



# SINCLAIR LAIRD SCHOOL

Summer 2020 Newsletter

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## LATEST NEWS

### At Sinclair Laird

Despite the Covid situation, we are busy planning to reopen as usual with safety measures and online support in place that will allow us to function as a normal school. Classes start on August 31st for most students (pre-K and Kindergarten on September 3rd). For all the latest news and updates during the summer time, please follow us on our school and EMSB websites or on Facebook & Twitter

## Summer Clean Up

Our school caretakers are already hard at work this summer to give us a fresh look, disinfecting and cleaning the entire school premises. A special thank you to our two front-line Peters' for an outstanding job so far and for all that regularly you do for us!

## Renovations & Changes

At the moment, contractors are working on installing new sinks in every classroom, and a new bathroom is being constructed on the second floor. We just keep getting better. The gates have officially been opened again as well in the Sinclair Laird school yard. Enjoy this shared space and do what you love but play safe!

"Cause a little bit of summer is what the whole year is about."

—John Mayer



## GRAD MESSAGE FROM THE PRINCIPAL

Congratulations on your well-deserved success! Even though we'll miss seeing you in your cap and gown, this Spring we are making plans for a Fall celebration and would never miss this chance to tell you we're very proud. Never stop learning. Keep developing those big dreams, that energy, those talents that help to make you who you are and who you become. Continue to bring goodness and beauty to the world, as you have done from the day you were born. Develop patience, kindness and consideration. Insist on justice for everyone. Be strong. Get out and enjoy the sunshine! You are Sinclair Laird. We expect greatness! — Derrek Cauchi, Principal

## A MESSAGE TO OUR GRADUATES FROM GRADE 6 TEACHERS

"Congratulations! What a pleasure it has been to teach you all this year! Wishing you all the best for the many new adventures that lie ahead at high school. Keep being the best person you can be, stay curious and give your all to whatever you do. The sky's the limit!" -Mr. Nicolas

"Bravo 6e! Malgré les défis de 2020 et le numérique, vous avez réussi! On passe à une nouvelle étape: le secondaire. Je suis si fière de vous. Continuez à suivre vos rêves et ne vous laissez pas décourager par les épreuves de la vie. Il y a toujours une solution. À bientôt !" -Mme. Isabelle

## EDUCATIONAL LINKS

A list of educational websites for elementary and secondary subjects provided by EMSB Educational Consultants and teaching staff. Don't forget to also explore our [EMSB Virtual Library](#) where you can find eBooks, audiobooks, encyclopedias and more!

FOLLOW US 

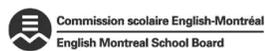
[www.sinclairlaird.emsb.qc.ca](http://www.sinclairlaird.emsb.qc.ca)

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## REGISTRATION FOR 2020-2021 SCHOOL YEAR

For any inquiries on registering your child at Sinclair Laird, we can assist you. You may call the front office as of *August 13, 2020* at 514.279.9026. See all the latest news and events at Sinclair Laird by visiting our website at [sinclairlaird.emsb.qc.ca](http://sinclairlaird.emsb.qc.ca) and/or *Facebook and Twitter*.

If you know a family member, a friend, or a neighbor who might be a candidate to register at Sinclair Laird school, please let us know. Our outstanding, one-of-a-kind, bilingual school in Parc-Extension practices Inclusive instruction and still has space available! Share with everyone, spread the word! *Pre-K classes available for children who are 4 years old.*

*Did you know?*

If a child does not already have eligibility, they may still be able to register at Sinclair Laird under specific, exceptional circumstances that involve special needs. A child's siblings (brothers and/or sisters) may also qualify for eligibility due to the circumstances. Any questions? Feel free to reach us at 514.279.9026. We provide the support that you and your children require!

## THE IMPORTANCE OF EXERCISE FOR CHILDREN

Regular exercise at an early age develops healthy habits into adulthood. Physical activity helps your child keep a healthy body weight, lower blood pressure, raise HDL ("good") cholesterol and reduce the risk of diabetes. When kids are active, their brain develops, allowing for new types of activities which helps develop your child's movement skills. It also, of course, helps bones become stronger and builds a healthy heart and stronger muscles. Physical (body) and cognitive (brain) development go hand-in-hand. While this continues for life, this relationship is most critical at a young age. It is very important that your child keeps moving and gets their daily exercise this summer.

## SCHOOL SAFETY

Our school will be taking the necessary steps to adapt and make changes if needed due to the Covid-19. We thank you for your patience and understanding through these extraordinary times. Health and safety of our students, staff and school community is always our number one priority. We are all in this together.



## ENJOY THE SUMMER BREAK

Wishing everyone a beautiful summer with family and friends, we also ask that you stay informed with the latest news and updates given by the health ministry to ensure that you and your family are always safe. By working together as a community, we hope that everything gets back to normal soon. Always remember, it's the simplest things that often count most, like our family, friends, and the moments we share with them. **See you back on August 31, 2020.**

**Have a great summer everyone!**

