



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 5

January 2020

Happy New Year and welcome to the year 2020.

Time is a peculiar thing, we never have enough of it to do everything we need to do and yet, we move at such a quick pace all the time that we forget to appreciate the moment. As I write this message, I remind myself to appreciate the moment, to take the time to live for now, knowing that our students will appreciate me the more for it.

I encourage everyone to do the same. Our students and children need us in the moment as much as they need us to help them for their future. The staff and I look forward to continuing our journey with them in ensuring that both their overall well-being, and their academic endeavors are supported in every way. It is a privilege to be in each of our students lives and we appreciate your continued support.

May the new year bring lots of health, happiness and prosperity. I look forward to sharing many successes with you.

Silvana Crigna
Principal



Kindergarten Parent Corner

The Montreal Families website is a great guide to finding out which activities the whole family can participate in around the city of Montreal.

When visiting the website, simply click on "Things to Do" to view a list of top monthly activity picks around the city and information about each event.

The Montreal Families website also offers parent information and articles on a wide range of subjects. You can also enter contests to win exciting prizes!

Sign up to receive free weekly newsletters all year long by clicking on the "About Us" section and by then clicking on the word "Newsletter".

You can access the Montreal Families website at:
<http://www.montrealfamilies.ca/>

"While we try to teach our children all about life, our children teach us what life is all about"- Angela Schwindt

Candice Madden, Kindergarten Transition Agent, Student Services Department, EMSB.

UPCOMING EVENTS

JANUARY 2020

- Jan 6 - First day back at school
- Jan 14 - Governing Board Meeting
- Jan 29 - Pizza Lunch
- Jan 30 - Open House
4:00 pm - 8:00 pm
- Jan 31 - Pedagogical Day
School Closed

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



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



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



ST. MONICA ELEMENTARY SCHOOL OPEN HOUSE

Thursday, **January 30, 2019**
4:00 pm - 8:00 pm



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



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HEALTHY SNACKS & HEALTHY LUNCHES

Why are **healthy lunches** and **snacks** important at **school**?

Your child's **school lunches** and **snacks** are a major source of the essential vitamins and minerals they need to grow and develop over the years. The **foods** you pack for your child will give them the energy and nutrients they need to learn and play at **school**.

Visit the following websites for healthy snack and lunch ideas

<https://www.modernhoney.com/back-to-school-kids-lunch-ideas/>

<https://www.parents.com/recipes/>

Canada's Food Guide

Did you know that Canada issued a new food guide? Please visit:

<https://food-guide.canada.ca/en/>



HOT LUNCH PROGRAM

While St. Monica does not have a cafeteria on site, we are happy to offer a hot lunch program through Mini Bistro for parents who wish to purchase lunch. Your child will enjoy high-quality meals that are lower in sugar, fat and food additives, providing essential nutrients according to Canada's Food Guide. Visit the website at <https://leminibistro.emsb.qc.ca/>

Please take note that St. Monica **does not** have microwaves , other cooking equipment or cutlery on site available to students. Parents should not send food that requires reheating. Also ensure that you provide your child with plastic forks and spoons as needed.

School Bus Safety Reminders

Rules for Riding the Bus Safely

- ◆ Take your seat promptly and sit properly, facing forward at all times.
- ◆ Place bags and parcels under your seat or on your lap.
- ◆ Keep the aisle of the bus clear at all times.
- ◆ Always keep your head, hands and arms inside the bus.
- ◆ Throwing objects inside or outside of the bus is not permitted.
- ◆ Talk quietly; the driver needs to concentrate to safely drive the bus.
- ◆ Fighting, shouting, or use of obscene language is not permitted.
- ◆ Eating and drinking (this includes chewing gum) is not allowed on school buses at any time. This rule protects students or drivers that have food allergies and anaphylaxis, prevents choking, and maintains bus cleanliness.

Please also review the EMSB school bus transportation rules in your child's agenda.



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

- Silvana Crigna, Principal

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9 Scientifically-Backed Ways to Beat the Fall and Winter Blues

By Brigitt Earley and Melanie Rud

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits.

To Learn more visit: <https://www.realsimple.com/health/mind-mood/emotional-health/winter-blues>



SCHOOL HOURS

8:55 - 9:05	Morning Supervision
9:05	Entrance (Bell Rings)
9:05 - 9:10	Homeroom
10:10 - 10:30	Morning Recess Pre-K
10:40 - 11:00	Morning Recess Gr. K - 6
11:30 - 1:00	Lunch Pre-K
12:12 - 1:30	Lunch Kindergarten
12:30 - 1:30	Lunch Gr 1 - 6
2:00 - 2:20	Afternoon Recess Pre-K
2:30 - 2:50	Afternoon Recess Gr. K - 6
3:50	Dismissal All Grades
3:50 - 4:00	Supervision (Yards & Bus)

Chinese New Year - January 25, 2020

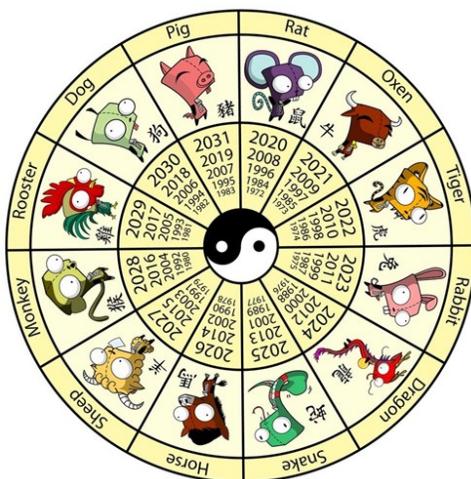
TheChineseZodiac.org

In the Chinese astrology, each year is represented by an animal. 2020 is the year of the Metal Rat, which is predicted to be a lucky year.

The Rat has the first position in the zodiac. The Rat is a representation of diligence, kindness, and generosity.

To learn more visit: <https://www.thechinesezodiac.org/chinese-new-year-traditions/>

Crafty ideas visit: <https://www.redtedart.com/chinese-new-year-crafts-kids/>



Kung Hei Fat Choy!



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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.

Making a difference, one student at a time.