



The Memorial Memo

February 3, 2018

PRINCIPAL'S MESSAGE

Dear MCHS Parents,

Welcome to semester two! We had a relatively smooth exam session. The flurry of timetable changes has settled right down and we're off to a new round of learning experiences. 😊

Having just finished my third semester here, I have noticed a common theme as the grade administrators and I discuss students who have ended up struggling to pass a course by the end of semester. The huge majority of students who are struggling to pass a course have missed a good number of days of class for that course.

One day in a semester course is a little over 1% of the course. It's simple that if a student misses five or ten days, then they have missed 5% or 10% of the course delivery. That may not seem significant, but here's the significant part. After the student returns, the course delivery continues. It is often the case that the material missed is essential learning to understand the course content that continues to be delivered. So while the student may have only been absent for a day or two, there is a cumulative effect where several additional days of learning may be compromised because of the initial absences.

Here's the next part of the absentee effect. One third of our students have reported that they experience moderate to high levels of anxiety. For those students who experience anxiety and absences, the time and tasks required can seem overwhelming. That may see the anxiety response slow down a student's ability to take care of the work needed thereby creating a snowball effect with the workload continuing to grow.

We get it. Kids are sick. Emergencies come up. Work schedules are sometimes inflexible and there are priority tasks in the family that need to be done. Just please be careful and give consideration to each absence. I know that I've let my boys, on occasion, "sweet talk" me into a break day at home which has ended up with an unintended workload later.

Here is just a little reminder that Student-Parent-Teacher interviews happen a little later in Semester 2. They are on Tuesday, March 20. Please stay in touch with your kids' teachers if there any concerns arising. Email is usually the best way to reach them. Also get your PowerSchool account set up so you can keep on top of assignments and attendance. If you go into the settings, you can have information emailed to you regularly rather than having to go and look it up.

Mrs. Jensen



PowerSchool

This is our parent's primary way to check in on their child's marks/assignments, update contact information, and to pay fees too. Contact the school for your username and access ID at mchs@psd70.ab.ca

Activate and sign into your account on the MCHS website in the Parents tab. Please contact Mrs. Harper or Mrs. Campbell at the office if you need assistance setting up your account.

School Fees Are Due

Please logon to your Parent PowerSchool account or come into the school to pay your school fees. If you have any questions, please contact Ms. Miller at the office.

Reporting an Absence?

Please email MCHSReportAStudentAbsence@psd70.ab.ca or call (780) 963-2255 anytime to leave a message. Please leave your son/daughter's full name, grade, and details of the absence.

Memorial Moments

January Happenings

08 - First Day Back after Christmas Break
08 - Move Memorial - CHANGE Health - 8:30
08 - Green & Gold Exec Meeting - 7 pm
11 - English 30 Diploma Exam - Part A
12 - Social 30 Diploma Exam - Part B
15 - Move Memorial - CHANGE Health - 8:30
19 - Aboriginal Studies Field Trip - Sweat Lodge w Elder Bob
20 - Robotics Tournament - Archbishop Jordan
22 - Last Day of Classes - Semester 1
22 - Move Memorial - CHANGE Health - 8:30
22 - CHANGE Health - The Not So Sweet Truth About Sugar
22 - School Council Meeting - 7pm
23-30 - Semester 1 Final Exams
23-30 - PowerSchool locked for Sem 1 final marks input
23-30 - Library Open for Studying
23-30 - Cafeteria Closed
23-25 - AAC Open for Studying & Directed Assignments
25-30 - Common Area Closed
29-4 - Comm Tech Arizona Trip
30 - LGBTQ2 Staff Session
31 - Semester Turnaround Day

February Key Dates

01 - First Day of Semester 2
05 - Move Memorial - CHANGE Health - 8:30
05 - Green & Gold Exec Meeting - 7pm
8-9 - Teacher Convention
10 - Case Competition - Haskayne School of Business - U of C
12 - Move Memorial - CHANGE Health - 8:30
12 - Assembly - Confessions of a Depressed Comic - Block 2
13 - Music Parents Meeting & Performance - 7pm
16 - Grad Photo Retakes
16 - Anime Movie Night
19 - Family Day
19 - Robotics Tournament – NAIT
23 - Grad Banquet Taste Test Applications Due
26-28 - PE Ski Trip
26 - Move Memorial - CHANGE Health - 8:30
26 - School Council - 7pm
28 - Pink Shirt Day

Keep MCHS High School Memories Forever!

2017-18 Yearbook orders due by Fri, April 27. \$42 each.
Some previous years still have copies available for sale.
Contact Miss Oshiki

Next School Council Meeting

Monday, February 26
7:00 pm
Conference Room

MCHS parents always
welcome!



Welcome back to fresh beginnings for semester 2! We hope that you have a successful second semester and enjoy your new classes. Make the most out of it!

Pink Shirt Day is Wednesday, February 28. Wear pink and show that you stand against bullying!! Bullying is a problem everywhere - in school, the workplace, home and online. Over the month of February we would like to raise awareness of these issues and support programs that foster a healthy self-esteem. Stay tuned for more events in May as we celebrate Mental Health Week.

Counsellors will be visiting middle years schools to help prepare grade 9's transitioning to high school. Open House for New Grade 10 students and their parents will be held on March 1, 2018, please see website for further information. Pass this information on to any families of grade 9 students that you know.

If you need assistance with post secondary options, career ideas, scholarships and/or personal matters please do not hesitate to make an appointment with Student Services.

Mrs. Porter & Ms. Mohammed

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Graduation Information and Important Dates

Graduation Photo Retakes

Appointments for grad photo retakes will open on **February 16, 2018**. Appointments can be made with the [Lifetouch Prestige Portraits – Edmonton, AB](#) online scheduling system. Brochures are available at the main office. Students that book a retake must either return their first set of proofs or pay an additional \$20.00 sitting fee. This is done with the Lifetouch photographer at the time photos are taken. Students who did not have graduation photos taken in January also have the opportunity to book an appointment provided the \$60.00 Grad Fee has been paid. Grad fees can be paid at the office. If you wish to have a pet or a weapon (eg. hunting bow) included in your photo, please contact Prestige Portraits directly to book a sitting in their studio.

Graduation Banquet Taste Test

Grade 12 students will be given an opportunity to participate in the Grad Taste Test being held on **March 14, 2018** and the Shaw Conference Center. Mr. Shaw is seeking applications from students who are eager to offer their assistance in providing menu selection feedback for the Graduation banquet. Dining at The Chef's Table with fellow graduates and staff advisors is one of many ways students can get involved their graduation. Interested students are required to submit a brief written application to Mrs. Sorenson by **February 23, 2018** indicating how their participation will contribute to the Taste Test process and why they should be chosen for this first class culinary experience.

Grad Baby Photos

Part of the Graduation Ceremony includes a picture slide show, which features Grads **then** (baby photo) and **now** (Grad photo). In order to be included in this presentation you **must** submit a baby picture and have your Grad photo taken at the school during the Lifetouch Grad portrait sessions. Pictures can be e-mailed to wsorenson@psd70.ab.ca or given to Mrs. Sorenson in the office. Please ensure your full name is on the back of the picture for identification purposes and for returning them to the rightful owner.

Remind

Do you want to be in the loop and receive reminders about upcoming grad activities? Sign up with Remind (a free app for your phone). Mr. Shaw will be using Remind throughout the year to convey information about Graduation to the Class of 2018. To join the messaging services, send a text to (306) 988-1619 with the message @mchsgrad. Remind does not allow for two-way communication, nor does it allow individuals to have access to personal cell phone numbers.



Applications for several Alberta post-secondary schools begins as early as

October 1

Go to the website to check out dates for your schools, admission requirements, etc. You'll need a myPass account to forward your transcripts.

Math 30-1 & Math 30-2 Diploma Examinations

Beginning in the 2018-2019 school year, math diploma exams will once again have a written response component. For more information, check the Alberta Education information booklets for [Math 30-1](#) and [Math 30-2](#).



Parkland School Division is proud to present another FREE information session for caregivers.

Our February session will help parents learn how to recognize signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in their children. Parents will also learn best strategies for helping children and adolescents living with ADHD to be the best they can be.

Date: Tuesday, February 6

Time: 6-7:30pm

Location: Parkland School Division Centre For Education - Board Room (4603 48th Street, Stony Plain)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, and the ways in which ADHD can impact children's academic achievement, self-worth and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Join us for an in-depth discussion of these topics and more. A light supper will be provided. Limited childcare is available. Please register early to reserve your spot.

To register, please contact:

Sandra Goldschmidt

Phone: 780-963-8458

Email: sgoldschmidt@psd70.ab.ca

Confessions of a Depressed Comic



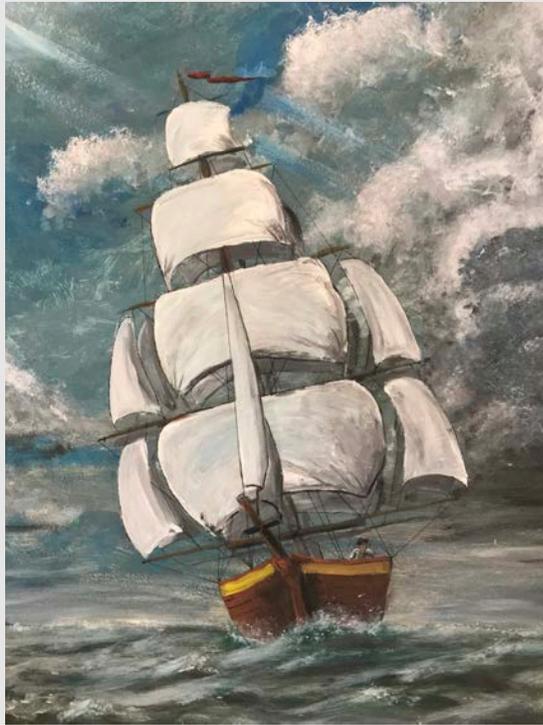
As MCHS continues to support our students with their mental health, we are pleased to announce that on February 12, MCHS is welcoming Kevin Breel to share his story with our students. He blends comedy with an open and positive message about living with depression. This is a [short video](#) of the message Kevin shares. The comedy will come on the 12th. We are most grateful to Parkland's [Achieving Community Together \(ACT\)](#) Inquiry Team and the [RBC Foundation](#) Mental Health Navigation Project for sponsoring Kevin's presentation.

bullying stops here

MCHS is making a big deal about Pink Shirt Day this year! On February 28, encourage your child to join MCHS in standing together against bullying by wearing a pink shirt to school.

Bullying is serious and you can find out more [here](#). [Pink Shirt Day](#) has brought people together against bullying since 2007.

MCHS Art Walk



Artist – Benjamin Thompson – Grade 12



Artist – Janelle McQuaig

WINTER 2018 PROGRAMS

Beat the Winter Blues—Drum up your Goals

Mon., Feb 5 (6:30 - 8:30 pm)

Cost: \$15/person

Join Judy Cooper to discover how drumming stimulates concentration and creativity while relaxing the mind.



Handling Anger Boot Camp

Saturdays: Feb 10 & Mar 3 (11:00 am – 5:00 pm)

Cost: \$60/person (Bring a bagged lunch)

This six week program will help you to think your way through life, instead of reacting to it.

Understanding Childhood Anxiety

Tues., Feb 13 (6:00 – 8:00 pm)

No Cost

Learn about the psychological and physiological roots of anxiety and why it is on the rise in our children.

Practical Wellness Series

Thursdays: Feb 15 – Apr 5 (1:30 - 3:00 pm)
(no class Feb 22 & Mar 29)

Cost: \$45/person

Use the practical wellness program as a straight to the point blueprint for wellness to achieve your own specific goals while avoiding time consuming and anxiety-provoking pitfalls.

Cash Management: Making the Most of

Your Retirement

Wed., Feb 21 (6:30 - 8:30 pm)

No Cost

Learn the basics of financial planning and what government benefits are available.

Stony Plain FCSS presented in partnership with Spruce Grove FCSS & Tri-CALA

Register:
780-962-7618



WINTER 2018 PROGRAMS

Family Game Night

3rd Thurs. of the Month (6:00 – 8:00 pm)

Libraries—Duffield/Entwistle/Spruce Grove/Stony Plain

No Cost

Drop in and play a board game. Fun for all ages.

ZEN DEN with a Twist

Parents/Caregivers

Tues., Feb 27 & Apr 10 (6:00 - 8:00 pm)

Children (7-9 years of age)

Fri., Mar 2 (9:00 am - 3:00 pm) Please bring a bagged lunch

Border Paving Athletic Centre: 9 Tri Leisure Way, Spruce Grove

Cost: \$40/family—Register: 780-962-7618

Learn about anxiety regulation skills.

Presented in partnership with Spruce Grove FCSS & Tri-CALA

Coping with Life's Ups and Downs

Thurs., Feb 22 (2:00 – 4:00 pm)

Stony Plain FCSS: 107, 4613-52 Avenue, Stony Plain

Cost: \$15/person—Register: 780-962-7618

Discover the keys to building a resilient mindset and how to stay calm, focused and productive while managing the demands and difficulties of stressful times.

Presented in partnership with Spruce Grove FCSS & Tri-CALA

Community Volunteer Income Tax Program

Returns accepted for drop off starting Mar 1 - May 1/18

Stony Plain FCSS: #107, 4613-52 Avenue, Stony Plain

No Cost (if eligible for the service)

Call to determine eligibility: 780-963-8583

Care for the Caregiver Support Group

Every 2nd Tuesday of the month (10:00 am—noon)

Stony Plain FCSS: 107, 4613-52 Avenue, Stony Plain

No Cost, Drop-in

Care for the Caregiver Support

Group provides a safe place for caregivers to share their experiences with others who understand. More info, call: 780-963-8583



THE ALBERTA GIRLS ENGINEERING & TECH SUMMIT

Imagine having the chance to visit a university engineering campus, one of Canada's top start-ups, and the best game development company in the world.

Imagine getting the chance to ask women engineers, developers and designers any questions about their jobs.

AGENTS is all that and more. And it's FREE! Click [here](#) for more information.

Cosmetology 20 Students

*Are now accepting clients on
Tuesday, Wednesday & Thursday
mornings*

*Cuts, colors and treatments are
available.*

*Call the school at
(780) 963-2255 ext. 1122
to book an appointment.*



**Do you need help
to get your yard in shape?**

MCHS Construction students build sheds, planters,
& acreage garbage boxes to order.

aclarke@psd70.ab.ca
Contact Mr. Clarke for details

During exam break the MCHS staff participated in the Alberta Teachers Association workshop, Professionals Respecting and supporting Individual Sexual Minorities. We were able to learn about the unique circumstances of people who identify with different genders and sexual orientations. This is a complex issue which we were able to learn appropriate vocabulary and the different aspects of various sexual minorities. Several stereotypes and myths were addressed. As well, we were provided with the information we needed in regard to legislation and regulations to protect sexual minorities in educational settings. It was an informative session that provided us with essential background information to support another unique population of students at MCHS.



The Memorial Business Competition team is sending eight students to the University of Calgary to participate in the Haskayne School of Business Case Competition on Saturday, February 10.

The students are Taylor Beilman, Kenneth Chechotko, Noel Countryman, Julia Kuchmak, Kaitlin Lutz, Shay-Ann McDougall, Jack Toney, and Brandon Wagner.



**PowerSchool
Account Essential
for 2018-19**

Beginning in April 2018 all *Next Year Student Verification* and *New Student Registration* will be completed via PowerSchool. Parents must have their own account to verify their student enrollment information. Click [here](#) for more information.

For assistance in setting up an account, contact the school for an access code. Office staff can assist and there is a table set up at parent-teacher interviews as well.

THANK YOU



**FLUOROTEK INDUSTRIES
DONATED TO MCHS THIRTY 10 LB
PLATES FOR OUR FITNESS ROOM.
FLUROTEK SPECIALIZES IN
CUSTOMIZING COMPETITION
WEIGHTS.**



Grade 9 Open House

Thursday, March 1

6:00-8:00

Welcome presentation
in the large gym at 6pm

First Time High School Parent Meeting

Tuesday, February 27

7pm - Music Room

Reaching Your Child during the School Day

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. He/she may not be able to respond immediately.
- If you call the main office, secretaries will not interrupt class to pass along non-emergency messages.
- Students will be called to the office to receive messages at lunchtime or the end of the school day.
- On Mondays, contact your child as follows:
 - Breaks – 10:29-10:36 or 2:04-2:11
 - Lunch – 11:50-12:50
- On Tuesday to Friday, contact your child as follows:
 - Breaks – 9:59-10:06 or 1:54-2:01
 - Lunch – 11:30-12:30

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.

Because I Love You

FAMILY IN CRISIS?

We are a group of parents and youth who have been through crisis situations and now are helping those through similar situations. We understand. We support one another by giving, sharing, listening, creating a safe environment, and providing practical resources. Our desire is to see you and your family succeed.

The Because I Love You (BILY) Parent & Youth Support Society meets every Thursday from 7:00-9:30 at the Hope Christian Reformed Church. The group is non-faith based and meetings are free of charge. Check their [website](#)



Marauder Sports

High school sports continued to be quiet through January with only two weeks of league play for basketball. February will see things pick up tremendously for both basketball and wrestling.

Senior Boys Basketball – Coach Jaspers-Fayer

The Senior Boys January games saw a 1 and 1 finish. They are looking good going into the busy February basketball push. Good luck at the Lethbridge tournament this weekend!

Senior Girls Basketball – Coach Kaye

January 15 – Win against Beaumont.

January 16 – Loss to Ross Shep.

Junior Boys Basketball – Coach Khan

There were no games for the Junior Boys in January. They are looking forward to continuing their undefeated season beginning in February. They are going for gold this weekend in a tournament at Mother Mary Margaret.

Junior Girls Basketball – Coach Salter

January 9 - The JV girls played St. Albert Catholic and were able to come back and win 37-34. It was not a pretty game, but was expected after two and a half weeks off from basketball. They trailed till the last four minutes, but shut down St. Albert defensively and made some strong final offensive plays to pull ahead and win.

January 10 - Strathcona Christian was as tough as predicted and very fast. The girls had to make some adjustments, but held their own and won the first half by 5. Things got close in the third and we lost the lead, but came back in the fourth and won the game 61-52.

January 16 - The girls played St. Peter the Apostle in the early game after school and they worked hard. There were a few mistakes and miscues that will have to be addressed, but they played solid defence and held SPA to 38 points while making 55 for another exciting win!

The **Marauder Wrestling Team** is hitting the mats in February with a tournament at the University of Alberta followed up by their zone tournament.

Badminton players need to keep an eye on the announcements board for upcoming tryouts as the season begins in March. We are happy that Mr. Dirks is coaching again this year.



CONRATULATIONS!

Kelsie Dukart and Cody Sherwood were named Metro League All Stars for Senior Volleyball. This is an honor as all-stars are voted on by the coaches from the entire division. Out of approximately 120 players, only five are named as All Stars for the entire league.

Well done!
Go Marauders!



Parenting High School Kids

I've mentioned a few [TED Talks](#) here before. TED is a great place to go for a quick listen on a variety of topics about innovative ideas. After several years of sharing these great ideas with the world, TED has started to curate their talks into similar themes. [TED Talks Psychology](#) is one of their sites. In doing a search on parenting some interesting talks came up:

- [How to Raise Successful Kids Without Over Parenting](#)
- [Let's Talk Parenting Taboos](#)
- [For Parents, Happiness Is a Very High Bar](#)
- [What Adults Can Learn from Kids](#)

Parenting is tough in this day and age. Tapping into any information and support to help us on the parenting journey is a good strategy to find ways to guide our kids into growing up to be decent, successful people.

The Green Book

Click this [link](#) for the 2017-2019 FCSS Directory of Stony Plain, Spruce Grove and Parkland County Community Support Services

MCHS Grade Administrators

Grade 10 – Mrs. Wendel
Grade 11 – Mr. Strangway
Grade 12 – Mr. Shaw



Have you set up your account yet?

myPass is the self-service website for the education documentation of Alberta students. Click here for a [set of instructions](#) to set up an account. Remember your MCHS student ID number is also your Alberta Student Number. Also, use a personal email address as your PSD account will be deactivated when you graduate.

We hope you enjoyed this month's newsletter. 😊

If there are any topics that would like to see in future newsletters to assist you as a parent in your family conversations about education and helping your high school child(ren) navigate the world growing up, please drop Mrs. Jensen an email at cjensen@psd70.ab.ca. Our target is to have the newsletter go out on the 1st Friday of each month, so please send your email by the third week of the month to give us time to prepare. See you next month!

MCHS Contact Info

(780) 963-2255

mchs@psd70.ab.ca
www.mchs.psd70.ab.ca



@MemorialComp
#memorialcomp



Memorial Composite High School