

# What's New at Elizabeth Ballantyne School

Issue #6- March 2021

## Important Dates to Remember

### April 2nd

Holiday-Good Friday

### April 5th

Holiday-Easter Monday

### April 6th

Monday Schedule

### April 8th

Tandem Workshop Cycle 3  
Violence Prevention Program

### April 9th

Pizza Lunch Fundraiser

### April 9th

SPVM Visit Grade 1

### April 14th

Workshop-Positive Sleep:A  
Guaranteed Method For  
Improving Performance and  
Behaviour

### April 18th

Virtual Parent Conference 2021

### April 23rd

Pizza Lunch Fundraiser

### April 26th

PED Day-No School

### April 27th

Monday Schedule

Please consult the school calendar on our website regularly for any changes or updates.  
<https://elizabethballantyne.emsb.qc.ca/elizabethballantyne>



"Kind words can be short and easy to speak, but their echoes are truly endless."

## Spring is in the Air

Spring is in the air! The promise of warmer temperatures and the renewal of the beautiful elements of nature bring us joy. May flowers are just around the corner, so be sure to find the time to be outside and enjoy this weather. Being outdoors rejuvenates the mind, body and soul.



Grade 2 students learning outdoors.



Grade 6 student enjoying the mud!



## Splash Pants and Rubber Boots Please!

Spring means milder weather and melting snow. That brings us puddles and LOTS of mud! The temptation to walk in puddles and play in mud is undeniable. To ensure your child stays dry, clean and comfortable, they should be coming to school wearing **splash pants and rubber boots**. You are welcome to place an extra pair of socks in your child's school bag as well.

## Earth Rangers Virtual Presentation



On March 19th, students and staff enjoyed a virtual presentation by the Earth Rangers. It was an interactive presentation complete with live animals, games, trivia and captivating videos. The presenters taught the students about various environmental issues that exist in today's society and empowered them to make a change.



Kindergarten enjoying the Earth Rangers



## Grade 6 Fundraising

Students enjoyed the pizza, Subway and Diperie!! Thank you for supporting the grade 6 graduates. Look out for more order forms in April, May and June. Take this opportunity to purchase hats and toques with the EBS logo! Buy one for your child or the whole family. Order forms were sent out, and the deadline to order is April 9th, 2021.

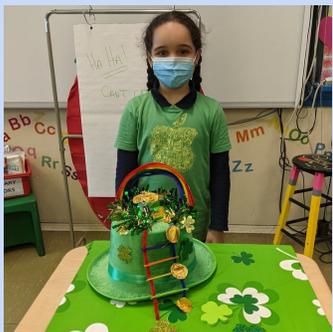
## Ensemble...For the Respect of Diversity

In March, Cycle 3 students participated in a three-hour workshop, presented by Ensemble, a comprehensive anti-bullying program. The workshops provided a better understanding of bullying and developed social skills such as empathy and assertiveness. Students were allowed to engage in dialogue and express themselves through games, role-playing and discussions. Thank you to Florence and Dylan for being such wonderful animators.



## St. Patrick's Day at EBS

Everybody can find a little Irish in themselves on St. Patrick's Day. Students and staff came to school dressed in green, teachers wore crazy accessories, leprechauns made a mess in some classrooms and students participated in many fun activities. Students in grade 2 shared their leprechaun traps, and teachers were treated to coffee and zeppoles.



## Tutors at EBS

We want to welcome Sophia and Danielle to EBS. They are university students who have been hired as tutors. Beginning April 6th, they will be working with students who may need extra academic support during class or lunchtime. This is an excellent opportunity to help improve the chances of success for your child. Danielle writes,

"Hello! My name is Danielle, and I am an undergraduate student at McGill University who is soon to be a graduate student in education, also at McGill. I have enjoyed tutoring through the McGill Office for Students with Disabilities and working with kids as a mentor and camp counselor. I'm excited to get to know everyone at Elizabeth Ballantyne!"

Sophia also shares some words:

"Hello! My name is Sophia Robaszewski and I will be working at Elizabeth Ballentine as a tutor and animator. I wanted to take this opportunity to share a bit about myself.

I am a 2nd-year psychology student at Concordia University looking to specialize in child studies and development and am also on Concordia's varsity women's rugby team. Last summer I worked as a full-time personal nanny caring for two young boys, ages 3 and 5. My passions include sports and art. As an animator I will entertain students at recess with small immersive games, while as a tutor, I will help students with their homework and work towards bettering their focus during lessons.

I believe that children are the future of the world. It is our responsibility as caregivers and educators to nurture them with positivity and knowledge so they will learn to carry themselves, society, and the world."



## Visual Workshop in Grade 6

Thanks to the Artist Inspire grant, the grade six classes are working on an intergenerational project under local artist Scott Macleod's direction. Scott is a versatile visual and film artist who has collaborated with the NFB, written graphic novels and participated in various local and international art projects. Our grade 6 students will create a graphic novel or zine based on one of their family members' life stories. Students were encouraged to speak to their grandparents or other seniors in their families to learn more about their family histories and get to know these family members better. Students are working with a variety of materials, and the final products are sure to be memorable!



## News from Grade 3 in Room 15

In French class, the students have been working on many different things to improve vocabulary, which helps with speaking and writing. We have been playing educational games on the Smart Board and playing games like Headbanz. Our most recent themes have been winter, St. Patrick's Day and now we are learning about spring. We will be going outside more for fun activities such as French scavenger hunts. We have also been doing some beautiful artwork and their current masterpiece is a self-portrait. We are busy bees in grade 3!!!!



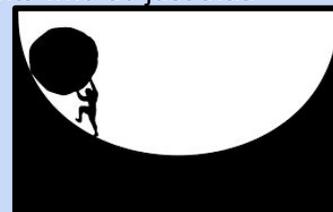
## News from Grade 3 in Room 14

The snow is melting, and the birds are chirping. What a wonderful time of year! Grade 3 created an inspiring spring bulletin board full of creative writing and personal reflections. We will continue to cherish this wonderful season and work on many more exciting lessons to change our thoughts from dreary to cheery.



## House Assembly

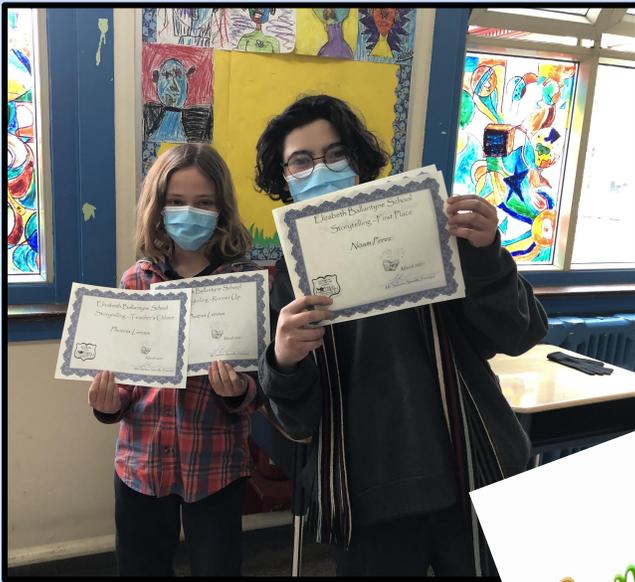
The House Assembly theme for April is Perseverance! An online assembly was held on Wednesday, March 31, to present this virtue. The introduction began with a skit performed by grade 2 students Skye White and Khushali Chapparam Naga and grade 3 students Henry Lobach and Elianna Risacher on the word perseverance. Students were joined via Zoom with a visit from two-time Olympian, four-time Commonwealth Games competitor and member of Team Canada Men's Field Hockey for over 25 years, Kenny Pereira. He spoke to the students about goal setting and working towards that goal despite any obstacles that may get in their way. He stressed the importance of hard work and the thrill of finally attaining the goal you set out to achieve. He answered students' questions and encouraged them to start working towards their goals right now, no matter how big or small they may be. The students were then challenged in their classes to come up with personal goals to work towards this month and a house team goal. Each child then created a pennant stating their goal to hang in the school as a reminder to themselves and others to persevere! Teachers will be on the lookout to support and award house points to those students who do just that!



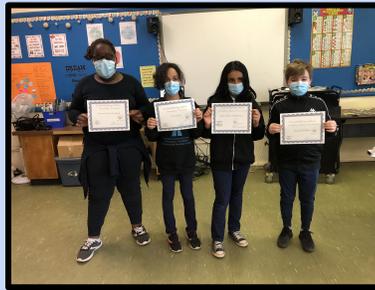
## Storytelling

On March 24th, some students in grades 5 and 6 were chosen to represent their classes in this year's first-ever virtual Storytelling Festival at EBS. Students from grades K-6 listened as the participants shared their wonderful stories. Selena Eisenberg, a fabulous storyteller, was invited to share a story and offered our storytellers some inspirational words.

Congratulations to all the participants from Cycle 3 who were brave enough to share their incredible stories. Also, congratulations to our top storyteller, Noam and the runner up Phoenix, both from room 10. Phoenix was the top storyteller chosen by teachers and Noam was the People's Choice winner. They will be attending the EMSB's 'What's Your Story?' Virtual Regional Storytelling Festival, which will take place on April 13th. Noam and Phoenix will be sharing their stories with students from other schools in the EMSB.



Phoenix and Noam, Top Storytellers

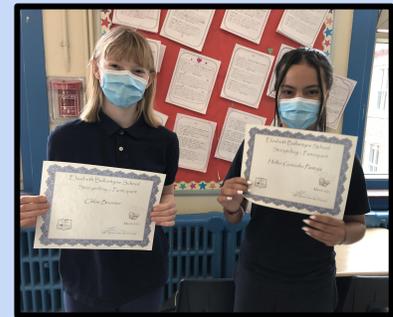


Domero, Daria, Khair and Ryan,  
Storytelling Participants and MCs Room 12



Sangmin, Storytelling Participant Room 8

*Congratulations!*



Hellen and Chloe, Storytelling Participants Room 9



# Virtual PARENT Conference 2021

**Workshop  
topics  
will  
include**

- Keynote by Dr. Earl Rubin: Resilience during the COVID Pandemic
- Setting Boundaries on screens with your children
- Building up children to help them bounce back from life's challenges
- Field Trips of the Future
- Assistive Technology tools for student writing support
- Discrimination, Inclusion & Equity
- Many Others!

**April 18th, 2021  
9:00 to 16:00**

**Register now!**

 [www.emsbparents.ca](http://www.emsbparents.ca)

 [facebook.com/EMSBBarents](https://facebook.com/EMSBBarents)

 Don't miss our early  
bird promotion

# The Kindness Corner

*A place of listening and connection with ourselves and others, because we are all kin ~*

## Happy Spring!

Spring is full of hope and new beginnings. The birds are singing and nature grows more vibrant each day. Many of our EB families are celebrating wonderful festivals at this time of year that are full of springtime colour and meaning. March & April bring the green of St- Pat's Day, and the colourful festival of Holi, followed Passover, Easter, and Ramadan, to name a few!

And it feels a little like we are beginning to thaw out from the hunkering down of winter, AND the pandemic, which has required so much from each one of us. Kudos to everyone for stepping up to the challenge!

So where to go from here? Well, throughout this pandemic we've been given a picture of a marathon, rather than a sprint. That means, having the tools for the last part of the race is just as important as how we began, and that is a helpful place to focus right now.

For those of us familiar with Lunar New Year's celebration, this might remind us of another tradition, that of the 12-animal race story where the Ox comes in second. The Ox is steady and strong and finishes well while agreeing to carrying the Rat on his back. He chooses kindness and togetherness over competition! How timely that 2021 is the year of the Ox!

The following characteristics are traditionally associated with the Ox:

***“strong, reliable, fair and conscientious, inspiring confidence in others, methodical and trustworthy”***

These are great things to aim for in the spring of 2021!

1. We've talked about being **resilient, responsible, and ready** in class – that's sounds like our strong reliable Ox!

2. We've talked about the importance of **social connections** – that sounds like the Ox again, inspiring confidence in others, listening to good sources, helpful and worthy of trust.

3. The ox is methodical and conscientious, and like him, **we can't give up** being consistent with our protocols even as we can begin to envision the finish line. The Ox sticks with it!!!

### Yes! 2021 is the year of the Ox!

But the Ox is also said to have the challenge of:  
***“being stubborn and needing to work on communication”***

One supposes those who are good at sticking with it, can be a little over-focused at times.

This invites us to be open to the new and better, the hope of spring, an exciting future, things we learn from listening together, and new resources coming our way soon. We've talked about that in past newsletters too! **Flexibility!** Believing that a closed door is saying, “not yet”! That **growth mindset!**

### Affirmations for Spring 2021!

I choose to get ready!  
I will not give up before the finish line  
My mistakes help me learn and grow!  
I search for great solutions to share!  
I listen to others' helpful solutions!  
I encourage others!  
We will cross the finish line together!



ELIZABETH BALLANTYNE

# POSITIVE SLEEP: A GUARANTEED METHOD FOR IMPROVING SCHOOL PERFORMANCE AND BEHAVIOUR

*Understanding the role of sleep for  
attention, academic performance, mood,  
and behaviour will be briefly reviewed.*

Specific ideas and approaches to improving the amount and quality of your child's sleep will be provided. In addition, troubleshooting common specific sleep problems will be discussed.

**WEDNESDAY, APRIL 14  
6:30 PM**

Workshop led by Steve Shaw an associate professor of school psychologist McGill University who has 16 years of experience as a school psychologist in school, hospital, medical school, and independent practice.