

November



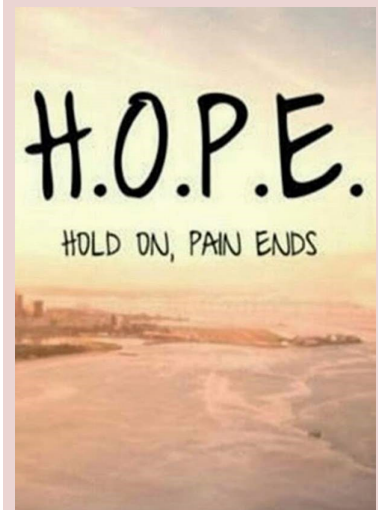
- November 5 9am-12pm - Picture Retake Day
- November 5 1-2pm—Picture retakes for Home Learners
- November 5 4-7pm—Kinder Parent Teacher Conferences
- November 6 9am-3:30pm-Kinder Parent Teacher Conferences
- November 9-13 Fall Break
- December 2—Gr. 6 Immunizations
- December 4—Term 1 Report Cards



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If you are not yet on the parent portal and or if there are any demographic changes to your profile please also ensure that you edit your information.





MHSAA

Our Hot Lunch program has begun for this year! It looks a little different as we're only offering it two days a week and there is no made in house at this time, but we're happy to be able to do what we can and still comply with all COVID-19 safety protocols.

If you haven't signed-up for hot lunch yet the website is: <https://mhsaa.hotlunches.net>. There you can place food orders, make payments and sign-up to volunteer.

*Every good thing you do creates ripples that you may not see.
Do them anyway.*

*It's that Time
again...*

FUNDRAISING



FUNDRAISER!

**WILHAUK
BEEF JERKY**

IT'S BACK! We will once again be doing a Wilhauk Beef Jerky fundraiser this year. Look for orders to come in mid-November. For those of you currently doing school from home, order forms are available in the office or we can email you one to print off at home. All order forms AND payments are due back at the office by November 30th. Cash and cheques made out to MHSAA are accepted. Our orders will be ready for pick up at WILHAUK BEEF JERKY IN SPRUCE GROVE ON December 11th and 12th.

This is your chance to pick up some delicious beef jerky, sausage, and other meats, plus support a fantastic local business, and support our school all at the same time it's a WIN-WIN-WIN!

MHSAA--cont'd



Hello Meridian Heights Families,

Please follow the link below to the Ecole Meridian Heights School Parents

Resources Page via the Counselling and Grades 5-9 Health & Life Skills web page.

There are many meaningful resources available to you, and this section has been updated extensively to inform you of support networks that are available, as well as information to help you and your family members.

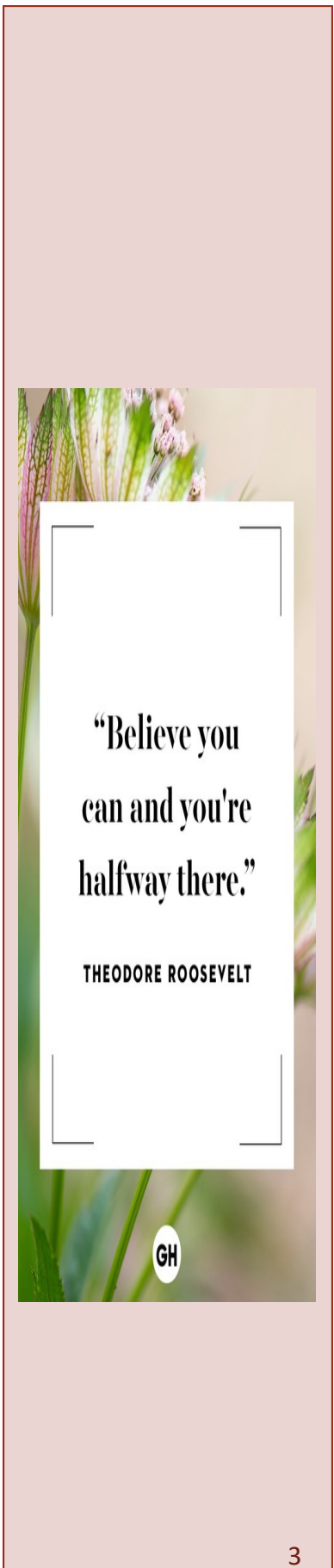
Wishing you all the best in your wellness journey.

Link - <https://sites.google.com/psd70.ab.ca/healthlifeskills-meridian/parent-resources>

Regards,

Travis Kinney

School Counsellor and Junior High Health & Life Skills/Physical Education



ALBERTA PARENTING FOR THE FUTURE



ADHD++ NEWSLETTER

November 2020

Please use the parent portal to

pay your outstanding fees.

Grades 7-9 will have a small

Options fee.

They can be paid on-line or you can come into the office to pay by cash or cheque.

Thank you.

BE NOT AFRAID
OF GROWING SLOWLY,
BE AFRAID ONLY
OF STANDING STILL.

needsome
inspiration.com

UPCOMING ADHD++ WORKSHOPS

Compassion Fatigue

Presenter: Kim Silverthorn, Tacit Knowledge
Counselling and Mental Health Training

Saturday, November 21, 2020 9:30 am – 11:30 am

[Registration Link](#)

Burnout and Breakdowns- Dealing with Compassion Fatigue Before It Is Too Late. Anyone who works with or takes care of other people understands the risks to one's self that are associated from the trauma, stress and negative experiences that are absorbed throughout the process of these interactions. Compassion Fatigue (or Empathy Fatigue as it is perhaps better labelled) can lead to burnout and breakdowns in all of us – this session teaches participants the clear steps that can be taken to ensure that we are protected from these debilitating results.

Anxiety in Children and Teens

apfa in partnership with Parkland School Division

Presenter: Jennifer Harris, Registered Psychologist & Heidi Watson, MSW Mental Health Therapist (Eckert Psychology)

Tuesday, November 24, 2020 6:30 – 8:00 pm

[Registration Link](#)

In this session, we will discuss the basics of anxiety: how it works, how it differs from stress, the multiple ways it can manifest, and the mental and physical impact it can have on children and teens. Learn how to recognize signs that your child may be struggling with anxiety, and discover therapist-approved strategies you can use to support them.

Everyone experiences stress, be it taking a test, speaking in front of an audience or going to the dentist. But when stress becomes excessive,

persistent and begins to interfere with everyday living, it can be indicative of an anxiety disorder: a chronic sense of fear or worry that outweighs actual danger, and that can cause an individual to avoid situations or develop compulsions in order to stem the tide of these intense feelings. As a group, anxiety disorders represent the most common of all mental illnesses, and they can affect individuals of any age or background, including children and teens.

In our upcoming Strong Families session, **Jennifer Harris**, a registered psychologist, mother and former teacher and school counsellor, will join mental health therapist **Heidi Watson**, to offer families valuable information about anxiety, as well as practical tips for helping their children manage and mitigate this mental illness.

For more information on these or other workshops, contact Heidi

Email: Heidi@apfa.ca

Phone: 780-963-0549

OTHER ADHD SUPPORT



Stony Plain/Spruce
Grove & Area ADHD

This group is designed to create a sense of community and connection. To share information & learning opportunities. To ask questions & offer support. To share strategies, challenges & successes. To celebrate our/our child's unique gift that is ADHD and other co-existing diagnoses.

[Facebook Link](#)



Google Meet support groups were offered in October. For more information on what is happening in November, contact: adhdgreateredmonton@yahoo.ca

- Adult/Partner with ADHD
- Parents of Children with ADHD
- Young Adults with ADHD

Adult/Partner Support Meetings

The monthly adult support group meeting is a time for meaningful dialogue and to share deeply about the issues related to ADHD that affect your lives and the lives of those you love.
Third Wednesday of the month
7 p.m. – 9 p.m.

Parent Support Meetings

This monthly parent support group meeting is a facilitated roundtable discussion open to all.
First Wednesday of the month
7 p.m. – 9 p.m.

Young Adult Support Group Meetings

This monthly meeting is a facilitated round-table discussion specifically for young adults with ADHD. We talk about our experiences and share both concerns and helpful ideas for managing this time of life. Topics can include dating and relationships, choosing a career, starting post-secondary education, medication, and other issues brought to the group. This is an inclusive meeting, offering a safe space for helpful conversations.
Third Wednesday of the month
7 p.m. – 9 p.m.

PROGRAM FOR GIRLS

Take The Lead

Saturday, October 24, 2020 9:30 – 11:30 am
[Registration Link](#)

Free afterschool program for girls in grades 4, 5, and 6. A program that focuses on lifestyle choices to help them form healthy relationships. At the end of the session, they will take home a scrapbook of their learnings.



PARENT SUPPORT GROUP

"I'm fine..."

Pregnancy & Infant Loss Support Group

- You are not alone, please join us for an opportunity to connect, share and heal after the loss of a baby during pregnancy or early infancy.
- Spouses, partners or other supporters are welcome to attend with you.
- This safe, non-judgmental, welcoming group will be led by a trained facilitator with personal lived experience.
- The first Tuesday of each month. Registration is required.

Family Connection Centre
1450 50 Street, Calgary, AB
T2C 1S5
Call 780-963-0549 or
Email TDent@apfa.ca
for more information

Alberta Parenting for the Future Association

APFA FAMILY RESOURCE NETWORK



Services include:

- Family Support
- Child and Youth Development and Well-Being
- Parent Education
- Home Visitation

780-963-0549

info@apfa.ca

www.facebook.com/apfa.ca

[albertaparenting](#)

