



DALKEITH ELEMENTARY

7951 Dalkeith Avenue
Ville D'Anjou, Qc.
H1K 3X6
Tel: (514) 352- 6730
Fax: (514) 352-0243

August 2024

Dear Parents/Guardian of Dalkeith Community,

On behalf of the staff at Dalkeith, I hope you had a chance to rest over the summer. To our returning students, welcome back! To our new families, let me take this opportunity to welcome you and yours. I look forward to getting to know you all and working together towards the success of your child/ren. It is my firm belief that only by working together as a team with open communication can we truly achieve our end goals... The betterment and success of the children.

With this sentiment in mind, I encourage you to take the time to review the school information provided in this "Day One Back to School Package". Within the package you will find a number of important forms that need to be **completed and returned to the school**, as well as some other documents that can remain home to refer to as the year progress (ex. The Calendar). These documents can be found on the **Dalkeith Website** should you need them later in the year or lost in the depths of your child's backpack. I will also be sending it home as a .pdf in one of my "Weekly Update" correspondence letters that I try to send digitally...as the title suggests...weekly. I strive to **send them on the last day of the week by 5pm** (sometimes by 6 or 7...if it was a busy week). If you are NOT receiving them, check your "junk/spam folder" settings. If that is not the issue, contact the school and we will verify that we have your proper email address.

Please do not hesitate to contact us with any questions or concerns you may have.

I would also like to take this opportunity to invite you to vote on, or become a member of our school's Governing Board. The general assembly and elections will take place on **Thursday, September 12th at 8:00 p.m.** at the school (following our meet-the-teacher evening at 7:00 p.m.). I hope to see you there. More info to follow closer to the date.

Respectfully,

J. Wright
Principal

DALKEITH ELEMENTARY

2023-2024

DAY ONE BACK TO SCHOOL PACKAGE

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Please Note: In efforts to become evermore “Green”, these and subsequent documents will be available on the school’s website www.emsb.qc.ca/dalkeith. We encourage you to visit our site regularly to stay up-to-date with news and events as well as becoming a library of these documents.

Electronic Correspondence: It is important that we have a valid email on file as the school will send out information electronically whenever possible.

Form with (*) should be returned to school without delay.

DALKEITH SCHOOL
GENERAL INFORMATION

August 2024

Dear Parent/Guardian,

I wish to welcome all our students to Dalkeith and hope that you had an enjoyable vacation. To our new students, I wish to reassure you that we will do everything to ensure a smooth transition into the “Dalkeith Family”.

School Dress Code:

The Governing Board approved a dress code of a white blouse/shirt and a navy blue or black bottom. The exact wording from the Rules Handbook can be found below:

Dress Code: Students are to wear plain white tops. Sleeveless and/or cropped tops should not be considered “School Appropriate”.

Students are to wear plain navy blue or black pants, skirts or Bermuda shorts.

Jeans, joggers, track pants are NOT suitable for everyday school use.

Considerations should be made BEFORE sending your child to school as to what is “Elementary School Appropriate”. Things for consideration include but are not limited to skirt length, amount of make-up, appropriate footwear etc. Furthermore, certain jewelry and piercings can become a safety concern as such should be given careful consideration before they enter the school.

Sweaters worn by students should be navy blue or black. Graphic ‘hoodies’ are not suitable for class.

With regard to ALL DRESS CODE RULES (including dress down days and P.E. classes): Good taste and sensibility are the guiding principles to which the school reserves the right to adhere to.

These guidelines will be followed except on dress down days to be determined by the administration in consultation with the staff.

Cafeteria Services:

Our hot meal Provider for the 2024-2025 school year is Le Doral. Information regarding registration for an account and how to order can be found at the end of this documentation package.

IMPORTANT there will be no food services available at the school until the service opens. As such, please send you child(ren) in with a bagged lunch for the first few days. If all goes to plan, once you have signed up for the service and ordered food, your child(ren) will receive their hot lunches [As early as Sept. 3rd depending on when you opened your account]. I encourage you all to sign up for the service should ever the need arise.

Emergency Evacuation:

If the school must be evacuated during the day, students will be taken to the Anjou **United Church** on Dade Street [one block from the school], or **Wilfrid-Pelletier Elementary School** depending on the nature and duration of the evacuation.

School and Lunch Supervision Fees:

School Fees for the 2024-2025 academic school year have been set by the Governing Board varying between \$130.00 and \$170.00 depending on the level of the student. Please refer to the “School Fee Breakdown” table which include bulk purchases for uniform items. Items on this list include specifically ruled copy books, ergonomic markers, and/or durable items that the teachers have identified knowing the students and their needs in their classes. Purchasing these items as a school in bulk through our distributors allows us to command a better price for you. Furthermore, it saves you from running from one store to the other when some items sell out. However, should you wish to try to find these items on your own you are welcome to remove them (in their entirety) from the fees and add all items to your appropriate supply list(s). This measure has been adopted by our Governing Board and is intended to simplify your back-to-school shopping and hopefully save you a little money. The Bulk Order Sheet [with our prices] as well as the Supply Lists [grade specific], can be found on our website.

The consolidated school fees have been broken down for you in the table below.

SCHOOL FEE BREAKDOWN:

	C.C.	Pre-K	Kdg.	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
Workbook & Exercise Books	15	25	25	70	70	75	75	70	70
Worksheets	30	30	30	30	30	30	30	30	30
Agenda / Communication Log	5	5	5	10	10	10	10	10	10
Bulk order supplies (see above ***)	100	70	70	60	60	55	55	60	60
Total	150	130	130	170	170	170	170	170	170

***if removed from fees please add those items to be purchased on each respective supply list.

LUNCH SUPERVISION FEES:

This year you will be receiving a registered invoice from the school for lunch supervision fees. Please wait for this invoice before making a payment (monthly)

2024-2025 Lunch Supervision Fees have been set at the following rate of \$280.55

This works out to \$1.55 a day

If your child is registered in daycare **full-time**. Lunch supervision fees are included with your Daycare payments.

As in the past, should ANY fee cause undue financial hardship, payment plans can always be arranged through contacting the Principal directly. Otherwise full payment of the school fees are due in September 2024.

Daycare: Opening hours, 7:00 a.m. The closing time, 6:00 p.m. must be respected as there will be a charge for any overtime.

Students who walk to school should not arrive before 8:55 a.m. Students who go home for lunch should not return before 1:20 p.m.

Dismissal Changes:

Any changes to dismissal time can be done in the Mozaik Parent Portal. The School Secretary updates these changes by 11:00am. To minimize class disruptions, whenever possible, early dismissals should correspond with transition times (Lunch, recess, etc.).

Only in emergency situations should dismissal changes be made after 3:00pm (taking/not taking bus, sending to Daycare, etc.) Phone call required.

N.B. The student agenda can and still should be used to document 'pick-up' changes (Doctors/Dentist appts. etc.). We also check messages and answer the phone regularly. In emergencies, calling the school directly is the best option.

The Goncourt Doors should be used for all pick-ups and drop offs. When doing so, please respect the municipal signage. For the safety and security of all our children, if you must use the Dalkeith Entrance, avoid the "horseshoe" or observe a 10 km/hr speed limit.

Thank you for your cooperation. With your support I hope we will provide your child(ren) with a happy, healthy, safe and nurturing learning environment.

Mr. John Wright
Principal

School Fee Return Slip 2024-2025

Please return this page in its entirety when sending in you chid(ren)'s school fees

STUDENT'S NAME _____ Grade _____

I HAVE ENCLOSED (please check under) the following School Fees that apply to my child/ren.

Closed Class	Pre-K (K4)	Kdg (K5)	Cycle 1 (Gr 1&2)	Cycle 2 (Gr 3&4)	Cycle 3 (Gr 5&6)
\$150	\$130	\$130	\$170	\$170	\$170

As in the past, should ANY fee cause undue financial hardship, payment plans can always be arranged through contacting the Principal directly.

Additional Child 1 (if required)

STUDENT'S NAME _____ Grade _____

I HAVE ENCLOSED the following School Fees that apply to my child/ren.

<i>Closed Class</i>	<i>Pre-K (K4)</i>	<i>Kdg (K5)</i>	<i>Cycle 1 (Gr 1&2)</i>	<i>Cycle 2 (Gr 3&4)</i>	<i>Cycle 3 (Gr 5&6)</i>
<i>\$150</i>	<i>\$130</i>	<i>\$130</i>	<i>\$170</i>	<i>\$170</i>	<i>\$170</i>

Additional Child 2 (if required)

STUDENT'S NAME _____ Grade _____

I HAVE ENCLOSED the following School Fees that apply to my child/ren.

<i>Closed Class</i>	<i>Pre-K (K4)</i>	<i>Kdg (K5)</i>	<i>Cycle 1 (Gr 1&2)</i>	<i>Cycle 2 (Gr 3&4)</i>	<i>Cycle 3 (Gr 5&6)</i>
<i>\$150</i>	<i>\$130</i>	<i>\$130</i>	<i>\$170</i>	<i>\$170</i>	<i>\$170</i>

Total Enclosed Amount: \$ _____

PARENT SIGNATURE _____ Date _____



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STUDENT EMERGENCY HEALTH FORM



To ensure the safety of the student, the school must be informed of any health issues that may require emergency intervention while at school (e.g. severe allergy to certain foods/insect bites, diabetes, etc.).

Does your child have a medical issue or condition? YES NO

STUDENT IDENTIFICATION

2024- 2025

Family Name				Given Name	
Fiche no.	Class	Benchmark Group	Bus #	Language spoken at home	
Date of birth		Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Other <input type="checkbox"/>
Siblings in the school					
Medicare No.			Expiration: year/month		

MAIN ADDRESS

Civic no.	type (street, boul., ave...)	Street name	Appartement	City/borough	postal code
Home telephone number			Other telephone number(s)		
The child resides with: <input type="checkbox"/> Both parents <input type="checkbox"/> One parent : _____					
<input type="checkbox"/> Guardian _____					

EMERGENCY CONTACT INFORMATION

Name of parent		Name of parent	
Home phone number		Home phone number	
Work phone number		Work phone number	
Cell phone number		Cell phone number	
Email Address		Email Address	

Name of guardian		Emergency contact	
Home phone number		Home phone number	
Work phone number		Work phone number	
Cell phone number		Cell phone number	
Email Address		Email Address	

Parents are advised to notify the above individuals that the school will contact them in an emergency.

Please complete and sign the back



ADDITIONAL INFORMATION

DOES THE STUDENT HAVE A SEVERE ALLERGY?

Food	Yes / No	Specify	
Bee/wasp stings	Yes / No	Specify	
Other allergy		Specify	
Epinephrine auto-injector (EpiPen)	Yes / No	If yes, specify	Expiration date
Other		Specify	

DOES THE STUDENT SUFFER FROM AN ILLNESS?

Asthma	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No
Diabetes	Yes / No	Specify	Medication *(name and dosage of medication) Insulin dependant : <input type="checkbox"/> Yes <input type="checkbox"/> No	Taken at school Yes / No
Epilepsy	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No
Sickle Cell Anemia	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No
Heart problems	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No
Other	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No
Other	Yes / No	Specify	Medication *(name and dosage of medication)	Taken at school Yes / No

*Please note that medication at school is an exceptional measure. You will need to authorize any medication administered at school and provide the prescription and medication in its original container. For any changes regarding your child's specific needs, please contact the school secretarial staff.

AUTHORISATION

I give permission to display the name and photo of my child in order to allow quick intervention for the following health problems – asthma, epilepsy, sickle cell anemia, heart problems, allergies, other : Yes No

I authorize the nurse to screen for the presence of signs and symptoms of contagious and parasitic diseases (e.g. measles, chickenpox, ringworm, scabies, etc.) in order to make a medical referral and ensure follow-up : Yes No

Ambulance transport

If transport by ambulance must be carried out, the costs will be paid by the parents or guardian.

SIGNATURE OF PARENTAL AUTHORITY HOLDER OR YOUTH 14 YEARS OLD AND OVER

signature	Date : ____/____/20____
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LOCAL FIELD TRIPS WAIVER FORM

During the school year, the children may take local field trips within walking distance of the school. (i.e., the local park, supermarket, library etc.)

If you are allowing your child to participate in these “walking trips”, please sign the permission slip below and return it to the class teacher.

Normally children without signed permission slips must remain at school under the supervision of another teacher.

Please note that you will be notified well in advance of any excursion requiring bus or metro transportation. A separate permission slip will be issued to you for these outings.

Thank you for your cooperation.

Mr. J. Wright
Principal

Please complete and return to the class teacher

PARENTAL AUTHORIZATION FORM
Walking distance trips – 2024-2025

I allow my child _____ to participate in all excursions within walking distance of Dalkeith School during this school year.

I DO NOT allow my child to participate in the walking distance trips.

Parent Signature: _____

Date: _____

HERITAGE LANGUAGE PROGRAM / PELO

For many years now the EMSB has offered Heritage Language courses in cooperation with the MELS.

The P.E.L.O. program aims to improve the students' knowledge of their language and gives greater depth to their understanding of human experience by fostering an appreciation of the customs and achievements of people within their communities.

The content of this program and the financing of these classes are the responsibility of the MELS. This program offers the following advantages:

- Its objectives conform to the Ministry of Education norms;
- It provides quality teaching;
- The program is integrated into the educational project of the school;
- There is now growing appreciation of the role that multilingual individuals can play in an increasingly diverse society and there is also greater understanding of the academic and cognitive benefits that may accrue from learning their heritage language;
- Knowledge of a third language can give our students a competitive advantage in the workforce by opening up additional job opportunities;
- Promoting the students' language and culture within a formal course recognizes alternative ways of expression and the value of the child's culture;
- Students will have the ability to communicate with more people, read more literature and benefit more fully from travel to their country of origin;

These courses are offered during the lunch hour. These classes encourage mutual respect among cultures and are one of the best ways to achieve harmony in diversity.

P.S. The PELO classes are offered to grades 1 – 6 only.

-
- **If you are interested in registering you child in a PELO class, please complete the bottom portion and return to the school as soon as possible.**
 - **Please be notified that if you register your child, s(he must stay in the program the whole year.**
 - **These classes will be offered at lunchtime. Please note: A minimum of similar aged students is requested to open a group.**
-

PELO REGISTRATION FORM 2024-2025

Family Name _____ **First Name** _____

Grade _____ **Room** _____

Date _____

Please make your choice from the courses offered: ___ **Italian** ___ **Portuguese*****

***numbers permitting only

DALKEITH DAYCARE
Ped Day Registration Form

The Daycare will be offering services on the following Ped Days. If you are interested, please check off the dates and return by September 6, 2024.

- | | |
|--|-----------------------------|
| <input type="checkbox"/> Friday, September 27, 2024 | School Ped day |
| <input type="checkbox"/> Friday, October 18, 2024 | Board wide Ped Day |
| <input type="checkbox"/> Thursday, November 1, 2024 | Board wide Ped Day |
| <input type="checkbox"/> Thursday, November 21, 2024 | Parents-Teachers interviews |
| <input type="checkbox"/> Friday, January 31, 2025 | School Ped day |
| <input type="checkbox"/> Thursday, February 27, 2025 | Parents-Teachers interviews |
| <input type="checkbox"/> Friday, March 21, 2025 | Board Wide Ped Day |
| <input type="checkbox"/> Friday, May 16, 2025 | School Ped day (Snow Day) |
| <input type="checkbox"/> Friday, June 6, 2025 | School Ped Day (Snow Day) |

Childs Name:

Parents Signature:



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August 2024

Dear Parents,

This year, as a fundraiser for the school, we will be selling T-shirts for the students to wear during physical education class for **10.00\$ each**. Please note that this T-Shirt is NOT mandatory. However, it should be further noted that it is **not** a replacement for the polo shirt. If you would like to purchase one or more (we have some adult sizes too), please complete the order form and return it to the school as soon as possible.

=====

T-SHIRT ORDER FORM

NAME OF STUDENT: _____ GRADE: _____

SIZE

QUANTITY

YOUTH SMALL	
YOUTH MEDIUM	
YOUTH LARGE	
Adult M	
Adult L	
Adult XL	

*** Add your size and we will order it for you. If you are not sure about the size, order to the best of your knowledge and the teacher will adjust appropriately.



PARENT VOLUNTEERS 2024-2025

The successful running of a school more and more depends on the commitment of volunteers such as you.

Student Name: _____ HR _____

If you would like to be a parent volunteer, please complete the bottom portion and return it to the school immediately. Please note that the PPO chairperson will communicate with you by email.

Parent Volunteer Information

First and Last Name of **Parent** (Please print)

Home telephone number: _____

Work telephone number: _____

Cell phone number: _____

Email account: _____

I have volunteered at Dalkeith in the past. Yes _____ No _____

Please return this form its entirety to the school as soon as possible.



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2024-2025

Calendrier Scolaire Secteur Jeunes
 Youth Sector School Calendar

JUILLET / JULY 2024							AOÛT / AUGUST 2024							SEPTEMBRE / SEPTEMBER 2024						
D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					
OCTOBRE / OCTOBER 2024							NOVEMBRE / NOVEMBER 2024							DÉCEMBRE / DECEMBER 2024						
D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11 ^a	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				
JANVIER / JANUARY 2025							FÉVRIER / FEBRUARY 2025							MARS / MARCH 2025						
D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
														30	31					
AVRIL / APRIL 2025							MAI / MAY 2025							JUIN / JUNE 2025						
D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S	D/S	L/M	M/T	M/W	J/T	F/V	S/S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

Holidays
 Fixed Professional Days-School Board
 Local Professional Days by School

School Year: August 23, 2024 to June 27, 2025 / **Année scolaire:** Du 23 août 2024 au 27 juin 2025
First day of classes: August 29, 2024 / **Première journée de cours:** Le 29 août 2024
Last day of classes: June 20, 2025 / **Dernière journée de cours:** Le 20 juin 2025
March Break: March 3, 2025 to March 7, 2025 / **Relâche scolaire :** Du 3 mars 2025 au 7 mars 2025
Teaching Days/Journées d'instruction: 181
Professional Days / Journées pédagogiques: 9 Board + 2 Fixed + 6 Local + 2 removable snow = 19
Fixed Prof. Days: Aug. 23, 26, 27, 28, QPAT – Oct. 18, Nov. 1, 2024 Mar. 21 June 23, 25, 26, 27, 2025.

Sept. 12th **Meet the Teacher & General Assembly**
 Oct. 11th **IEPs sent home / First Communication**
 Nov. 21st, Feb. 27th **Parents-Teachers interviews**
 * removable **snow days** (Ped days that may be removed)
 Term 1: Aug. 29th, 2024– Nov. 20th, 2024 (55)
 Term 2: Nov. 25th, 2024– Feb. 26th, 2025 (57)
 Term 3: Mar. 10th, 2025 – Jun. 20th, 2025 (69)



HOW TO MANAGE FOOD ALLERGIES IN SCHOOLS



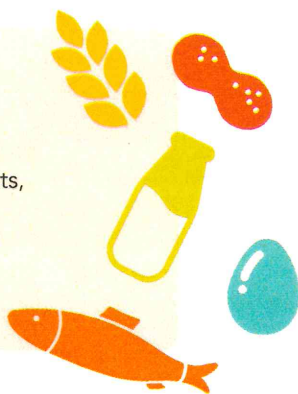
In Canada, about 20% of allergic reactions to food occur in schools.

Since there are over 160 food items that can cause allergic reactions, it is impossible to eliminate them all from schools. **Studies have shown the importance of prevention to reduce the risks of allergic reactions.**

Guide to the Best Practices for Managing Food Allergies in Montreal Elementary Schools provides information on effective measures to prevent and manage allergic reactions in schools.

Produced by Direction régionale de santé publique de Montréal, in partnership with schools, the health network and Allergy Quebec, the Guide is accessible online: drsp.santemontreal.qc.ca/en.

The most common allergy-causing foods are eggs, cow's milk, mustard, sulfites, sesame seeds, soy, wheat, peanuts, nuts, crustaceans/shellfish, and fish.



MAIN RECOMMENDATIONS

- **Students with allergies:**
 - Use a placemat and a thermos
 - Only eat foods authorized by their parents
 - Have a designated place during meals and snack-time, but without being isolated from others
- **All students:**
 - Wash hands before and after eating
 - Don't share food, drinks, containers, water bottles or utensils
 - Don't eat during school transportation
- **School staff:**
 - Identify students with allergies and know what foods they are allergic to
 - Clean tables before and after meals and snack-time
 - Be trained to take action should a severe allergic reaction occur (anaphylaxis)
 - Follow the emergency protocol in case of severe allergic reaction
 - Have access to epinephrine auto-injectors at school
- **Parents, students and school staff:**
 - Raise awareness about food allergies



A number of recommendations included in the guide are similar to those proposed to prevent the spread of the virus in schools.

Coordinated by the CIUSSS du Centre-Sud-de-l'Île-de-Montréal

Québec 



Commission scolaire English-Montréal

English Montreal School Board

FOOD ALLERGIES

PEANUT, TREE NUT, EGG, FISH, AND OTHER ALLERGENS



Dear Parents,

Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (anaphylaxis).

Providing a safe environment for our students is our priority. To help maintain our school “**ALLERGY SAFE**” and reduce the risk of unfortunate events, all students are asked to:

- ✓ Prioritize **VEGETABLES and FRUITS** as snacks.
- ✓ Ensure **HAND-WASHING** before and after eating
- ✓ Practice the “**No SHARING FOOD**” rule; including utensils, containers and water bottles
- ✓ Ensure no eating in **SCHOOL BUSES**

As the absence of allergens in foods offered through various programs and activities cannot be guaranteed, parents of children with allergies are reminded to provide allergen-free foods from home if they opt not to participate in these programs/activities. Furthermore, parents are advised to evaluate all risks associated with using the school cafeteria and outside food suppliers to make an informed decision on the use of these services.

Students with severe food allergies should eat at their assigned “reserved” seating in the lunchroom. They should ensure cleaning (using cleaning wipes) of their meal surface area before eating and use a place mat to set their food (cleaning wipes and place mats to be provided by parents). Moreover, students are encouraged to use isothermal containers (thermos) for hot meals and refrain from using microwave ovens.

As providing a safe environment for our students is a major concern, we wish to remind all parents that an **allergen-free environment cannot be guaranteed in our school as complete avoidance of all allergens is not possible**. If at any time a student feels at risk in the possible presence of an allergen, he/she should immediately go to a safe area and report to a responsible adult.

Parents of students with food allergies are reminded to inform the school Principal of their child’s allergy and ensure that auto-injectors are readily available and replaced before the expiration date.

For more information, visit the Allergies Québec website: www.allergies-alimentaires.org

Thank you for helping us maintain our school “ALLERGY SAFE”.

Your Principal and School Board Dietitian



Commission scolaire English-Montréal

English Montreal School Board

ALLERGIES ALIMENTAIRES

ARACHIDES, NOIX, OEUFS, POISSON ET AUTRES ALLERGÈNES



Chers parents,

Certains élèves de notre école souffrent d'allergies alimentaires graves. Une quantité infime d'un allergène (p. ex. arachides, noix, œufs, poisson, etc.) peut provoquer chez ces enfants une réaction sévère de type anaphylactique.

Offrir un environnement sécuritaire à tous nos élèves constitue pour nous une priorité. Aussi, pour que notre école demeure un **MILIEU SÉCURITAIRE EN MATIÈRE D'ALLERGIES** et dans le but de réduire les risques d'événements fâcheux, nous demandons à tous les élèves :

- ✓ de privilégier des **FRUITS ET LÉGUMES** à la collation;
- ✓ de se **LAVER LES MAINS** avant de manger et après;
- ✓ de **NE PAS PARTAGER D'ALIMENTS** ni d'ustensiles, contenants et de bouteilles d'eau;
- ✓ d'éviter de manger dans les **AUTOBUS SCOLAIRES**.

Puisqu'il nous est impossible de garantir l'absence d'allergènes dans les aliments offerts dans le cadre de divers programmes et activités, nous tenons à rappeler aux parents dont les enfants souffrent d'allergies de prévoir des aliments sans allergène préparés à la maison s'ils choisissent de ne pas prendre part à ces programmes/activités. De plus, nous conseillons aux parents d'examiner tous les risques inhérents à l'utilisation de la cafétéria scolaire et aux fournisseurs alimentaires externes afin de prendre une décision éclairée.

Les élèves souffrant d'allergies alimentaires sévères sont invités à manger dans la zone qui leur est réservée dans la salle destinée aux repas. Avant de manger, ils devraient nettoyer avec des lingettes désinfectantes la surface où ils déposent leur repas et utiliser un napperon (les lingettes et les napperons sont fournis par les parents). Il est conseillé d'utiliser un contenant isotherme (thermos) pour les repas chauds afin d'éviter l'utilisation des micro-ondes.

Nous avons le souci constant d'offrir un environnement sécuritaire à tous nos élèves. Cependant, **nous ne pouvons garantir un environnement exempt d'allergènes dans notre école puisque l'absence absolue de tout allergène ne peut être contrôlée.** Si un élève se sent à risque en présence d'un possible allergène, il devrait immédiatement se diriger vers un lieu sûr et en aviser un adulte responsable.

Nous rappelons aux parents d'élèves souffrant d'allergies alimentaires qu'ils doivent en informer la direction de l'école et veiller à fournir des auto-injecteurs et de les remplacer avant la date de péremption.

Pour en savoir davantage, nous vous invitons à visiter le site Web d'Allergies Québec : www.allergies-alimentaires.org

Merci de nous aider à garder notre école un MILIEU SÉCURITAIRE.

La direction d'école et la diététiste de la commission scolaire

We're Fundraising with Mabel's Labels!



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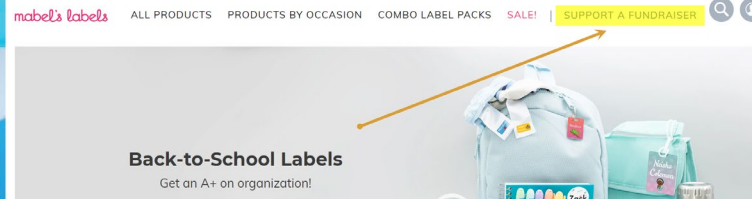
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NOTICE TO ALL PARENTS

FOR THE SAFETY AND SECURITY OF ALL THE STUDENTS AT DALKEITH, PARENTS ARE REQUESTED TO OBSERVE THE FOLLOWING:

- 1. Parents should be in the building only if they have IMMEDIATE BUSINESS to conduct at the office, otherwise they should not be on the school premises, other than on the first day of school.**
 - 2. Under no circumstance should parents be in the school yard when the students are present.**
 - 3. Smoking is forbidden by law within 10 meters of the school when it is occupied by students (including E cigs.).**
 - 4. If you transport your child(ren) to school, you must accompany and remain with them until 8:55 a.m.**
-

IMPORTANT INFORMATION BELOW

No child without

Our school is involved in the Canadian MedicAlert Foundation's *No child without* program. There is no cost for students who attend our school and are between the ages of 4 -14 to join MedicAlert through this program. If your child has a medical condition, allergy or is required to take medication on a regular basis, then you should consider this program. A child's MedicAlert I.D. can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildwithout.ca. To register your child you will need a ***NO CHILD WITHOUT*** brochure from the office.

If your child is already part of this program and there have been changes to their medical condition, medications or emergency contacts, call MedicAlert at 1-800-668-1507 to update file.

Freshly Prepared Hot Meal Service

Nourishing Minds, Fueling Success!



Dear Parent,

We are delighted to introduce to you Le Doral, a service providing hot, healthy, and delicious meals for children in primary schools and daycares located on the island of Montreal and beyond. Since 2000, we have been committed to delivering quality meals and providing parents with peace of mind.

WHAT YOU NEED TO KNOW



MORNING PREPARED GUARANTEED (MPG):

A key element of our success is our Morning Freshness Guarantee program, developed by our chefs and staff. This program ensures that all meals are prepared and cooked the very same morning, thereby ensuring optimal freshness. Transparency is at the heart of our success, and we have developed lasting relationships with our clients, school administrations, faculties, and the communities of our schools.



PERSONALIZED APPROACH:

Through our technical team, we have developed an advanced and customized program that allows schools to easily manage their orders and accounts, as well as efficiently distribute meals during deliveries.

At Le Doral, we take pride in our personalized approach, attention to detail, and efficient distribution process. We make no compromises on the quality and integrity of the freshest products in the food industry.



To register or for more information

 514.630.6113

 info@ledoral.com

 www.ledoral.com



CERTIFICATION IN FOOD HYGIENE AND SAFETY:

Le Doral holds a "Food Hygiene and Safety Attestation" certification issued by the Ministry of Agriculture, Fisheries and Food of Quebec (MAPAQ). Additionally, we proudly adhere to the primary guidelines regarding cleanliness, meal preparation, packaging, delivery, and temperature set by food inspectors and technicians of school boards.



ALLERGY AWARENESS:

We are also mindful of food allergies and specific dietary restrictions. Our menus are designed to accommodate these needs, and we offer vegetarian and halal options.



BALANCED MENUS:

To ensure well-balanced meals, our menus are carefully crafted by our qualified chefs in collaboration with accredited nutritionists and the school board. They adhere to the guidelines of the Canada Food Guide and regularly offer new, enticing, and balanced options.



PRICES AND PAYMENT:

To streamline the ordering and payment process, we have implemented an online system. The price of meals for the 2024-25 school year is \$6.75 per meal.

You can make your payments online using **credit cards**, **PayPal**, or **Stripe**. Our system will also provide additional information and many useful features for parents.



REGISTRATION:

If you wish to register, please visit our website at **www.ledoral.com**. For any questions or additional information, feel free to contact us at **514.630.6113** or via email at **info@ledoral.com**.



To register or for more information



514.630.6113



info@ledoral.com



www.ledoral.com

Service de Repas Chaud Frais

Alimenter les esprits, nourrir la
réussite !



Cher Parent,

Nous sommes heureux de vous présenter Le Doral, un service de repas chauds, sains et délicieux pour les enfants des écoles primaires et des garderies situées sur l'île de Montréal et au-delà. Depuis 2000, nous nous engageons à fournir des repas de qualité et à offrir aux parents la tranquillité d'esprit.

CE QUE VOUS DEVEZ SAVOIR



MATIN PRÉPARÉ, GARANTI (MPG) :

Un élément clé de notre réussite est notre programme de Garantie de Fraîcheur Matinale, élaboré par nos chefs et notre personnel. Ce programme garantit que tous les repas sont préparés et cuisinés le matin même, assurant ainsi une fraîcheur optimale. La transparence est au cœur de notre succès, et nous avons développé des relations durables avec nos clients, les administrations scolaires, les facultés et les communautés de nos écoles.



APPROCHE PERSONNALISÉE :

Grâce à notre équipe technique, nous avons créé un programme avancé et personnalisé qui permet aux écoles de gérer facilement leurs commandes et leurs comptes, ainsi que de distribuer efficacement les repas lors des livraisons.

Chez Le Doral, nous sommes fiers de notre approche personnalisée, de notre souci du détail et de notre processus de distribution efficace. Nous ne faisons aucun compromis sur la qualité et l'intégrité des produits les plus frais de l'industrie alimentaire.





CERTIFICATION EN HYGIÈNE ET SALUBRITÉ ALIMENTAIRES :

Le Doral détient une certification "Attestation en Hygiène et Salubrité Alimentaires" délivrée par le Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ). De plus, nous suivons avec fierté les principales lignes directrices en matière de propreté, de préparation des repas, d'emballage, de livraison et de température établies par les inspecteurs et techniciens en alimentation des commissions scolaires.



SENSIBILISATION AUX ALLERGIES :

Nous sommes également conscients des allergies alimentaires et des restrictions alimentaires spécifiques. Nos menus sont conçus pour accommoder ces besoins, et nous proposons des options végétariennes et halal.



MENUS ÉQUILIBRÉS :

Pour garantir des repas bien équilibrés, nos menus sont soigneusement élaborés par nos chefs qualifiés en collaboration avec des nutritionnistes agréés et le conseil scolaire. Ils respectent les lignes directrices du Guide Alimentaire Canadien et offrent régulièrement de nouvelles options alléchantes et équilibrées.



PRIX ET PAIEMENT :

Pour simplifier le processus de commande et de paiement, nous avons mis en place un système en ligne. Le prix des repas pour l'année scolaire 2024-25 est de 6,75 \$ par repas.

Vous pouvez effectuer vos paiements en ligne à l'aide de **cartes de crédit**, de **Paypal** ou de **Stripe**. Notre système fournira également des informations supplémentaires et de nombreuses fonctionnalités utiles pour les parents.



INSCRIPTION :

Si vous souhaitez vous inscrire, veuillez visiter notre site web au **www.ledoral.com**. Pour toute question ou demande d'information supplémentaire, n'hésitez pas à nous contacter au **514.630.6113** ou par courriel à **info@ledoral.com**.



Pour vous inscrire ou pour plus d'informations



514.630.6113



info@ledoral.com



www.ledoral.com