

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE
OCTOBER 6, 2023**

meridianheights.psd.ca

PRINCIPAL'S MEMO

As we fall into the second month of school, we look forward to parents and guardians joining us at our Parent Teacher Interviews later in the month.

If you were not able to join us on EMHS Walk for Truth and Reconciliation, we were able to capture a few clips of the students and their artwork to commemorate the legacy of residential schools. With a Halloween guidelines

Happy Thanksgiving!

Ms. Strachan,

Principal



Reflection Rocks from the ÉMHS Walk for Truth and Reconciliation

EVENTS :

- **October 9, 2023**
Thanksgiving (no school)
- **October 11, 2023**
School Council Meet @6:30
- **October 12, 2023**
EMHS Cross Country Race
- **October 25 & 26, 2023**
Parent Teacher Interviews
- **October 30, 2023**
School Picture Retakes
- **October 31, 2023**
Halloween Celebrations

Magic Athletics & PE

Sometimes, families need financial assistance to get their kids into a sport or physical activity. Here are two fantastic, easy to access programs that can help! [KidSport](#) and [Jumpstart](#) provide grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of physical activity. Reach out to Mme. Kerr or Mrs. Mulroy if you need help with this.

Follow Us :



Library Magic

- Our school will be hosting a Scholastic Book Fair October 23rd - 27th. Students will be able to shop during their lunch recess and the book fair will be open after school during Parent-Teacher interviews October 25th and 26th for family shopping time.

- Mrs. Robinson



Weaving Indigenous Ways of Knowing

Youth Empowerment Conference

Renewing Our Spirit: Youth Empowerment Conference. [Click here](#) to view the poster!

Indigenous Canada

a 12- lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada. To learn more and register please click here.

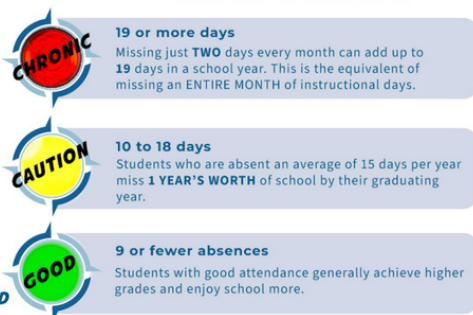


In PSD, we help support families who need help getting their child(ren) to school. We know there are many factors that affect attendance:

- Parents' work schedule
- Transportation
- Family events
- Appointments

Often families don't realize how much school their child is missing and the impact that has on everyone. They are more behind than you think.

1 DAY MISSED = 2 DAYS BEHIND



Wellness

- Interested in learning more about the benefits of outdoor play for children? Check out this family friendly handbook: [Why Outdoor Play Matters for Children](#)

Band Bulletin with Ms. Schultz

We had our first successful Junior High Band clinic with 6J and 6K, Professional musicians joined us to teach our band students how to properly assemble and play the first few notes on their instrument. We can't wait to continue making music!

MHSAA - Your Fundraising Parent Group

Sign up for hot lunch at mhsaa.hotlunches.net

Join us in the library on Oct. 11th 7:30-8:30pm

[Check out this infographic to learn more](#)

School Council

Join us at our next School Council meeting on Wednesday, October 11 at 6:30 p.m. in the school Library. Can't make it? Parents and Guardians can submit questions to be asked on their behalf by emailing meridian.scchair@partner.psd.ca before noon on Tuesday (Oct. 10). Check out the [meeting agenda](#). You can also review the highlights from Sept. 20 School Council meeting [here](#).

Counselling Corner

October is Attention-deficit/Hyperactivity Disorder (ADHD) Awareness Month in Canada. ADHD is a complex disorder that impacts each individual differently. Symptoms of ADHD may include inattention, hyperactivity, impulsivity, difficulty with emotional regulation and impulse control, challenges with time management, and hyperfocus. ADHD affects approximately 3-7% of the childhood population and can impact a variety of areas such as school, relationships, and emotional regulation. ADHD can be managed through education, behavioral management, social skills training, and, for some, medication management. To learn more about ADHD or access support visit the [ADHD Association of Greater Edmonton](#).

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

Here are the [AHS:Community Education Service](#) presentations for the month of October.