



November 5 - Hot Lunch

November 8-12 - Fall Break (no students attend)

November 11 - Remembrance Day

November 15 - PD (no students attend)

- National Bullying Awareness Week

**November 16 - Grade 6 Immunizations first round—
please see pg. 4 for more information**

November 17 - Hot Lunch

November 19 - Kinder PD (no kinders attend)

- Hot Lunch

November 24 - Hot Lunch

November 26 - Hot Lunch

**Here is a link to our school calendar for your refer-
ence.**

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



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**Your care and
attention when
driving near our
school is much
appreciated!!!!**

Ecole Meridian Heights would like to promote FRAN-COPHONIE 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.

VIVE LA FRANCOPHONIE

Novembre

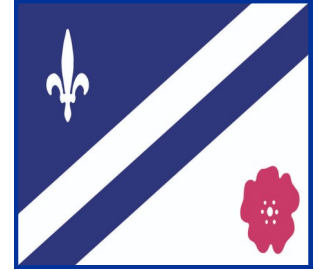
1. Visiter la Cité Francophone à Edmonton
Visit the Cite Francophone in Edmonton
[La Cite Francophone](#)

2. Visiter la bibliothèque de Stony Plain
et sort un livre en Français
Visit the Stony Plain l
library and take out a
French book

[Stony Plain Public
Library](#)

NB: Prendre une photo et
nous marquer sur Facebook/Take a picture and tag us on
Facebook

[Ecole Meridian Heights School](#)



Time you enjoy wasting, was not wasted.



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.

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 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

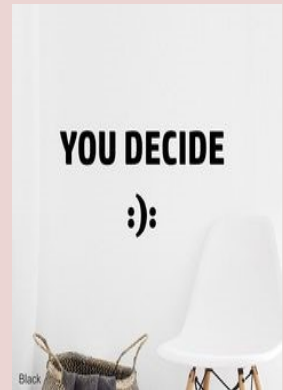
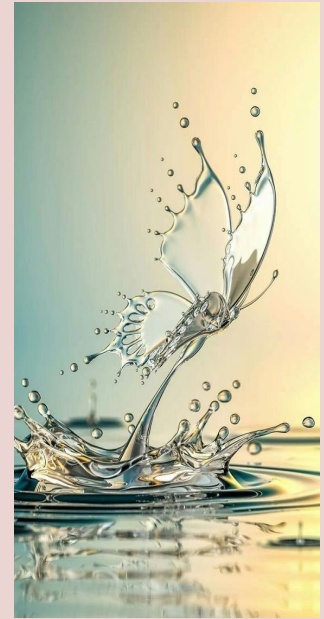
Please remember to check out this website found at the following short-ened link (case sensitive) - bit.ly/2D91aa1 Once there, you will find links to all of the grades 5-9 Health & Life Skills lessons and assignments that students will

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.

On Friday, October 22nd, students in grade 6 went on a field trip to Chickakoo Nature Preserve to learn some hands-on science for the unit, 'Trees and Forests'. While the weather was a bit chilly, we huddled around the campfire and enjoyed our first field trip in a very, very long time! Mme Kerr, Mrs How and Mme Longpre wish to thank the parent volunteers who came to join us for the day!



Please use the parent portal to pay your

outstanding fees.

All students have a \$10

Cultural

fee and Grades 7-9 a

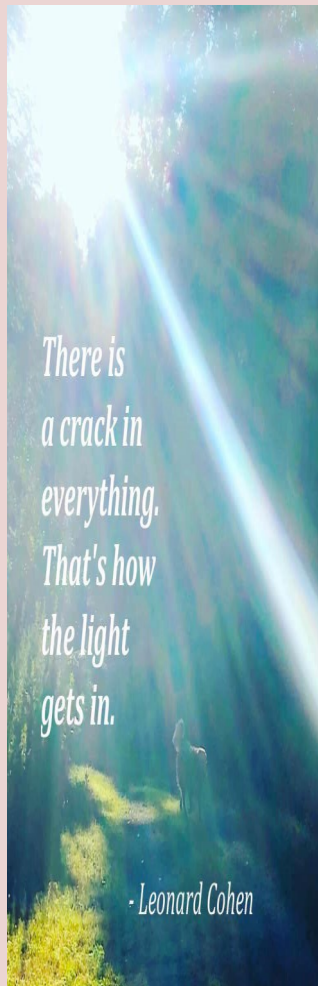
\$5

Options fee.

They can be paid

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

Thank you.



Immunization Information for Parents

Many parents have had questions regarding school immunizations this year. Here are the highlights for this year.

Current Grade 6 students should have had an information and consent package sent home for Hepatitis B and Human Papilloma Virus vaccines. These are scheduled with the school in October or November. Second doses will be scheduled 6 months later.

Current Grade 9 students will be receiving consent/information packages home in later November or December for dTap (Diphtheria-Tetanus-Pertussis) and Meningococcal Vaccines. These are to be scheduled at the school in the New Year.

Current Grade 7 and 8 students who did not complete Grade 6 vaccines will be updated at the school between January and April 2022. If your child had a signed consent in Grade 6 it is valid for this second dose.

Please note that there is no longer a spacing recommendation between the above vaccines, influenza vaccine and COVID 19 vaccines.

Students who are 12 years of age (or turning 12 years of age by December 31st of 2021) are eligible for COVID-19 vaccinations. Bookings for first and second doses are available province wide. Albertans can book appointments through AHS online at ahs.ca/covidvaccine, by calling 811 or through [participating pharmacies](#). First and second dose walk-in clinics are also available at multiple locations. Please refer to the following link for information on routine and seasonal immunization information: [Routine and seasonal immunization during COVID-19 frequently asked questions \(FAQ\) \(alberta.ca\)](#)

For tips on preparing your child for immunizations, please refer to <https://www.immunize.ca/pain-management-children>

If you have any immunization related questions or concerns, please contact your School Health Nurses at 780 968 4268 or 780 984 0342.

Thank you!

[COVID-19 Vaccine Frequently Asked Questions | Alberta Health Services](#)

CANADIAN PARENTS FOR FRENCH—PARKLAND CHAPTER

CALL FOR NOMINATIONS—CPF Chapter Board

CPF Parkland Chapter will hold its Annual General Meeting on Tuesday, November 30 from 6:30-7:30 p.m. To ensure we adhere to current health guidelines the meeting will be held online.

Meeting link:

<https://us02web.zoom.us/j/86317610850...>

Meeting ID: 863 1761 0850

Passcode: 883069

This year there are a number of roles up for election:

OFFICERS:

1. President
2. Treasurer

DIRECTORS:

1. School Representatives (Ecole Broxton Park School, Ecole Meridian Heights School and Spruce Grove Composite High School)

Duties for the above noted roles include:

President:

1. Presides over all meeting of the Voting Members and the Board of Directors.
2. Supervises the affairs of the Chapter
- 3, Signs all documents requiring their signatures
4. Is ex officio a member of all committees except the Nominating Committee
5. Performs other duties applicable to the office as prescribed by the bylaws and by parliamentary authority adopted by the Chapter

The President serves a two year term. This role is estimated to be four to six hour commitment per month.

Treasurer

1. Is responsible for the annual budget, financial books and records, and financial statements as required by the bylaws and in accordance with the procedures, rules, and policies adopted by the Board of Directors.
2. Makes the books, records, and financial statements available to any Voting member of the Chapter at any time upon giving reasonable notice and arranging a time satisfactory to the Treasurer. Each member of the Board of Directors shall at all times have access to such books and records.
3. Performs other such duties applicable to the office as prescribed by the bylaws and by the parliamentary authority adopted by the Chapter.



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CPF—PARKLAND CHAPTER...Cont'd

DIRECTORS:

- School representatives will work with administration and School Councils to generate awareness of CPF Parkland Chapter and the role CPF can play for those enrolled in French Immersion. Additionally, the Directors will work with the Board of Directors to share information with their school community on resources and program offerings available through CPF Alberta and CPF National.

- Directors serve a two year term. This role is estimated to be four to six hour commitment per month.

To nominate an individual please submit their name, contact details and the role they are nominated for to cpfparkland@gmail.com

Should you have questions or comments please contact Lori Cote 780.267.3368

