

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE
NOVEMBER 1, 2023**

meridianheights.psd.ca

PRINCIPAL'S MEMO

Our Remembrance Day Ceremony will be taking place on November 10th. Any students with uniforms are welcome to participate in our Color Party under the direction of Mr. Kinney. Please let your teacher know.

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



Our Junior High Students enjoying the Halloween Dance and Costume Contest

EVENTS :

- **November 8, 2023**
School Council 6:30-7:30pm
in the library commons
- **November 10, 2023**
Remembrance Day
Ceremony
- **November 13-17, 2023**
Fall Break (No School)

Magic Athletics & PE

- Good luck to our volleyball teams competing in playoffs this week! Junior girls are on to semifinals against Graminia and senior girls play STA for the quarter final. Great season to our boys who lost out in quarters on Monday. The senior teams will play the staff next Thursday at lunch!
- Basketball open gyms will start the week after fall break!

Follow Us :



Band Bulliten

Meridian Band students celebrated Halloween this week!



Counselling Corner

Let's face it, parenting is hard work! Making time for ourselves while still being available to the needs of our children is a constant balancing act. There is no one-size fits all approach and sometimes it's hard to know where to go for accurate tips and information. If you have ever been curious about the science of parenting, want to learn strategies to address challenging behaviours, or you want to raise a resilient, confident, and empowered child then this FREE online conference hosted by the [Institute of Child Psychology](#) may be for you.

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

Wellness

All of our junior high classes have recently completed the Kids Help Phone's "Counsellor in the Classroom Program." Grades 4-6 are working on this. This program, facilitated by their health teacher, promotes the discussion of mental health and well-being among young people and includes a virtual meet with an actual counsellor from the Kids Help Phone. In addition to this discussion, students were encouraged to peruse the Kids Help Phone website which is an amazing high quality resource for all kids. Families are encouraged to have a look at this AMAZING [website](#)!

Library Magic

Thank you to everyone who stopped by the book fair, it was a huge success and we are so proud of our Grade 9 volunteers who put in hours of hard work to make this event happen. We will be adding a lot of new French and English books to the school library! The next book fair will be in the spring.

- Mrs. Robinson

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

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).



Meridian's Brick's of Belonging crafted by our K-9 students to share how they are connected at EMHS

Dressing for the Weather

With the change in weather, please be sure to send your child with clothing appropriate for a range of temperatures. Our lost and found has quite the collection of unlabeled winter gear. When possible, please label your child's belongings so that it can be returned to them if it is found.

Reminder to change your clocks on Sunday for daylight saving time!