

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

MERIDIAN MINUTE
APRIL 5, 2024

meridianheights.psd.ca

PRINCIPAL'S MEMO

Our annual MHL Hockey league has started and we are excited to see who will take home this year's cup!

We have seen an increase in the use of cell phones. If your child has a cell phone, please have a conversation with them to remind them of our cell phone and tech use policy. We expect that cell phones are away in lockers throughout the school day and breaks. Students can do a quick check at their locker at the beginning of breaks and then return them before heading to recess.

Ms. Strachan,

Principal



2023/2024 Senior Boys Basketball Team

EVENTS :

- **April 8-12, 2024**
Book Fair
- **April 9, 2024**
4-6 Choir to St. Albert Festival
- **April 10 & 11, 2024 4-6pm**
Parent Teacher Interviews
- **April 15, 2024**
Run Wild Pep Rally

Magic Athletics & PE

- With the nicer weather, it's fun to wear flip flops, sandals and Crocs! Please remind your child to bring running shoes to school for days when you have Phys Ed so that they can participate safely.

Follow Us :



Counselling Corner

Sleep is an important part of our mental health. The [Canadian Pediatric Society](#) recommends that children (6-12 years) get 9-12 hours of sleep and teenagers (13-18 years) get 8-10 hours of sleep. When we are sleep deficient this can impair our ability to manage emotions & behaviors, problem solve, and cope with changes in our life. Sleep deprivation has also been linked to depression, suicide, and risk-taking behavior. Check out this article for more information on the connection between [Sleep and Mental Health](#) and to get tips on creating healthy sleep hygiene practices.

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

Have you talked to your kids about...

The solar eclipse! On Monday, April 8, 2024, there will be a partial solar eclipse visible from Stony Plain. While we are not in the path of totality, we will experience approximately a 22% reduction in light during the maximum eclipse. During a solar eclipse, the Moon moves between the Sun and the Earth, partially or completely blocking the Sun's rays.

Caution must be taken as even during a partial eclipse, the Sun's intense radiation can cause severe damage to the eyes. Looking at the Sun directly during an eclipse can lead to solar retinopathy, permanently damaging the retina's light-sensitive cells.

Because of the unique and unusual event, and the curiosity of children, across Parkland School Division we will be holding an indoor lunch hour and all classes, including PE classes, will be held indoors during the eclipse to ensure students do not look up to see this natural phenomenon without proper eclipse glasses.

Teachers will discuss the eclipse with their students, and may chart shadows, light saturation, and other safe measures of the eclipse from inside the building. Please take time with your children to outline the potential risks of looking at an eclipse or at the sun without proper protection. Glasses that meet the ISO 12312-2 international safety standard are the only type of glasses recognized for viewing this natural phenomenon. The eclipse can be watched online at: [NASA/Exploratorium livestream](#)

Changing Access to PSD Wifi

Parkland IT services has updated our Wifi connection. If students are using personal devices, they will now be required to log on to the network using their PSD log in information. Guests access to Wifi will be provided through the office



POWWOW PRACTICE
APRIL 12 & MAY 10
6 - 8 PM

With dance instructor Mariah Dumont and guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:
admin@skydancerindigenous.com

Logos: SKYDANCER INDIAN CULTURAL CENTRE, WBF WOMEN BUILDING FUTURES, COHESIVE COMMUNITIES, PRESCOTT PUMPS

School Council

Join us at our next School Council meeting on Wednesday, April 10th at 6:00 p.m. in the school Library. Instead of a full meeting, Parent Teacher Interviews are a great night for families to drop in and get connected.

MHSAA - Your Fundraising Parent Group

Sign up for hot lunch at mhsaa.hotlunches.net

Library Magic

- Scholastic Book Fair is coming back this spring! Stay tuned for details!
- Don't forget to return your library books! There are return bins at the library desk and books can be returned any time. Families, if you can support your children with packing library books into their backpack once they are finished, we can make sure everyone has the opportunity to take home a new book weekly.

