



PIERRE DE COUBERTIN

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PDC's Monthly Newsletter

May 2022

Dear PDC Community,

We have yet another exciting month ahead, with a variety of activities & outings planned. Warmer weather is coming and with that, our team will be seizing more & more opportunities for authentic, learning experiences in the great outdoors!

⚠️ Although we understand that because of the current construction, street parking is limited, we would like to remind you to refrain from parking in the staff parking lot and/or using the parking lot as a drop-off zone. We thank you for your cooperation. ⚠️

A note from PDC's Daycare:

The week of May 16th is Daycare Week! Stay tuned for tons of special activities being planned for our Daycare students! Kangoo & PoundFit classes via Enfant & Compagnie are amongst some of the upcoming events. We can't wait!

We would also like to take this opportunity to wish all the precious mothers within our PDC community a wonderful Mother's Day!

We've Been Busy!

• World Autism Month 🧩

As you surely know, April is World Autism Month. In honour of this important month, we welcomed Mr. Steven Atme to address the students on his award-winning presentation "The Power of One". The presentation included a detailed account of Steven's determination, perseverance, and his ability to pursue his dreams of being a musician while growing up with autism. His captivating messages of awareness and acceptance of people with autism were underlined by his deep devotion to inspire everyone with and without disabilities to rewrite the narratives of their lives.



• Imperfectly Perfect Campaign 💛

On April 7th, our students had an opportunity to dialogue with motivational speaker, model, and founder of Born to Rise Aiesha Robinson. At the age of 18, Aiesha was diagnosed with a skin condition called vitiligo. "At first, my vitiligo diagnosis felt like a curse, leading to self-loathing and suicidal thoughts. Since then, I've transformed my own imperfections into my greatest assets!", says Robinson. She was the perfect ambassador to our school's monthlong 'Imperfectly perfect' body image campaign. PDC students were truly inspired by her words of encouragement and empowerment.



- **Waste-Free Wednesdays** 

At Pierre de Coubertin, we see the importance of creating sustainable principles. We want to encourage our students to continue implementing the 3 R's-reduce, reuse and recycle-while developing positive environmental values in students and the school community. Pierre de Coubertin along with the members of our Green Team will be holding a Waste-Free Lunch every Wednesday. This means that if your child(ren) brings a lunch from home (snacks included) he/she is being asked to bring all food/beverage in reusable, washable containers or in a reusable bag. The goal is to have little to no packaging. This will take place every Wednesday! We hope we can count on you!



- **PDC's Spring Farm via Le P'tit Vallon** 

On April 29th, our students enjoyed visiting goats, sheep, alpacas, donkeys, rabbits, chickens, ducks, and llamas – all in our very own school yard! Students of all ages were able to observe, pet and even safely feed the animals! These precious animals traveled from their home-base farm, *Le P'tit Vallon*, located in Morin Heights, and are the 4th generation of animals born at the farm who regularly partake in visits & travel.



- **Support for Ukraine** 

Pierre de Coubertin alongside other EMSB schools took part in a benefit concert for the volunteers of the Ukrainian Orthodox Cathedral of Sainte Sophie on Thursday, April 28th at Nesbitt Elementary School. The PDC choir, under the direction of Ms. Alongi honoured the tremendous work of the many volunteers who have been helping with the Ukrainian Relief Effort. On that note, we would like to thank the PDC community for generously donating hundreds of pounds of supplies to this humanitarian endeavour.



Be sure to consult the May calendar sent out earlier this week for upcoming special events & activities! 