



Meridian Heights Hype

January, 2025

Principal's Message

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Welcome to 2025!

We hope everyone had a well rested and relaxing Winter Break! The month of December was certainly busy at Meridian with all of our seasonal events. The concerts were wonderful to watch and it was great to see everyone come together to support our students and enjoy their hard work. A reminder that **Report Cards go live on Powerschool January 30**. In January, we will be continuing our Meridian Spirit Assemblies. Our assembly will be held on January 29 at 2pm - We set goals and include others! Je Suis Inclusif! The classes presenting will be Gr 2 Sass & Gr 6 Blanchard & Gr 9 Watt & Gr 2 Tremblay!

A huge thank you to our staff that made all of our school events possible. We would also like to thank our Basketball coaches and our Athletic Director for kicking off the Basketball Season, which continues now until March. Thank you for your time!

The Outdoor Rink is up and running and will be used by classes now that we are back in school. Please check with your child's PE teacher to find out more. Additionally with the weather turning cold, we ask families to ensure students are coming to school with boots, snow pants, winter jackets, toques and mitts! Procedure 750 states we will be going outside until the weather is colder than -23 including the wind chill, this includes all of our students kindergarten to gr 9.

We invite all of our Meridian Families to our next School Council meeting on **January 16 at 6pm** in the Library. Pizza and Childcare will be provided. Please sign up [here](#). The Meridian staff would like to thank our families for all of the support that you provide for us and your children. We are appreciative to all of our School Council and Foundation parents and participants who give of their time for monthly meetings, and volunteering in our classes, hot lunch and at field trips and events!

Treena Neumann-
Principal

School Events and Calendar

Check out our [school website](#) to see our school's monthly calendar. Here you can filter by type of event and you can also add our calendar to your own iCal or Google Calendar. There is **NO SCHOOL** on January 31 - it is a PD Day.



PARKLAND
SCHOOL DIVISION



General Information



Meridian Heights

SPIRIT ASSEMBLY

All Assemblies begin at 2pm in the
Gym.

Please join us this year to celebrate and honour students in all classes that exhibit Meridian Spirit. Each assembly will be presented by a combination of classes and will share the learning our students have engaged in on the different topics. At the end of each assembly the Meridian Spirit Awards will be handed out to students in each homeroom.

January 29- 2pm - We set goals and include others! Je Suis Inclusif!

Gr 2 Sass & Gr Blanchard & Gr 9 Watt & Gr 2 Tremblay

February 28 - 2pm - We are honest and sincere! Je suis honnete.

Gr 8 Jones & Gr 3 Paterson & Gr 7 Eddie & Gr 4 Matheson and Gr 1 Pelletier

April 11 - 2pm - We belong and can solve problems together! J'appartiens!

Gr 7 Anderson & Kindergarten Peck & Gr 6 Jepsen & Gr 4/5 Scheetz & Cloutier Kindergarten

May 23 - 2pm - We celebrate and succeed together! Me Voici Maintenant!

Gr 4 Lande/McInroy & Gr 7 Anderson & Kindergarten Pronovost & Gr 5 Longpre & Gr 3 Munro



General Information

Congratulations to our Meridian Magic Recipients!



*We are safe,
respectful
learners!
Je suis prêt à
apprendre!*





General Information

Magic Music

December was a performance filled month! At the beginning of the month, grade 4 to 6 classes performed various selections in the school's "gathering area" during the Meridian Market.

Carollers from all three of Meridian Heights' choirs could also be found joyfully singing during that event.

And what a wonderful Christmas Concert week Meridian had the week before the December break! Kindergarten students, grade ones, twos and threes charmed everyone with their enthusiasm and they filled the gymnasium with Christmas cheer! All students and teachers worked very hard to prepare for the two concerts and we loved the end result.

Thank you! The two older choirs, Mini Magique (grades 4 to 6) and Magic Voices (grades 7 to 9) held their Christmas concert at an evening show. The gym transformed into a concert hall, filled with the music of all choristers and the audience. Several former Meridian choir members joined in on a couple of favourites which made the performance more special. Another thank you to all the singers who brought the magic to the holiday season! And the performances of the month were finished off with classes singing holiday favourites together. I hope all the music making helped get everyone into the holiday spirit. I look forward to December next year! But for now, through the winter and off to spring we go with more music to make.

-Mrs. Huedepohl

Morning Breakfast Program & Snack Shack

We are excited to announce that both of these programs are up and running! Grab and Go breakfast is in the small gym from 8:15- 8:35am daily and the Snack Shack is open beside the main office at recess and lunch!

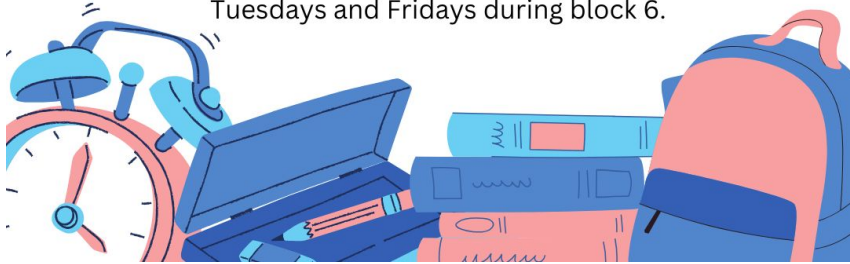




General Information

Community Classroom Grades 1-5 and Community Classroom Grades 6-9

We are excited to launch the Community Classroom, a program designed to help students build meaningful connections, feel safe, and develop essential life skills. Through activities like board games, LEGO challenges, and group projects, students will have the opportunity to strengthen their leadership, teamwork, creativity, and prosocial skills. These engaging experiences are designed to boost confidence and equip students with strategies to navigate challenging situations, fostering both personal and social growth. Grades 1-5 attend on Thursdays during Block 6 and 7. Grades 6-9 attend on Tuesdays and Fridays during block 6.



Stronger Together Newsletter

Each month, Parkland School Division's Learning Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. Each month we will provide you with information about mental health and ways we can work together to support your family. [Please click here to see the latest issue.](#)



We're excited to introduce a Lunch Club for students in grades 4-6! This fun and inclusive space is the perfect place for students to connect with friends, try new activities, and enjoy a relaxed, social atmosphere during the lunch break. From games and creative projects to teamwork challenges and more, there's something for everyone.

Lunch Club is all about building friendships, having fun, and creating a sense of community. Grades 4-6 Lunch Club runs during the eating portion of the lunch break every Monday, Wednesday and Friday.

Meridian Heights GSA

Every Thursday starting January 23 in Mrs Mulroy's class!!

Gr 7-9 First part of lunch recess

Gr 4-6 second part of lunch recess





General Information

Jr High Lunch Club

We're excited to offer a Lunch Club designed specifically for junior high students! This club provides a welcoming space for students to unwind, connect with peers, and participate in fun activities during their lunch break. From games and creative projects to simply enjoying time with friends, Lunch Club fosters a sense of community and belonging. It's a great way for students to build friendships, explore new interests, and take a positive break during their school day. Grades 7-9 lunch club will run on Mondays, Wednesdays and Fridays during lunch recess time.



Reading Intervention!

We are pleased to offer two specialized reading intervention programs designed to support students in building their reading skills and confidence.

- **Leveled Literacy Intervention (LLI):** This program focuses on improving reading fluency, comprehension, and writing skills through engaging, leveled texts and small group instruction.
- **Phonics-Based Intervention:** This program helps students strengthen foundational skills like decoding, letter-sound recognition, and spelling through structured and systematic phonics activities.

Both programs are tailored to meet the needs of individual learners, providing them with the tools they need to succeed and grow as confident readers. If you have any questions, please reach out for more information!

French Immersion Reading Intervention!

We are pleased to offer a specialized reading intervention program for our French Immersion students. This program is designed to support students in developing key literacy skills in French, including reading fluency, comprehension, vocabulary building, and phonological awareness. Through targeted, small-group instruction and engaging French texts, students will gain the confidence and tools they need to succeed in their language learning journey. If you have any questions or would like more information, please feel free to reach out!

BOTTLE DONATIONS

AWESOME!



AWESOME!

Meridian Heights has an account for donations at the Bottle Depot in Stony Plain.



If parents would like to donate bottles, simply take them to the depot, state that they are for Ecole Meridian Heights and that Mme Lisa Lalonde is the account representative.

Ask for a receipt and send that receipt to school with your name on it so that we can properly acknowledge your donation.





General Information

 Assessment and Reporting for the 2024-2025 School Year 			
Semester 1 August 28 - January 30		Semester 2 February 1 - June 26	
Student Led Conferences	Semester 1 Report Cards	Student Led Conferences	Semester 2 REport Cards
November 20 & 21 4pm-7pm	Live on PowerSchool January 30, 2025	April 16 & 17 4pm -7pm	Love on PowerSchool June 26, 2025
<p>Regular updates and ongoing communication of student progress via PowerSchool take place throughout the year for grade 1-9.</p> <p>Please reach out to your child's teacher if you have any questions or concerns. Call us at 780-963-2289 if you need support with your parent portal username/password. We will also be running a parent session at an upcoming School Council meeting.</p>			

WAYS TO ENCOURAGE SCHOOL ATTENDANCE

GET READY

Help your child get organized for school the night before.



SHOW INTEREST

Ask your child questions about school and celebrate accomplishments.



TALK ABOUT IT

Discuss the importance of going to school every day and arriving on time.



BE CONSISTENT

Maintain regular bedtime and morning routines.



PLAN AHEAD

Schedule appointments and vacations for when school is not in session.



REACH OUT

Contact teachers or school administrators about ways to help your child feel comfortable at school.




It's never too late to improve attendance.



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General Information

Assessment and Reporting at Ecole Meridian Heights School 2024 - 2025

HOW TO KNOW HOW YOUR CHILD IS DOING:

<p>September</p> <p>MEET THE TEACHER</p> <p>This is held in September. Parents and students came to the school to meet the teachers and to get to know the learning environment.</p>	<p>September</p> <p>COURSE OUTLINES</p> <p>In September, families were sent home the course outlines and assessment plans for all of the classes their child is in.</p>	<p>November</p> <p>PARENT TEACHER INTERVIEWS</p> <p>We have Parent Teacher Interviews twice a year - November and March. This is a time for parents and students to come in and talk with teachers about their learning.</p>
<p>All Year</p> <p>POWERSCHOOL</p> <p>Teachers update Powerschool for students Gr 1 - Gr 9 weekly or monthly with students grades and assessment with comments. Please check this weekly for the latest information on your child's grades.</p>	<p>January</p> <p>REPORT CARDS JANUARY</p> <p>These go live on Powerschool January 30, all courses will have grades. Some courses will have comments or refer families to go to Powerschool to read the updated marks and comments.</p>	<p>June</p> <p>REPORT CARDS JUNE</p> <p>These go live on Powerschool June 26. All subjects will a grade and core subjects will have comments . Parents are reminded to review Powerschool as well for detailed comments and grades.</p>



Magic Athletics

Basketball Season

Our basketball season is in full swing and will continue until the end of February! Our junior A teams have a VERY busy month with 2 tournaments this month. Our senior teams will play in their second tournament this month as well. Our grade 5/6 junior B teams will also resume their season and they will enjoy 2 exhibition games this month! Please check the calendar on our website if you're looking to share your team spirit and catch some basketball action with home or away games!

Please reach out to your coaches if you have any questions - or check out the school website for times and games.

Sr. Girls: Mrs. Scheetz and Laura Bell
Sr. Boys: Mr. Penner and Blaine Bretzlaff
Jr. Girls: Mrs. Boer
Jr. Boys: Mrs. Forsberg and Alex Cruz
Jr B (Gr 5/6) Girls: Mme. Jepsen
Jr B (Gr. 5/6) Boys: Alex Cruz

Physical Education

With the cold weather behind us, our physical education classes have been excited to enjoy some movement outside! Mrs. Forsberg's K-4 classes have enjoyed some snowshoeing this past week, Mr. Penner's Gr 5-9 PE classes had a blast in our outdoor rink this week and Mrs. Mulroy's Gr 5-9 classes are rink bound next week! For families who don't have CSA approved helmets for their kids to participate in on-ice activities, MHSAA and Mud Sweat and Gears have generously provided us with some beautiful new helmets for students to borrow. We are hoping to have another dump of snow so that our Grade 5-9 classes have an opportunity to do some cross country skiing.

EMHS Ski and Snowboard Club is ready to hit the slopes! For any students in grades 4-9 who are interested, please mark the following dates on your calendar: Feb. 13, Feb. 20, March 6 and March 20 as we are booked for Rabbit Hill. Students in grades 4-9 are invited to attend an important meeting at 11:50am in the big gym on Mon. Jan 13th and registration packages will be sent home at that time. If your child is interested, please remind them to attend this. The total cost for lessons, rentals and lift ticket will be \$60 per visit, but will be cheaper if rentals aren't needed and/or if your child has a season's pass. We are excited to make this more accessible for families this year - students are welcome to attend 1, 2, 3 or all 4 of the dates based on their availability and interest.





School Council and Fundraising

Upcoming School Council Meeting

All Ecole Meridian Heights School families are invited to the next School Council meeting which will be in January 16 at 6pm. An agenda will be sent via email prior to the meeting. A huge thank you to those who could make our meeting in December! Pizza and Childcare will be provided. [Please sign up here](#)



School Council



Seeking fun, innovative and creative parents to share their ideas to make out school a fabulous community!

