



St

Monica Elementary (514) 369 0070

Office hours: 8:30 a.m. to 1:00 p.m. and 2:00 p.m. to 4:30 p.m.

Exceptional opportunities to grow and succeed.

Newsletter 6

February 2020

History of Valentine's Day

HISTORY.COM EDITORS

Valentine's Day occurs every February 14. Across North America and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from?

To learn more visit: <https://www.history.com/topics/valentines-day/history-of-valentines-day-2>

For craft ideas visit: <https://www.goodhousekeeping.com/holidays/valentines-day-ideas/g2020/easy-valentines-day-craft-ideas/>



All About Leap Day

HISTORY.COM EDITORS

The Roman dictator Julius Caesar is considered the "father" of leap year.

To find out more about the intriguing history of leap year, as well as some fun facts and famous people with leap day birthdays visit:

<https://www.history.com/news/all-about-leap-day>

For crafty ideas visit: <https://www.u-createcrafts.com/leap-year-crafts-ideas/>



Dear St. Monica's parents,

The winter season is upon us! Although often times the most fun thing to do is simply cuddle up at home in our PJ's, the Governing Board has a few ideas for some fun things that can be done around Montreal for FREE this February.

1. Montreal's Olympic Park has its "Les Jardinieres" every year from January until March. Check out free skating, mini slides, and warm-up in the Chalet!
2. Go Sledding or Ice Skating at Beaver Lake. This is a Montreal classic. You will find a groomed sledding hill, and the beautiful Beaver Lake pond prepared for skating. (Skates can be rented there, and "magic carpet" sleds can be bought at the Dollar store for a few dollars.)
3. Go sledding on the North/East slopes of Mount Royal! Across from Parc Jeanne-Mance, there are some beautiful slopes facing Parc Avenue.
4. The McCord Museum's permanent exhibitions are free on Wednesday evenings. This is a great way to learn more about First Peoples history.

Whatever you do this February, the Governing Board of St. Monica's wishes you a wonderful time with your family!

LOOKING AHEAD FEBRUARY 2020

- FEB 3 - Dress down day
- Feb 11 - Governing Board Meeting
- Feb 17 - Canadian author
Lana Button will be visiting
Grades 1- 4
- Feb 26 - Pizza Lunch
Pink Shirt Day

UPCOMING EVENTS MARCH 2020

- Mar 2 - 6 Spring Break
School and daycare closed
- Mar 12 - Parent/Teacher Interviews
- Mar 13 - Ped Day
School closed/Daycare open
- Mar 17 - Governing Board meeting
- Mar 25 - Pizza lunch
- Mar 27 - Movie Night
- Mar 30 - Ped Day
School closed/Daycare open

Thank you for choosing us to be a part of your child's learning journey.



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A MESSAGE FROM PPO

How you can tell kids love the Parent Participation Organization? Because we stole a pizza their hearts.

We know it's hard to remember exactly when Pizza Day is going to happen, so keep your eyes peeled for signs in the school lobby with reminders. And don't forget that you can sync your online calendar with ours at stmonicappo.com — and never forget again.

We're looking forward to the launch of Staff Appreciation Week Feb. 3, featuring classics like chocolate and smoothies and a few surprises as well. Your contributions of food, money and time help make this week a success.

Please contact the PPO at stmonicappo@gmail.com if you have any questions, comments or suggestions!

I will be at the school early next week with signs for the remaining pizza and dress down days.

Thank you,

Tanya McDonald

PPO Chair

PINK SHIRT DAY - WEDNESDAY, FEBRUARY 26, 2020

This year, Pink Shirt Day, or Anti-Bullying Day, is on February 26.

All St. Monica students and staff are encouraged to wear pink on this day.

It is a day when people come together by wearing pink shirts to school or work to show they are against bullying.

The focus for 2020 is "lift each other up."

To learn more visit: <https://www.cbc.ca/kidscbc2/the-feed/what-is-pink-shirt-day>

For craft ideas visit: <http://www.pinkshirtday.ca/resources.html>



HOOKED ON SCHOOL - February 17 - 21, 2020

Held annually throughout Québec in February, Hooked on School Days (HSD) are a special occasion to highlight the importance of staying in school, for the well-being of both individual students and society as a whole. HSD also celebrate the vital work of those who help young people fulfill their potential.

To learn more visit: <https://jembarque.ca/en/>



A MESSAGE FROM MR. JACOBS:

Cycle 3 boys and girls participated in the annual LCC basketball tournament on Jan. 24th & 25th. The girls were the Silver Division Champions. Playoffs will be starting in February. **GO TITANS GO!**

USING THE WITS LANGUAGE AT HOME

WITS teaches kids strategies that they can use to deal with teasing or bullying. Remember that telling is not tattling. If you're faced with bullying and you walk away to get help, you are helping to make your school and your community a safe and fun place for kids to be!

To learn more visit: <https://witsprogram.ca/>

"Our students' journey is about recognizing their past, supporting their present and guiding their future..."

- Silvana Crigna, Principal

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Be KIND to yourself and others! Follow these simple steps:



- 1. Write a positive affirmation for yourself. You are Enough!
2. Create a hashtag that best describes what kindness means to you.
3. Write down 3 things that you love about yourself.
4. Create 10 Sticky notes of encouragement to place around campus. Words are Powerful.
5. Share a lunch table with someone you don't usually sit with. #YouBelong
6. Write a letter of gratitude to yourself. Read this letter to yourself in the mirror.
7. Write a surprise kind note to someone on your campus.
8. Tell a teacher or counselor how awesome they are!
9. Create a personal branding for yourself. What kindness are you influencing?
10. What does I am Enough mean to you? Write, Post it, Share it!
11. What influence do you want to see in the world? Write, Post it, Share it!
12. Write a note with this sentence and pass it to a friend! "You belong because.."
13. Take a Mindful Moments and Breathe, You are loved, You are Enough!
14. Write a thank you note to your custodian or lunch monitor!
15. Hold the door for 5 people today and smile at them. Connect.
16. Surprise your family by doing a chore without being asked.
17. Clean up the cafeteria, hallway, or classroom by picking up trash that doesn't belong to you.
18. Let someone else get in line in-front of you today. Take a mindful moment. We are all important.
19. Volunteer in your community, even your campus community. We all belong!
20. Make packages for our homeless population in your community. We are all enough and worthy of love.
21. Smile at everyone, it's contagious. You are Enough!

The Future is Kindness! Write it, Post it, Share it! Be sure to tag @tkckindness!

SCHOOL MESSENGER HAS REPLACED BLACKBOARD CONNECT

School Messenger will be the application the EMSB and all schools will use for mass communications. Messages will be coming from broadcasts@schoolmessenger.com



Get an exclusive look at all the great things happening at St. Monica Elementary School.



SCHOOL HOURS

Table with 2 columns: Time and Activity. Rows include Morning Supervision (8:55-9:05), Entrance (9:05), Homeroom (9:05-9:10), Morning Recess Pre-K (10:10-10:30), Morning Recess Gr. K-6 (10:40-11:00), Lunch Pre-K (11:30-1:00), Lunch Kindergarten (12:12-1:30), Lunch Gr 1-6 (12:30-1:30), Afternoon Recess Pre-K (2:00-2:20), Afternoon Recess Gr. K-6 (2:30-2:50), Dismissal All Grades (3:50), and Supervision (Yards & Bus) (3:50-4:00).



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Important Information

Daycare Fees a gentle reminder that all daycare fees must be paid in full to receive services. Please contact Ms. Angela Zambito(514) 369-0087 to discuss payment options.

Gentle Reminder for Morning Drop-off your child must be dropped off in the school yard by 8:55 a.m. Teacher supervision begins at 8:55 a.m. If the school yard gates are closed, please escort your child to the front office. To ensure everyone's safety and a systematic entry, the teachers are not able to open the gate for late arrivals. Thank you for your understanding.

In case of rain, parents are asked to bring their child to the main entrance of the school at 8:55 a.m. (at first bell). They will then proceed to the school gym where teachers will greet them.

Children Pick-Up upon dismissal of classes at 3:50 p.m. all students who walk home will exit by the junior yard door. Children attending daycare will be brought to their after school classroom. The only children leaving from the front door are the children that take the bus home.

If there is a change to your child's after school dismissal we ask that you contact the main office by **3:15 p.m.** to notify changes to your child's routine.

Please note that all visitors must report to the Front Office.

Student Absences/Changes to Routine parents must call the school at 514 369 0070 before 9:00 a.m. and state the child's name, room number and reason for their child's absence. If no one answers the phone, please leave a message on the answering machine (the answering machine is on overnight). Please ensure that the school is notified before **3:15 p.m.** if there is a change in routine for dismissal at the end of the day.

Dress Code a gentle reminder that all students must be in clean uniform daily. For the girls, navy blue tunic, skirt, pants (no jeans, no leggings), or walking shorts (knee-length or longer). For the boys, navy blue pants (no jeans) or walking shorts (knee-length or longer). For both, white tops, shirt with collar, turtleneck, sweatshirt (no t-shirts, no lettering or logos) and sweaters are navy blue.

All articles of clothing must be labelled by the parent so that the item can be identified and returned to the rightful owner.

Lost and Found please check the "lost and found" areas at the Daycare entrance on a regular basis. Any unclaimed clothing will be placed on tables as a reminder to pick up at both of our concert events (Christmas concert and Spring Concert). All items not picked up at these events will be donated to charity in December and in the Spring.

Physical Education Uniform navy blue shorts and a grey t-shirt to be purchased from school office. The uniform is not mandatory for Pre-K and Kindergarten children, but they must wear navy blue shorts and a white t-shirt. For hygienic reasons, children are not permitted to wear their uniform under their school clothes. Please make sure your child has running shoes for Phys. Ed. class.

Personal Accident Insurance parents are encouraged to subscribe to personal accident insurance in case their child gets hurt while participating in physical education and sports or in any other circumstances. Fees incurred for ambulance services, medical/dental/ocular services and any other services related to an injury will not be assumed by the school. Parents are encouraged to contact their personal insurance company or any other insurer to get advice and information about accident insurance coverage for their child.

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