

# ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

**MERIDIAN MINUTE  
JANUARY 26, 2024**

[meridianheights.psd.ca](http://meridianheights.psd.ca)

## PRINCIPAL'S MEMO

Throughout January, we have seen students really taking our school-wide learning on Respect to heart. Well done!

If you have a student in Grade 4 or 7, please keep an eye out for the Alberta Education Parent and Guardian Assurance Survey in the mail. More information on how the Assurance Measure Surveys for parents, students, and staff can be found [here](#).

Each spring our grade 6 and 9 students participate in the Provincial Achievement Tests. Please see [this information sheet](#) for more information.  
**Ms. Strachan,**  
Principal



EMHS Senior Boys Basketball Team

## EVENTS :

- **January 30, 2024**  
Report Cards & IEPs Released
- **February 2, 2024 6-7pm**  
Family Fun Night
- **February 8 & 9, 2024**  
Teacher's Convention - No School
- **February 13, 2024 6-7pm**  
FI Kinder Open House
- **February 15, 2024 6-7pm**  
English Kinder Open House
- **February 16, 2024**  
PD Day - No School
- **February 21, 2024 6:30pm**  
School Council Meeting

## Magic Athletics & PE

- EMHS Ski and Snowboard Club is full to the brim! We are excited to hit the slopes in a few weeks! Participants should all have a parent who is signed up for "Remind" updates.
- Thanks to Mme Pronovost and Mme. Gervais for leading the charge with our Indoor Running Room Games Teams! Grades 4-6 will practice after school from 3:15-4pm on Tuesdays and Thursdays. Grades 7-9 will practice on Fridays after school from 3:15-4pm.

## 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.

[Get your FREE concert tickets here!](#)

## Counselling Corner

Growing up in a digital world and navigating social media is something that most parents will need to address at some point in time with their children and teens. There are many things to consider and every family's rules and expectations for technology use will differ. As parents it is our job to help our kids establish safe & healthy habits for tech use. Below are some resources you may find helpful when deciding what tech will look like in your home.

Check out these [helpful tips](#) for parents.

Book Suggestion: [The Tech Solution](#). In this book Dr. Shimi Kang guides parents through the process of creating their own family plan for tech use and provides practical suggestions on how to help children grow up in a digital world.

## Wellness

Winter Walk Day is Wed. Feb. 7th- Encourage your child to walk to school today OR drop your child off a distance away from the school so they can walk to school through our community.

## 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, February 21st 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](mailto:meridian.scchair@partner.psd.ca) before noon on Tuesday (Feb. 20).

## MHSAA - Your Fundraising Parent Group


Sign up for hot lunch at [mhsaa.hotlunches.net](https://mhsaa.hotlunches.net)

Join us in the library on February 21st 7:30-8:30pm



SPRUCE GROVE  
COMPOSITE HIGH SCHOOL

OPEN HOUSE




**Thursday, February 15, 2024**  
**6-9 p.m.**  
1000 Calahoo Road, Spruce Grove

**Incoming Grade 10 students and their families are invited to visit the school for this in-person event.**

**MAIN PRESENTATION AT 6 P.M. IN THE GYM.**  
There will be time following the main presentation to explore programming and tour the school.

Please note that separate presentations for French Immersion, Knowledge & Employability and Life, Academic, Work Skills (LAWS) will begin at 5:30 p.m.



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