

April News 2025

Welcome Back from Spring Break! The year is moving quickly and we are fast approaching the end but there's a lot happening over the next few months. Our focus continues to be promoting student success and the importance of attending school. Remember we are not magicians and can't teach to empty seats! I need you to please do me a favour and make sure your child is in school every day because when they miss they fall behind and this creates a gap that interrupts their flow of learning. Missed days accumulate, and over time, days can turn into months. Show your kids that you value education by asking them specifics about their day and have them reteach you concepts they are learning about in their classes.

Guest Speaker

We have a guest speaker scheduled to speak to all of our students Monday, April 7th. He is a former teacher that specializes in motivating and inspiring teens of all ages. Parents please check out his website for additional information: <http://www.jonhansenspeaks.com/parentvideo>

Parent Teacher Interviews

Report cards will be mailed home April 9th. Parent-teacher interviews will be from 4 - 7 pm on April 15 and April 16 in the school gym. No appointments are necessary. Josh Serediak, Laramie Johner and Jason Bidniak are only available April 15. Kelle Hansen is only available April 16.

PowerSchool Parent Portal

The parent portal access is the perfect way to keep up-to-date with student assessment and attendance. If you do not have access to the portal for your students please contact the office. Mrs. Evarts will be at Parent teacher interviews on April 15 to help any parents get onto the portal if needed.

Dinner Theatre

Dinner Theatre rehearsals are well underway and we can't wait to see this year's production! This year the dinner theatre team will be performing "Lucky Hudson and the 12th Street Gang". There will be some additional Saturday rehearsals happening throughout the month so they are better prepared. Performances will be held on Thursday, May 1st and Friday, May 2nd at 6pm at MHS. Catering is provided by Terry's Catering. Sales are open to the public on Monday, April 7th. Please call the school for availability at 780 786 2624. Tickets can be purchased individually for \$30 or a table of 8 can be reserved for \$280.

Scholarships

The school website has links to a number of scholarships. Now is the time for students to gather applications, review requirements, write essays and request reference letters as needed. We have reviewed a number of scholarships with the students and detailed the application package requirements. Go to mayerthorpehigh.ca under students/parents to see the list.

Breakfast Club

Each morning students have access to complimentary breakfast items. The menu varies daily and is always nutritious, delicious and served with a smile. We serve about 60 students daily. Thank you to Breakfast Club of Canada, Pembina Pipelines, Pembina West Co-op, and parents of our own students for their donations to our program. If you would like to help support the program, juice boxes and cereal are always appreciated.

Sports

Badminton and Team Handball teams have been selected and are deep into practices. A huge thanks to all the volunteer coaches who have stepped up to fill these roles. There are a variety of competitions coming up for Junior and Senior levels of both sports. We are hosting some tournaments as well as travelling to others. Have your athletes watch the TVs around the school for dates and times.

PARTY Program - Grade 9 Students

On Tuesday, April 15, grade 9 students will be attending the PARTY program at the Mayerthorpe Arena and Mayerthorpe Jr/Sr High School. The PARTY Program is an injury prevention program aimed at children, youth, and adults to help educate them about the consequences of poor decision-making in relation to risk-taking behaviours such as drinking and driving, lack of seat belt use, mental health, and self-harm. The goal of the PARTY program is to provide youth with the knowledge to recognize potential injury producing situations, make prevention oriented choices, and adapt behaviours that minimize unnecessary risks.

April MHS Wellness Newsletter

April is *Stress Awareness* month. With just three months until the end of June, stress management is an important topic to review. There are several things parents can do to help teens manage their stress. Ensure your teen is getting the following things: healthy diet, enough sleep and physical activity, the time and space to relax—these are the basic tools for coping with stress. Teens don't necessarily have the judgment, forethought or self-discipline to provide these things for themselves. That's part of why they still need parents!