

# THE MEMORIAL MEMO

*THE TORCH HELD HIGH*



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Unified Club on May 28th at Harry Ainlay High School.

## PRINCIPAL'S MESSAGE

Dear Parents & Guardians,

I've been going through a good number of "lasts" in the past few weeks. As you know I am retiring and will be leaving my role as Principal though I might dabble in some support tasks here and there. I have spent the last 35 years surrounded everyday by caring, hardworking, knowledgeable and inspirational colleagues. I've gotta say that I am going to miss this atmosphere. There's a lot of positivity in the world of education.

There are two things I would like to say in my last newsletter message. The first thing that I would like to say is, Thank you, Stony Plain.

I have spent the last 18 years of my career working in this community, eight at Memorial. Schools are a clear reflection of their community. What you have in your community, you will find in your school. Is Stony Plain perfect? No. No place is. But what I have overwhelmingly seen in all three of my schools here has been cheerful, well spoken, respectful, and caring young people who are connected to their community. In my humble opinion, that is who makes up Stony Plain and it has been a pleasure working with your kids. Thank you for sending them to us.

The second thing I would like to suggest is to take care of your teachers. We are a “hurtin’” sector at the moment. Kids and families are different since the pandemic and we are still negotiating our way to figure out how to support the dramatic increase in complexity that some families bring to us. Artificial intelligence is about to turn classroom instruction on its head. There are some foundational elements of teaching that have suddenly become invalid. There are going to be huge instructional opportunities coming from this but we are just figuring that out at the moment. Our society as a whole has an increased culture of accountability (which is a good thing) that has led to a notable increased, time consuming requirement for teachers to tend to bureaucratic tasks. Even with all of this, they walk into school each day looking forward to seeing your kids, hearing how their weekend was, finding out about their goals and successes, and supporting them through challenges. Most are coaching or have clubs. They all care deeply about their students and Memorial and are trying their best each day without asking for much. A little support and a spirit of working together goes a long way.

It has been an honor and a privilege to lead such a dedicated and passionate team at Memorial and to witness the incredible growth and achievements of our students. While I am excited for the new adventures that await me, I will always cherish my Memorial memories. I leave with a heart full of gratitude and pride, confident that the future holds great things for all of you.

The Torch Held High!

Ms. Jensen



# MCHS General Information

## JUNE KEY DATES

01-20 - Grad Ticket Sales  
03- Personal Fitness class field trip to Fitset Ninja  
03 - LAST G&G Executive Meeting  
03-04- Outdoor Ed Class field trip to Camp Warwa  
03-07 - Pride Week  
04 - Pride Festival  
05 - Indigenous Graduation Ceremony - 5:30-7:30pm  
11 - English Diploma - Part A  
12 - Social Diploma - Part A  
12 - Athletics Banquet 5:30-8:30  
14 - Last Day of Classes  
16 - Father's Day  
17-26 - School Exams  
17 - Math Diploma  
18 - English Diploma - Part B  
19 - Social Diploma - Part B  
20 - Biology Diploma  
20- LAWS Grad Ceremony @ 1:00  
21 - National Indigenous Peoples Day  
21 - LAWS Last Day of Classes  
21 - MCHS Walk the Talk - AM  
24 - Chemistry Diploma  
24 - LAWS visitation to REAL program  
25 - Physics Diploma  
26 - Science Diploma  
27 - High School Turnaround Day - No School  
27 - Grad Ceremony - Edmonton Convention Center  
28 - PD Day

## 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**



SUMMER  
HOLIDAYS



## 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](mailto: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 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

2023-2024 Dates

To Be Announced in September/October

## Green & Gold Athletics

Last Meeting: June 03, 2024

2023-2024 Dates:

To be announced in September/October

## Green & Gold Website

## Parkland School Division

### Stronger Together Newsletter

*Latest Issue June: Summer is Coming*

Explore this month's issue for a spotlight on Summer School through Connections for Learning. 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.



### 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](#)

# COUNSELLORS' CORNER



## Exam Preparation Tips

### Tip #1 - Get Organized

- Balancing your life
- How to make everything fit in a day-staying on track
- Time management-planner or procrastinator
- Morning person vs. an evening person
- Key dates in a planner, notebook, or calendar

### Tip #2 - Designate a Study Area

- Location, location, location
- Surface
- Sitting vs. lying down
- Lighting
- Temperature
- Potential distractions
- Music
- Space

### Tip #3 - Develop a Study Plan

- Know when the test will take place
- Type of test-multiple choice, short answer, essay
- Topics covered
- Pace yourself before the actual test-ie review a bit everyday
- Goal setting
- Reward yourself with mini breaks ie study 30 minutes, 5 minute break

### Tip #4 - Know the Expectations

- Know exactly what you need to study
- Pay attention to what your teacher is emphasizing during class/review
- Attend classes, missing too many classes will add up
- Ask questions, active listening
- Use old/practice tests-from teachers, exam bank
- Know what's on the course/test outline

### Tip #5 - Study Smart

- Small steps, chunks
- Study groups
- Highlight key words
- Use of mnemonic-Music eg bdf
- Flashcards-vocab, key points
- Practice questions
- Share, write, and/or review notes
- Watch videos

### Tip #6- Positive Thinking

- Having the right mindset makes a difference
- Catastrophic thinking-reframing
- Positive self talk
- Pay attention to your internal dialogue (putting things aside and letting go of frustration)

### Tip #7- Self-Care

- Sleep
- Regular exercise
- Healthy nutrition
- Hydration
- Leisure activities
- Personal time It's all about balance! It's like taking care of your car

And here is a QR code for information on test anxiety in case you need something else. And we have paper copies in Student Services as well.



**PLEASE SEE THE \*REVISED\* EXAM SCHEDULE BELOW**

**Grade 10 - Ms. Cox**

**Grade 11 - Ms. Mazeereuw**

**Grade 12 - Mrs. Nuijens**



# MCHS EXAMINATION SCHEDULE - \*REVISED\*

## June 2024

June 2024	MCHS School Exams	Diploma Exams
June 11 (Tuesday)		AM English 30-1, 30-2 Part A
June 12 (Wednesday)		AM SS 30-1, 30-2 Part A
	Large Gym	Small Gym
June 17 (Monday)	AM Eng 10-1, 10-2, Phys 20, Math 20-3, Math 31	AM Math 30-1, 30-2
June 18 (Tuesday)	AM Math 20-1, 20-2, Sci 10, 14, 24	AM English 30-1, 30-2 Part B
June 19 (Wednesday)	AM Eng 20-1, 20-2, Math 10-3, 30-3	AM Social 30-1, 30-2 Part B PM
June 20 (Thursday)	AM Science 20, Math 10C, Biology 20	AM Biology 30
June 24 (Monday)	AM Chemistry 20, Social 10-1, 10-2	AM Chemistry 30 PM
June 25 (Tuesday)	AM Social ,20-1, 20-2,	AM Physics 30 PM
June 26 ( Wednesday)	AM Conflict Exams	AM Science 30

**German, Japanese and French Project Finals are individually scheduled during the two weeks of exams.**

### Please Note:

**Morning Diploma exams start at 9:00 am  
All morning School exams start at 8:30 am**

Updated 05072024

# Graduation



## Grad 2024

We're excited to celebrate the Class of 2024 at the Graduation Ceremony in honour of their milestone academic achievement.

Date: Thursday, June 27, 2:00 pm  
Location: Edmonton Convention Centre  
Doors Open: 1:15 pm for general seating

### Graduation Day

#### Student Arrival & Grad Assembly Area (Hall C)

Grads are requested to arrive no later than 1:30 pm and will be required to proceed to the Grad Assembly area (Hall C). Please be advised that backpacks, bags, and outside beverages are prohibited in the Grad Assembly area and are subject to inspection. Once the Ceremony is underway, Hall C will not be monitored by the Edmonton Convention Security Team or Memorial staff to protect personal items. Therefore, any bags brought to the venue must be left with family as Memorial Composite High School and the Edmonton Convention Centre are not responsible for lost or stolen items. Water stations will be available in the Grad Assembly area for the graduates.

#### Guest Information

All Guests must either have a digital or printed copy of their ticket ready to be scanned for admission. Each scanned ticket is a one time admission.

Restrooms are available inside the venue for your convenience. Out of respect for the graduates and their families once the Ceremony has begun the main doors will be locked and should a guest choose to leave there will be a restricted re-entry policy in effect.

Duration of the ceremony will be approximately 2-2.5 hours long.

#### Late Guest Arrival (1:50 pm or later)

Guests arriving late will be directed to Hall B (East) doors for admission. Once the Ceremony and processional of graduates has begun guests will be held at the doors until all graduates have been seated.

#### Photography

Access in front of the stage for photography during the Ceremony will not be permitted to avoid obstructing the view of the graduates and other guests. The Ceremony is being recorded and will later be uploaded on the MCHS YouTube channel.

Please refer to the Memorial website for the [Ceremony & Ticket Information](#)

**Please Note: If the purchaser of the ticket wants to transfer to a guest both the transfer-er and the transfer-ee must have a ShowPass Account**

**If you encounter any issues with the online ticket sales process or have questions regarding your purchase please contact: [support@showpass.com](mailto:support@showpass.com)**







# PROM NIGHT

# is almost here

## Thursday, June 27, 2024

### Heritage Pavilion, Stony Plain

When you send the E-Transfer, please put the name of yourself and your guest in the comment section!



MEMORIALCOMPGRADPARENTS

- Doors Open at 7pm
- Close at 1:30am
- Appetizers & Finger Food
- Graduate + Guest
- DJ, Dance & Photo Booth
- Refreshments
- Sign in & Sign out
- No one in attendance is permitted to drive

Coming  
Up!

Good To  
Know!

## MONDAY: TORCH TIME TOPICS

**June 3:** Mem Mon Lesson - Pride Month

**June 10:** BAM Student Survey

**June 17:** No Torch Time

**June 24:** No Torch Time

*Here are the topics of upcoming Monday Torch Lessons. Please check in with your child in regards to what they have learned. This is a great opportunity for a family conversation about values surrounding the topic. Slideshows from the Torch lessons will be posted to grade level Google Classrooms.*

The MCHS Vocal Ensemble is proud to present their year-end concert, "Fluff and Substance" a choir concert exploring some very serious themes and some very silly songs. The students have worked hard learning the repertoire and planning a great show, Monday, **June 3 at 7:00 at Horizon Stage.**

## BLIZZARD SALE



MCHS Music will be having a  
Blizzard Sale

**JUNE 6**

@ lunch

in the common area

\$5 cash or \$5.25 w/card

# FLUFF & Substance

**MEMORIAL COMPOSITE  
HIGH SCHOOL  
VOCAL ENSEMBLE**

**JUNE 3**

7:00  
HORIZON STAGE

WITH THE JUNIOR HIGH CHOIRS  
OF GREYSTONE CENTENNIAL  
AND ECOLE MERIDIAN HEIGHTS

TICKETS \$10  
AVAILABLE THROUGH MCHS  
780-963-2255



Memoria Mania, the Staff versus Grad series of competitions, final event will be on **June 13th at lunch.** The first annual Memorial Mania winners will be crowned after the slo-pitch game. All students and families are invited to come cheer and watch the final event from 11-12 on the 13th! Hope to see you there!

## Important Registration Dates

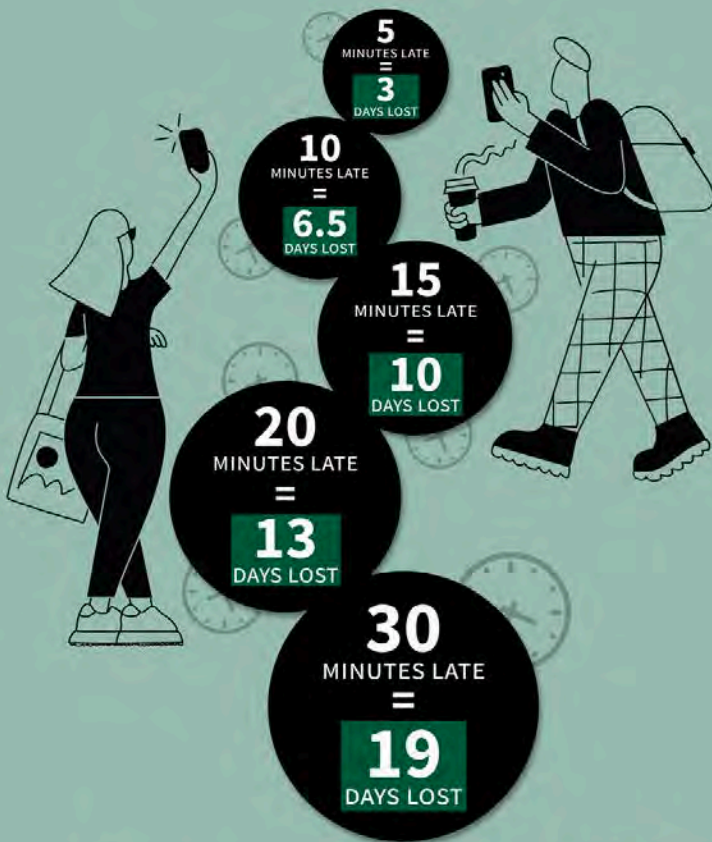
- **Thursday, June 20, 2024** - Bus pass deadline to make payment arrangements or pay-in-full.
- **Early July 2024** - Bus passes and route numbers will be mailed to parents starting at the beginning of July.



## 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!



The Last Anime Movie Night is June 7, 2024 from 4:00 pm until 9:00 pm starting in room 1065. \$10 for Pizza and Pop must be paid to Ms. Miller in the Finance Office by Thursday, June 6, 3:30 pm. There will be games, a Cosplay contest and anime! Come Check It Out!



Japanese class is wrapping up and we will be having a Chopstick/Food Day coming up on June 7. It's a fun day for students to learn how to use chopsticks and sample a little bit of Japanese food.

## YEARBOOK

Yearbook is starting to wrap up. The Yearbook students have been working hard on completing this year's yearbook as well as come up with ideas for next year's 75th anniversary yearbook!

The yearbook students are also working on the last student slideshow that gets shown in the Common Area. We want to make sure we share as many memories from now until then as much as possible!



# SUMMER WORK EXPERIENCE

Students interested in enrolling in work experience for the summer can meet with Ms. Klemp to get the process started. There are two steps to follow:

## 1. SUMMER SCHOOL REGISTRATION

Enroll in Summer School through Connections for Learning Website links.

<https://highschoolpathways.schoolsites.ca/high-school-summer-school/how-to-register>

The course you are enrolling in is "Work Experience". Deadline: June 24, 2024



Registration for Summer School is open and will remain open until **Monday, June 24, 2024.**

<https://cfl.psd.ca/programs/summer-school-homepage>

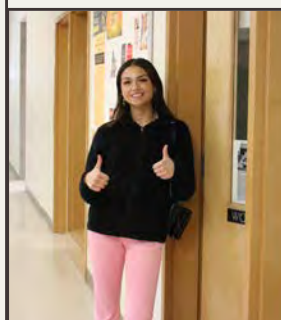
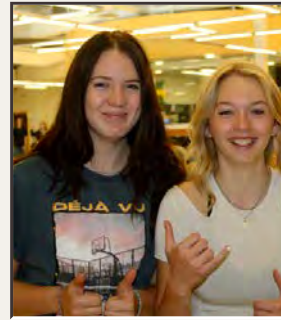
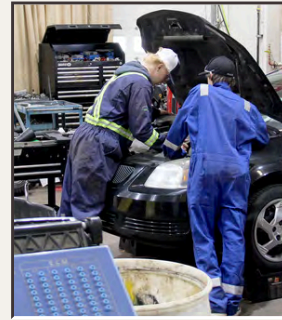
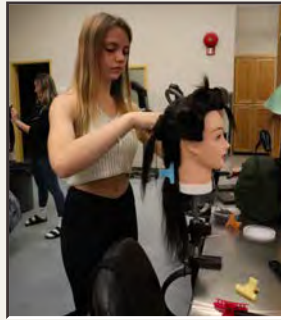
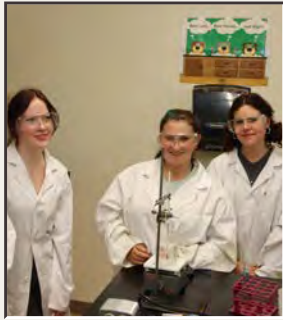
**CLICK HERE**

## 2. WORK EXPERIENCE PROGRAM REGISTRATION

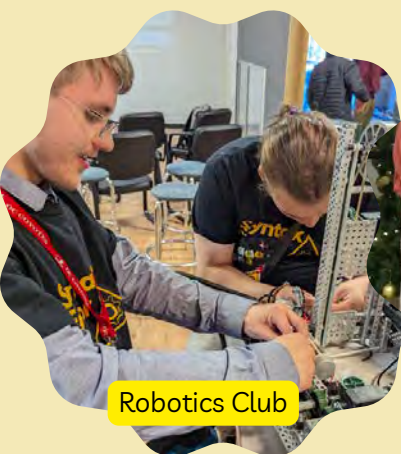
Book an appointment with Ms. Klemp by talking with Mrs. Mitchell in Student Services. Fill in the paperwork and return to Ms. Klemp immediately, if you want to start counting hours before July 2nd. Paperwork must be returned by June 24th to register for summer school work experience.



# 2023 Student Life 2024



# 2023 School Events 2024



Robotics Club



PJ Day



Fernie Ski Trip



Halloween Contest



Club Fair



BikeAThon



Open House



Disney Trip



Germany Trip



Meme Fest



Spain Trip



Fishing Club



Japan Trip



MMIP Walk



Unified Club



Shikai Exchange

# What Happened in May ??

## MAY KEY DATES

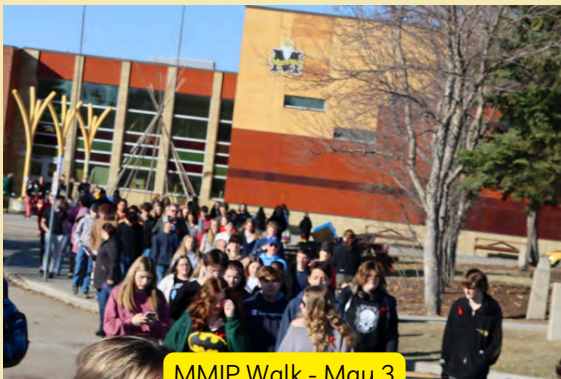
- 01 - Initial Grad List Posted
- 01- 04 Business Class Competition Saskatoon University Field Trip
- 03 - **MMIWG2S Red Dress Day (May 5)**
- 04 - Memfest - Anime Convention 11am-4pm
- 06 - G&G Executive Meeting - 6:30
- 06-09- Parkland County Athletics Badminton Championships at MCHS
- 06-10 - Mental Health Awareness Week
- 07 - Acheson Business and Trades Career Tour - High Schools
- 08 - **Hats On For Mental Health**
- 12 - Mother's Day
- 10 - Grad Speech Meeting/Applications
- 13 - Outdoor Education Class Field Trip to Laurier Park
- 14- Social Class Field Trip to Edmonton Public Library Holocaust Symposium
- 14 - Grad Ceremony Auditions in the music room during the lunch hour
- 16 - German Class Field trip to Whyte Ave
- 17 - PD Day - No Classes
- 20 - Victoria Day
- 22 - Metis Sash & Eagle Feather Teachings - 3:30-7:30 Library
- 23 - Outdoor Education Class Field Trip to Hermitage Park
- 27-29 -PE/Outdoor Ed Camping Trip to Kootenay Plains
- 27 - LAST School Council - 7:00 - Feeder School Parents Invited
- 30-31- Business Class Field Trip to University Of Calgary Innovators at Inventions Conference
- 31 - Final Grad List Posted



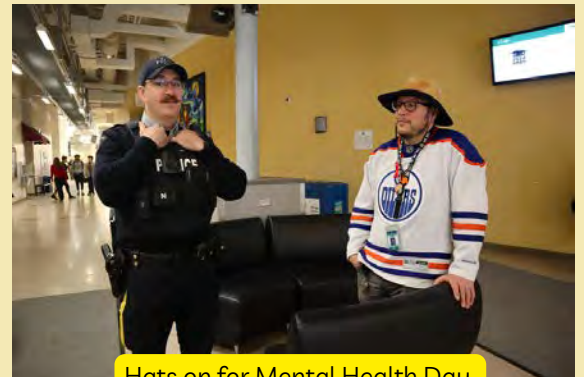
Comm Tech



German Class



MMIP Walk - May 3



Hats on for Mental Health Day



Calligraphy Day



One Acts

# Congratulations



Congrats to (left to right) Eli Okeymow, Elsie Latimer and Cyrus House!

After each winning the Legion's Remembrance Day Poetry and Poster contest at the local level, these students also each WON SECOND PLACE in their category at the district level (branches all the way from Jasper to East Edmonton).

Poppy Chair Andrew Benkovich was here to present each of them with certificates and a cash prize.

Please give them a kudos if you see them.



### Badminton Champions:

James Coghill  
Nick Goulet  
Carson McKenzie

### Runner-Up

Ryland Douglas  
Tyler Colgan

## CONGRATS

Alberta School Board Association Honouring Spirit Awards Honorable Mention

Goes to:

**Alyssa Cardinal-Rain**

**Cianna Rain**

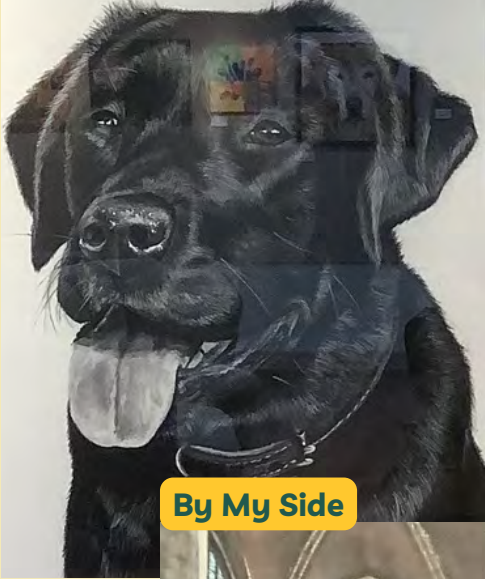
**MacKenzie Callihoo**

**&**

**Harmony BirdHouse**







**By My Side**

## Allied Art Council Awards - Congratulations

Congratulations to all the students who participated in the recent Allied Art Council High School contest and show!

Two of our students placed at the Art Council High School show this past weekend.

This is a competitive art contest and it was judged by peers and artists.

View all art here: <https://www.alliedartscouncil.com/2024-hs-show>



**Feelings of Despair**



**Behind Closed Doors**

**Teagan Jensen -  
Gr. 11 1st Place**



**Dana Smith - Gr. 12 1st Place.**

**In my Room**



## **OUTDOOR ED**



**Fieldtrip to Laurier Park**



**PE 30 and Outdoor Ed 20s went camping in Kootenay Plains**



# Environment Club



## Decarbonize Retreat:

The Environmental Club had a life-changing experience at Decarbonize’s 2024 Writer’s Retreat. On April 19-21 the club stayed at Camp He Ho Ha in Seba Beach to write a Canadian Youth Climate Manifesto. The manifesto features Canadian youths’ concerns, demands, and hopes about the future of climate policy that would be presented to major players in the environmental space, including a member of the Canadian Senate. The event was put on by Decarbonize, which is the “world’s largest, multilingual school-based program on climate education, advocacy, art, and action.”. Students from Alberta, New Brunswick, and Ontario came for the writing retreat. The club met and shared ideas with students from across the country, forming life-long bonds and life-changing experiences. Members Sage Kuehn and Hanna Wilks presented the paper to a member of the Senate as well as CEOs of other education focused environmental groups. Hanna Wilks also won the “Best Rookie Award” at the retreat!

The club worked hard to conduct research and complete surveys to prepare for writing the paper. Club supervisor Mrs. O’Grady worked tirelessly to ensure the students were able to go, and Mrs. Duncan went with the group to supervise and assist with the group’s activities. Besides writing the manifesto, club members designed climate art, met the Latin American Decarbonize branch, received wisdom from Kookum Violet, and participated in group bonding activities. This experience inspired new members with ideas for projects in the years that come.

## Care Kits:

The environmental club was given an opportunity this year to create zero waste care kits for the homeless. The club applied for the Young Edmonton Grant from the Edmonton Community Foundation in which they received \$1400 to create the kits. Working with local businesses such as The Local Refillery and Whimsical Vintage Creations, and Jack’s Drive In, the club was able to acquire enough materials for 20 care kits. Within the bag, there were refillable bottles of shampoo, body and sunscreen to reduce single use plastics as well as biodegradable menstrual products among other things. During torch time, a few senior members worked with younger students outside of the club to garner interest and show them how the club works. The club is excited to give away the care kits at The Stony Plain Public Library and see some change in and around the town.



# Construction



Grade 10 students have been building benches.  
Grade 11 students have been finishing up cabinets and  
Grade 12 students are finishing up hardwood tables and making countertops for the shop tables.



## LAWS STUDENTS



Royal Alberta  
Museum  
Visit: May 16th





# MEMORIAL BUSINESS

"On May 21, the Marketing class travelled to 102.3 NOW radio and UP 99.3 to learn how a radio station relies on advertising for revenue and how they promote themselves in the community. The students got to tour the station and meet some radio personalities. It was a great experience! Thank you to the staff of NOW and UP for taking the time out of their day to make the field trip a reality.

Later that day, we headed to Remax Field to meet with the General Manager (Steve Hogle) of the Edmonton Riverhawks. He explained how the team used marketing to attract fans to the game of baseball using unique events. It was informative and interesting as we learned the struggles of running a baseball team in a hockey market. The students were given a tour of the stadium and met Randy Gregg while on the tour. Thank you to Steve for his hospitality and time.

On May 23, both Legal Studies classes travelled to the Law Courts in Edmonton to watch live court. The students were able to see two trials involving sexual assault, another involving family law (spousal and child support) and the docket in Indigenous court.

On May 27, two Crown Prosecutors from the Organized Crime section came and spoke to the Legal Studies classes. Thomas O'Leary and Richard Tchir spoke to the classes about their career paths, their experiences, and shared details of how the court system works. Thank you to Thomas and Richard for sharing their time to speak to our classes.

On June 7, the Legal Studies classes will be travelling to the University of Alberta Law Centre to participate in a mock trial involving a second-degree murder case. We are lucky enough to get to use the newly renovated Moot Courtroom. Thank you to Alex Duica and Student Legal Services for making the opportunity a reality for the students."

*Thank you to our generous sponsors of the Business Club. They make student travel affordable.*



**Birdsell Grant LLP**

Barristers and Solicitors

**Hawkings & Tinney LLP**  
Chartered Professional Accountants

 **NATIONAL BANK  
FINANCIAL**  
WEALTH MANAGEMENT

**MULLANE** | WEALTH  
MANAGEMENT  
GROUP



## Artisan Hour Club

Over the last few months the Artisan Hour Club has been working with pipe cleaners! Who knew you could make so many amazing things! They are going to continue to make new projects until the end of the year.



## 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

**Last day of Services:  
June 13th, 2024**

**Email: [Jessica.Gardner@psd.ca](mailto:Jessica.Gardner@psd.ca) to book an appointment**



Unified Club had a blast on May 28th at Harry Ainlay High School. The weather was great, the kids had a great time participating. An extra special kudos goes to Maddy Schram and Kara McCulloch who won Bronze in competitive Bean Bags.

[Check out the news story on CTV](#)

## FOOD STUDIES

### Foods 20



Coated and Seasoned Cod



Salmon en papillote



Scallop and Shrimp with Pasta and Creative Sauce

### Foods 10



Tea Sandwiches

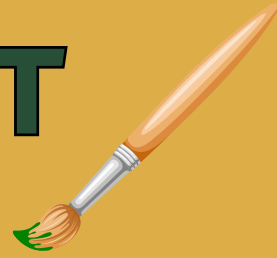


Fresh Salsa and Tortilla Chips



Potet Lefse - Norwegian Flat Bread

# 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