



What's New at Elizabeth Ballantyne School

Issue #2- November 2020

Important Dates to Remember

November 3rd

Open House

November 10th
Sibling Photos & Retakes

November 11th
Remembrance Day

November 13th
PED DAY-No School

November 19th
PED DAY-No School
Parent/Teacher Interviews
9:00 a.m. - 9:00 p.m.

November 20th
PED DAY-No School

Please consult the school calendar on our website regularly for any changes or updates

<https://elizabethballantyne.emsb.qc.ca/elizabethballantyne>

Monthly Mantra

“ I just keep thinking better times are coming...just got to be patient. Time to get stronger with that.”



November is Here!

Time flies when you're having fun. The weather is getting crisp, students have settled into a routine and wonderful learning activities are taking place in all the classrooms. One of EBS' core values is Gratitude. We are grateful to all the wonderful staff members, students, parents and teachers that make EBS so special.

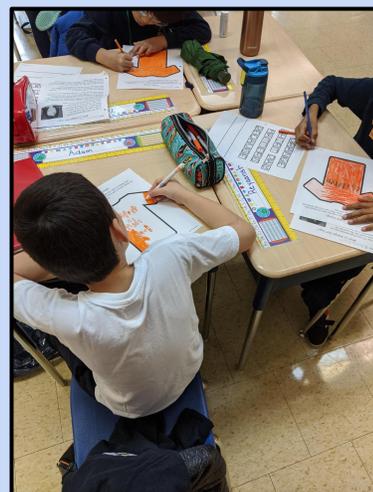


Terry Fox Run

COVID did not stop the students from participating in the 40th anniversary of the Terry Fox Run. Students' energy and perseverance was apparent when they ran laps to continue Terry's dream. EBS raised an impressive \$855! Your kindness and generosity is very much appreciated. If you haven't donated and wish to do so, it is not too late. Please send your donations to <http://www.terryfox.ca/ElizabethBallantyneSchool>

Orange Shirt Day

Many students participated in Orange Shirt Day. It was an opportunity for students to remember and honour indigenous children who were sent away to residential schools. Every Child Matters!



The Hive

Miss Emily, our beekeeper from Alvéole, gave a virtual workshop to our Grade 6 students entitled "From Hive to Honey". The virtual workshop was very informative and students were excited to participate, and eagerly asked questions. They were also thrilled to meet her when she came in for her last visit in order to winterize the hive.



Parent Teacher Interviews

Interim reports were made available on Mosaik on October 15th. November 19, 2020 is the first formal Parent-Teacher interview session. Please make every effort to attend, as it is an integral part of the reporting and communication process of your child's evaluation. Please click on the link below to select your interview time preference.

<https://outlook.office365.com/owa/calendar/ElizabethBallantyneSchool@eduemsgbc.onmicrosoft.com/bookings/>

You will receive an email confirmation with a link to a Teams meeting (we suggest you test it out to ensure that you are able to log in). Should you have issues, contact the EMSB help system by phone at 514-483-7502 or by email at ITHelp@emsgbc.ca



Morning Messages

Every morning, students from Cycle 3 are selected to announce the daily morning message. Everyone in the school takes a minute to do some deep breathing exercises to help begin their day on the right foot. Following the exercises, we have Mindful Message Monday, Tips on Tuesday, Words of Wisdom on Wednesday, Thankful Thursday and Funny Joke Friday. The Cycle 3 students are very excited to take part in this initiative.



News from Kindergarten

Throughout the month of October, the Kindergarten students have been very busy learning about the letters P, I, N, and their corresponding sounds. They have also been busy with Fall and Halloween activities involving counting, colouring, cutting and pasting. One of the highlights was painting spider webs and making handprint spiders.



MoWest Charity Golf Tournament

MoWest Annual Charity Golf Tournament was held on September 17th despite COVID-19. Sam McCoubrey, one of the tournament's organizers, made a generous donation to EBS. The money received will be spent to purchase touchless water dispensers for the school. Thank you to Mr McCoubrey, to all the volunteers and the participants who made this possible. Your kindness and generosity are greatly appreciated.

Halloween at EBS

Ghosts, superheroes, goblins and witches filled the classrooms today eagerly anticipating the arrival of Halloween. Throughout the day, students participated in fun activities in their classrooms. Staff and students at EBS received a pumpkin to take home. Many classes got creative by painting and decorating them. Thank you to Mr. Servello for his generosity. Have a safe and eventful Halloween everyone. Trick or Treat!



Dressing Appropriately

The weather is getting cooler and it is time to think about dressing appropriately for outdoor play. Please remember to send your children to school with proper clothing, taking into consideration rainy and cold days.

On Monday, October 26th, lockers were made available to students. All lockers must be emptied at the end of each day. Students should take home everything they bring to school EVERY DAY. Indoor shoes may be kept in the classroom. This protocol is important for sanitizing purposes.

Mental Health at EBS

The mental health and well being of students is a top priority at EBS. Social and Emotional Learning (SEL) education has been part of our curriculum and school culture for many years. This year, students returned to school excited to learn and to be reunited with their peers. Being reunited and reconnecting to a familiar safe space has been shown to reduce anxiety and increase positive emotional development. SEL is a process where students gain emotional intelligence by learning to recognize their feelings and be able to manage them. At EBS, we learn this process through daily mindful practices, connecting with ourselves and others, labeling emotions, and taking our daily emotional temperature. The skills that students learn through SEL will serve them throughout their lives.

Intergenerational Pen Pal Program

Elizabeth Ballantyne School, the MoWest 50+ Club and MWUC's Extra Miles Senior Visiting Program will be collaborating in a pen pal program. The program will be a monthly exchange of letters between older adults and the grade 6 students in Ms. Lucy and Ms. Jessica's classes. The teachers and the Grade 6 students are excited to be taking part in such a wonderful program. Throughout the years, many EBS students have had wonderful experiences getting to know the older adults when they volunteered in these intergenerational events. They will form long lasting intergenerational friendships.

The Kindness Corner

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

It goes without saying that the past few months have been a stressful time for all. There has been a significant change in the way we live our lives and changes to how we connect with others. We have new rules and regulations to ensure that we remain safe as well as keep others safe. All these changes can be hard to adjust to, despite us doing our very best. It is therefore very important that in the midst of all that is happening that we do not forget to take care of ourselves.

Self-care involves taking the time to recharge so that you are able to give your very best, each and every day. It is an active practice to manage stress as well as to improve one's well-being. Engaging in self-care is not selfish, rather by taking care of ourselves, we are better able to take care of others. It is important to have discussions about the value of self-care, and to ensure that we, as well as the people we love, make it a part of their everyday practice.

Here are a few things that we can practice as part of our self-care routine:

1. **Check-in on our feelings:** How are you feeling today? Are you feeling happy/ tired/overwhelmed/excited/ motivated? Whatever you may be feeling, take the time to check-in and take the necessary steps to help you make the best decision for you. Perhaps you need to take a break, or perhaps now is the best time to get on with an activity you need to get done. If we are not feeling at our best, think about what might help or who can we ask to help us.
2. **Connect with others:** While we are encouraged to physically distance ourselves, we can continue to remain socially connected to others. Reach out to others to check-in. The act of reaching out not only helps others but is also good for you. Catch up on the latest news, have a laugh with someone, check-in to see if you can help, or simply be a listening ear. Connections are important and are essential in maintaining our overall well-being.
3. **Stop, Pause & Take a deep breath:** All the changes that have happened are doing so at a fast pace. It can be overwhelming. Deep breathing exercises help to regulate oxygen, slow the heartbeat and lower/ stabilize blood pressure. It helps us to feel relaxed and grounded. Taking deep breaths also allows for us to pause and to reflect on the moment. Usually, after we take this time, we have a fresh new take on our circumstances and can think of how to tackle the rest of the day.
4. **Do something you enjoy every day:** Reflect on the activities that work for you. Self-care activities will vary across people. Perhaps for you it involves some quiet time, reading a book, watching a movie, or taking a bath. For someone else it involves exercise, connecting with others, cooking and even possibly cleaning! We all have different things that will make us feel relaxed, and grounded.

Take the time to reflect on your preferred self-care activities and then make a strong commitment to engage in those acts. Don't wait for moments of stress or those times when you might feel overwhelmed. Make them a part of your daily routine. Don't forget to take care of yourself, and to make it a priority!

Make Your Own Self-Care Plan

1. Make a self-care grid for easy reference. Fill in 9 ways in which you can engage in self-care. Need ideas? Ask a friend to share their self-care activities and see if it may be a possible fit for you as well.



2. Make your self-care checklist. Here's a start. Under each of the categories fill in other self-care activities that work best for you. Check off the activities you have completed each day.

Mental & Emotional Needs:

- Start your day on the right foot with 5 minutes of mindfulness
- Journal – it's important to express yourself!
- Read a book!
- _____
- _____
- _____

Physical Needs:

- Move your body
- Get fresh air!
- Drink water throughout the day
- Get a good night's sleep!
- _____
- _____

Social Needs:

- Hug someone!
- Call a loved one
- Have a Zoom Party with family and friends!
- _____
- _____
- _____

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www.facebook.com/MarymountAcademyIntl

<http://www.emsbopenhouses.ca/emsb/schools/open-house/secondary-schools/Marymount>

Tour the school - Meet our teachers - Talk to students



AT MARYMOUNT ACADEMY INTERNATIONAL

www.emsb.qc.ca/marymount



514-488-8144

November 5th, 2020
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Marymount Academy International
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