



Remembrance Day - Monday, November 11



Armistice Day is on November 11 and is also known as Remembrance Day. It marks the day World War One ended, at 11am on the 11th day of the 11th month, in 1918. A two-minute of silence is held at 11am to remember the people who have died in wars. Red poppy pins are sold by the Royal Canadian Legion and worn by millions of Canadians in the weeks leading up to and on November 11.

To learn more about Remembrance Day visit: <https://vancouver.sun.com/news/local-news/remembrance-day-5-things-to-think-about-today>

For Remembrance activities you can do with your children visit: <https://www.dltk-holidays.com/remembrance/>

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

Kindergarten Parent Corner

The Saint Monica School website has a new Family Resources: Ages 0-5 section!

To access this section on the website, click on "Community", scroll down to "Parents Corner" and then scroll down once again to the new "Family Resources: Ages 0-5" section.

In this section, you will find a directory of Early Childhood Resources in the NDG area, as well as a transition into kindergarten placemat that families can both look at with their children or feel free to print and laminate.

In addition, there are links to both the Naître et Grandir and Encyclopedia of Early Childhood Development websites. These websites provide families with information on a wide variety of early childhood topics.

"Children are the world's most valuable resource and its best hope for the future."- John F. Kennedy

Candice Madden
Kindergarten Transition Agent, EMSB

Upcoming Events

- Nov 1 - Ped Day - Daycare Open
- Nov 4 - Remembrance Day Celebration
- Nov 12 - Governing Board Meeting @ 7pm
- Nov 15 - Ped Day - Daycare Open
- Nov 19 - Report Card Distribution
- Nov 21 - Parent/Teacher Interviews
Ped Day (Daycare Open)
- Nov 22 - Ped Day (Daycare Open)
- Nov 27 - Pizza Lunch

**Looking Ahead
December**

- Dec 3 - Grade 4 vaccinations
- Dec 17 - Breakfast with Santa
More details to follow
- Dec 18 - Pizza Lunch

Christmas Break

December 23, 2019 - January 3, 2020

Back to School

Monday, January 6, 2020

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

- Silvana Crigna, Principal

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



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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.



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



St. Monica Elementary School Open House

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

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/familyrecipes/lunch/healthy-school-lunches-snacks/>

Breakfast Program

The breakfast program is in full swing. St. Monica School would like to thank our partnership with Generation Foundation and the following companies for their generous donations: NDG Community Food Foundation, Metro on Somerled (Mr. Martin Aumais), Montreal Bagel on Westminister (Mr. Glen Spence), College Prep International (Ms. U. Mora), Andrew Hodes, Phil & Sandy Shea, Deacon Dennis Stimpson, Michelle and Melanie Ciampini, Jadiwaga Kisielewski, and Ms. Avice Joseph-Roberts and all her wonderful volunteers who come every morning to prepare breakfast meals for our students.

5 STEPS TO MANAGING BIG EMOTIONS

By: Christie Burnett

Being prepared with a strategy for helping children through those times when they are experiencing big or overwhelming emotions such as anger, frustration, jealousy or embarrassment, is one way to help both you and them to work through those emotions more effectively. It's not about teaching our children that their emotions aren't important or valid, or that they must be hidden or suppressed, but it is about helping them to find socially acceptable ways to express and deal with their emotions – most importantly, in ways that don't hurt others.

To learn more visit:

<https://childhood101.com/helping-children-manage-big-emotions/>



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HOW TO CREATE A POSITIVE LEARNING ENVIRONMENT FOR CHILDREN

By: Melissa Angela

In a school or home setting, a positive learning environment is crucial for a child. A positive learning environment not only consists of the physical setting, but it also encompasses how the child feels or responds to the setting. There are a number of ways families and educators can create an environment for children that is conducive to learning.

To learn more visit:

<https://www.livestrong.com/article/207728-how-to-create-a-positive-learning-environment-for-children/>

7 BENEFITS OF TEAM SPORTS FOR KIDS

By: Meredith Carey

Team sports do more than just keep kids fit. By instilling healthy habits and keeping children busy and active, the team practices and games can help players not only physically, but also mentally and emotionally.



To learn more visit:

<https://www.activekids.com/soccer/articles/7-benefits-of-team-sports-for-kids>

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)



USING THE WITS PROGRAM AT HOME

We would like to thank all parents who have been using the WITS language at home with their (child)ren.

Please also remind your child(ren) that if they are experiencing a disagreement with another student(s) at school they **MUST** use their WITS.



To learn more about the program visit:

<https://witsprogram.ca/>



Exceptional opportunities to grow and succeed.

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Important Information

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.



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.

Making a difference, one student at a time.