

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE
DECEMBER 8, 2023**

meridianheights.psd.ca

PRINCIPAL'S MEMO

What an incredible Meridian Market! Thanks to all of the students, families, and staff that came out to join in some holiday fun and shopping.

A reminder to families to check your PowerSchool accounts for field trip fees. You can pay online with credit/debit or send cash or cheque into the office.

Is your family missing a pair of glasses? Please take a peek [at this picture](#) to see our collection at the office

Ms. Strachan,

Principal



The Cactus Booth at the Meridian Christmas Market

EVENTS :

- **December 13, 2023**

School Council 6:30-7:30pm
in the library commons

- **December 19 & 20, 2023**

Christmas Concerts - See
Page 2 for details

- **December 22, 2023**

PD Day (No School)

- **December 23 - January 7**

Winter Break (No School)

Magic Athletics & PE

- We have been very lucky to have such awesome weather this winter! With the Christmas concert activities happening through the last week of school, all Gr 4-9 phys ed classes will be outside at that time. Please have your children dress accordingly.
- Once the Town of Stony of Plain floods our ice rink, some of our classes will be going skating. As the school has a very limited amount of skates/helmets, we will encourage students who do not have, to see if they can borrow from family, friends or a neighbour. We reminded our students with skates/helmets to check to see if they still fit.
 - Please make sure your child has indoor shoes for gym as we want to keep the gym as clean as possible!

Follow Us :



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

Hello friends! It is that magical time of year when we sing loud for all to hear! There are three Christmas concerts happening at Meridian Heights this holiday season. The **FIRST TWO CONCERTS ARE THE SAME**: only the audience members change! If possible, we ask guests to attend according to this schedule so that the audience is not overflowing.

Show 1: Tues/Thurs Kinder/Maternelle to Grade 3

Tuesday 19 December 2023 11:00 a.m.

Audience: Families of the Children in the Following Classes:

- Tues/Thurs/ Kinder Maternelle families
- Grade 1/2 Gervais
- Grade 2 McInroy
- Grade 3 Munro
- Grade 3 LeBritton

Show 2: Mon/Wed Kinder/Maternelle to Grade 3

Wednesday 20 December 2023 11:00 a.m.

Audience: Families of the Children in the Following Classes:

- Mon/Wed Kinder/Maternelle families
- Grade 1 Rachuk
- Grade 1 Cloutier
- Grade 2 Pelletier
- Grade 3 Paterson

The third show is the Choral/Band Concert for **Mini Magique (grade 4-5-6 Choir), Grade 7-8-9 Band and for Magic Voices**. This show will feature some familiar favourites that have been sung at Meridian Heights for many years, as well as some new pieces. And we are super excited to welcome our grade 7-9 band programme back into the mix! This will be a fun evening.

Wednesday 20 December 2023 6:30 - 7:30 p.m.

Call time for choristers: 5:45 p.m. (students are asked to come to the music room or band room)

Audience: Families of Mini Magique, Grade 7-8-9 Band and Magic Voices.

Band Bulletin

- [Wednesday, December 20th - Junior High Band \(Grade 7-9\)](#)
- Band and Choir Winter Concert
- Time: 6:00 pm in the band room (Concert at 6:30 pm)
- Location: Meridian Large Gym
- [Thursday, December 21st - Grade 6 Band Students](#)
- Grade 4-6 Christmas Showcase Concert (event for students rather than parents)
- Time: 8:45 am - 10:00 am
- Location: Meridian Large Gym

Textiles Option - Supplies Needed

Meridian is going to be offering a textiles option for our JH students in their new term. This option is welcoming any of the following donations such as:

- Materials of all kinds
- Needles, thread & pins
- Material tape measure
- Beeswax
- Stuffing
- Seem splitters, rotary cutters & mat
- Anything else that seems fun to have on hand!

School Council

Join us at our next School Council meeting on Wednesday, December 13 at 6:30 p.m. in the school Library. Join our School Council team as Secretary and play a key role in fostering communication and organization - your skills can make a lasting impact on our school community

MHSAA - Your Fundraising Parent Group

Sign up for hot lunch at mhsaa.hotlunches.net

Join us in the library on Dec 13th 7:30-8:30pm

Counselling Corner

The holidays can be an exciting & relaxing time of year for many. They can also bring up feelings of emotional or financial stress, loneliness, or grief & loss. If holiday stressors are weighing you down, here are some [tips to help you cope during the holidays](#) and throughout the year.

For tips on managing grief & loss over the holidays listen to this brief podcast by [The Coping Toolbox](#).

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

Wellness

- As the holiday season approaches, it's an opportune time to inspire and equip your child with balanced eating habits. [Click here for some healthy eating ideas!](#)
- Glen Hall has free public skating! Check out this [link](#) for dates and times! Don't forget you need a helmet to participate.
- When thinking of Christmas Gift ideas for your child, consider gifting something that will encourage your child to be active: a skipping rope, soccer ball, basketball, hockey stick, ice skates, sled, mesh hockey/soccer nets, skateboard/scooter, a bouncy ball and more could make a fantastic gift!