

ÉCOLE MERIDIAN HEIGHTS SCHOOL



**MERIDIAN MINUTE
JANUARY 12, 2024**

meridianheights.psd.ca

PRINCIPAL'S MEMO

Happy 2024 and welcome back from the break!

It looks like winter has finally arrived and with it, reminders for students to come dressed and prepared to enjoy their recess breaks when the temperature allows us to be outdoors.

We look forward to releasing our Report Cards and Individual Education Plans on January 30th to provide a summative update on our students' learning. Keep an eye out on your PowerSchool accounts and please note, access will be limited as Report Cards are prepared.

Ms. Strachan,

Principal

Bi-Weekly School Newsletter



Students participating in our American Sign Language Club over lunch recess.

EVENTS :

- **January 17, 2024**

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

- **January 30, 2024**

Report Cards & IEPs Released

- **February 2, 2024 6-7pm**

Family Fun Night

- **February 13, 2024 6-7pm**

FI Kinder Open House

Magic Athletics & PE

- We hope to see some snow fall as Meridian's Ski and Snowboard Club (open to students in grades 4-9) will be firing up on Feb 23, March 8, March 15 and March 21st. If your child is interested, please have your child attend the meeting next Tuesday, Jan 16th @ 11:50am. Information/registration packages will be handed out at that time. The total cost which includes 4 days of transportation, lift tickets, lessons and rentals will be about \$230. As space on the bus is limited, spots will be secured by payment on a first come, first served basis. We hope to see your child there on the 16th! (Feel free to condense if space is needed.)
- Running room indoor games is also starting up shortly, more info to come from Mme Kyla and Mme Gervais.

Follow Us :





Join us for a **FREE & interactive** French/English musical performance.

Enjoy a mix of traditional and original music, including French versions of popular songs. Lyrics are projected on-screen so you can sing along!

FRIDAY
FEBRUARY 2, 2024
6-7 P.M.

ÉCOLE MERIDIAN HEIGHTS SCHOOL
4119-43 STREET, STONY PLAIN

LIMITED TICKETS—SCAN CODE TO SAVE YOUR SEAT!
THIS EVENT IS OPEN TO ALL PARKLAND AREA FAMILIES WITH K-9 CHILDREN.



BROUGHT TO YOU BY THE FRENCH IMMERSION PROGRAM AT ÉCOLE MERIDIAN HEIGHTS SCHOOL.
LEARN MORE ABOUT THE PROGRAM BY VISITING US AT MERIDIANHEIGHTS.PSD.CA TODAY.

Library Magic

Did you know you can access our school library online? Visit our [website](#) to see new books, look at collections and access your child's library account.

Dressing for the Weather

Severe weather is definitely a challenge we encountered this week! Please check out [PSD's Administration Procedure](#) for detailed information.

Unless the weather drops below -23, students will be heading outside for recess. Please ensure your child has warm clothing and footwear to enjoy their outdoor time.

Parents Guide to Social Media

Early in December, Parkland School Division offered an evening session for parents to support their children in navigating social media.

Please see [this link](#) to access the information and presentation from that evening.

Band Bulletin

Upcoming Performances:

Grade 6 Band (6K and 6J);

Thursday, January 25th (1:00pm): Showcase concert to celebrate this term's progress. This concert is open to parents/guardians.

Location: Large Gym

School Council

Join us at our next School Council meeting on Wednesday, January 17 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 January 17th 7:30-8:30pm

Counselling Corner

Welcome back Meridian families! As we welcome the start of 2024, a common tradition for many people is to set a new year's resolution goal. When setting goals it helps to make them SMART: Specific, Measurable, Attainable, Relevant and Timely. Setting and achieving a goal takes work and dedication and it is much more attainable when the person is motivated. Setting a new year's resolution can also be a fun activity to do with the whole family. Check out these new year's resolution ideas and strategies by [Healthy Children](#) for age specific goals.

January edition of [PSD's Stronger Together Newsletter](#)

Wellness

- Canada's [24-hour Movement Guidelines for Children and Youth](#) is a handy roadmap for a healthy day. The Guidelines are recommendations from exercise scientists, but they're more than just fitness rules! They're a practical tool to help families figure out what a positive 24-hour period looks like.