

ÉCOLE MERIDIAN HEIGHTS SCHOOL



Bi-Weekly School Newsletter

MERIDIAN MINUTE
MAY 31, 2024

meridianheights.psd.ca

PRINCIPAL'S MEMO

Come join us at our final School Council meeting of the year on June 19th at 6:30pm in the library and meet our incoming Principal Treena Neumann. School Council is also recruiting for the next chair or co-chairs. Come on out to find out what it's all about and get involved.

If you are interested in finding out Parkland School Division's goals and priorities, check out our [2024-2027 Education Plan](#).

Ms. Marcinkevics,
Acting Principal



Our 2024 Run Wild Team

EVENTS :

- **June 7, 2024 9-9:45am**
Yo-Yo performance
- **June 7, 2024 9-9:45am**
PSD Try Me Try -Athalon
- **June 10, 2024 1:30pm**
7 Sacred Teachings Truth Assembly
- **June 12, 2024 7:30pm**
Quebec Trip FUndraising Meeting
- **June 14-16, 2024**
Banff Marathon Run

Magic Athletics & PE

- Congrats to the selected Grade 5 and 6 students will compete in the West Zone Elementary Track meet at Westview School this Thursday, June 6th. Students who qualified have received permission forms from Mme. Kerr.
- Congrats to: Chris Hahn, Sam White, Isobel Johnson, Karilyn Duff, Charlee Schroh and Emily Schlecker who advanced to the Zone 5 track meet on Tuesday, June 4th!
- We are having "YoYo Around the World" come present to us on Friday, June 7th from 9:00-9:45am! [This letter](#) will be coming home to you this week and yo-yo's will be on sale until Thurs. June 13th. Cheques or exact change only will be accepted. **Please remind your child to write their names on their yo-yos to avoid mix ups**

Follow Us :



Wellness

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Band Bulletin

Upcoming band performances:

- Grade 6B Showcase Concert: Thursday, June 13 (1:00pm)
• Location: Meridian School Small Gym
Details: This concert is open to parents/guardians. Please join us in celebrating the musical achievements of 6B students this term!
- Junior High Band Concert: Thursday, June 20 (6:30pm)
• Location: Meridian School Large Gym
Details: Band and Choir Year-End Concert

School Council

Join us at our next School Council meeting on Wednesday, June 19th 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 (June 18th).

MHSAA - Your Fundraising Parent Group

Sign up for hot lunch at mhsaa.hotlunches.net

NEW TO HIGH SCHOOL PARENT & STUDENT NIGHT

 **JUNE 12, 2024**

 COME AND FIND OUT ALL ABOUT YOUR NEXT FEW YEARS AT SGCHS!



 Large Gym
1000 Calahoo Rd
Spruce Grove, AB

 7:00 - 8:00

ADOPT A PLANTER
LETS GET MERIDIAN GROWING



Lets beautify our outdoor space
This project requires the following donations:
Potting soil
Annuals
Seeds
Time- We will need volunteers to keep our flowers alive and well over the summer

Counselling Corner

If your kiddos are anything like mine, at some point this Summer you will hear the words, "I'm bored". Having kids sit with boredom helps them spark creativity, problem solve, and develop the skill of flexibility. Kids also learn to build tolerance for some of the not-so-fun moments they will experience in their lifetime. For ideas on how to foster these skills in your child, check out Big Life Journal's [Summer Buster Boredom Challenge](#) (free printable available until June 5/24).

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

Library Magic

Library book circulation is wrapping up and all library books are due back the week of June 3, 2024. This means all library books are now due back. Any books not returned by June 21, 2024 are subject to a Powerschool charge at the replacement cost of the title. We are happy to take a donation of a book in great condition (of equal value) to replace lost books. Please help your child by encouraging them to search common places for books to hide. A book scavenger-hunt might include searching:

- In the family vehicle
- Under your bed
- In the toybox
- In the shoe closet
- Tidy your room
- Under the couch cushions

Happy book hunting and thanks for a wonderful school year,



Mrs. Robinson

Have you talked to your kids about...

Understanding their emotional triggers and developing coping strategies? Check out this incredible opportunity over summer break!

STONY PLAIN PSYCHOLOGY AND WELLNESS


IS YOUR CHILD OR TEEN STRUGGLING TO MANAGE THEIR EMOTIONS....



- Is worry or sadness interfering with their ability to do the things they would like to do?
- Is irritability becoming unmanageable?
- Are emotions interfering with their relationships?

Monday-Thursday
Session 1: 9:00-12:00 p.m OR Session 2: 12:30-3:30 p.m
(July and August dates will depend on participant registration)
Location: Metafitness & Wellness (46 Boulder Blvd Stony Plain, Alberta).

FOR INQUIRIES CONTACT TERILYN PETTEFER R.PSYCH
EMAIL: TERILYN.PETTEFER@THERAPYSECURE.COM
PHONE: (587) 207-4796



Register your child (age 8-12) or teen (ages 13-17) for a summer series where they will learn to better understand their emotional triggers, develop healthy/ adaptive coping strategies with stress. They will explore concepts involving optimistic thinking, assertive communication, improving personal self-care and relationship skills.

Session cost: \$50/hour (total cost \$600) can be reimbursed by privately funded insurance companies for those who qualify for psychological interventions in the group setting.

Stony Plain Library - Summer Reading

The Stony Plain Library is OUT OF THIS WORLD exciting this summer! Program registration will start on June 17th, 2024 at 10 am. Don't miss out!

We will have the TD Summer Reading Program booklets available at the library starting June 17th and children ages 0-12 can earn prizes for reading throughout the summer. Sign up online for several fun summer reading activities at TDsummerreadingclub.ca

As the warm breeze of summer approaches, we are thrilled to unveil our exciting lineup of summer reading programs at the library! This year, we are proud to announce that we will be offering **programs in both French and English** for children ages 0 to 12, ensuring that every young reader can embark on a literary adventure that sparks their imagination.

One of our newest additions this summer is the "Petits Astronautes: Voyage au Pays des Étoiles" program, tailored specifically for our **youngest explorers aged 0 to 5**. Every Tuesday, from July 9th to August 13th, from 2:00 to 2:45 pm, children can drop into our Program Room for an enchanting journey into space. "Petits Astronautes" is a delightful preschool library program designed to spark the imagination of young minds and introduce them to the wonders of the cosmos through playful and interactive exploration.

For our **older adventurers, aged 6 to 12**, we invite them to join us every Wednesday, starting July 10th, from 10:30 am to noon, for "Étoiles et Livres: Exploring the Universe." This captivating program blends the wonders of astronomy with the enchantment of literature, inviting participants to embark on a journey through space and time. Through engaging activities and immersive storytelling, "Étoiles et Livres" is sure to ignite curiosity and exploration of the vast cosmos. Registration required.

Whether your child dreams of becoming an astronaut or simply love to get lost in the pages of a good book, our summer reading programs offer something for everyone. Join us at the library this summer for an unforgettable adventure through the stars!

Please note that our big kick-off event will be held on July 8th between 1:30-2:30 pm. Details below:

Special Kick-Off Event:

- Event Title: Swinging on a Star Musical Event with Mary Lambert
- Date: July 8, 2024 - 1-2 pm Drop-in, all ages are welcome!
- Location: Library (back area including the program room and non-fiction section)
- Description: Join us for an enchanting musical journey with Mary Lambert as she takes us "Swinging on a Star." Through live performances and interactive activities, children will be inspired to reach for the stars and explore the magic of music and storytelling.