. Girod 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](#).

If your student is [running late](#), please get them to check in to the office.

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:
March 18, 2024 @ 7-8:30 pm
MCHS Conference Room
All MCHS Parents Welcome!

Green & Gold Athletics

Next Green & Gold Executive Meetings:
March 4, 2024 @ 6:30 [Gmeet Link](#)
&
April 8, 2024 @ 6:30
MCHS Conference Room or Google Meet

Parkland School Division

Stronger Together Newsletter

Latest Issue: Navigating your child's educational journey.

Explore this month's issue for a spotlight on Self Regulation & Independence. And tons of community resources and contacts.

[Click here to view all Stronger Together Newsletters from Parkland School Division](#) which includes learning opportunities in the Strong Families series.

[Green & Gold Website](#)



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](#)

COUNSELLORS' CORNER

Open House for New Grade 10 students and their parents was held on February 13, 2024, please see the website for further information.

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

Then after Spring Break, grades 10 and 11 will enter their course selections in PowerSchool for the 2024/2025 school year. More details to come.



Grade 10 - Ms. Cox

Grade 11 - Ms. Mazeereuw

Grade 12 - Mrs. Nuijens



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.

Grad Ceremony Performances

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

Apr 2 - Sign-up sheet available in the Music room

April 19 - Deadline for auditions

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

Upcoming Student Events in April (watch for the announcements)

Valedictorian Speech Application

Grad Speech Applications - Historian, Tribute to Staff, Tribute to families, Indigenous Blessing, Land Acknowledgement, Grad Song Voting

Graduation Student Assembly - April 18 during Blk 3 in large gym

Graduation Fees

The Grad Fee for Option A or B are due for all students wanting to participate in the Ceremony. Families who have purchased Option C are indicating that the student will not be participating in the Grad Ceremony. Payment can be made online through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance office.

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

Graduation Tickets

Ceremony ticket sales will run from June 1 starting at 9:00 am until June 20, 2024. The individual ticket price and number of ticket available per student has not yet been determined. Graduates will not require a ticket.

Graduation Requirements

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

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

Jostens Class Rings & Graduation Keepsakes:

MCHS Class of 2024 students can design their ring they have also given all grads an extension until March 14 to take advantage \$60 OFF use discount code: [WB60CAD](#) - [Jostens Representative](#)

Graduation Photo Retakes or First Time Photos:

Graduation photo retakes will be held March 4 - 7, 2024 at MCHS. Proofs from the first photo session must be handed in at the time of retakes or a fee of \$25.00 for the second set will be imposed by Lifetouch. The fee is payable directly to the photographer at the retake session.





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



Registration Reminder - 2024-2025

If you haven't already done so, it's time to register for the next school year! That includes busing if you need it. Registering before the **Friday March 22nd deadline** will help us immensely in planning for next year both at our school and at the PSD Transportation department. Work is currently underway building bus routes for next year already.

Any applications received after the application deadline may not be processed in time for the first day of school. If your child does not have a valid bus pass for the 2024-2025 school year, they will not be able to ride the bus.

How do I get started?

Visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

- Select your child's name in the blue bar at the top of the screen.
- Select the RSVP icon on the left side of the screen.
- Begin reviewing all of your current Student Information we have on file, and follow the instructions on the screen to navigate through the various tabs in the form (Student Info, Address, Contacts, Medical, etc.).

I can't remember my login for the PowerSchool Parent Portal.

If you aren't able to retrieve your login credentials using the "Forgot Username or Password?" link on the sign-in page, please contact the school directly for assistance logging in to the Parent Portal.

Course Selections

For the current grade 9 students coming into MCHS for grade 10. The grade 10 counselor and administrator are visiting the feeder schools with information on how course selection works. They will bring a copy of our course selections for your child's teacher to put recommendations on at the top of the sheet for their core courses. That sheet then goes home for students and parents to review and select their additional option courses. Parents will sign off on this sheet. It then goes back to school where the student's teacher will help students enter their selected courses online. MCHS will review and approve these when we start building students timetables. Please ensure you have completed the registration at MCHS **BEFORE** the March 22, 2024 deadline.

The current grade 10 and 11 students will have their grade counselors come to their classes at the beginning of March to discuss the course selection process. Students will input their course selections after spring break and **MUST BE** registered before their course selections can be complete. More details to come.

Coming Up!

Good To Know!

MONDAY: TORCH TIME TOPICS

- Mar 11: Monday Lesson: Course Selection Info
- Mar 18: Monday Lesson - Online Responsibility and Safety
- Mar 25: No School - Spring Break
- April 1: No School - Easter Monday
- April 2: (Tuesday) Torch Time Sign Up Blk 1

Here are the topics of upcoming Monday Torch Lessons. Please check in with your child in regard to what they have learned. This is a great opportunity for a family conversation about values surrounding the topic.

Lost Minutes = Lost Learning

It's important to arrive and be ready to learn before the school bell rings. Showing up 15 minutes late each day is the same as missing two weeks of school in one year!



PARKLAND SCHOOL DIVISION

Attendance Matters



Memorial Mania is kicking off Friday March 1st, 2024 at lunch

in the large gym! This is a series of Grade 12 vs. Staff competitions. We will be having one event per month until the end of the school year. Whichever team wins the most competitions at the end of the year will be the winner.

The first event will be musical chairs!! The team with the most participants wearing Memorial Swag will get 1 extra team member. The second event will be Dodgeball on **Thursday, March 21.**

Substitute Teachers and Casual Support Staff

APPRECIATION WEEK

MARCH 11-15, 2024



INDIGENOUS POST-SECONDARY GATHERING

First Nation, Métis, and Inuit students will have the opportunity to:

- learn about programs and services offered specifically to Indigenous students
- meet with representatives from different university, colleges, trade programs
- find out about courses, admissions, scholarships & bursaries
- discover the wide variety of opportunities locally and throughout Alberta



MEET WITH...

- Red Deer Polytechnic
- PORTAGE COLLEGE
- Rupertland Institute
- UNIVERSITY OF ALBERTA

PLUS MANY MORE ORGANIZATIONS

Memorial Composite High School
50 Westerra Center, Stony Plain

5:00-7:30pm

MARCH 20, 2024



Memorial Composite High School
Annual Bikeathon will be held on
Friday, March 15, 2024

The Bike-A-Thon is coming up quick! Our goal is to try and beat our fundraising totals from last year.

You have until 2:30 PM on the day of the bike-a-thon to keep getting additional donations in and have it count toward your individual and team fundraising totals.

Prizes

The person who raises the most money for the Alberta Cancer foundation will get to choose which prize they would like first. (Some of the prizes include: a Play Station 5, a TV, Bluetooth speakers, and more!)

The second-place person chooses their prize next, and then the third place.

There will also be a team prize for the team that raises the most money!

Donation Payment Options

If you **do NOT** require a tax receipt.

- Cheque: Please make all cheques payable to PARKLAND SCHOOL DIVISION
- Cash or Card: Pay with Ms. Miller in the finance office

If you **DO** require a tax receipt.

- If you donate more than \$20 (not including the registration fee) you are eligible for a tax receipt.
- If you donate less than \$20 you are not eligible for a tax receipt.
 - Cash: Cash donations cannot receive a tax receipt.
 - Cheque: Make the cheque payable to ALBERTA CANCER FOUNDATION
 - Card: Can pay online on the 2024 Memorial Composite High School Bike-A-Thon team fundraising page for the Alberta Cancer Foundation - <https://fundraise.albertacancer.ca/team/564879>.

IMPORTANT: If paying donations online directly to the Alberta Cancer Foundation, please indicate which participant the donation is for. If you do not indicate who it is for, we will not be able to add it to their fundraising totals.

Feel free to share the Alberta Cancer Foundation Link with family, friends, on social media, etc.

Please let me know if you have any questions!

Let's fight cancer together!



Memorial German

Past Events:

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

Upcoming Events:

German 20 and 30 Food and Culture trips: TBA

German 10/20/30 Pretzel Day: TBA

MCCHS / SGCHS Class trip to Germany: over Spring Break



In the German classroom:

German 20 and 30 are progressing in their learning of more complex language structures while advancing their knowledge of Germany and its culture.

German 10 students are beginning to learn everyday German phrases while learning about German geography and culture.

General Information

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

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

Deutsch lernen macht Spass!

Japan Trip Spring Break 2024

Memorial Composite High School and Spruce Grove Composite High School are taking 36 students to Japan! 15 students and 3 chaperones from SGCHS and 21 students and 3 chaperones from MCHS are going to be in Japan from March 21 to March 29, 2024. We will be visiting Tokyo, Hakone, Kamakura, Kyoto, Nara, Osaka and various sites in between! Final Pre-Departure meeting is March 5, 2024 at 6:00 pm. We are all excited and looking forward to this wonderful opportunity!



What Happened in February ??

FEBRUARY KEY DATES

- 01 - Semester 2 First Day of Classes
- 05 - Timetable Change Deadline
- 05 - First Time Parents Night - 6:00 - 8:00
Large Gym
- 05 - G&G Executive Meeting - 6:30
- 06 - MCHS Jr. Girl's Basketball Game - vs
J. Percy Page 5:30 - 8:00
- 08 - 09 - Teachers' Convention - No Classes
- 12 - 2024/2025 - Online Registration Opens
- 12 - Marauder Music Parents Association
Meeting 4:00pm
- 13 - MCHS Open House & First Time Parents
Night 5:30-8:00pm
- 14-28 Feeder School Visits
- 14 - Valentine's Day
- 14-15 Jostens Grad Order Days 10:30 - 12:30
in the Common Area
- 16 - PD Day - No Classes
- 16 - MCHS Sr. Basketball Tournament
- 19 - Family Day - No School
- 20 - MCHS Jr. Boy's Basketball Game vs Oscar
Romero 5:30 - 8:30
- 21 - MCHS Sr. Men's Basketball Game vs. St.
Joseph 5:00 - 9:00
- 21 - MCHS Sr. Women's Basketball Game vs.
Edmonton Christian 5:00 - 9:00
- 26 - School Council - 7:00
- 28 - Pink Shirt Day



OPEN HOUSE

FEBRUARY 13



Learning IS FUN



SUBJECTS



LAW STUDENTS

Bowling Field Trip: February 15th



MCHS
Fernie, BC Ski Trip
Feb 16-18, 2024



We are excited to announce that Logan Macaulay has been awarded the Verna J. Kirkness Education Foundation Scholarship and will be attending the University of Calgary for a week this summer!
Congratulations Logan!!



CONGRATULATIONS



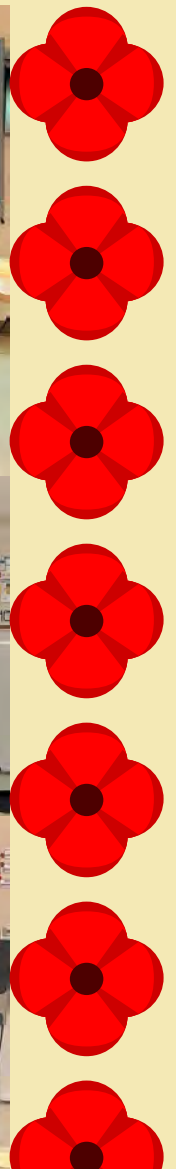
In November, students from the Transitions 10 English class submitted posters and poems to the National Youth Remembrance Contest. With support from The Royal Canadian Legion, this contest invites Canadian youth and children to honour Canada's Veterans and foster the tradition of Remembrance through visual art, writing, and video.

We are excited to share the accomplishments of four students who received awards for this contest: Elsie Latimer, 1st Place, Senior Poem; Eli Okeymow-1st Place, Black and White Poster; Jackson Gjertsen-2nd Place, Black and White Poster; Cyrus House-1st Place, Color Poster.

Legion President Gord Morrison and Poppy Chair Andrew Benkovich presented the recipients with a certificate and cash prize on Feb 27, 2024.

We are proud that our students continue to uphold the legacy of Memorial Composite High School, which was named to honor those who served in WWII. Way to keep 'the torch held high'!

(Not in attendance: Cyrus House)



CARNAVAL

FEBRUARY 29 ench



2024 - pour la premiere fois

MCHS MINI CARNAVAL D'HIVER

Activites Musique Nourriture
Boissons Jeux Amusant

LE 29 FEVRIER 14H

**A LA SALLE DE MUSIQUE
ET DEHORS**





The Marketing class will be traveling to Safeway on Thursday, March 7 to learn how grocery stores use visual merchandising to sell products. During the visit, the students will get a tour of the store to learn why grocery stores are laid out like they are, how displays are used to increase sales, etc. Thank you to Dave McBride (Manager of Safeway) for making this happen for our students.

On February 24, the Memorial Business Competition Club will be attending a virtual workshop to prepare for the SAIT Case Clash that will happen on March 23-24 at the SAIT campus in Calgary. Prizes for the competition are: 1st place - \$700, 2nd place - \$500, 3rd place - \$300. Members of the Business Competition Club include Barrett Ellert, Hunter Hollands, Jaden Van Dasselaar, Jeanne Kubota, Sierra Androschuk, Hailey Janzen, Maria Verdugo, Quinlan Presley, and Elijah Wilfert. Any students interested in joining the club can speak to Mr. Stuckey in room 1068 for more information.

Have you taken a business class at Memorial? This class includes Accounting, Marketing, Entrepreneurship, Office Computer Skills, and Legal Studies. If you're looking for a new hoodie to show your Memorial pride and personality, come check out the latest collection available in room 1068. The hoodies are available in sizes S, M, L, and XL, and come in black, green, stone gray, and charcoal gray. The best part is that they are only \$33.50 each. If you're interested, Mr. Stuckey in room 1068 can provide you with more information.

We would like to thank the following businesses for their support

Hawkings  Tinney LLP
Chartered Professional Accountants

 NATIONAL BANK
FINANCIAL
WEALTH MANAGEMENT

MULLANE | WEALTH
MANAGEMENT
GROUP



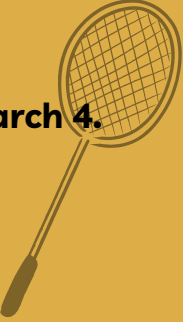


MARAUDERS ATHLETICS



Basketball Teams are into Playoffs the last week of Feb.

The Badminton team are just starting their season and their league starts on March 4.



Handball teams for both (mens & womens) are having tryouts on Tuesday Feb. 27, Thursday Feb. 29, Friday Mar 1 and Monday Mar 4.

Please check times on our announcements.



Memorial will also be running a Rugby 7's women's team. If any men or women are interested in 15's Rugby we will be teaming up with Spruce Grove Comp to put a team together. See Mr. Drolet for more information.

Memorial Soccer, Track & field and Slo pitch will have tryouts closer to Mid April as weather permits.



Jr. Basketball - Womens



Jr. Basketball - Mens



Badminton Team



Sr. Basketball - Womens

Construction



Construction 20

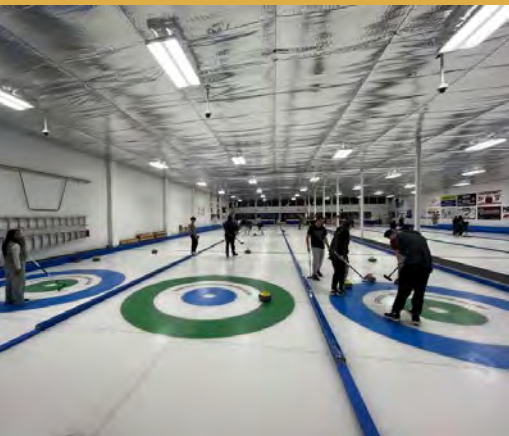
The class has been extra busy building a garden shed and cabinets alternating every few days. Busy kids!



OUTDOOR ED



PE classes went curling this month
Outdoor Ed has done a bunch of outdoor winter activities!!



FOOD STUDIES

Foods 30



Lemon Ricotta Pancakes



Poached Egg on Polenta



Eggs as a thickener

Foods 10



Whole Grain Pasta and Cheese Sauce



Seasoned and Garnished Baked Potato Knife Skills & Vegetable Cutting



Salon Services

Solid Color \$25.00

Highlights \$30.00

Highlights and Colors \$40.00

Haircut \$5.00

Style \$5.00

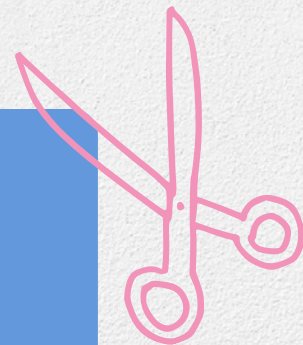
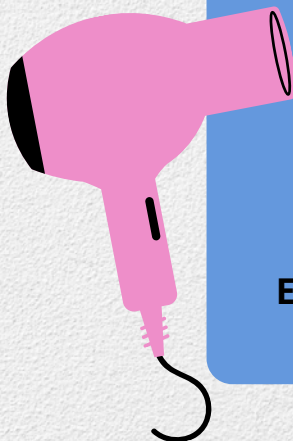
Updo \$5.00

Deep Conditioning Treatment
10.00

Facials \$5.00

Manicures \$5.00

Email: Jessica.Gardner@psd.ca to
book an appointment



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](#)

[Community resource directory for the Town of Stony Plain, Spruce Grove 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