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October 11—Thanksgiving

October 12 - School Picture Day

October 13 - School Picture Day for (M/W Kinders & students who were not present on the 12th)

- Hot Lunch

- School Council AGM—Virtual rsvp to

meridianheightschair@psd70.ab.ca

October 15 - Hot Lunch

October 19 - Parent Teacher Virtual Interviews 4pm

October 20 - Hot Lunch/Parent Teacher Virtual Interviews 4pm

October 22 - Hot Lunch

October 27 - Hot Lunch

October 31- Halloween

Please refer to our school calendar for volleyball schedules.

<https://meridianheights.psd.ca/about/calendar>



INSIDE THIS ISSUE

Vive La /EMHS

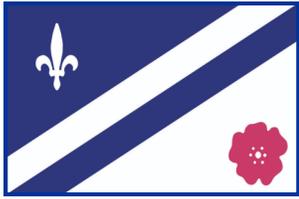
Counseling.....2

MHSAA.....3

CPF Fundraiser4

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.





VIVE LA FRANCOPHONIE

Octobre

École Meridian Heights would like to promote FRANCOPHONIE in our community.

As a family, we challenge you to accomplish the following tasks to show your pride in bilingualism at Meridian Heights. All of the tasks are family activities.

Each task will give you an entry ticket for a family pass to the Tri-Leisure.

1. Joindre / join CPF Parkland Chapter cpfparkland@gmail.com

Les suivre sur Facebook / Follow them on Facebook
Canadian Parents for French Parkland Chapter.

2. Joindre / join Alliance Française Edmonton: Alliance Française Edmonton

3. Joindre / join MHSAA meridianheightschair@psd70.ab.ca

NB:

Proof of receipt of membership required. 1 Ticket per membership. Tag us on Facebook.

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



Health & Life Skills Counselling

HOME GRADE 5 GRADE 6 GRADE 7 GRADE 8 GRADE 9 Student Resources Parent Resources Transition Support Tools PSC Bridge Together in Health K-12 PEAK Program P.E. Great Connections Health P.E. Transition from Junior High

**COUNSELLING and 5 - 9
HEALTH & LIFE SKILLS -
École Meridian Heights School**

Welcome to the Grades 5 to 9 Health & Life Skills webpage. Here you will find all of the lessons and content taught in Health & Life Skills, as well as resources for students and parents/guardians.

Grade 5
Grade 6
Grade 7
Grade 8
Grade 9

Student Resources
Parent Resources

ÉCOLE MERIDIAN HEIGHTS
MAGiC
BE THE BEST YOU CAN BE

PARKLAND
SCHOOL DIVISION

Please remember to check out this website found at the following shortened link (case sensitive) - bit.ly/2D91aa1 Once there, you will find links to all of the grades 5-9 Health & Life Skills lessons and

assignments that students will

engage in throughout the school year. In addition, parents/guardians are strongly encouraged to check out the **Parent Resources** and

Student Resources sections of the website where you can access a lot of different useful information and tools to help support your child's and family's overall mental and emotional health.

If you ever have any questions regarding the resources listed, please always feel free to contact ÉMHS' School Counsellor Mr. Kinney at travis.kinney@psd.ca or by phone at 780-963-2289.



Welcome to the new school year! For those of you who don't know who we are, MHSAA (Meridian Heights School Advisory Association) is responsible for fundraising for projects around our school both in traditional types of fundraising and by hosting many fun events throughout the year! COVID-19 has obviously put a damper on some of these events but we will be doing our best to plan things as we are able to while respecting all restrictions and doing our part to keep everyone's families safe.

Our events, Hot Lunch, and Fundraisers have always and will continue to support projects around the school like Fun Day, Grade 9 Farewell, Teacher/Classroom Supplies and More! In the past, we've also helped fund the kitchen renovation, the construction of our "big park" playground, and a library renovation.

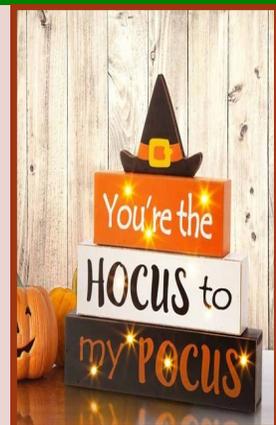
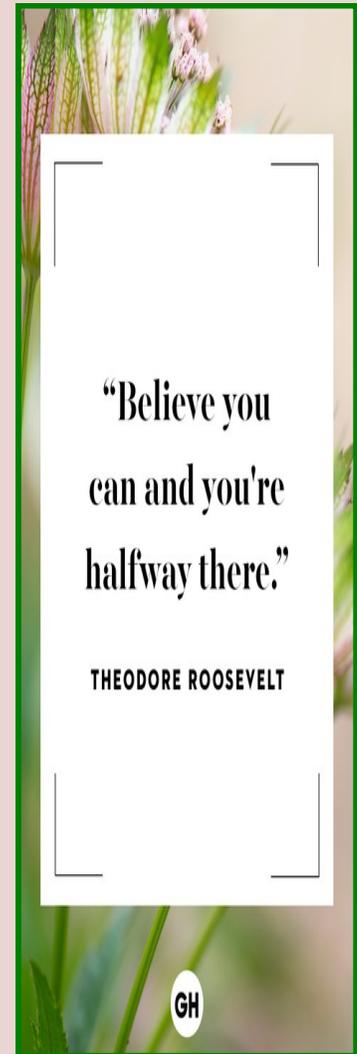


Our Hot Lunch program has begun for this year! It looks a little different as we're only offering it two days a week (though we may be adding a third soon) and there is no made in house at this time, but we're happy to be able to do what we can and still comply with all COVID-19 safety protocols.

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.

Upcoming Fundraisers this year include: Wilhawk Beef Jerk, Kick Ass Caramels, and Growing Smiles Plants.

Contact us by email at mhsaaparents@gmail.com and 'like' our Facebook page.





Please use the parent portal

to pay your outstanding fees.

All students have a \$10 Cultural fee and Grades 7-9 a \$5 Options fee.

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

Thank you.

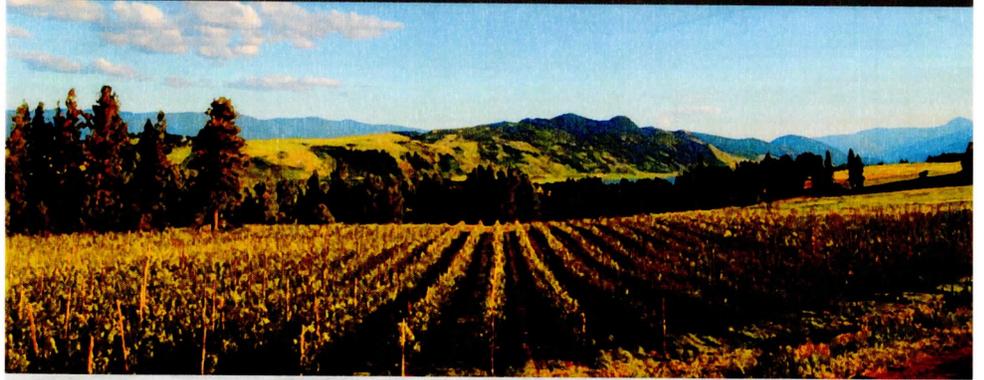
**BE NOT AFRAID
OF GROWING SLOWLY,
BE AFRAID ONLY
OF STANDING STILL.**

need some
inspiration.com

CPF—APPLE FUNDRAISER

Canadian Parents for French Apple Fundraiser

with Apples from Davison Orchards



Picked by hand, packed by hand & delivered fresh from our farm!

This is no ordinary fundraiser! Support your community and enjoy premium BC apples, delivered right to you. This is a healthy option to support a great cause!

Order Deadline: October 14

Pick up Date: October 26

Contact: Ashley Harms

Email: cpfparkland@gmail.com

Your Name:

Variety

Davison Honeycrisp - \$40 -

Ambrosia - \$30 -

Royal Gala - \$30 -

Okanagan Blend - \$32 -

of Boxes

... A mixed box! 2 of our freshest varieties in this box.

The online Apple Encyclopedia at www.davisonorchards.ca has more details on each apple variety.

All apples are hand packed into a 15 lb. box



davisonorchards.ca
in Vernon B.C.



Davison Orchards is a family farm and the Okanagan's favourite family destination. Specializing in apples, their farm is nestled in the hills of the beautiful Okanagan valley. The Davisons offer fresh & high quality fruit and vegetables in a safe & sustainable way.

