

# THE MEMORIAL MEMO



*THE TORCH HELD HIGH*



## This Issue:

- **Principal's Message P.1-2**
- **General Information P.3-5**
  - Key Dates / Bell Schedule
  - Powerschool/ School Fees
  - Attendance
  - School Council / Green & Gold
  - Torch Time
- **Counsellor's Corner P. 6**
- **Grad 2024 Info P. 7**
- **Coming Up/Good To Know P.8-10**
  - Monday: Torch Time Topics
- **What Happened in September?**
  - Key Dates/School Photos P.11
  - Construction/ Outdoor Ed P. 12
- **Marauders Athletics/Salon Services P. 13**
- **Food Studies P. 14-15**
- **MCHS Art P. 16**
- **Community Resources P. 17**
  - Indigenous/ Community Resources

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

## PRINCIPAL'S MESSAGE

Dear Memorial Families,

The first month of the school year has flown by, and it's wonderful to see our students settling into their routines and already achieving great things.

This year, we have welcomed 1,384 students—42 more than last year—marking the fourth consecutive year of enrollment growth.

One of the highlights this month has been the wide range of student activities. Our athletics, music, drama, and student leadership groups have been hard at work, and we recently held our Club Fair, where students could explore the many clubs and activities available to them.

Additionally, students took the lead in organizing an assembly to recognize the National Day for Truth and Reconciliation. If your student hasn't yet joined a club or team, I strongly encourage them to get involved.

On a personal note, I share a unique connection with our grade 10 students as I, too, am adjusting to a new school. This experience has given me a fresh perspective on the excitement and nervousness that comes with finding one's place in a new environment. I'd like to thank all the staff, students, and families who have reached out with feedback and support. It's already clear to me that Memorial is a fantastic school with even greater potential.

As we continue through the school year, I'd like to offer two key suggestions to support your child's success:

1. Check **PowerSchool** regularly. This is our main tool for tracking and communicating your child's progress. High school semesters move quickly, with each week accounting for about 5% of the course. After just one month, we've already completed 20% of the semester! Most classes will have weekly assignments or assessments, so staying on top of these is essential, especially for grade 10 students who may still be adjusting to the pace.
2. Make the most of **Torch Time**. Encourage your child to sign up for a Torch session every day, which provides valuable time for additional learning and support. As parents, you can also register your child for sessions, and they won't be able to change registrations made by you or their teachers. We have [video tutorials](#) available on our website to guide you through the process.

I wish you all a successful and rewarding year. Remember, our teachers, administrators, and counselors are always just a phone call or email away. Please don't hesitate to reach out with any questions or concerns.

Warm regards,  
Corey Haley, Principal

# MCHS General Information

## OCTOBER KEY DATES

- 03 - Rotary Hope Mission Pizza Sale at lunch
- 05 - World Teachers' Day
- 07 - Green & Gold Executive Meeting 6:30
- 08 - Shikaoi Visitors - Cultural Assembly
- 09- English Class Field Trip To The Citadel Theatre
- 09 - Jersey Day: Oilers first game of the season
- 09 - Choir Club Field Trip To Edmonton City Hall
- 10- Wellness 10 Field Trip to Change Health Centre
- 11 - PD Day - No School
- 14 - Thanksgiving Day - No School
- 16 - International Pronouns Day
- 17- Career Fair Field Trip at West Edmonton Mall
- 18 - Anime Movie Night 3:30 pm
- 22- Leadership Field Trip to CSLA Horizon Leadership Conference
- 22 - Parent Grad Committee Mtg 6:30pm
- 23 - MCHS 2023-2024 Awards Night - 6:30pm
- 24 - School Picture Retakes AM - in the Library
- 25-26 MCHS Sr. Volleyball Tournament
- 28 - School Council - 7pm
- 31 - Halloween



Food Truck Friday

## MCHS GRADE ADMINISTRATOR & COUNSELLOR TEAMS

**GRADE 10 - MS. JEWELL/ MS. COX**

**GRADE 11 - MR. COGHILL/ MS. SMALL**

**GRADE 12 - MS. FISK/ MS. MAZEREEUW**

## NOVEMBER KEY DATES

- 01 - Course Drop Deadline
- 03 - Daylight Savings Time Ends (Back 1 Hour)
- 04 - Green & Gold Executive Meeting - 6:30 pm
- 07- Parent Teacher Interviews - 5:00-6:30
- 06- Art/Comm Tech Class Field Trip To UofA - Design Tour
- 07 - Remembrance Day Ceremony - 10:00am
- 08 - PD Day - No School
- 11 - Remembrance Day
- 11-15 - Fall Break
- 25 - School Council 7pm
- 30 - Indigenous Holiday Market on Saturday 10am-3pm in Large Gym

## 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**

**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)

All absences need to be excused from a parent/guardian or the student will be marked **A-NC: Absent - No Communication from Guardian**. Please leave your [child's full name, grade, and reason for the absence](#).

## Regarding Lates

If your student is [late](#) for any reason, please have them to check in to the office so their [attendance can be updated](#) accordingly.

## 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:

1. [PowerSchool](#) - Fees can only be seen through the parent portal using a browser. Fees can't be seen through the phone app.
2. [Cheque](#) - Payable to Parkland School Division and may be dropped off or mailed directly to the school.
3. [Debit or credit](#) - Is available at the high school or Parkland School Division.

If you have any questions, please contact Ms. Miller at the Finance Office.



# MCHS General Information

## School Council

Next Meeting:  
October 28, 2024 7-8:30 pm  
MCHS Conference Room  
All MCHS Parents Welcome!

## Green & Gold Athletics

Today's Meeting: October 7, 2024 @ 6:30 pm

Next Meeting:  
November 4, 2024 @ 6:30 pm

[Green & Gold Website](#)

## Parkland School Division

### Stronger Together Newsletter

Latest Issue: October - Welcome Back to School

Explore this month's issue for a spotlight on Truth and Reconciliation. 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)

### IMPORTANT REMINDERS:

## TORCH TIME



- 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.
- Please be reminded that early release from class on a regular basis is not permitted. Students are expected to remain in class for the full duration of each period to ensure they receive the complete learning experience. Early releases will only be allowed if excused daily by a parent or guardian. If alternative options are needed please speak to your grade level counsellor. Thank you for your cooperation in supporting our commitment to education

[Video - How to sign up for Torch Time using a phone](#)

[Video - How to sign up for Torch Time on PowerSchool Website](#)

# COUNSELLORS' CORNER

**OCTOBER 1st** was the first day that students were able to apply for the majority of post-secondary institutions for the 2025-2026 school year. If you are in Grade 12 and are planning on attending post-secondary in September, 2025 now is the time to plan, prepare and APPLY!

Watch and sign up for Torch Time sessions for help getting started on ApplyAlberta!

Check the Student services bulletin board or the digital Bulletin Board in the Common Area for Open Houses at post-secondary institutions.

Tip: Managing Anxiety

A long time ago, our brains evolved to respond to stress as if we were being chased by bears.

But nowadays, we don't just experience stress and anxiety when we're in physical danger. Lots of things about our life can cause us stress and anxiety.

These things can include:

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

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

**1. Calm your body**

**2. Calm your mind**

**3. Re-engage your smart brain**

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

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

Sometimes stress and anxiety is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counsellor. Book an appointment with your grade level counsellor to talk and find out more.

**Grade 10 - Ms. Cox**

**Grade 11 - Ms. Small**

**Grade 12 - Ms. Mazeereuw**



# Graduation



## Grad 2025

We're excited to celebrate the Class of 2025 at the Graduation Ceremony in honour of their milestone academic achievement.

Date: Friday, June 27, 2:00 pm  
Location: Edmonton Expo Centre  
7515-118 Ave NW, Edmonton

### Graduation Fees

#### Graduation Registration & Fee Form

The deadline for Grad registration and your applicable Option fee is December 6, 2024. Payment can be made online through the PowerSchool Parent Portal or by cash, credit card or cheque payable to Parkland School Division at the School Finance Office. CFL graduates will have to pay the Grad Fee at MCHS as it can not be added to a CFL PowerSchool Parent Portal.

For further information regarding graduation, please visit the [website](#), as it contains the most current updates.



Coming  
Up!

Good To  
Know!

## MONDAY: TORCH TIME TOPICS

Oct 7: Breast Cancer Awareness Month & International Pronoun Day

Oct 14: P-Day: No School

*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.*

✨ Exciting News Alert! ✨

Here is a little sneak peek of our brand new weekly newsletter that's headed to your inbox soon! 📧 Stay tuned for all the latest updates, tips, and insights coming your way. 🎉🌟



### Remembrance Day Slideshow



MCHS wants to see your family members who've served or are serving in the Canadian Military. If you have a photo, please send it with a sentence or two that includes their name, rank, and when/where they served to [chelsea.lavallee@psd.ca](mailto:chelsea.lavallee@psd.ca). We'll include these pictures in our slideshow for the Remembrance Day Ceremony on November 7th.



# IMPORTANT

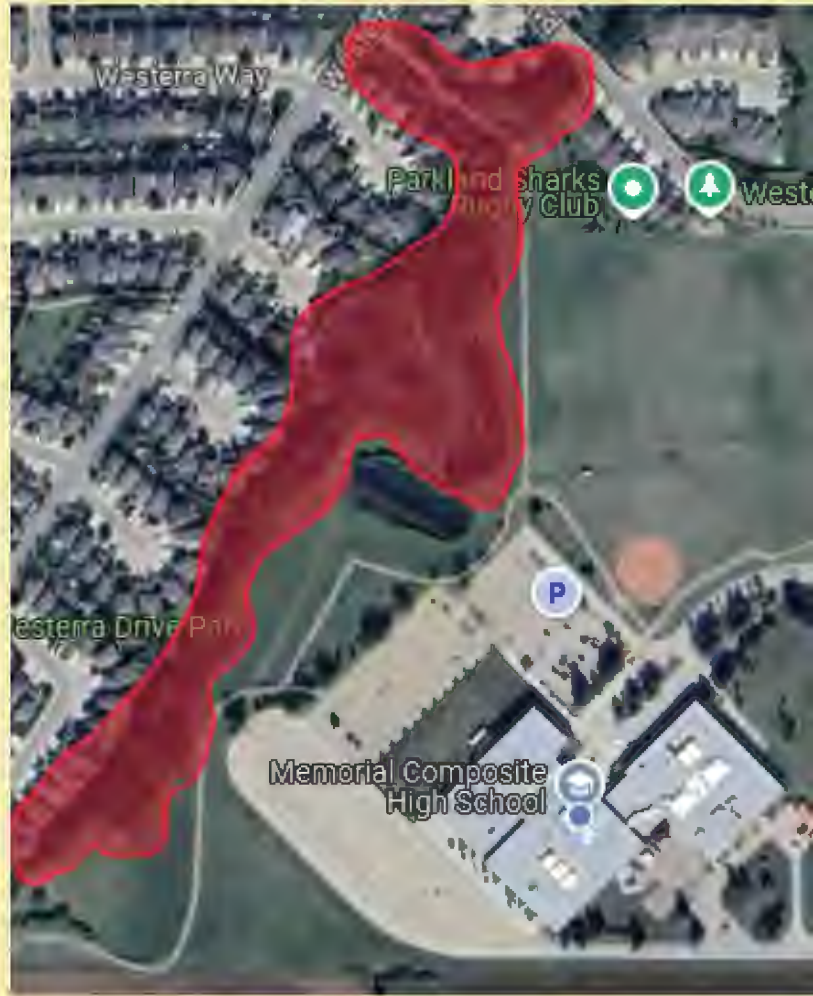
## Important Notice Regarding Access to Forested Areas

Dear Parents and Students,

We would like to inform you that effective immediately, access to the forested areas adjacent to our school is prohibited during school hours (8:00 AM to 3:30 PM). We encourage you to utilize the grassy areas within the surrounding parks; however, please refrain from entering the wooded regions.

This decision has been made in response to recent incidents of vandalism and littering in these areas. We appreciate your cooperation in helping us foster positive relationships with our neighbors and maintain a clean and safe community.

Thank you for your understanding and support.



## ANIME CLUB



We're excited to kick off our 21st year! Join us for lunch on Thursdays in room 1065. It's a great opportunity to meet our Presidents and learn more about what we do. We hope to see you there!

Our first *Anime Movie Night* is going to be on Oct. 18, 2024, Friday, from 4:00 pm to 9:00 pm starting in room 1065. If students want Pizza and Pop, it will be \$10.00 paid to the finance office by Thursday, Oct. 17, 2024. Lots of activities, games, prizes and Anime!

## Shikaoi Students



Will be arriving Oct. 5 in Stony Plain and will be in the school on Oct. 8, 2024 all day.

They will be doing a cultural demonstration in the morning for invited schools and will be touring classrooms for the afternoon. Please welcome them with a hearty "konnichiwa"!

# Leadership Events

**October 4th:** Funky Friday: Funky Shoes & Socks on

**October 7th:** Composite Clash: SR Volleyball Game

**October 9th:** Jersey Day: Oilers 1st home game. Represent your favorite team

**October 17th:** 2nd Memorial Mania Event: Dodgeball on

**October 21st:** Bros for Breast Cancer Finale on

**October 31st:** Costume Concert & Fear Factor on



## Memorial Mania

Is a year-long lineup of fun events where MCHS staff and graduates go head-to-head. Kicking things off this year was Name That Tune, and after a close and intense showdown, the staff came out on top.

Up next in October? Dodgeball!



If you haven't had the opportunity to register your vehicle yet, we kindly encourage you to do so here. Thank you!

We would like to inform you that Parent-Teacher Interviews are scheduled for **November 7 from 5:00 PM to 6:30 PM**. These interviews will be conducted on a first-come, first-served basis.



To all of our amazing teachers, **THANK YOU!**  
PARKLAND SCHOOL DISTRICT

**THANK YOU**  
for being the heart of our facilities.  
Custodial & Maintenance Workers Appreciation Day | October 7

**Celebrating literacy and our dedicated library staff.**  
Canadian School Library Day | October 21

MEMORIAL COMPOSITE HIGH SCHOOL  
PRESENTS

THE SMASH HIT MUSICAL

**MAMMA MIA!**

BASED ON THE SONGS OF **ABBA**

**MARCH 2025**  
5TH-7TH MCHS  
12TH-13TH HORIZON STAGE

Is presented through special arrangement with and all authorized performance materials are supplied by  
Magic Theatre International,  
423 West 86th Street, New York, NY 10019  
Phone: (212) 543-4684 Fax: (212) 397-4684  
www.MTIShows.com

# What Happened in September??

## SEPTEMBER KEY DATES

- 02 - Labour Day - No School
- 03 - Golf Tryout Meeting - Small Gym 11:05 am
- 03-04 - Flag Football Tryouts 3:30-5:30 pm
- 03-04 - Cross Country Practices 3:30 pm
- 04-06 - Golf Tryouts @ Spruce Grove Links
- 06 - Timetable Change Deadline
- 09 - Parents of Athletes Meeting - 5pm Large Gym
- 09 - Green & Golds Annual General Meeting - 6:00 pm
- 09 - Mini-Registration Day for Students Who Missed the First Day
- 11 - Grad Parents Annual General Meeting - 6:30 pm
- 13-14 MCHS JV Volleyball Tournament
- 14 - Indigenous Ed Ribbon Skirt Making in Foods Lab
- 17 - Grad Assembly - Block 2
- 18 - Grad Parent Info Night - 6:00 pm
- 18 - Indigenous Student Welcome Lunch
- 19 - Apple Day & Beach Day
- 19- Outdoor Ed Field Trip To Hermitage Park
- 20 - PD Day - No School
- 21 & 22 - Club Fair Event - lunch
- 23 - School Council Annual General Meeting - 7:00 pm
- 23 & 24 High School Golf Provincials In Grand Prairie
- 24 & 25 Club Fair @ lunch
- 24 - Music Parents Assoc. Meeting in Music Room - 7:00 pm
- 26 - Postsecondary Night @ TLC 5:30-8:00 pm
- 27 - Orange Shirt Day
- 27 - Board Game Night 4:15-9pm - Library
- 30 - National Day for Truth & Reconciliation - No School



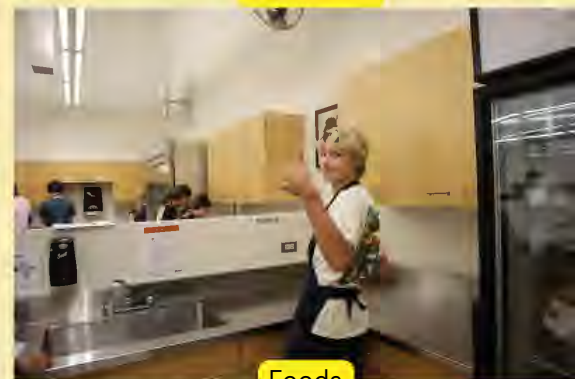
Student Life Photo



Art Class



Fabrication



Foods



Apple Day



Drama



*If you can read this*  
**SNACKS  
ARE GONE**  
*to go*



The grade 10 Construction class is well underway learning new skills with hand and power tools!



Grade 10 students have been creating some great benches!

Grade 11 students in the Construction 20 class are exploring new skills as they craft personalized solid maple cutting boards. Meanwhile, Grade 12 students are wrapping up their beautiful hardwood tables and designing countertops for the shop tables.



## OUTDOOR ED



Our Outdoor Ed classes have been building shelters & learning survival skills. Students went on a field trip to Hermitage park for canoeing and disc golf.

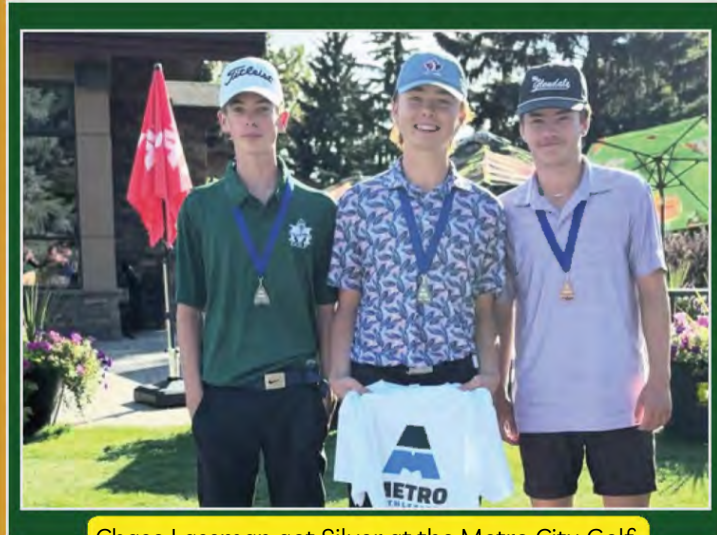




# MARAUDERS ATHLETICS



The Junior Girls Green Volleyball team got third in our home tournament on September 13 & 14th.



Chase Lassman got Silver at the Metro City Golf Championship at the Links Golf Course.



Chase Lassman (2nd from the left) earned a spot and represented Memorial at the ASAA Golf Championship in Grand Prairie.



Ava Radke (left) earned a spot and represented Memorial at the ASAA Golf Championship in Grand Prairie.

## Salon Services

Our Cosmetology-20 Class is in full swing and ready to take on Clients

**Full Color \$25.00**

**To book an appointment**

**Email:**

**[Jessica.Gardner@psd.ca](mailto:Jessica.Gardner@psd.ca)**





## Foods 30



Hollandaise sauce



Apple Blossoms with Puff Pastry



Fruit pizza



One word: precision



Canape Creations



Playing at Plating Puree

## Foods 10



Classic Tea Biscuits



Snickerdoodles



Canape Schmanape



Soft Pretzel



Mini Pizza



Making of Fun Buns



# Silent Auction

**Bidding Starts  
Oct. 8 &  
Closes Oct.15**  
Winners will be contacted.

**Lunch  
Oct.22**

*Indulge in 1 of 6 Culinary Experiences for 4*



*Each fine dining culinary experience includes a 3 course gourmet meal with full service and formal seating for 4*

*Bidding starts at a minimum of \$100  
(cost can be split between 4 people)*

*Additional bids on each culinary experience must increase by a minimum of \$5.*

*The current highest bid for each culinary experience can be seen on the bidding form.*

Hosted by 

*To bid: scan the QR code above the experience you want to be bid on or click on the url found on our Instagram page mchs\_foods*

**Here are the URLs in case the QR code doesn't work properly**

**Bid 1: New Orleans Cuisine**

[https://docs.google.com/forms/d/e/1FAIpQLSdNgwRG7Mao57DcBWabpBxyU9DtXwakaTgpKwjbnBVHbS462Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdNgwRG7Mao57DcBWabpBxyU9DtXwakaTgpKwjbnBVHbS462Q/viewform?usp=sf_link)

**Bid 2: Mex Fest**

[https://docs.google.com/forms/d/e/1FAIpQLSel4mR4fLwBysFah61gYgtRE4uH2zE5j0zwPphTY23rWPcVjA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSel4mR4fLwBysFah61gYgtRE4uH2zE5j0zwPphTY23rWPcVjA/viewform?usp=sf_link)

**Bid 3: Gioia "Joy" Italian**

[https://docs.google.com/forms/d/e/1FAIpQLSd54\\_\\_nQkfMOvfY3Lk7SA4VHms588N-Be5o8DWpX0Q-rq5tjw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd54__nQkfMOvfY3Lk7SA4VHms588N-Be5o8DWpX0Q-rq5tjw/viewform?usp=sf_link)

**Bid 4: Gourmet Fusion**

[https://docs.google.com/forms/d/e/1FAIpQLSd9x\\_wytl6SIFCAD-5R0rDIqwPE6qfdETLrme3TlTDz752NOA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd9x_wytl6SIFCAD-5R0rDIqwPE6qfdETLrme3TlTDz752NOA/viewform?usp=sf_link)

**Bid 5: A Taste of Europe**

[https://docs.google.com/forms/d/e/1FAIpQLScVlxlfBvXXwkYtZMj4fHrJAKFqEjqlLLLXl6tU1LEUI4A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScVlxlfBvXXwkYtZMj4fHrJAKFqEjqlLLLXl6tU1LEUI4A/viewform?usp=sf_link)

**Bid 6: Elevated Southern**

[https://docs.google.com/forms/d/e/1FAIpQLSejluZ4rQEsU0xtmn8iuPei1c1a4WFKYf-QiEn\\_wemzGrfrw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSejluZ4rQEsU0xtmn8iuPei1c1a4WFKYf-QiEn_wemzGrfrw/viewform?usp=sf_link)

# MCHS ART





# 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.

## 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)

[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



WE HOPE YOU ENJOYED OUR  
NEWSLETTER