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Outstanding
Principals
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new mascot
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Rocket
launch
See page 19

Commission scolaire English-Montréal

Express

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www.emsb.qc.ca

English Montreal School Board

EMSB proudly kicks off Physical Literacy campaign



Matteo Rendinella from Pierre Elliott Trudeau Elementary School demonstrates his impressive skipping technique at the EMSB Physical Literacy press conference.

The English Montreal School Board (EMSB) officially kicked off its new Physical Literacy is Everyday Life campaign at a high-profile press conference at Hampstead Elementary School recently.

Board officials were joined by special guests, including some high-profile sports personalities, as well as media and a contingent of students from six other EMSB schools, to learn more about physical literacy through numerous activities and presentations on the subject. Hampstead School is one of the elementary institutions which has assumed a leadership role in this area.

Please read our special section in this edition of the EMSB Express on pages 6 to 13.



Nolan O'Rourke, right, Secondary IV student from Lauren Hill Academy in St. Laurent, was awarded a bursary from the Georges St-Pierre Foundation recently via The Foundation for Athletic Excellence of Quebec (FAEQ). St-Pierre, left, a former three-time UFC welterweight champion, presented the cheque personally to Nolan, who came here from Prince Edward Island to pursue his dream of becoming an Olympic wrestler.



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PHYSICAL LITERACY IS EVERYDAY LIFE!

see page 4



Thursday May 9

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Montreal Day

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Global
NEWS



From the Chairman's Desk Angela Mancini



I would like to take this opportunity to update stakeholders on a number of matters.

Enrolment

For the second year in a row, enrolment in the EMSB youth sector is on the rise. A total of 19,811 students was recorded as part of the September 30 count. That is 250 more than the 2017-18 academic year. With more than 22,000 students in the adult sector, the EMSB remains the largest English public school board in the province.

Religious Symbols

In response to the new CAQ government's plans to proceed with a law prohibiting public servants in positions of authority from wearing religious symbols, we have been down this road before when we strongly opposed the former Parti Québécois government's proposed Charter of Values in the winter of 2014. The EMSB wishes to convey how, as an educational institution which fosters respect among our students, we can in no way support this type of legislation which violates the Quebec Charter of Human Rights and Freedoms. If enacted, this kind of legislation will force individuals to choose between government employment and a desire to wear religious apparel. It is a personal choice to wear such apparel. The EMSB values the diversity of our students and staff, and respects their personal and religious rights, which are guaranteed both by the Canadian and Quebec Charters of Rights. We cannot be party to a proposed legislation which, if passed, runs contrary to what we teach our students insofar as tolerance and respect of individual rights and religious freedoms are concerned. This came out loud

and clear when we held a very successful public forum on the issue in February.

History Course

The EMSB Council of Commissioners recently accepted the independent History Experts Committee report on the revised Secondary III and IV compulsory History of Québec and Canada program. The revised curriculum raised a number of issues of concern to the EMSB. Given these concerns, in June, the EMSB asked an independent History Experts Committee to review the content of this program as well as the Ministry-approved English-language textbooks. The report has been shared with other boards and the Ministère de l'Éducation et de l'Enseignement Supérieur.

Investment in FACE

We recently welcomed the \$11-million investment announced by MEES in order to prepare a business case and preliminary plans vis-à-vis very significant renovations at FACE School downtown. This heritage building itself is managed by the Commission Scolaire de Montréal (CSDM). We have about one quarter of the student population. We very much appreciate the partnership we have with the CSDM at FACE. This is an excellent example of collaboration between two school boards. We are grateful to the government for its commitment to fund the renovations that this building requires, and we will work closely with the CSDM to relocate our students during the work. This is a great relief for the school community that has been living in uncertainty in the past years. Our biggest challenge is to find a space large enough to relocate all of the students while having the least effect on the vocational arts of the school.

MEES Investigation

Finally, we issued a statement in response to the MEES announcement that an investigation has been launched. We have absolutely nothing to hide and, the MEES will have the full cooperation of the EMSB's

Marisa Mineiro named one of Canada's Outstanding Principals

by Daniel Smajovits

While Michelangelo International Elementary School in RDP might be tucked away at the eastern edge of Montreal, Principal



Marisa Mineiro

Marisa Mineiro has been thrust into the national spotlight as she was recently named as one of Canada's Outstanding Principals. The announcement was made by the Learning Partnership.

Overall, 30 educators across the country were chosen by The Learning Partnership as Canada's Outstanding Principals of 2019. This marks the sixth time that an EMSB educator was amongst those chosen. Ms. Mineiro follows Lester B. Pearson High School's Joseph Vitantonio (2018), Pierre Elliott Trudeau Elementary School's Anna Sanalidro (2017), Westmount Park Elementary School's Marylene Perron (2016), retired principal Claude Dansereau (2015) and Lauren Hill Academy's Donna Manos (2011) as winners.

"I'm very honoured, but I cannot take all the credit," said Ms. Mineiro. "It's a team effort here at Michelangelo International Elementary School. I did not do this on my own."

Ms. Mineiro has been an administrator at the EMSB for seven years, the last three at Michelangelo International Elementary School. Her first foray into administration came under

continued on next page

governance and management in the completion of their work. This inquiry has caught us completely by surprise given the fact that the previous Liberal government had assigned two auditors to review certain EMSB practices. One found no irregularities and the other deposited her report with former Minister Sébastien Proulx in June 2017. The EMSB never heard back from the Ministry about the second report. Our natural conclusion over the last eighteen months is that, again, there were no irregularities.

CAQ Minister of Education, Jean-François Roberge stated himself during his press conference recently, that these are merely allegations. Nothing has been determined as factual. Nonetheless, an investigation has been launched. It was also stated that no specific member of governance nor management is targeted by this investigation. Minister Roberge also stated in his press release that "Un travail remarquable

se fait auprès des élèves de la Commission scolaire English-Montréal..." We want our stakeholders to know that it will be business as usual at our schools and centres. We continue to take great pride in the fact that we have one of the highest success rates of any public school board in the province, and our enrolment is also on the rise.



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YOUR TEACHER DESERVES TO BE APPRECIATED

On the occasion of National Teachers Day, P.F. Chang's is calling upon parents and students to nominate their teacher to win a \$100 gift card! Tell us why your teacher is special and why they deserve a night out at P.F. Chang's. Entries can be emailed to express@emsb.qc.ca by April 15, 2019.

Outstanding Principals – continued from page 2

Ms. Manos at Honoré Mercier Elementary School in St. Leonard. Her full-time teaching career began in 2002 at the former Frederick Banting Elementary School before moving to Michelangelo from 2004 to 2012.

As a principal she puts a lot of emphasis in ensuring that the staff at Michelangelo feel empowered. As such, it is a direct credit to this that her nomination came from resource teacher and staff assistant Stephanie Fuoco.

“We work as a team. I make the decisions when I need to, but I try to include the staff in the process,” she added. “We work in collaboration for the benefit of our school and the students.”

Another factor for Ms. Mineiro is developing a strong relationship with her community at large and her parent body, both key elements in ensuring that she maintains a healthy and happy school environment.

With her selection, Ms. Mineiro joins an exclusive club that

numbers just over 500 members. In addition to an awards ceremony in Toronto, Ms. Mineiro will be enrolled in an executive leadership training program at the University of Toronto’s Rotman School of Management as well as other professional development courses.

You can listen to Suzanne Desautels' EMSB podcast with Marisa at: <https://bit.ly/2SgQvka>



Marissa Miniero, pictured here with Chair Angela Mancini, Regional Director John Pevec, Vice-Chair Joe Ortona and Parent Commissioner Pietro Mercuri.

DateBook 2019

March 24 to 26

Montreal Regional Science and Technology Fair
Concordia University
www.sciencetech.ca

April 7

World Health Day

April 7 to 13

Volunteer Appreciation Week

April 8

Volunteer Appreciation Evening

April 11

Holocaust Remembrance Day

April 12

Terry Fox Day

April 22

Earth Day

April 24

Administrative Assistants / Secretary's Day

May 8

EMSB Teacher Recognition Day

May 6 to 10

Mental Health Awareness Week
<http://www.mentalhealthweek.ca/>

May 4

EMSB Chorale Spring Gala Concert

7:30 pm | Oscar Peterson Hall (Concordia University), 7141 Sherbrooke St. W.
Tickets: \$15/adults – \$10/students – \$5/children 12 and under

May 13 to 17

BASE Daycare Employees Recognition Week

May 14

National Denim Day International Day of Families

May 23 to 25

Association of Administrators of English Schools of Quebec and the Quebec English School Boards Association Conference, Quebec City

May 31

World No-Tobacco Day

June 2 to 8

Quebec Week for the Handicapped

June 15

EMSB Caretakers Day

June 21

Last Day of Classes

All meetings can be viewed live at www.emsb.qc.ca

Meetings

The EMSB council of commissioners meet in public once a month. They convene at 4:30 p.m., only to adopt the agenda, and move *in camera*. Therefore, the session for the public convenes at 7:30 p.m. and is held in the Laurence Patterson Conference Room of the administration building at 6000 Fielding Avenue. Everyone is welcome to attend. Please note that occasionally during the year special meetings are called. **Parents are**

urged to bookmark the EMSB website (www.emsb.qc.ca) to access Board meeting agendas and to be advised about special meetings. To register for question period please call 514-483-7200, ext. 7264. The meetings scheduled for this academic year are as follows:

- March 27
- April 24
- May 22
- June 12

EMSB Commissioners



ANGELA MANCINI
Chairman
Member, Executive Committee

WARD 10

(Rivière des Prairies/ Pointe-aux-Trembles)



JOE ORTONA
Vice-Chair
Vice-Chairman, Transportation Advisory Committee / Member, Executive Committee / Member, Governance & Ethics Committee / Member, Human Resources Committee / Member, Quebec English School Boards Association / Member, Education Committee / Member, Finance Committee / Member, Adult Education & Vocational Services Committee

WARD 1

(Côte-des-Neiges / Snowdon / Outremont / Town of Mount Royal / Park Extension)



MORDECHAI ANTAL

WARD 2

(Montreal West / NDG)



JOSEPH LALLA
Chairman, Governance & Ethics Committee / Vice-Chairman, Audit Committee / Vice-Chairman, Education Committee / Member, Executive Committee / Member, Human Resources Committee

WARD 3

(Westmount / Southwest / Ville-Marie West)



JULIEN FELDMAN
President, Human Resources Committee / Vice-President, Finance Committee / Member, Audit Committee / Member, Governance and Ethics Committee / Member, Education Committee / Observer, Educational Policies Committee

WARD 4

(Hampstead / Côte Saint-Luc)



BERNARD PRAWL
Chairman, Education Committee / Vice-Chairman, Human Resources Committee / Member, Executive Committee / Member, Governance & Ethics Committee / Member, Quebec English School Boards Association / Member, Adult Education & Vocational Services Committee

WARD 5

(St-Laurent)



JAMES KROMIDA
Chairman, Audit Committee / Chairman, Executive Committee / Chairman, Finance Committee

WARD 6

(St-Michel / Villeray / Plateau-Mont-Royal / Ville-Marie East)



AGOSTINO CANNAVINO
Vice-Chairman, Adult Education & Vocational Services Committee / Member, Audit Committee / Member, Finance Committee / Substitute, Comité de gestion de la taxe scolaire de l'île de Montréal

WARD 7

(Ahuntsic / Cartierville / Montreal North)



SYLVIA LO BIANCO

WARD 8

(St. Léonard)



ME PATRICIA LATTANZIO
President, Comité de gestion de la taxe scolaire de l'île de Montréal / Chairman, Transportation Advisory Committee / Vice-Chairman, Governance & Ethics Committee / Member, Education Committee / Member, Adult Education & Vocational Services Committee

WARD 9

(Anjou / Mercier / Hochelaga / Maisonneuve / Petite Patrie)



ROSARIO ORTONA
Chairman, Adult Education & Vocational Services Committee / Vice-Chairman, Executive Committee / Member, Audit Committee / Member, Human Resources Committee / Member, Education Committee / Member, Finance Committee

PARENT COMMISSIONERS



PIETRO MERCURI
Elementary Schools



NORM GHARIBIAN
Secondary Schools



MUBEENAH MUGHAL
Advisory Committee on Special Education Services (ACSES)



ANDREW ROSS

La version française des comités spécifiques de chaque commissaire se trouve sur le site de la CSEM : www.emsb.qc.ca



Director General: Ann Marie Matheson's Message



It is my pleasure to share some information about recent developments at the EMSB.

More Pre-K Classes

We are pleased to announce the addition of 13 new Pre-Kindergarten classes funded by the Ministry of Education.

Set to receive new Pre-K classes for the 2019-2020 academic year will be: Sinclair Laird in Park Extension (1), Parkdale in St. Laurent (2), General Vanier in St. Leonard (1), Dalkeith in Anjou (1), Westmount Park (3), Gerald McShane in Montreal North (1), Coronation in Côte des Neiges (1), Mackay Centre/Philip E. Layton in NDG (1), Pierre Elliott Trudeau in Rosemount (1) and Bancroft in the Plateau (1). The conditions and criteria considered when making these selections were the poverty index, schools with existing half-day Pre-K's and available space and teachers.

At the present time we have 12 Ministry-funded Pre-K's, including four of the aforementioned schools: Gerald McShane (2), Pierre Elliott Trudeau (2), Bancroft (2) and Coronation (1). The list is also composed of Nesbitt in Rosemount (1), John Caboto (1) and Our Lady of Pompei (1) in Ahuntsic, St. Dorothy (1) in St. Michel and St. Gabriel (1) in Pointe St. Charles.

Financial Statements

Our 2017-2018 audited financial statements of the EMSB were deposited at a recent Council meeting. The operating surplus for 2017-2018 is slightly under \$1 million. This amount is added to the accumulated surplus from which Council may appropriate at the rate of 15 percent per year for the next two fiscal years. Council was pleased to be able to use close to \$6.5 million from the June 30, 2017 accumulated surplus in 2018-2019 for continued services to directly benefit students, including the introduction of new initiatives as well as direct allocations to schools for improvements to schools and centres.

Policy on Cannabis

We have adopted a new policy on the possession and/or consumption of cannabis. In view of the recent legalization of recreational cannabis in Canada, we intend to namely protect the health and safety of our students, employees, elected representatives, volunteers as well as all users of any of our establishments, including the grounds, premises and buildings. Possession and/or consumption of recreational cannabis is strictly prohibited for any person present in any EMSB establishment.

Hooked on School Days

I was pleased to continue in my role as president of the Réseau Réussite Montréal campaign and preside over the recent kickoff for Hooked on School Days (HSD), always held during the third week of February. This program mobilizes Quebecers around the educational success of young people. The event reminds students, parents, school staff, employers, and all provincial and regional stakeholders that they play a vital role in encouraging young Quebecers to stay in school. On hand for the event were the

Minister of Education Jean-François Roberge and football star Laurent Duvernay Tardif, an offensive lineman with the NFL's Kansas City Chiefs and a graduate of McGill University's Medical School, this year's spokesperson.

Annual Report

Article 220 of the Education Act requires each school board to report on its partnership agreement in its Annual Report. Our Partnership Agreement Annual Report informs all of its stakeholders in its territory with an

account of the implementation of its strategic plan and the results obtained with regard to the goals and measurable objectives set out in the partnership agreement that was entered into with the Minister of Education on July 1, 2010. The annual report informs the reader of the board's objectives and the targets set, the context as to why they were set, the results obtained, the board's interpretation of the results, and the adjustments or corrective strategies to be implemented as a consequence of the results. The report also analyzes the degree of success of

the strategies employed and their contribution to the attainment of the objectives. This allows the Board to identify strategies that are less effective and that need to be modified or discontinued. Where there is insufficient progress, the board re-examines once again its educational and organizational practices and determines what new strategies should be developed to increase student success. This is the last year for the report on the Partnership Agreement. As of next year, the board will be reporting in a very similar way on its Commitment to Success Plan.

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PASSES TO

Go to www.laronde.com to find out more about Quebec's largest amusement park.

MERCHANDISE FROM EMSB PHYSICAL LITERACY

Go to www.emsb.qc.ca/pl to find out more about our new campaign.

COMPETENCE, CONFIDENCE, MOTIVATION TO BE... ACTIVE!
PHYSICAL LITERACY IS EVERYDAY LIFE!

EMSB Express Quiz

CLUE: The answers to these questions can be easily found by reading this issue of the EMSB Express.

- 1 Which EMSB Physical Literacy Ambassador once played for the Montreal Canadiens?

- 2 At what school does Marisa Mineiro serve as principal?

- 3 Who is the EMSB Parent Commissioner for ACSES?

- 4 When is Volunteer Appreciation Week?

- 5 Which restaurants sponsor our National Teachers Day promotion?

- 6 At what school did the EMSB hold a press conference for Physical Literacy?

- 7 How many bike blinders does the EMSB B.A.S.E. Daycare Program use?

- 8 What is the name of the new EMSB mascot?

- 9 Which drug became legal in Canada on October 17?

- 10 Which famous book did players from the Laval Rocket read to students from?

NAME _____

SCHOOL _____

E-MAIL ADDRESS _____

The deadline is April 18, 2019.

Please cut out this form and bring it to the office of your school and ask that it be sent to Room 109 of the EMSB Head Office at 6000 Fielding via the internal mail system. You can also access the form at www.emsb.qc.ca.

EMSB FOCUS NEWSLETTER

For monthly updates and breaking news about the EMSB

log to our Focus Newsletter at:

www.emsbfocus.com

BULLETIN

de la

CSEM

Nouveau site web



Nathalie Lauzière, Mike Cohen, Nur Erdem, Andrea Di Tomaso, David Verrillo et William Hawker.

La CSEM a officiellement procédé au nouveau lancement de son site web (emsb.qc.ca). Cette réalisation aura nécessité plusieurs années de travail. Figurent sur la photo (de gauche à droite), la secrétaire générale de la CSEM Nathalie Lauzière; le spécialiste en communication et marketing Mike Cohen; la webmestre Nur Erdem; la conceptrice principale Andrea Di Tomaso et David Verrillo technicien de réseau, ainsi que William Hawker (gestionnaire du projet) des Services éducatifs et de la technologie. Notre nouveau site moderne et réactif est adapté aux appareils de bureau et mobiles. Il assure la diffusion des notifications d'urgence à la grandeur de la Commission et permet de partager aisément de l'information entre les sites. Nous procéderons au transfert des sites de nos écoles primaires et secondaires sur la même plateforme au cours des 12 à 24 prochains mois. Les sites Web des écoles sont maintenant automatiquement redirigés vers leur propre domaine (nom de l'école.emsb.qc.ca.). C'est tout à fait normal et les écoles peuvent choisir de continuer à utiliser leur ancienne adresse électronique (www.emsb.qc.ca/nom de l'école). Toutefois, les liens vers les sous-pages mises en signet pourraient ne pas fonctionner. Si c'est le cas, il suffit de supprimer vos favoris, d'accéder à la page à partir du site Web et de l'ajouter à nouveau à vos favoris. Nous vous invitons à nous faire part de vos commentaires à webservices@emsb.qc.ca.

Vanessa Grimaldi s'implique encore une fois

Le mardi 18 décembre, la vedette de télé-réalité Vanessa Grimaldi s'est rendue à l'école primaire Edward Murphy afin d'offrir une quatrième salle sensorielle à la CSEM. Cet important soutien financier provient de la Fondation Votre meilleur vous (No Better You) mise sur pied par Vanessa (www.nobetteryou.org).

Vanessa, qui travaillait en tant qu'enseignante en adaptation scolaire au Centre d'éducation des adultes Galileo de la CSEM à Montréal-Nord avant sa participation à l'émission The Bachelor sur les ondes d'ABC, a lancé sa fondation à l'été 2017 dans le but de faire progresser l'éducation en offrant des outils et des programmes spécialisés destinés aux apprenants exceptionnels à la grandeur du pays. La présidente de la CSEM, Angela Mancini, souhaite exprimer sa gratitude à Vanessa puisque le produit de ses levées de fonds a été affecté à la construction, à l'entretien et au fonctionnement des salles sensorielles à l'école Edward Murphy, au Centre d'éducation des adultes Galileo et à l'école Coronation à Côte-des-Neiges, de même qu'à l'école primaire Pierre Elliott Trudeau à Rosemont.

« Une salle sensorielle propose de nouvelles façons d'apprendre qui font appel à tous les sens. C'est un endroit thérapeutique pour les élèves », a expliqué Vanessa. « Cet espace peut faire en sorte de stimuler ou de calmer les élèves. Il les conscientise davantage, leur procure un sentiment de sécurité et contribue à la relaxation mentale et physique, ce qui les amène à réaliser qu'ils n'ont pas à se tenir toujours sur leurs gardes. »

Visitez le site Web Votre meilleur vous pour rester à l'affût des activités à venir.



Vanessa Grimaldi s'est rendue à l'école primaire Edward Murphy afin d'offrir une quatrième salle sensorielle à la CSEM.

Des poupées à Galileo



La thérapeute artistique Erica Nicole Onofrio a eu l'idée de proposer aux élèves un projet différent : fabriquer des poupées pour des mères célibataires.

À l'approche de la période des Fêtes, les élèves des services d'intégration sociale (SIS) au Centre d'éducation des adultes Galileo à Montréal-Nord étaient impatients de célébrer. La thérapeute artistique Erica Nicole Onofrio a eu l'idée de proposer aux élèves un projet différent : fabriquer des poupées pour des mères célibataires, par l'entremise du Centre des Femmes de Montréal. Certains ne connaissaient pas cet organisme; ils ont donc été initiés aux diverses conditions dans lesquelles les gens vivent dans la métropole. Ils se sont montrés très réceptifs à l'idée d'offrir des poupées aux enfants, car ils voulaient que les enfants soient heureux et n'aient pas le sentiment d'avoir été oubliés en cette période des Fêtes. « Lorsque nous avons commencé à confectionner les 23 poupées, un esprit de solidarité s'est installé petit à petit », a souligné madame Onofrio. « Les élèves ont travaillé ensemble, se sontentraînés, se sont tournés les uns vers les autres plutôt que de demander l'aide des enseignants. Ils ont également vécu différentes expériences sensorielles en manipulant des tissus, de la laine et du rembourrage. La fabrication de ces poupées a fait appel à plusieurs aptitudes, allant de la motricité globale à la motricité fine, et les élèves en ont fait la démonstration sans aucune difficulté. Au fil des semaines, alors que les poupées prenaient forme, un sentiment de fierté et d'accomplissement a gagné la salle de classe. La confection de poupées a sans contredit été bénéfique comme en témoignent les liens qui se sont tissés entre les créateurs et les poupées. Ces poupées ont éveillé des souvenirs chez certains adultes, ce qui les a poussés à raconter des histoires. Pour d'autres, le simple fait de tenir les poupées s'est avéré une expérience reconfortante. Nous espérons que ces expériences positives seront transmises à ceux qui recevront ces poupées! »

Foire des carrières

Plus de 2 000 élèves de la 5^e secondaire ont pris part à la 18^e édition annuelle de la Foire des carrières de la Commission scolaire English-Montréal (CSEM) le mercredi 17 octobre et le jeudi 18 octobre au Centre de carrières St. Pius X situé au 9955, avenue Papineau à Ahuntsic. Jack Dym de Pipe and Piling Supplies Ltd.

et la Banque Royale RBC étaient les commanditaires en titre de cet événement. Plusieurs personnalités des médias étaient sur place pour renseigner les élèves sur les carrières dans ce domaine et ont agi à titre de maîtres de cérémonie. Il s'agit notamment de Catherine Verdon-Diamond de Breakfast TV, Christine Long de CTV, Shaun McMahon de The Beat 92.5 FM, Travis Todd de Global TV et Sabrina Marandola de CBC.

Deux athlètes olympiques du programme RBC se sont entretenues avec les élèves :

Jacqueline Simoneau, double médaillée d'or des Jeux panaméricains qui s'est classée au 7^e rang lors de ses premiers Jeux olympiques à Rio en nage synchronisée, et Sandrine Mainville, l'une des meilleures nageuses en relais ayant remporté une médaille de bronze à Rio ainsi que l'or et l'argent aux Jeux panaméricains en 2015. La Foire des carrières ouverte au grand public le 17 octobre a enregistré une participation record. Harriet Cohen du Service de l'éducation des adultes et de la formation professionnelle (EAFP) préside le comité de la Foire des carrières. Les Services aux élèves et l'EAFP de la CSEM coordonnent ce programme. M^{me} Cohen souligne que l'objectif principal de la Foire des carrières vise à sensibiliser les élèves aux divers programmes d'enseignement qui s'offrent à eux. Tous les élèves ont assisté à une brève séance d'information générale dans l'auditorium du Centre de carrières St. Pius X. Ils ont ensuite eu l'occasion de visiter les divers kiosques d'information/d'exposition et de s'entretenir avec des représentants des centres de formation professionnelle, des cégeps, universités, de certains collèges privés, des Forces armées canadiennes, du Service de police de Montréal, du Service de sécurité incendie de Montréal et de la Sûreté du Québec.



Plus de 2 000 élèves de la 5^e secondaire ont pris part à la 18^e édition annuelle de la Foire des carrières.



Physical Literacy is Everyday Life

Giving students more opportunities to develop movement skills to broaden horizons

by Kristin McNeill

On the eve of Kindergarten and Elementary School Registration Week (February 4 to 8), the EMSB showcased its programs that support the development of physical literacy.

Special guests, media and small contingents of students from six EMSB schools were invited to Hampstead Elementary School to learn more about physical literacy through numerous activities and presentations on the subject. Hampstead School is one of the elementary institutions which has assumed a leadership role in this area.

What is physical literacy?

Physical literacy is about developing the competence, confidence and motivation to be active in a variety of ways and environments. The idea is that by being confident in physical activity, students benefit in their overall physical, mental and emotional health. Physical Education plays a critical role in developing physical literacy – in Phys. Ed. classes, students develop their movement competence, and Physical Education teachers are also careful to structure their classes to encourage confidence and motivation, two important components of physical literacy. The benefits of regular physical activity are already well documented: sustained long-term health, increased social connectedness, improved general mental and physical well-being and better quality of life. But children who are more physically literate have more access to these benefits, which is central to their success as students.

The EMSB's strength in physical literacy rests on four pillars: its robust Physical Education and Health programs, its "60 Minutes of Daily Physical Activity" program (based on the Quebec government initiative *À l'école, on bouge!*), its avid participation in inter-scholastic sports and its additional programming in outdoor and active living activities.

The EMSB strives to help all students achieve success, and supporting the development of physical literacy through various programs is an important pathway to this goal. What's more, more movement in the school day is usually accompanied by more fun and engagement in the classroom.



Physical Literacy ambassadors, special guests and EMSB officials gather after the press conference.

How EMSB supports physical literacy

Students all across EMSB schools have many physical activity options throughout their schooling. The most foundational is the Physical Education and Health program in each school. During these classes, students develop fundamental movement skills such as throwing, running, jumping, balancing and kicking. These skills are the building blocks of physical literacy, and throughout 11 years of Physical Education and Health in EMSB's elementary and secondary schools, students learn to apply them in a variety of physical activity settings. They also learn tactics and strategies needed to apply these skills in a number of different sports and activities. Most importantly, they are provided these opportunities in a learning environment that is carefully structured by the Phys. Ed. teacher to instill a love of life-long physical activity.

In addition to Physical Education and Health, non-competitive options of extra-curricular activities include outdoor education in hiking, camping, skiing, snowshoeing, canoeing, biking and rock climbing. Through the Greater Montreal Athletic Association school sport leagues, students also have the opportunity to participate in sports that have a competitive or team aspect, including swimming, track, golf, and team sports such as basketball and badminton, among others.

The EMSB recognizes the impact that a quality physical and

health education can have on students' success and overall well-being. Some of the ways in which the board ensures strong support for this subject area are the following:

- It is the only English board that has a full-time Physical Education and Health Consultant;
- An annual grant, *Keeping the Physical Education*, provides schools with funding to purchase equipment that allows them to offer a varied Physical Education program;
- A Professional Improvement System allows teachers to apply for funding to bring in presenters so that multiple physical education and health-specific workshops are offered annually;
- Technology funding is provided to support learning in Phys. Ed. classes, such as 15 recently installed SMART Panels in EMSB gymnasiums;
- Active participation by EMSB Phys. Ed. and Health teachers in projects help develop curriculum and teacher resources that are shared and presented provincially and nationally;
- Collaboration between EMSB's Educational Services department and Student Services (autism consultants and occupational therapists) provides workshops and support to enable Physical Education and Health teachers to offer the best possible program for students with special needs.

A variety of physical activity experiences

Within Physical Education and Health classes, EMSB schools expose students to a variety of physical activity experiences. Students develop different physical competencies such as circus-act skills, jump-rope skills, throwing skills, game tactics, fitness skills or gymnastics. They also learn about fair and inclusive behaviour, the human anatomy, stress and relaxation strategies and other examples.

Special day at Hampstead

Special celebrity ambassadors were on hand January 25. Each visited different classrooms to see the variety of ways that movement is incorporated throughout the school day at Hampstead Elementary, and also to answer students' questions.

Hampstead School was chosen to host the special event because it is a leader in increasing opportunities for movement throughout the school day, as well as ways for students to be active in the outdoors. On a daily basis, students can take "brain breaks," where a hallway pass provides permission for a single student or a pair to leave the classroom to

engage in a short period of physical activity in the hallway, such as passing around a soft football or soccer ball. Similarly, stationary bikes positioned on the ground floor allows students who struggle with sitting and remaining focused for longer periods of time to expend some energy. Providing these opportunities to students is backed by research that clearly demonstrates the impact of physical activity for increased attention spans afterwards.

The school is also set apart by the fact that it offers 160 minutes a week of physical education for Kindergarten students (who have a class every day), compared to the more standard 120 minutes a week. Grades 1 to 6 have 150 minutes per week of Phys. Ed., which includes the BOKS morning fitness program (based on Reebok's "Build Our Kids Success") when each school day begins.

Hampstead has also established an extensive equipment distribution system for recess and lunch play that gives students access to equipment for outdoor games and sports. Finally, Hampstead is one of the 15 EMSB schools to participate in the "60 Minutes of Daily Physical Activity" program. Schools participating in this program commit to providing the opportunity for all students to accumulate 60 minutes of physical activity during every school day. ■

Global TV Focus Montreal interview: <https://vimeo.com/315262083>

CBC Radio Noon Program:

<https://www.cbc.ca/listen/shows/radio-noon-montreal/episode/15666468>

EMSB Video: <https://www.youtube.com/watch?v=cD8o60dd3KQ>



An apple and 60 minutes a day

by Kristin McNeill

The EMSB now counts 15 elementary schools which have opted to participate in a Quebec government health initiative called *À l'école, on bouge!* The objective is to transform school culture toward an active one, specifically by ensuring that students are provided with the opportunity to accumulate at least 60 minutes of physical activity during each school day. Be it for cognitive functioning, social or physical health, this initiative allows students to experience the multiple benefits of physical activity throughout the school day and

every school board in Quebec for a designated number of schools to participate in the program with the aim of changing school cultures to incorporate more activity in the school day. Some 450 schools around the province took part the first year. The EMSB was originally given funding to include six of its schools. But elementary school principals showed so much interest that the EMSB Council approved its own funding to bring in additional schools.

Funding is allocated over a three-year period, regressively, with the objective of rendering the initiatives, put into place by

shift in school culture. Many of our classes are now equipped with activity bins and stationary bikes; we encourage flexible seating and brain breaks to support students in their learning styles and specific needs. Students have also benefited from interesting outdoor activities. It is important for teachers to realize that giving active breaks to students will improve their attention and performance in class; the message is slowly spreading. Active students do better. We just need to provide them with opportunities. We are confident that the measures that we put in place are having a lasting impact on students and staff." – **Nathalie Lacroix-Maillette**, Principal



Michelle Kim Van Houtte and students from Pierre de Coubertin Elementary School.



Pierre Elliott Trudeau Elementary School Physical Education and Health teacher Patty Foschi and her students.

encourages teachers to be strategic with using movement to benefit learning and classroom management.

Launched by the Ministère de l'Éducation et de l'Enseignement supérieur (MEES) in the 2017-18 academic year, several EMSB schools are already in their second year participating in the 60 Minutes initiative. They are: Elizabeth Ballantyne in Montreal West, Hampstead, Royal Vale in NDG, Parkdale in St. Laurent, St. Raphael in Park Extension, St. Dorothy in St. Michel, Michelangelo and East Hill in RDP, Edward Murphy in Hochelaga Maisonneuve and Pierre de Coubertin in St. Leonard.

Newer participants, currently active in the initiative this school year, include Leonardo Da Vinci in RDP, Edinburgh in Montreal West, Sinclair Laird in Park Extension, Pierre Elliott Trudeau in Rosemount and Merton in Côte Saint-Luc.

The EMSB hopes to expand this program to more schools.

The way the funding works

The initiative was introduced by the MEES in the spring of 2017. Money was allocated to

schools with the funding over the three years, self-sustaining after that period.

There is also an outdoor activity component to the initiative. The MEES has long recognized the benefits that nature and the outdoors have to offer. Additionally, in a province like Quebec, the opportunities for physical activity in the outdoors throughout all four seasons are plentiful, so the *À l'école, on bouge!* initiative naturally seeks to encourage students to explore physical activity in the outdoors. All students, from Kindergarten through Grade 6, participate in at least one outdoor activity or nature class throughout the school year. Schools can decide to use some of the funding to have a school-wide trip or for the different grade levels to have separate outings.

Here is what some of the participating schools are doing

Royal Vale

"Royal Vale has put in place various initiatives that support the objective of having 60 minutes of daily physical activities in a day. With the help of a facilitator/school leader, we are slowly operating a

Elizabeth Ballantyne

"Elizabeth Ballantyne has participated in this initiative by adding movement bins filled with equipment, such as agility ladders, fit deck cards and more. We worked with Project Move to educate our staff and students on the importance of movement. We organized different outdoor field trips for our students and also launched the Boks program so that students could be active in the morning." – **Carmelina Colafabio**, Special Education Technician

East Hill

"Being an active school, we commit to offering 60 minutes of physical activity per day. In addition to an enriching and rigorous Physical Education program, our students begin their school day with 15 minutes of brain activity in order to truly embrace their role as active learners. Each classroom is supplied with hands-on tools, both electronic and hard copy, that facilitate the process of nurturing our active learners. A common 'Active School Board' is set up so our students can proudly share their accomplishment in moving daily." – **Jessica Monti**, Vice-Principal

Parkdale

"So far, Parkdale has purchased equipment, desk cycles and 'fit bins' that contain resources to help enable physical activity in every classroom. Last year, students participated in an active outdoor school-wide field trip for the first time through this initiative. This year, we added lines to our school yard to further increase participation in physical activities at recess and lunch. As the year progresses it is our wish to perhaps purchase winter equipment and begin new initiatives to increase students' access to various outdoor

continued on page 8

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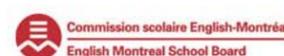
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Carmy Colafabio and students from Elizabeth Ballantyne Elementary School.



Indoor soccer is popular in EMSB gymnasiums like this one in Hampstead.

activities.” – Diana Piazza and Matt Guy, Physical Education and Health Teachers

St. Raphael

“St. Raphael has made a commitment to have at least 60 minutes of movement in the school day by having a school-wide exercise period at the beginning of the day, in addition to time spent outside at recess and during the lunch period. We have purchased cross-curricular materials with the money provided by the initiative so that language arts and math activities can be more active and hands-on (and minds-on) for our students. The administration has organized activities and experiences for the students where they can extend their physical vocabulary and surpass their expectations of their own abilities. The staff is working hard to remind our students of the value of playing outside, either with sleds on the snow or with simple winter walks around the neighbourhood. We are all becoming more physically literate as a result.” – Robert Le Couteur, Physical Education and Health Teacher

St. Dorothy

“At St. Dorothy, we have our movement room up and going for another year. Teachers select 30-minute movement periods per day. Hallway games are set up both on our junior and senior sides for movement breaks when students

need them. During our homework assistance program after school, I begin and end the program with gym activities providing movement before and after they do homework.” – Marco De Crescentis, Child Care Worker

Michelangelo

“We’ve been using the funding to help us with the purchase of equipment and resources to help teachers with keeping students active in the classroom. This was the particular need for us to get the 60 minutes of activity in a day. This includes: foldable exercise bikes and pedals in the classroom and informational resources with ideas for ‘brain-break’ activities teachers can lead in the classroom. We also participated in a school-wide outdoor activity in the spring at Centre Plein Air Notre-Dame-Fatima.” – Mario Benvenuto, Physical Education and Health Teacher

Edward Murphy

“Edward Murphy has been part of the 60 minutes a day initiative for the second year now. We invited Project Move to come in last year to kick off the initiative. They helped get the teachers and students motivated to move. With the funds, we purchased playground equipment for the kindergarten yard. We also planned for a school-wide winter activity trip, which we will do again this year. We also purchased stationery bikes

for each classroom so that the children can have the opportunity to move while doing work or just have the opportunity to get some movement breaks within their day.” – Elisa Giampa, Physical Education and Health Teacher

Pierre de Coubertin

“We have a morning and an afternoon recess, which last 13 minutes each. We also have a lunch recess, which lasts about 25 minutes. The students are active outside for a total of approximately 51 minutes, so a lot of our focus for this initiative has been on maximizing physical activity levels for all students during the time spent in the school yard.” One way PdC has done this is through making sure there is a variety of activities to offer students, since not everyone enjoys the same type of activity. Our recesses offer activities such as soccer, dodgeball, Champ, basketball, tag, skipping and “Walk & Talk” around the track, as well as snow-building toys and sleds that the students use to pull each other around. At lunchtime, we also offer open gym to Cycle 3 students, three times a

week and almost every grade gets to go play in the park next to our school three times per week.” – Patrizia Granaudo, Physical Education and Health Teacher

Leonardo Da Vinci

“Leonardo da Vinci is located next to a beautiful park. As a Force 4 school, we have purchased snow shoes to initiate our students to this wonderful wintertime activity. We have created a parkour obstacle course to challenge students’ endurance and mobility. Students from pre-k to Grade 6 enjoy this activity! This winter, ski instructors are coming to the school to introduce our students to cross-country skiing, which they will experience in our adjacent park! We have purchased equipment, for example sleds and balls, for our school yard so that students can participate in various stations to be active and creative during their outdoor play.” – Nadia Sammarco, Principal

Edinburgh

“We have added an afternoon recess where the students can get

The EMSB was pleased to count on the volunteer support of the RBC Côte Saint-Luc Road branch, led by Manager Marisa Volpe at the Physical Literacy press conference. RBC staff served as official guides for our ambassadors.

a further 15 minutes of physical activity outside. We have purchased sleds and other outdoor winter equipment for the students to encourage more dynamic play. And we have purchased indoor equipment for the students to be more active in the classroom. These include agility ladders, mini-stilts, ice cream catchers, exercise dice, activity/fitness cards, juggling scarves and foam balls. Starting in January 2019, we will be adding a school-wide physical activity break for 10 minutes. We will be playing some uplifting music from the intercom to ensure participation. We are training both teachers and Grade 6 students (showing them games and resources) in order to facilitate the augmentation of more physical activity throughout the day.” – William Cho, Physical Education and Health Teacher

Sinclair Laird

“We are creating ‘fit bins’ for each classroom group to get students active on a regular basis in the classroom. We will also supplement our energy stations with more activities. We are expanding our skating program and are looking into various possibilities for outdoor education.” – Scott Danovitch, Physical Education and Health Teacher

The beat 92.5

MORNINGS

WITH NIKKI, SAM & ANDY

5:30

MONDAY TO FRIDAY



EMSB students take part in many outside initiatives that develop Physical Literacy

by Daniel Smajovits

The EMSB is proud to partner with a number of outside organizations to offer students at both the elementary and high school level opportunities to develop their physical literacy through different programs and activities.

The EMSB would like to highlight the following programs and/or partnerships:

from Mackay Centre School as well as students from other schools.

Swim to Survive Program

- The Swim to Survive Program from the Lifesaving Society Swim teaches students the essentials needed to survive an unexpected fall into deep water – an important first step to being safe around water.

Energy Cubes challenge (month of May)

- The Energy Cubes program from Le Grand défi Pierre Lavoie has students moving as much as possible to collect the maximum number of “energy cubes” throughout the month of May. In the competition, 15 minutes of physical activity equal one energy cube. Energy cubes for family members (parents, grandparents, brothers and sisters) that move with students count too, so it’s not uncommon to see students getting their families up and moving even more during this month.

BOKS (Build Our Kids Success) Physical Activity program

- BOKS is a free physical activity program from Reebok that improves children physically, mentally and socially by strengthening their minds and bodies through movement. Many schools offer this program to start the school day, at lunch or after school. Active bodies = active minds!

Special Olympics

- The Special Olympics are a unique athletic competition held specifically for the students of the Mackay Centre and Philip E. Layton Schools.

Basketball Jamboree at McGill University

- This is an annual basketball tournament featuring a number of elementary school teams.

Canadian Olympic School Program

- The Canadian Olympic School Program (COSP) includes over 100 free online education resources that are aimed at promoting safer and more inclusive sport environments, inspiring the application of the Olympic



Students at Leonardo Da Vinci Academy work out in the Vehicube of Le Grand défi Pierre Lavoie.



friends to walk to school together. The event takes place a few days into the new school year so as to encourage students and parents to continue this throughout the school year.

On Your Feet (Canadian Cancer Society)

- Participating schools and families are encouraged to make walking, cycling or scootering part of their daily lives and to add up their km in an attempt to cover the equivalent of 6,000 km!

Trottibus Walking School Bus program (Canadian Cancer Society)

- A program that enables of students who live in close proximity to their elementary school to come together with an adult to form a walking group to school.

values, and engaging Canadians in adopting and maintaining healthy active lifestyles.

BLEU BLANC BOUGE in Action Program (Montreal Canadiens skating program)

- This winter-long program utilizes the Montreal Canadiens’ “Bleu Blanc Rouge” rinks spread out across the city to promote physical fitness and skating skills.

International Walk to School Day

- Annual event in September that encourages students, parents and



Edinburgh Elementary School student Avah Pennefather, with Principal Mauro Zampini and Darrell Fox, younger brother of Terry Fox. Avah was honoured by the Terry Fox Foundation for her for 10 years of participation with them. She did her first walk in her stroller and she had her own pledge form.

Terry Fox Foundation (Terry Fox Run)

- Annual walk or run in the community that promotes physical fitness while raising money for the Terry Fox Foundation, in honour of the late Terry Fox and his Marathon of Hope.

Greater Montreal Athletic Association

- Halo Road Race: Annual run for students in Grade 5 and 6 on Mount Royal organized by the GMAA.
- A variety of intra-scholastic sports and competitions.

Défi sportif AlterGo

- Défi sportif is the largest annual multisport event in Canada. This one-of-a-kind event hosts over 7,000 elite and up-and-coming athletes, across all abilities, from all over Quebec and from abroad. The EMSB is led by a strong team

Jump Rope for Heart

- This is an annual event where elementary students skip rope for extended periods of time, promoting physical fitness while raising money for the Heart and Stroke Foundation.

EMSB ORIGINAL PODCASTS

with Suzanne Desautels

We are proud to announce that well-known local media personality Suzanne Desautels is the new host of the EMSB Podcast. She succeeds Barry Morgan, who was hired in early January as a communications consultant for the CIUSSS West-Central Montreal. Suzanne was a mainstay on the Montrealer TV and radio scene. Born in Washington, DC, she says her upbringing gave her a strong background and experience in US Politics. “My broadcasting career has taken me around the world on shows like Travel, Travel while other opportunities have allowed me to interview politicians, actors, fascinating people from all walks of life,” she said. “Montrealers know and trust me as I have never tried to be what I am not on the air. What you see or hear is what you get! I’m a mom with three daughters, a faithful friend and I play well with others.” **The EMSB Podcast is our own in-house radio show.**



SEE INFO ON PAGE 12



Physical Literacy Ambassadors share expertise

The EMSB has introduced its first group of Physical Literacy Ambassadors.

They made their debut at the press conference at Hampstead Elementary School January 25, visiting classes and engaging with students (and staff). Plans call for this list to grow, with new members being introduced over time as these kinds of visits are stepped up.

The ambassadors spoke to the kids assembled in the gym and later visited several classrooms, where students asked them prepared questions.

Here is the initial group:



Rocco Placentino

is a former member of the Montreal Impact, a graduate of our own Gerald McShane and Lester B. Pearson High School and currently the technical director of the Club de Soccer St. Laurent. He had some thoughts on how to motivate youth about physical literacy. "Being active at a young age is super important as the new generation

is distracted with devices and video games. I remember as a youngster being active was part of my nature – whether it was playing multiple sports or even just playing hide-and-go-seek with my friends in the school yard or in the parks."



Steve Frischman and Kavis Reed.

Steve Frischman is a former football player for the Concordia Stingers. He served as head coach of the Madrid Bears Football Team and was a professional strength and conditioning coach for professional athletes. For the past few years, via a machine called the Magnesphere, he has helped former Alouette Michael Soles cope better with ALS. He is a graduate of our own Gardenvue Elementary School and LaurenHill Academy. When asked by a student what were his goals for 2019, he responded "I have several goals. That happens when you have kids. My personal goal is to actually get to the gym more. The other thing is to help my sons, who are both in the fitness business, make their business grow."

Kavis Reed, a former player and coach in the CFL, is the vice president of football operations and general manager of the Montreal Alouettes. Physical literacy helps with self-esteem, he said. He described the players as not just being in good physical shape, but having confidence, feeling good and taking a holistic approach to their well-being. He encouraged kids to play outside. "It's not just for your physical activity, it's also part of socializing and getting to know people."



The *Suburban* sports editor Mark Lidbetter with Rick Green and JP O'Connor.

Rick Green is a former member of the 1986 Stanley Cup Montreal Canadiens team. He was also an assistant coach for the Canadiens. "My path was determined through a lot of exercise in my youth," he said. "I was able to continue to play in higher levels every year through discipline and keeping active."

JP O'Connor is a former professional hockey player and currently a colour commentator for Laval Rocket broadcasts on TSN 690. He told Grade 6 students his active childhood paved the way for a career in sports: "The first person who ever motivated me to get out there and play was a member of my family – my older brother."

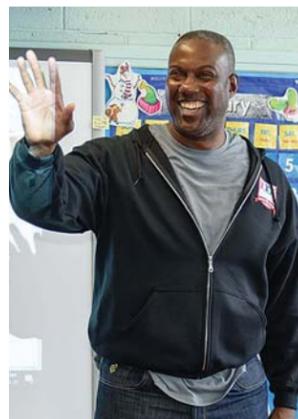


Gigi Cabillo-Abante and Commander Luis Oliveira.

Geraldine (Gigi) Cabillo-Abante

is a guard on the McGill Martlets women's basketball team. She spoke with students in Grade 1 and 2. "It's so important to instill [physical activity] at a young age because that's when you want them to start developing healthy habits and to continue with those habits later on in adulthood when they might be less likely to start," she said.

Luis Oliveira is the commander of Montreal Police Station 9 (Côte Saint-Luc, Hampstead, Montreal West), but in his youth he was an offensive guard for the McGill Redmen football team. One of the questions from the group of Grade 1 and 2 students Oliveira spoke with had to do his work-outs. "As a police officer, when do you work out?" He answered "I always bring my gym clothes with me in the car. I usually go to work out directly after work. Being in the gym is part of my everyday life. It makes me happy and clears my mind of stress."



Dwight Walton

is a student supervisor at John F. Kennedy Adult Education Centre in St. Michel, but is well-known as a former professional basketball player in Europe and a member of the Canadian Olympic men's basketball team in the 1988 Seoul

Summer Olympics. He spoke with some Grade 1 and 2 students. He said electronic devices are very present nowadays but advised the children "to get up, and be active. Get the blood moving. It increases the oxygen in the brain and gives you more capacity to learn in school."



Theodore Fairhurst

Last December, made a successful ascent of Ojos del Salado, the highest volcano in the world located in the Andes. It was the culmination of his personal challenge at 70 to climb the highest volcano on every continent. He is an alumni of Elizabeth Ballantyne Elementary School in Montreal West and Montreal West High School, now Royal West. When asked about his accomplishments, he said: "It's about attitude. It's about being positive and about looking at the glass half full. It's about having a passion for life and having challenges and learning what you're made of."



Jill Barker

is the director of Athletics and Recreation at McGill and a fitness columnist for the Montreal Gazette. She visited a Grade 6 class to share her thoughts and advice about physical literacy. "At your age, it is important to try as many sports as you can. The movements you do and skills you learn through sports translate into your high school and university years, and will benefit you in many ways," she said. "The whole idea is to not be the best in one sport, but to do your best in lots of sports."



Ambassadors (cont'd)

Anthony Housefather is the Liberal Member of Parliament for the Mount Royal riding and a competitive swimmer who has won multiple medals at the Maccabiah Games in Israel. He advised young people "when you grow up, you have to keep involved in sports. Being physically fit is as important as being mentally active and emotionally happy. They all go together."

Anthony Housefather and Jeremy Filosa of 98.5 FM Sports.



David Arsenault and **Joanne Lawson** of the Champions for Life Foundation, visited Grade 1 and 2 students. Mr. Arsenault answered whether he did sports everyday by saying "Sports might have a competition aspect," he said. "So, I don't do sport everyday but I do some physical activity." When a student asked about coaching, Ms. Lawson said she has been teaching students from Kindergarten to Grade 2 fundamental movement skills, such as how to throw, catch, dribble with hands and or with feet.



Joanne Lawson and David Arsenault



Shawn Brown chats with students.

Shawn Brown is a former professional basketball player and a member of the Physical Education staff at Hampstead Elementary School. "Physical activity has been a part of my daily routine since I was a child in my country of St. Vincent," he said. "As I got older, it started off as me improving my physique but I learnt more about the importance of physical activity as it relates to health, well-being and prevention. So I try to educate the youth on the benefits of keeping active, exercise, the confidence it builds and responsibility of taking care of themselves through fun activities."

The EMSB will announce the names of more Physical Literacy ambassadors soon!



William Stanback, Jean-Gabriel Poulin and Nolan O'Rourke with students.

William Stanback is a running back for the Alouettes. **Jean-Gabriel Poulin** is a linebacker. When asked what the most important thing for them as athletes is, both players said that it was the camaraderie built with teammates.

Nolan O'Rourke is a Grade 10 student from Lauren Hill Academy and elite wrestler with his sights set on the 2020 Summer Olympics. He spoke with Grade 5 students who asked what advice he would share with fellow students. "Keep working hard," he said. "Learn as much as you can, set up a strong foundation and keep building on it."



Elio Dimeo and Amy Walsh

Elio Dimeo attended Gerald McShane Elementary School in Montreal North. He is a forward with the Junior AAA Montreal North Arctic and is currently studying Physical Education at McGill. He spoke to Grade 3 students. "It's important to be introduced to all sports and to know that to be physically active you don't necessarily have to do it on a competitive level. You can do it for fun."

Amy Walsh is a former midfielder for the Canadian Women's Soccer Team and a member of the Canadian Soccer Hall of Fame. She spoke with Grade 3 students about what her message would be to kids and parents about fitness. "It's about doing well, moving often, finding enjoyment and integrating it not only into your school life, but into your daily life, and that becomes part of the normalcy of what you do," she said.

Rastko Popovic is the head coach of the Concordia University Stingers basketball team. Students in Grades 3 and 4 were interested in asking him different types of questions, including the more obscure "Does sports have an imagination"? He answered that you can determine what your goals are, then "use your imagination of where you'd like to be, whether it's in a specific sport or anything else you'd like to do in life."

Sami Ghandour stands six foot six and is a forward for the Concordia basketball team and former member of the Lebanese basketball team. One of the questions asked by a student was "How often do you practice?" He said he liked this question because it allows him to talk to kids about how he manages his time between school and basketball. "Being a student athlete, we practice anywhere from three and a half to five hours a day," he explained. "Being involved in sports has always helped me properly manage my time, which is not only useful at school. We must keep our grades up in order to be able to play sports as a student athlete. Having the skill of time management plays a huge role in a productive day-to-day life."



Rastko Popovic, Sami Ghandour and Kim St-Pierre.

Kim St-Pierre was a goalie for three Canadian Women's Olympic team gold medal winners, an all-star during her years at McGill and today works for BOKS Canada as a regional coordinator. "I want to encourage you to be active and healthy," she said. "And it starts at the school level. Every day you need to move. Every single day."



Physical Education tailored to special needs

by Wendy Singer

The EMSB strives to support the development of physical literacy for all students, no matter what challenges they face.

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills and attitudes they need to enable them to participate in a wide variety of activities. From Mackay Centre School students that have motor, language and communication disorders, and those that are Deaf and use American Sign Language to communicate, to Philip E. Layton (PEL) School students that have many of these same issues in addition to visual impairments, or students with autism and intellectual difficulties that attend many EMSB schools, the Physical Education and Health teams are adapting their programs to focus on the abilities of their students as they progress along their individual physical literacy journeys.



Mackay Centre School students participate in the Défi Sportif.

Tailored to the abilities of students

The Physical Education and swimming teachers at the Mackay Centre School tailor their programs to the abilities and the special needs of their students. They think outside the box to meet the needs of their students, integrating onsite physio and occupational therapists and psy-

chologists, specialized equipment that is normally used in physiotherapy type setting, and lots of creativity to adapt movement to the individual abilities of each student. "By tailoring the Phys. Ed. program to the individual abilities of our students, we develop their competence, confidence, and enjoyment of physical activity, regardless of their disability," says Physical Education

teacher at Mackay Centre School Bob Simpson.

In addition to attending Phys. Ed. classes in the gymnasium two times per week, Mackay students enjoy their weekly swimming session in the school's pool, where the water allows them the freedom to move without the force of gravity, allowing them more freedom of movement while they develop swimming skills.

Modifying Physical Education

Parkdale Elementary School Phys. Ed. teachers offer their students with autism a modified Phys. Ed. experience. Students attend classes that run one half hour (instead of the regular hour) three to four times weekly. The shorter class time enhances their focus as they work on movement skills through class routines and cues, and enjoy activities both indoors and outdoors. Phys. Ed. teacher Dianna Piazza explains that the goals are very different in these adapted classes, where following instruction, developing fundamental skills like throwing, catching, gross motor, and climbing, are reinforced. According to Piazza, classroom teachers remark that their students with autism are calmer and more focused after Phys. Ed. class.

A unique opportunity

Every April, Altergo organizes the Défi Sportif, the largest annual multisport gathering in Canada that hosts thousands of athletes with special needs from Quebec, Canada and abroad, from elite and up-and-coming athletes to Quebec school teams.

At the Défi, people with disabilities are the majority, giving students the unique opportunity to compete with others with similar abilities. The event caters to the strengths of competitors, creating competitions that meet the skill sets of students. For example, the power wheelchair obstacle course was designed for those who are quick with the controls of their power chairs.

Last year, 39 athletes from the Mackay Centre School competed in six events: track and field, power wheelchair obstacle course, swimming, rhythmic gymnastics, ball hockey and soccer. Athletes were from Grades 4 and up, including their Westmount High School Satellite class (fondly referred to as the Leaders on Wheels); a group of teenagers up to age 21 with physical and communication disorders.

Wendy Singer is the managing editor of Inspirations Newspaper, a special needs publication sponsored by the EMSB. Log on to www.inspirationsnews.com.

B.A.S.E. Daycare Program bike blenders

EMSB B.A.S.E. DAYCARE GREEN CLUB INITIATIVE

by Léah Hendriks

This academic year, the B.A.S.E. Daycare Program has introduced two bike blenders into its stock of equipment to service our schools.

The EMSB Before and After School Enriched (B.A.S.E.) Daycare Program is excited to introduce bike blenders into schools on a rental basis. The bikes have been modified to propel a blender that can make simple smoothie recipes. Students will have the chance to pedal a bike and blend their own smoothie while also creating their own recipe. It is an excellent tool for educators to use in animating activities with their students as part of pedagogical day activities, harvest parties, school events and fundraisers. The bike blenders provide opportunities to increase educational competencies while engaging students in a positive social experience. In particular, bike blenders are an excellent tool

to use in teaching children about Nutrition, Physical Education and Health and STEAM (Science, Technology, Engineering, Arts and Mathematics).

Nutrition & Phys Ed

The bike blender can be used as a tool for highlighting nutrition through creating healthy snacks.

Another great theme to explore using the the bike blender is physical literacy. This is accomplished through involving students directly in physical activity: students need to pedal the bike to generate motion in order for the blender to function. Friction powered by the pedalling engages the cog that drives the blender's motor.

STEAM (Science, Technology, Engineering, Arts and Mathematics)

There is a great deal of engineering involved in the bike blender's mechanics. Students can



Students experience the bike blender with help from Ryan Oxley.

observe first-hand how the blender's motor operates along with how the bike's back tire generates the energy to drive the blender.

There are currently two bike blenders available as part of the B.A.S.E. Daycare Program extra-curricular activities equipment stock: there is a bike blender located at the school board

B.A.S.E. Daycare Program Head Office for west sector schools, and a second bike blender located at General Vanier Elementary School for east sector schools.

"We are excited to offer this exciting new opportunity to students and staff alike," said Ryan Oxley, Green Club Animator, B.A.S.E. Daycare Program.



Listen to the EMSB in-house radio show

with Suzanne Desautels

<https://soundcloud.com/englishmtlpodcasts>

Here's how:

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La littératie physique au cœur du quotidien



COMPÉTENCES, CONFIANCE EN SOI, MOTIVATION
POUR UNE VIE ACTIVE!
LA LITTÉRATIE PHYSIQUE AU CŒUR DU QUOTIDIEN!

Multiplier les occasions offertes aux élèves de développer des habiletés motrices pour élargir leurs horizons

À l'aube de la semaine des inscriptions à la maternelle et au primaire (4 au 8 février), la Commission scolaire English-Montréal (CSEM) a présenté ses programmes qui favorisent le développement de la littératie physique.

Des invités de marque, des médias et un petit nombre d'élèves provenant de six écoles de la CSEM ont été conviés à l'école primaire Hampstead dans le but d'en apprendre davantage sur la littératie physique grâce à diverses activités et présentations sur ce thème. Hampstead est l'une des écoles primaires ayant joué un rôle de premier plan à ce chapitre.

Qu'est-ce que la littératie physique?

La littératie physique vise à développer les compétences, la confiance en soi et la motivation pour être actif de diverses façons et dans une multitude d'environnements. En développant leur confiance en leurs aptitudes physiques, les élèves améliorent en général leur santé physique, mentale et émotionnelle. L'éducation physique est essentielle au développement de la littératie

physique. Dans les classes d'éducation physique, les élèves développent leurs habiletés motrices et les enseignants d'éducation physique structurent soigneusement leurs cours de manière à stimuler la confiance et la motivation, deux composantes clés de la littératie physique. Les bienfaits associés à la pratique régulière d'activités physiques sont déjà bien documentés : maintien de la santé à long terme, accroissement des liens sociaux, amélioration du bien-être mental et physique et meilleure qualité de vie. Or, les enfants qui ont un plus grand savoir-faire physique tirent davantage profit de ces bienfaits, ce qui est essentiel à leur réussite scolaire.

La force de la CSEM en matière de littératie physique repose sur quatre piliers : ses solides programmes d'éducation physique et à la santé, son programme qui préconise 60 minutes d'activité physique par jour (fondé sur l'initiative du gouvernement du Québec *À l'école, on bouge!*), sa participation active aux sports interscolaires et sa programmation complémentaire d'activités extérieures et de vie active.

La CSEM s'efforce d'aider tous les élèves afin qu'ils réussissent.

Pour y parvenir, il importe d'appuyer le développement de la littératie physique par l'entremise de divers programmes. Qui plus est, l'ajout d'activités physiques à l'horaire quotidien de l'école se traduit généralement par une meilleure participation et un plus grand enthousiasme de la part des élèves.

Comment la CSEM appuie la littératie physique

Tout au long de leurs études, les élèves des écoles de la CSEM ont plusieurs options quand il est question d'activités physiques, la plus fondamentale étant le programme d'éducation physique et à la santé offert dans chacune des écoles. Dans le cadre de ces cours, les élèves acquièrent des habiletés motrices de base telles que lancer, courir, sauter, se tenir en équilibre et frapper un objet. Ces aptitudes constituent le fondement même de la littératie physique, et pendant les 11 années de cours d'éducation physique et à la santé dispensés dans les écoles primaires et secondaires de la CSEM, les élèves apprennent à les mettre en pratique dans divers contextes d'activité physique. Ils se familiarisent également avec des tactiques et stratégies nécessaires



Élève de 2^e année (Hampstead) Stephen Porcelli.

à l'application de ces habiletés dans différents sports et activités. Mais surtout, ces occasions leur sont offertes dans un environnement d'apprentissage soigneusement structuré par l'enseignant d'éducation physique dans le but de les encourager à adopter un mode de vie physiquement actif tout au long de leur vie.

Outre le programme d'éducation physique et à la santé, soulignons les options non compétitives

d'activités parascolaires extérieures dont la randonnée pédestre, le camping, le ski, la raquette, le canot, la bicyclette et l'escalade. Par l'entremise des ligues sportives scolaires de la Greater Montreal Athletic Association, les élèves peuvent également pratiquer des sports d'équipes ou de compétition, notamment la natation, l'athlétisme, le golf, le basketball et le badminton, pour n'en nommer que quelques-uns.

Une pomme par jour... et 60 minutes d'activité physique

La Commission scolaire English-Montréal (CSEM) compte désormais 15 écoles primaires ayant choisi de prendre part à l'initiative santé du gouvernement du Québec intitulée *À l'école, on bouge!* L'objectif vise à dynamiser la culture scolaire en s'assurant principalement que les élèves ont la possibilité d'accumuler au moins 60 minutes d'activité physique à l'école, chaque jour. Des habiletés cognitives aux compétences sociales en passant par la santé physique, cette initiative permet aux élèves de tirer avantage d'une foule de bienfaits liés à l'activité physique tout au long de la journée de classe et incite les enseignants à utiliser le mouvement de façon stratégique afin de favoriser l'apprentissage et la gestion de classe.

Cette initiative, lancée au cours de l'année scolaire 2017-2018 par le ministère de l'Éducation et de l'Enseignement supérieur (MEES), vise plusieurs écoles de la CSEM qui en sont déjà à leur deuxième année de participation : Elizabeth Ballantyne à Montréal-Ouest, l'école Hampstead, Royal Vale à NDG, Parkdale à Saint-Laurent, St. Raphaël dans Parc-Extension, St. Dorothy à Saint-Michel, Michelangelo et East Hill à RDP, Edward Murphy dans Hochelaga-Maisonneuve et Pierre de Coubertin à Saint-Léonard.

Au nombre des nouvelles

écoles qui ont adhéré cette année à cette initiative, mentionnons : Leonardo da Vinci à RDP, Edinburgh à Montréal-Ouest, Sinclair Laird dans Parc-Extension, Pierre Elliott Trudeau à Rosemont et Merton à Côte Saint-Luc.

La CSEM souhaite étendre ce programme à un plus grand nombre d'écoles.

Appui financier

Dans la foulée de cette mesure introduite par le MEES au printemps 2017, des allocations ont été versées à chacune des



Batteurs de Hampstead.

commissions scolaires au Québec pour soutenir la participation d'un nombre donné d'écoles au programme destiné à transformer la culture scolaire en intégrant quotidiennement à la journée de classe davantage d'activités physiques. Quelque 450 écoles de la province ont pris part à cette initiative la première année. La

CSEM a initialement reçu une allocation pour six de ses écoles. Or, devant le grand intérêt démontré par les directions d'écoles primaires, le conseil de la CSEM a approuvé l'affectation d'une part de ses propres fonds afin que d'autres écoles puissent elles aussi emboîter le pas.

Le financement est alloué sur une période de trois ans, selon un modèle régressif, dans l'espoir que les pratiques mises en œuvre par les écoles au cours de ces trois années soient solidement implantées au terme de cette période.

L'initiative comporte également un volet dédié aux activités extérieures. Le MEES reconnaît depuis longtemps les bienfaits associés à la nature et au plein air. Et puisque ce ne sont pas les occasions qui manquent au Québec de faire de l'activité physique à l'extérieur à longueur d'année, l'initiative *À l'école, on bouge!* incite les élèves à découvrir des activités de plein air. Tous les élèves de la maternelle à la 6^e année participent à au moins une activité extérieure ou une classe nature au cours de l'année scolaire. Il est laissé à la discrétion des écoles d'utiliser une partie des sommes allouées pour organiser une sortie destinée à l'ensemble des élèves de l'école ou encore pour planifier des sorties adaptées aux différents niveaux scolaires.

Accolades

CTV COMMERCIAL



CTV reps Chris Malazdrewicz and advertising sales executive Stefano Guadagnino (top right) with students and staff.

A commercial promoting Elementary School Registration Week, which was February 4 to 8, aired on CTV Montreal in December and January. **You can view it here:** <https://vimeo.com/304432830> The production took place in November at Royal Vale School, where the entire K to 11 experience could be caught on camera. Senior Producer Chris Malazdrewicz and advertising sales executive Stefano Guadagnino, a graduate of Vincent Massey Collegiate, showed the commercial to a Grade 10 Drama class at Royal Vale first and took part in a lesson of authentic learning as to how such a production is put together from scratch. CTV's Nadine Ishak, an EMSB parent, voiced the commercial.

Our Mascot

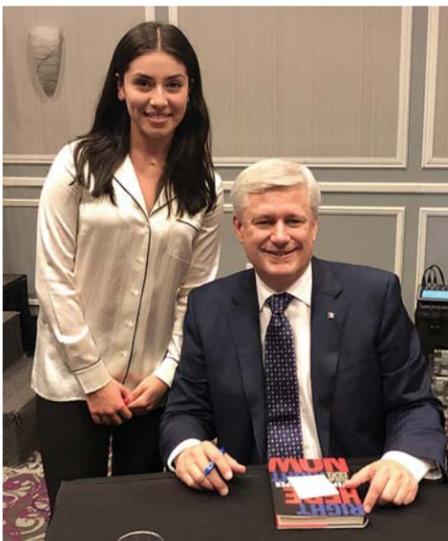
The EMSB has been proud to introduce the EMS Bee, our first ever mascot called Bumble. She has been making the rounds of schools and special events throughout the year. If you would like to book Bumble for a school event email dsmajovits@emsb.qc.ca.

Bumble meets his Montreal Canadiens counterpart Youppi!



Student Meets Stephen Harper

Last summer, Lauren Hill Academy in St. Laurent Secondary V student Vanessa Collao was fortunate enough to work for the Canadian Senate in Ottawa as a student. Vanessa completed various tasks that enabled her to grow her understanding of the political world. She attended press conferences, assisted colleagues with written work and also had the opportunity of meeting many Senators. Currently, she is continuing her work for the Senate during the school year from home. She is regularly assigned a variety of different projects (i.e. transcribing speeches, assisting with youth outreach activities, etc.). Earlier in December, she attended former Canadian Prime Minister Stephen Harper's book launch. Since she continues to work for the Senate, Vanessa was invited and attended the event where Mr. Harper spoke to her personally about his book and her role with the Senate. Vanessa has great aspirations to continue her education and work towards a career in politics.



Student Vanessa Collao meets Stephen Harper.

Westmount Grad Running for US President

In the yearbook photo of the 1981 graduating class at Westmount High School, the left hand of a beaming Kamala Harris is resting on the right shoulder of Hugh Kwok. Kwok went on to run a Montreal car business with his father. Unbeknownst to him, Harris went on to be a U.S. senator. She's now announced a bid for the Democratic presidential nomination in 2020. When Kwok was asked in December for his thoughts on his old pal's potential run, he answered a reporter's question with a question. "She's running for president of what?" he asked in a tone that suggested he thought the answer might be the local Rotary Club. Informed that it was the presidency of the United States, his voice rose. "No way. Oh my goodness. I can't believe it," he said. Then he decided he was supportive of this idea. "We could use a good president," he said. "She was a sweet, kind person. Very happy, very social. I'm just very excited for her, if that's what she wants to do with her life."



Kamala Harris

The Singing Chef



Singing chef Samantha Calabrese.

Samantha Calabrese also known as local television's "The Singing Chef," is a 14-year-old Secondary III student at Rosemount High School. Samantha always dreamed of being on television and when she won the contest Cook for a Cure, everything fell into place. On May 10, 2017, Samantha presented her dish at the Cook for a Cure event organized by Spiritual Animator, Vince Lacroce. Alongside her godfather, the poached pear dish won dish of the night! The prize

was to appear on Breakfast Television, but little did she know it would be the start to much more! Samantha has been cooking since the age of two and continues to do so at home with her mom and family. While on the show, she was asked if she had any other passions other than cooking. Singing was one of them, and she was asked to do a presentation. She proceeded to sing "Rolling in the Deep" by Adele. That's when her singing talent was discovered and she earned the title of "The Singing Chef." Although she loves cooking, singing is also her passion and this began because of her sister who also likes to belt out a tune. She loves music from previous generations such as Michael Jackson and The Beatles. Samantha is a natural born star, she loves being on television and for her it comes so naturally. Go to this link to see her on Breakfast TV: <https://vimeo.com/310348754>

Because You Teach Contest Winner

Coronation Elementary School Teacher, Amanda Dandy won the Microsoft Canada's #BecauseYouTeach Contest. Microsoft expressed their gratitude on World Teacher's Day that Canadians nominate an instructor who enriches learning, inspires students, and fosters an inclusive learning environment.

A Coronation Elementary School parent nominated Ms Amanda as she saw all these qualities in her. As part of the award the Microsoft team will be going to Coronation to celebrate with Amanda by throwing her a thank you party to show their appreciation for the work she does in her ASD Senior classroom. This celebration will include a staff luncheon, a surprise gift bag and a celebration banner. A warm congratulations to Ms Amanda!



Amanda Dandy

Accolades

Excellence in French

Five students from Vincent Massey Collegiate in Rosemount and one from Royal Vale School in NDG were recently presented with the 2018 Robert Alfred Peck Prizes for Excellence in French. Present day Grade 11 students (below left to right) **Bryanna Bragagnolo, Gabrielle Calabrese, Rebecca Dupont, Amanda Vanasse and Carl Le Breux** from Vincent Massey and **Gilbert**



Paradis from Royal Vale each attained the mark of 100 percent. They received medals and cheques in the amount of \$150. The late Mr. Peck began teaching in the 1930s and served as the superintendent of French for the Ministry of Education and held similar posts with the former Westmount School Board and the former Protestant School Board of Greater Montreal. He was the department head for French at Lachine High School and vice-principal of Riverdale High School on the West Island, having completed his career as a teacher in Africa. Mr. Peck co-authored *Le Français Pratique*, the textbook for the teaching of French as a second language with Elizabeth Buchanan. It was a mainstay in Quebec Protestant English schools for over 20 years. This prize was established by the Peck family and the EMSB in 2002.

PSBGM Cultural Heritage Foundation Gives Back

Proceeds from the sale of an art collection several years ago have and will continue to provide scholarships in the thousands of dollars to EMSB students for many years to come. For decades, the former Protestant School Board of Greater Montreal (PSBGM) collected paintings through the generous donations of many benefactors, as well as purchasing some. It was maintained by the PSBGM Cultural Heritage Foundation. There were more than 100 works of art, and some were on display at the school board and various schools. A



Lester B. Pearson High School vice-principal Patrizia Tummillo presents a scholarship to Emma Mancini.

decision was made to give the collection to the Montreal Museum of Fine Arts. But the museum only wanted some of the pieces. Those who cared for the art preferred that if the collection was to be viewed, it should be in its entirety. Instead, a decision was made to auction off the work and create scholarships to benefit students. The artwork, more than half of the collection, sold for \$1.4 million in March of 2013. Since then, 46 high school students have received scholarships worth \$1,000 each while 100 elementary students have received \$100 scholarships.

A Heartwarming Story at Edward Murphy



Liam Dubois is surrounded by the Edward Murphy family.

Last July, Liam Dubois, a Grade 3 student at Edward Murphy Elementary School in Hochelaga-Maisonneuve, received a new heart after being hospitalized for 427 days. Thanks to his incredible medical team at the Montreal Children's Hospital, Liam has made a full recovery. This year, unlike last, Liam celebrated Christmas at home with his family. He woke up on Christmas morning, excited for the day, like a typical eight year old should be. As a way to brighten up the holiday season for many children who were not home for the holidays, Liam's teachers and classmates dressed up in their "ugly" Christmas sweaters and donated gifts to the Montreal Children's Hospital Foundation. Their wish was to spread some holiday cheer to those in need and for everyone to have a merry Christmas and a healthy and happy New Year. Edward Murphy School Principal Cristina Celzi notes: "Liam has been back since October and is doing really well! It has been quite a roller-coaster though; he first got sick at school in June 2016 and we all feared the worst. He is a true miracle child!"

Spirit of Giving



CTV's Christine Long with students at Michelangelo International School in RDP.

In preparation for the holidays, the EMSB once again teamed up with CTV Montreal for the annual Spirit of Giving campaign, which brings much needed assistance to the less fortunate throughout Montreal. Non-perishable food, toys and miscellaneous items, such as soap and cleaning supplies, were collected, sorted and donated to Donald Berman Chai Lifeline Canada, Share The Warmth, West Island Assistance Fund, Renaissance Montreal, Multicaf, Batshaw Youth and Family Services, Mile End Mission, La Mosaïque, The Nazareth House and The Depot (Formerly NDG Food Depot). In all, the combined efforts of the EMSB, its schools and facilities generated over 1,000 boxes of non-perishable food, and over 50,000 toys and miscellaneous items. For the first time in the history of the campaign, individual schools collected on behalf of individual charities. In total, more than 40 schools and centres took part in the campaign, as well as some community organizations.

Financial Literacy Book Launch

When it comes to children and their education, a great deal of emphasis is placed on reading, writing, arithmetic and science. But are kids learning financial literacy? As far as Roslyn Elementary School parent Mark Tilden is concerned, the answer is no. So he did something to change that. Mr. Tilden has been an investment advisor for 18 years and believes children should be taught how to handle money from a very young age. That's why he was at Roslyn in Westmount, to launch the world's first financial fantasy fiction stories, complete with illustrations, for kids under the age of eight. Mr. Tilden held a launch/reading of *The Adventures of Princess Mikalia and Prince Pete* for kindergarten and Grade 1 students. Mikalia is also the name of the author's daughter. Mr. Tilden said he wrote the book because there isn't anything out there like it. The stories about money made an impression on many of the students including five-year-old Gabriel Aziz. "You can buy stuff with it," he said. "You can earn it...you should get stuff that you need. Like if you don't have any food, you should buy food." *The Adventures of Princess Mikalia and Prince Pete* is available for purchase online and is also sold at Babar Books in Pointe-Claire.

Accolades

Wellness Event



DKG Quebec, an organization which promotes professional and personal growth of women educators and excellence in education, has announced that it will host a special Wellness Event for Educators on Saturday, April 13 at the Novotel Montreal Airport (2599 Boul. Alfred-Nobel) in St. Laurent. "It's My Day!" is the theme. This will mark the first time that teachers and educators will be offered a full day to recharge their batteries with uplifting, inspiring and life-changing workshops created especially for them. Teachers will meet experts in the fields of mental health, life skills, human behaviour, mindfulness and conflict prevention. It's My Day! is a day for personal growth. This day is for all those men and women working in a school environment from daycare to university. The cost for the day is \$54. This includes a full buffet lunch, refreshments and free parking. Teachers are welcome to dress comfortably as they may be interested in attending one of the mindfulness workshop sessions offered during the day. Registration for workshop sessions will be on a first come, first served basis. There will be an inspiring keynoter and three breakout sessions, with 12 workshops available. Extraordinary door prizes will also be up for grabs. You can access the program at <https://www.dkgquebec.com/its-my-day-event.html>.

10th Anniversary Celebration



Martha Wainwright performs with her son, a Mackay student.

Inspirations Newspaper welcomed over 100 friends, colleagues and supporters to the Mackay Centre and Philip E. Layton Schools in NDG on the afternoon of February 22 to celebrate 10 years of service to the special needs community. Everyone in attendance had one thing in common – working together to break down barriers and promote the inclusion of people with special needs. The event showcased innovative vocational programs and the talents of people with special needs. Lunch was catered by Summit School's TECC Bistro, a full-fledged catering enterprise. Approximately 40 students were involved in the food preparation and service, providing them with invaluable work experience. Renowned recording artist Martha Wainwright sang with the Mackay Centre School Choir, made up of 10 Grade 4 students, one of which is her son! Master of ceremonies Steven Atme kept the event running smoothly. Steven, a columnist for *Inspirations*, speaks to students across the island of Montreal about living with autism, and runs his own music school, Creaversty.

Playwright/Actress Returns to LMAC

Actress Michaela De Cesare recently returned to Laurier Macdonald High School in St. Léonard to speak to a creative writing class about her career. Commissioner for St. Léonard and City Councillor Patricia Lattanzio was on hand and took part in the program. The class, taught by Alessio Giancola, is actually working on script writing at the moment so the timing was perfect. Ms. Lattanzio asked Michaela if she would consider coming back to the school as a mentor, to which she agreed. Michaela holds an MA in Theatre from the University of Toronto and an undergraduate degree in Creative Writing & Theatre from Concordia University. She has appeared in many movies, television shows and stage productions and writes her own plays as well.



Michaela De Cesare (second from the left) is welcomed back to Laurier Macdonald by staff, students and Commissioner Patricia Lattanzio.

Ville Émard Bagels



Larah Bross (fourth from left) returned to her former high school, Option in Ville Émard, to share with present day students how she moved to Scotland and started her own Montreal-style bagel shop. She was joined by Jimmy Rennie (fifth from left), a graduate of James Lyng High School, who now runs the very successful Ville Émard Bagels.



Students from the EMSB once again collected new toys for the 27th annual Christmas and Chanukah Toy Tea, held at Victoria Hall in Westmount on December 12. The aim of this program is to ensure disadvantaged children in Montreal have toys for the holiday season. The 2018 edition distributed toys to over 5,000 children living in 31 shelters for victims of domestic abuse and violence, as well as to children at The Welcome Hall Mission, The Montreal Diet Dispensary, Tyndale St. Georges Parish, St. Willibrord's Parish, La Rue des Femmes and Batshaw Youth and Family Services. This marked the 16th year of the EMSB's involvement, which is an initiative of former Spiritual, Religious and Moral Education Consultant **Irene Miller**. Listen to our podcast: <https://soundcloud.com/englishmtlpodcasts>.

Parent Conference a Big Success

The EMSB Parents Committee held another highly successful Parent Conference on November 17 at the St. Laurent Adult Education Centre. It was a free event and featured 20 workshops dealing with a wide variety of issues faced by children and teenagers and how parents can learn how best to help. Among the workshops were topics such as understanding the new sexuality education program, what parents should know about cannabis and teens, dealing with bullying, helping kids through anxiety and stress, how to make literacy fun, how to motivate teens and advice for those at-risk and for those already excelling. EMSB Director General Anne Marie Matheson opened the conference by saying that what binds the school board is the coming together of different communities to work for common goals: the education and well-being of the board's students. Norm Gharibian, conference co-organizer and EMSB Parent Commissioner, said he was extremely satisfied with how the day went. "I think it was an amazing day," he said. "We had great presenters, great participants. The food was right on the mark, and I think a good time was had by all."



EMSB officials and student volunteers at the annual Parent Conference.

**NEWS
UPDATES**

EMSB/Chabad Program Provides a Lifeline to Parents

by Barry Morgan

There are many parents who are struggling when it comes to the issue of a child having a potentially destructive behaviour. If this affects you or someone you know, then you should also know about the Chabad Lifeline Parent Support Group, in partnership with the English Montreal School Board (EMSB).

Chabad Lifeline Director Rabbi Benyamin Bresinger explains that the organization's mission is to act as an educational, preventative resource for students experiencing some type of substance abuse issue. "We have 10 full-time staff where we deal with anybody who's affected by addiction," Rabbi Bresinger said. "So, not only the actual person coming for addiction, but their family member is a very important part. And that family member is not necessarily coming here to help us help the addict. We see the family member, themselves, are in need of support."

Rabbi Bresinger said it was important for Chabad to reach out to parents.

"We're addressing the kids, as best we can, dealing with the kids," he said. "But really, the parents are the ones who are really searching and willing and really hungry for support and guidance. So that's what we're doing this for."

In Chabad Lifeline now offers once-a-week parent support group meetings. They are held Mondays from 5:45 pm to 7 pm at 4615 Cote Ste. Catherine, near the Jewish General Hospital. It is free and non-denominational.

Rabbi Bresinger also explained that Chabad visits 15 EMSB high schools, where youth counsellors and drug counsellors offer:

- One-on-one counselling
- Workshops on prevention
- Speakers

"Young people are coming in," Rabbi Bresinger said. "So it's peer to peer conversations. Not about 'Don't do drugs.' But more about, what would bring a person to want to do drugs and how to deal with it."

Jason Stein is one of Chabad's addiction counsellors.

"We sit one-on-one with the students," he said. "We talk to them

about any of the struggles that they may be having at the moment or any questions that they may have regarding substance use in general... We also invite guests, usually a person in long-term recovery, who tell their story about how they got sober and what type of issues they struggled with when they were growing up. And help the students relate to something real, something tangible right in front of them. This is somebody who lived this problem and somebody who has gotten out of it."

Stein said it has been extremely effective. "Every time I do one of these presentations, I see the light bulbs go on in some of the students and relate. And I think it's extremely, extremely important and valuable to be able to do that."

Stein tells the story of a Grade 8 student who was abusing drugs and alcohol. "He was using a lot. He wasn't able to control it and he reached out for help. He saw one of our presentations. He came to see me after the presentation and started seeing me on a regular



Rabbi Benyamin Bresinger and Jason Stein.

basis... He's still attending school. It was nice to see that our presentation was effective, it reached that one person who

needed to hear what they needed to hear at that time."

Info: 514-738-7700 or go on-line www.chabadlifeline.com.

EMSB rolls out Sexuality Education groundwork

The process to introduce Sexuality Education to the curriculum at the EMSB is well underway, says Chairman Angela Mancini.

EMSB Pedagogical Consultant Jamie Quinn has been touring all primary and secondary schools to work with the respective administrators to determine in which subject areas the different themes will be taught.

All school boards across Quebec have started to implement the Sexuality Education program this year. As Ms. Mancini notes, the reasons for providing sexuality education 40 years ago are still valid today: to gain knowledge of the human body, combat gender stereotypes, educate students to help prevent sexual assault, understand puberty, reflect on romantic experiences and prevent sexually transmitted and blood-borne infections (STBBI's). In addition, today there are other

concerns such as the pervasiveness of messages about sexuality in the media, easy access to pornography, sexting, and increased rates of STBBI's.

"The implementation of the Sexuality Education program for the 2018-2019 school year in all EMSB schools is imperative for the mental, physical and collective well-being of every student and is a vital part of living a harmonious lifestyle," said Ms. Mancini.

The program and materials were created by the Ministry of Education, in collaboration with the World Health Organization, UNESCO, sexologists and other professionals, and then tailored to the psycho-sexual development of children and youth. Sexuality Education is to be provided to all students in Quebec in the 2018-19 academic year for five to 15 hours per year, per grade level. The Ministry program uses the most



Jamie Quinn

appropriate educational approach, known as comprehensive sexuality education. The program is scientifically accurate, incremental, age and developmentally appropriate, curriculum based, comprehensive, and builds on and promotes an understanding of universal human rights of children

and young people. Comprehensive sexuality education enables young people to protect their health, well-being and dignity.

Last fall, each EMSB school, together with a team made up of the principal, teachers, spiritual animator, guidance counselor, psychologist, school nurse and social worker discussed the details regarding the implementation and delivery of the program. Training sessions and preparatory workshops were offered for all those involved in the program.

The school's responsibility for providing sexuality education is part of its mission and offers a framework for learning in which all students receive the same information. It is a place of reflection where children and youth can engage in discussions with their peers in a respectful and safe environment. School and family play parallel roles in sexuality

education. Parents' role is crucial in educating their children about sexuality. They contribute to their child's well-being, while respecting the values of their family. The complementary nature of the roles of the family and the school reinforces and optimizes the efforts in educating our children and youth regarding their sexuality.

The EMSB's mission is to "support its schools and centres in their efforts to educate students within a caring, safe and inclusive learning community." A school is a place of learning that contributes to the development of each student. In addition to providing instruction and guidance in their academic studies, the goal is to support students as they learn to get along with others, encourage lifelong learning and critical thinking, and to become active members of a democratic society.

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BRASSERIE SPORTIVE

NEWS
UPDATESJames Lyng STEAMS
ahead with its new
MAKER SPACE

by Kristin McNeill

What was once a small science lecture auditorium is now a sparkling new STEAM Maker Space at James Lyng High School. And it was a hive of industry recently when the school invited guests to a ribbon-cutting ceremony to show off the innovative space in full function.

In pursuit of its two-year-old STEAM (Science, Technology, Engineering, Arts and Mathematics) program, the school redesigned an old lecture-style auditorium into a bright, multi-

“We are really happy for the school,” said Mr. Buttino. “This was the brain child of Ms. Ramlakhan last year, and I am so proud of her for bringing this to light.”

Ms. Ramlakhan, in turn, acknowledged the teachers involved, and said it was a collaborative effort with students too. “The students will be able to be engaged in their learning and hands-on, which our students really like,” she said.

Set against a chalkboard style backdrop of a city skyline, the space had several levels separated by a few steps. Much of the



Commissioner Julien Feldman and Regional Director Pela Nickoletopoulos work with students at the launch.

level, renovated workspace, complete with tools, designed for collaborative work and hands-on projects. It was created to “engage students, with more hands-on, project-based learning,” explained Vice-Principal Marilyn Ramlakhan, the visionary behind the project.

Five academic disciplines combine to make STEAM, a multi-disciplinary initiative that promotes creativity and high levels of student engagement. Students work on group and individual projects that take a creative and discovery-based approach. The concept behind STEAM is that it encourages a hands-on, trial-and-error approach to learning. Projects tend to be interactive, using both current technological devices, as well as the simplest of building materials.

Principal Lino Buttino invited the district school Commissioner Julien Feldman, along with Regional Director Pela Nickoletopoulos and several EMSB education consultants, to witness first-hand the space in full operation. Active in designing and creating the Maker Space, teachers Victoria Gagliano and Helen Stambelos were pleased to explain how the room had been transformed and equipped.

furniture, including unused shelving from the school library, was salvaged and repurposed for storage and display. Thoughtful aesthetic touches, such as mounting old film reels on the walls to appear as gears, a common engineering symbol, gave the space a creative and friendly feel.

As guests trickled in, students and teachers were actively working on projects at most of the six work stations that make up James Lyng’s Maker Space. For example, students were making chess pieces at the 3-D printer and electronic station that provides the technology for students to design their own objects and print them. They can also build and program robots, using online software.

In other spaces:

- The “classroom” station includes computers and an interactive white board for presentations.
- The arts and crafts station is intended for art projects that also includes sewing, using two sewing machines that had been donated.
- The “green screen” station, with its namesake green

EMSB and the Research
Institute of the MUHC launch
historic STEAM partnership

Students from Lester B. Pearson High School learn more about Bob, the high-tech mannequin patient at the MUHC.

The EMSB and the Research Institute of the McGill University Health Centre (RI-MUHC) are proud to have launched a new initiative in which high-school students will collaborate with researchers on science, technology, engineering, arts and mathematics projects – also known as STEAM projects.

This unique partnership between a public educational institution and a large biomedical research center is based on the STEAM framework, an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics to guide student inquiry, dialogue and critical thinking.

Over 40 students from seven high schools of the EMSB (Marymount in NDG, John Grant on Côte Saint-Luc, Lauren Hill in St. Laurent, Lester B. Pearson in Montreal North, Laurier Macdonald and John Paul I in St. Leonard and Vincent Massey Collegiate in Rosemount), along with their teachers from various disciplines, will partner with laboratories at the RI-MUHC to produce STEAM-related projects. During a six-week period, graduate research trainees will dedicate their time, to mentoring students and guiding them throughout their projects.

“As the largest biomedical research Centre in Quebec, the RI-MUHC is proud to take part in this unique educational partnership and help high-school students prepare for the future. Using STEAM to create unprecedented community engagement is a fulfilling and rewarding mission for our institute and our trainees,” says Dr. Bruce Mazer, interim Executive Director and Chief Scientific Officer of the RI-MUHC.

A rich educational opportunity

For the last few years, the EMSB has been supporting and promoting the STEAM framework in numerous schools. The partnership with the RI-MUHC will allow the school board to further explore its possibilities.

“The EMSB is grateful and honoured that the RI-MUHC has opened its doors to us, giving our teachers and students this educationally rich opportunity,” says EMSB Chair Angela Mancini. “The relevant and dynamic learning environment of the RI-MUHC combined with real-life examples will not only foster creativity, but also encourage students to take thoughtful risks, engage in experiential learning and persist in problem-solving.”

“This project was possible thanks to the great collaboration between the EMSB and the RI-MUHC, two positive organizational leaders in my riding of NDG-Westmount,” says federal Transport Minister Marc Garneau. “As a scientist myself, I know first-hand how important it is to introduce young Canadians to scientific thinking, a skill that will serve them throughout their careers.”

“I am proud to see the RI-MUHC at the forefront of this educational initiative that will strengthen connections with a part of our community. The MUHC prides itself on the quality and innovation of its clinical and scientific training; we will make sure to inspire the next generation by sharing our knowledge and passion of the work here at our

hospital and research institute,” adds Dr. Pierre Gfeller President and Executive Director of the MUHC.

Skills for the future

By embracing the STEAM framework, the EMSB also hopes to better prepare students for the future.

“This partnership not only gives aspiring young students access to some of the best biomedical science being conducted internationally, it gives McGill research trainees the unique opportunity to inspire and help shape the next generation of creative thinkers and leaders,” explains David Eidelman, Vice-Principal of Health Affairs and Dean of Medicine at McGill University. “As an academic partner of the MUHC, we are very proud to see our teaching and research mission serve society in this way; and we applaud the RI-MUHC and EMSB for launching this project.”

“We have a responsibility to give back to our community in meaningful ways,” says Jenny Koulis, who manages the Office of Research Administration, Academic Affairs and Community Outreach Programs for the RI-MUHC and coordinates this project. “What better way to do this than by encouraging our children to develop the skills and knowledge they need to become the critical thinkers and innovators of the future?”

To listen to Suzanne Desautels’ podcast go to this link:

<https://soundcloud.com/englishmtl/podcasts/emsb-podcast-emsb-the-research-institute-of-the-muhc>

background, is used to project images for videos, animation, with the ability to implement different backgrounds.

- The light table station has several of the architect-style,

- back-lit working tables for tracing and drawing projects.
- And the woodworking station has a workbench, with construction tools hanging in an orderly way on a pegboard.

Students currently use the Maker Space with their teachers, but the hope is that it becomes a space students can use on their own between classes.



SPORTS CAPSULE



Rocket Launch at EMSB



Gardenview students and Vice Principals Gaetano Sifoni and Eugenia Carystios meet Rocket mascot Cosmo, author Roch Carrier, St. Laurent Liberal MNA Marwah Rizqy, players Daniel Audette, Charlie Lindgren and Michael McCarron, former NHLer and current Marquette Liberal MNA Enrico Ciccone and team animator Olivia Duclos.

The EMSB is pleased to have launched a new partnership with the Laval Rocket, the American Hockey League farm team of the Montreal Canadiens. Some players have thus far visited Pierre de Coubertin

Elementary School in St. Léonard and Gardenview Elementary School in St. Laurent. Students got to meet them and team mascot Cosmo. As the format goes, one player reads Roch Carrier's classic book *The*

Hockey Sweater to Grade 1 and 2 students before playing a ball hockey game against a team made up of the older grades. The EMSB also had its first Montreal Rocket Night at Place Bell in Laval in March.

HABS FEVER

For the Montreal Canadiens game on January 23 at the Bell Centre vs. Arizona, the EMSB was fortunate to receive some generous donations of tickets. Grade 6 students **Dylan Allison** and **Madison McGravie** from Willingdon Elementary School in NDG sat in the private loge of **Paysafe** with Principal **Carmen Nicolas** and Interim Vice Principal **Maya Doughan**. Grade 11 students **Fazle Ahmad** and **James Yaxley Junior** from



James Yaxley Junior, Fazle Ahmad, Nicolas Buttino and Lino Buttino.

James Lyng High School in St. Henri sat in the Club Desjardins section thanks to **CTV Montreal** with Principal **Lino Buttino** and his son **Nicolas**, a Grade 5 student at Honoré Mercier Elementary School in St. Léonard. This marked the first time ever each student had seen a Habs game at the Bell Centre. Paysafe is a Montreal-based corporation which provides simple and secure payment solutions to businesses of all sizes around the world.

ARCTIC VISITS

Players from the Montreal North Arctic, of the Quebec Junior AAA team, along with team vice-president **Lina Di Giovanni** and marketing director **Alexia Perretta**, once again visited a number of East End schools this year. The players spoke to students at three primary – Pierre de Coubertin, Honoré Mercier and General Vanier – about how they continue to attend school while playing elite hockey. Each visit concluded with a scrimmage. The schools then received free tickets for an Arctic game.

LaurenHill



Coach Sacco and his players.

Hockey Excellence

A competitive hockey team was revived last year at LaurenHill Academy in St. Laurent, and on February 25 they played before a capacity crowd of just over 1,000 people at Raymond Bourque Arena. St. Laurent Liberal MNA Marwah Rizqy performed the ceremonial opening faceoff with Principal Donna Manos. LaurenHill was defeated 3-1 by John Rennie High School from Pointe Claire in the Greater Montreal Athletic Association (GMAA) Juvenile Division 2 Championship game. Getting this far was quite a feat for the St. Laurent team, brought back to life in 2017-18 by head coach and mathematics teacher Shawn Sacco after a 15-year absence. Coach Sacco played high level hockey himself in United States prep schools. Last year the new LaurenHill squad went all the way to the semi finals. This year they had an undefeated season until one forfeited game. They won their semi final vs Pierrefonds Comprehensive High School. All of the more than 1,000 LaurenHill students and at least 100 staff members attended the game as part of their last period of the day and walked over to the arena.



Arctic players and officials with the General Vanier contingent.

PHOTO BY MICHAEL MICCHETTI



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JUNE 26, 7:30PM

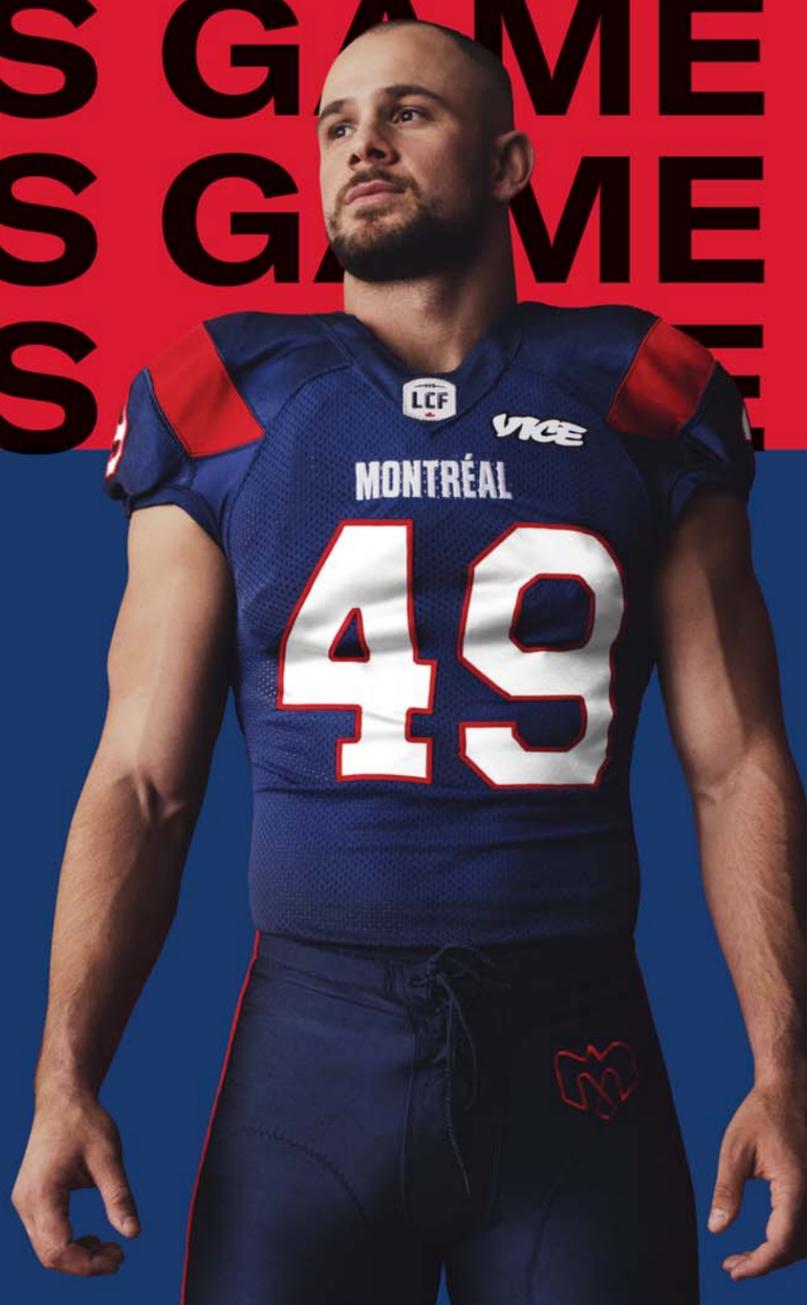
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