

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

MERIDIAN MINUTE
SEPTEMBER 22, 2023

meridianheights.psd.ca

PRINCIPAL'S MEMO

It was great to see so many families out at Get the Scoop and see some new faces at our first School Council Meeting. In keeping with Parkland's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students. We would like to acknowledge the President's Choice Children's Charity Power Full Kids program in providing support for food security at EMHS for the 2023 - 2024 school year.

Ms. Strachan,
Principal



Mrs. Peck's Kindergarten soaking in their first days of school

EVENTS :

- **September 27, 2023 @6:30**
Voyage au Quebec Meeting
- **September 29, 2023**
PSD Orange Shirt Day
- **September 30, 2023**
National Day for Truth and Reconciliation
- **October 3, 2023**
Picture Day (Everyone)
Parkland CPF Chapter AGM
6:30-8:00pm at EMHS
- **October 4, 2023**
Picture Day (anyone who missed)
- **October 6, 2023**
PD Day
- **October 9, 2023**
Thanksgiving

Magic Athletics & PE

- Developmental volleyball for grades 5-6 will start this Friday after school and continue for the remainder of September and October from 3:06-4:30pm.
- Senior volleyball games will be on Tuesday, Junior volleyball games will be on Wednesdays. Check with Mme Kerr or Mrs Mulroy for times and locations.
- Cross Country races on Thursday check with Mme Kyla or Ms. Forsberg for locations.

Follow Us :



Safe School Drop Off & Pick Up

We are asking for your support to ensure safe arrival and pick up for all students. Our street can get quite hectic during those busy times. Please pay close attention to our crosswalks and when opening car doors. We would like to keep our pedestrians and cyclists safe! The back trails continue to be the safest route for cyclists. When using our busy front sidewalk in front of the bus lane, we really appreciate when students and families walk their bikes and scooters.

Library Magic

- Scholastic book fair headed to Meridian Heights from October 23-27. More details to follow as we get closer to the date.
- NEW! Clubs with Mrs. Robinson students grades 5-9 are invited to the library Mondays for Sign Language Club and Thursdays for Library Helpers Club, during lunch recess.

- Mrs. Robinson

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

Our choral season is off and running. Magic Voices (the grade 7-9 choir) is already delving deep into rep and getting ready for performances. Mini Magique (the grade 4-5-6 choir) had their first "come try it out" rehearsal this week and such fun that was! I'd like to remind Mini Magique members that they have ONE MORE WEEK to try choir and then they can decide if they would like to MAKE A COMMITMENT FOR THE YEAR. We rehearse weekly and have performances that depend on committed participation so it's important for young choristers to understand that they are in it for the long haul! And this coming Tuesday is the first rehearsal for Secret Choir! Secret Choir is our youngest choir (grades 1-3) and rehearsals are on Tuesdays from 11:50 a.m. to 12:30 p.m.

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.

Orders will ready for pick up at Meridian on Oct. 18 & 19 4-7pm

Wellness

- Need help managing your kids' screen time? [Click here for tips, articles and free resources.](#)

Choosing foods to put in school lunches can be a challenge. Try using this [Lunch Box Guide](#) for some ideas!

Band Bulletin with Ms. Schultz

Beginning Band Clinic - The Junior High Band, along with 6J and 6K, will be participating in a beginning band clinic on Thursday, October 5th at the school from 12:30-2:00. This clinic is offered free of charge. Professional musicians have been invited to the school to teach our band students how to properly assemble and play the first few notes on their instrument. We can't wait to start making music!

MHSAA

Hot Lunches on Wednesdays and Fridays

Keep a look out for playground updates coming soon!

School Council - [Click Here for graphic](#)

Save the date! School Council Meetings for 2023/2024
Time: 6:30 p.m. - 7:30 p.m.
Location: Ecole Meridian Heights School Library Commons

SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
20	11	8	13	17	21	13	10	8	12

Participating in a Parent Council can offer numerous benefits to parents and the school community as a whole.

- Advocating for Your Child**
Parent Councils allow you to speak up for your child's needs and contribute to improving their education.
- Building a Stronger School Community**
Involvement fosters a sense of togetherness among parents, teachers, and students, creating a positive school environment.
- Gaining Insight into School Operations**
You'll gain a better understanding of how the school works, stay informed about policies, and stay engaged in your child's education.
- Influencing Positive Change**
Parent Councils empower you to have a say in important school decisions and drive positive improvements for all students.
- Networking and Skill Development**
Participation offers opportunities to network, develop leadership and communication skills, which can benefit you personally and professionally.

Counselling Corner

Grieving is the natural process our body and mind go through after a death or significant loss. We all grieve in our way and in our own time and we all respond to loss differently. Coping with loss can be challenging and can bring up heavy emotions such as anger, deep sadness, resentment, and shock. There is no right or wrong way to grieve, but there are things we can do to honor the grief process and to help us make sense of the loss.

To learn more about loss & grief visit [CMHA Edmonton](#).

[Family Life Psychology](#) is offering an 8-week grief support group for children aged 10-13. Contact them for more information or to register.