

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE
OCTOBER 19, 2023**

meridianheights.psd.ca

PRINCIPAL'S MEMO

We are looking forward to sharing learning and student growth during Parent Teacher Interviews next week. Don't forget to check out the Book Fair when you are in!

Parkland School Division has many opportunities for Stakeholder Engagement throughout the year. If you are interested in contributing your perspective, feedback, and ideas please reach out to me in an email so that we can ensure to have representation from École Meridian Heights School.

Ms. Strachan,

Principal



Crossing the finish line at the annual Meridian Cross Country Race

EVENTS :

- **October 25 & 26, 2023**
Parent Teacher Interviews
- **October 30, 2023**
School Picture Retakes
- **October 31, 2023**
Halloween Celebrations
- **November 8, 2023**
School Council 6:30-7:30pm
in the library commons
- **November 10, 2023**
Remeberance Day
Ceremony
- **November 13-17, 2023**
Fall Break (No School)

Magic Athletics & PE

- Congratulations to all of our cross country runners who finished their season last Thursday. A special thank you to coaches Mme. Pronovost, Mrs. Forsburg, Mme Kerr and Mrs. Peck for supporting our athletes!
- Basketball season is right around the corner and will begin shortly after fall break! We are looking for a couple coaches for our teams. If you are interested or know of someone who might be, please reach out to [Mme. Kerr](#) or [Mrs. Mulroy](#).

Follow Us :



Library Magic

Our Scholastic Book Fair October 23-27. This year recess shopping will be by invitation, your student will be informed by their Homeroom teacher which day is theirs for shopping. We will also be open October 25 & 26 from 4pm-7pm.

- Mrs. Robinson



Our lost and found is overflowing!!! Please check out our growing collection during interviews!

Counselling Corner

What is Separation anxiety?

Separation anxiety occurs when a child is overly concerned or worried with the actual or anticipated separation from their attachment figure. Approximately 4% of children and youth suffer from separation anxiety and it is the most common anxiety disorder in children under the age of 12. Separation anxiety can interfere with a child's ability to attend school and extracurricular activities and can also be difficult for the entire family to manage.

To learn more about separation anxiety visit [Anxiety Canada](#) or listen to this short podcast by [The Coping Toolbox](#) for ideas on how to cope with the struggles associated with separation anxiety.

Wellness

- [Why Outdoor Play Matters for Children](#)
- We know ALL students are better able to BRING THE MAGIC when their bellies are full. Our school is hoping to feed more students with our breakfast program and are looking to make some changes in hopes of improving access for ALL Meridian students. To do this, we are looking for volunteers (parents, adult siblings, grandparents etc) who might be able to give up 30 mins of time from 8:15 - 8:45 am on one or more school days. Tasks would involve making and serving easy breakfast items like toast and cereal. Please fill out [this form](#) to indicate your availability if you are interested. There is a spot for questions/concerns on the form as well.

Grade 9 Quebec Fundraiser

Bring your appetites to Parent Teacher Interviews! Buy a hot dog or two and support our Grade 9 French Immersion students fundraiser for their trip to Quebec to practice their French language skills. All the food for this fundraiser has been generously donated by Kal-Tire and all proceeds from the sale will go directly towards the trip. Hot dog, chips, and drinks will be \$2 each or buy a combo of all 3 for just \$5! Cash Only! Have bags of bottles cluttering your garage? Bring those along to Parent Teacher Interviews to donate towards the Quebec trip.

MHSAA - Your Fundraising Parent Group

Sign up for hot lunch at mhsaa.hotlunches.net

Join us in the library on Nov 8th 7:30-8:30pm

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

School Council

Join us at our next School Council meeting on Wednesday, November 8 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 (Nov. 7).

Choir Connection -- A note from your choral director, Mrs. Huedepohl:

All three of our choir programmes are up, running and getting ready to soar! All young musicians are practising away at songs like Fare Thee Well (Mini Magique) and Marshmallow World (Secret Choir!), learning lots and getting ready to share their growth! Magic Voices in particular, will be sharing their music at their first performance this season on Saturday, 21 October 2023 at St. Andrews United Church in Spruce Grove (7:30 p.m.). There are FOUR choirs involved in this concert: three from Stony Plain (Magic Voices, MCHS Choirs and local adult community choir, Vocal Collective) and the ALBERTA YOUTH CHOIR led by Dr. Robert Filion. All Magic Voices members are required to participate but everyone in our school community may attend. Tickets are by suggested donation of \$20 at the door!

Band Bulliten

Check out some [photos from our band startup clinic](#) on October 5th!