

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE
SEPTEMBER 8, 2023**

meridianheights.psd.ca

WELCOME BACK!

We are so very excited to see you all back from summer. September is off to a great start, with our students reconnecting with staff and peers, and leaping into learning. Please look for your child's classroom communication (email, Class Dojo, Remind app) each week to stay up to date on events, class learning, and field trips.

Ms. Strachan,

Principal



Ms. Forsberg's Grade 5s building community, empathy, & compassion at the outdoor classroom.

EVENTS :

- **September 12, 2023**
Get the Scoop! Come meet the teachers from 5-6pm
- **September 14, 2023**
Blueberry Cross Country Race
- **September 21, 2023**
Jubilee Park Cross Country Race
- **September 22, 2023**
Terry Fox Run at 1:30pm
- **September 29, 2023**
PSD Orange Shirt Day
- **September 30, 2023**
National Day for Truth and Reconciliation

Magic Athletics & PE

- Check the [school calendar](#) for volleyball and cross country dates
- Please make sure your child has a clean pair of gym clothes and gym shoes ready for PE

Terry Fox Run

Join us at the starting line by the big park on Friday September 22nd! More information will be shared with families next week.

K-5 start at 1:30pm
6-9 start at 1:45pm

Follow Us :






IT'S CROSS COUNTRY SEASON!

PRACTICES TUESDAY @ 3:15-3:45	RACES THURSDAY STARTING @ 4:15
CONTACT MME. KYLA FOR MORE INFORMATION	ALL GRADES WELCOME

Band Bulletin with Ms. Schultz

[Greetings from our new Band Director](#)

Join the Meridian Beginning Band! All students in grade seven to nine are welcome - no previous musical experience is required. Beginning Band will meet on Mondays during Option block as well as Tuesdays during lunch recess.

[View a course overview for more information on the program](#) and the benefits of studying music.

Library Magic

This is my first September at Meridian and I am beyond thrilled to be here! We have new books for K-9 students and exciting things happening in the library this year, including an upcoming Scholastic Book Fair in October with details to follow. Students will also be able to join me in the library during recess for ASL sign language Club and Library Club.
- Mrs. Robinson

MHSAA

**Volunteer Information Get Together:
September 20th 7-8:30pm in the library**

Come out to find out all the ways to help!

Choir Connection - A note from your choral director Mrs. Hudepohl

There is a saying: absence makes the heart grow fonder and that is most definitely true for me for my young choristers! Thus I am excited to say that Meridian's Choirs will be starting up soon as we have kind of a big season ahead of us. While preparing for a big trip to Disneyland in March 2024 (just Magic Voices grade 8 and 9s), we also will be preparing for Remembrance Day, the Christmas Concert, competitive festivals, and the June show, just to name a few events. It will be a full and wonderful year and I look forward to many singers coming back to sing again and for new ones to find their place in the choir!

- Magic Voices (grade 7-8-9 choir) starts on Wednesday, September 13th;
- Mini Magique (grade 4-5-6 choir) starts the following week on Wednesday, September 20th,
- and Secret Choir (for singers in grades 1 to 3) starts the week after that on Tuesday, September 26.

So come sing, everyone, and boost your confidence, your mood, and your overall well being! There will be more details about our choirs in Meridian Minutes to come.

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.

Look for the order Form that will be coming home with your child. Orders will ready for pick up at Meridian on Oct. 18 & 19 4-7pm

Wellness

Helping your child re-establish healthy bedtime routines is important for your child achieving the recommendation of 9 to 11 hours of sleep. Well rested students will be able to learn better, regulate themselves more easily, and be better equipped to solve problems throughout their school day.

Counselling Corner

My name is Andrea Smith and I am very excited to be back at EMHS for my second year as the School Counsellor. Over the year I hope to share information with you on social-emotional wellness and community resources. If you think your child could benefit from counselling services this year please reach out to your child's homeroom teacher or call me at the school to connect. I'm excited to get to know your child this school year!

[Check out this quick read](#) from the Institute of Child Psychology for some great tips on how to ease the transition back to school.

Here is the September edition of PSD's [Stronger Together Newsletter](#).

School Council

Hot lunch is one of the main fundraisers for Meridian Heights. It allows us to build new parks and buy new books! Two days a week we offer families the option to order hot lunch from local restaurants. A few of the restaurants we order from include: Butter Chicken Hut, Quesada, Bings, Booster Juice and many more!