



## DECEMBER

### Dates to Remember

Friday, Dec 3rd: Report Cards go live 3pm/PJ Day/Hot Lunch

Tuesday, Dec. 7th: Crazy Hair Day

Wednesday, Dec 8th: Hot lunch

Friday, Dec 10th: Hot lunch

Monday, Dec 13th: Hot lunch

Wednesday, Dec. 15th: Hot lunch

Wednesday, Dec. 22nd: Hot lunch/Music Day

Christmas Break—Dec 24th-t-Jan 7th

Monday, Jan. 10th: First day back at school



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### SPECIAL POINTS OF INTEREST

Please open hyperlink to access our Public Calendar of events:

<http://meridian-heights.psd70.ab.ca/Events.php>

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.





## STONY PLAIN AND WEST PARKLAND Christmas Hampers 2021

THANKYOU to the students and their families, and all staff at the local area schools that support the Christmas Hamper program in Stony Plain and west Parkland. For the 43rd year, the Stony Plain Kinsmen and volunteers are working to make Christmas brighter for local families struggling with a limited income. Our goal is to support families in need with food and gifts for the holidays. Last year, with your help, we assisted 675 families in our area and supported nearly 2000 residents! We anticipate a significant increase this year.

To comply with COVID-19 protocols, will continue with the changes to the Christmas Hamper program again this year. We will NOT be asking for non-perishable food items. If you do receive food donations, we will be happy to take them to the Parkland Food Bank for you. We will collect monetary donations, gifts, and local grocery store gift cards to 'upsize' the Parkland Food Bank's December hampers for all clients. We will continue to run the gift portion of the program as usual and will collect and distribute gifts and gift cards to children 17 and under.

To ensure a diverse selection of age-appropriate gifts, we are asking for donations of new, unwrapped gifts or gift cards that are based on gender and age. For children 10 and older, gift cards are ideal. Please refer to [stonyplainkinsmen.ca](http://stonyplainkinsmen.ca) for additional information and gift ideas. Last year, we provided gifts to 750 children in our area!

Items will be picked up at the schools on Monday, December 13, 2021. Hampers will then be assembled and distributed to registered families on December 17th. Families must register through the Parkland Food Bank to receive a Kinsmen Christmas Hamper.

Ray Côté will be your contact. Please leave a message on the Kinsmen phone at (780) 915-6934 and he will return your call. Also, visit [stonyplainkinsmen.ca](http://stonyplainkinsmen.ca) for 'School Information' and a list of 'Gift Donation Ideas'.

THANKYOU for your incredible support of local families at Christmas. Best wishes for a safe, happy, and healthy holiday season!

Sincerely, The Kinsmen Club of Stony Plain



Please make  
sure you verify  
your fees on  
the Parent  
Portal...a  
statement will  
go out before  
2022.



French Christmas Kahoot is hosted by **CPF Parkland Chapter**. This is a family fun event for all ages. Come and join us in this trivia game hour to learn something about French Culture in the season of Christmas. No knowledge of French language is necessary!!!

Here is the link.

CPF Parkland French Christmas Kahoot

Wednesday, Dec 8 · 6:30–7:30 PM

Google Meet joining info

Video call link: <https://meet.google.com/itp-eqpb-vzh>

Or dial: +1 402-433-0135 PIN: 268525521

If you have any questions, concerns or comments, please reach out to me.

Thank you.

Marie Marsh

CPF PARKLAND PRESIDENT





## Message from MHSAA...

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 Graduation, Teacher/Classroom Supplies and More! In the past, we've helped fund the kitchen renovation, the construction of our "big park" playground, and a library renovation.

**We are looking for New Volunteers! Send us an email to see how you can help out!**



One of our popular fundraisers is **Wilhawk Beef Jerky** happening now! Order forms have been sent home (there are extras in the office if one didn't find its way home to you) and are due back on December 7th. Order forms and payment (by cash or cheque made out to MHSAA) are both due back on the 7th. Pick up will be at Wilhawk Beef Jerky in Spruce Grove during their regular business hours on December 15th and 16th.

Our **Hot Lunch** program continues! We are happy to offer a variety of restaurant provided lunches on Wednesdays and Fridays. 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: Kick Ass Caramels, and Growing Smiles Plants.

Contact us by email at [mhsaaparents@gmail.com](mailto:mhsaaparents@gmail.com) and "like" our Facebook page.







HealthLifeSkills Counselling

Home Grade 5 Grade 6 Grade 7 Grade 8 Grade 9 Student Resources Parent Resources Tri-Ragon Support Guide PEO Stronger Together/Leisure... #19 - P.A.R.T.Y. Program #18 - Career Guidance and Insects #17 - Transition from Junior High... Home

## 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

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](https://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](mailto:travis.kinney@psd.ca) or by phone at 780-963-2289.



Ecole 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.



## VIVE LA FRANCOPHONIE CONTINUER....

1.Apprenez votre chanson de Noël préférée en français. Learn your favorite Christmas carol in French.

[Chansons de Noel Spotify](#)

2.Envoyer des voeux de Noel en Francais  
Send French Christmas Cards in French

[Cartes de Noel exemplaire / Christmas Card examples](#)

NB:

Prendre une vidéo et nous marquer sur Facebook

Take a video and tag us on Facebook

[Ecole Meridian Heights School](#)

Nous envoyer un de vos cartes de Noel:

Ecole Meridian Heights School

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