



**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 2

October 2019

### Autumn has Arrived

Autumn, also known as fall, is one of four seasons. This year fall began on Monday, September 23, 2019 and ends on Saturday, December 21, 2019. Autumn marks the transition from summer to winter. The duration of daylight becomes noticeably shorter and the temperature cools considerably.

For some fun fall activities visit the following websites:

<https://kidsactivitiesblog.com/18391/50-activities-for-autumn/>  
<https://theimaginationtree.com/best-autumn-activities-kids/>



### School Messenger has replaced Blackboard Connect

 **SCHOOLMESSENGER**® School Messenger will be the application the EMSB and all schools will use for mass communications.

### Kindergarten Parent Corner

*Every month, I will be providing kindergarten parents with fun tips and suggestions to continue to promote a happy and smooth transition into both kindergarten and school. At times, I will also be providing general information about events in the community for families with young children. Looking forward to sharing with you!*

**Maison Mosaik Family Resource Center** is a non-profit organization that aims to enrich the quality of life of families within the community and affirm the role of all members of the family unit.

The resource center has a **toy lending library** where families with children under the age of five can borrow a variety of free toys and games.

The **Mosaik Boutique** also offers free, used clothing and a variety of other supplies for the whole family. Donations are also accepted.

Both the toy lending library and the boutique are open Monday through Thursday from 10:00 am-2:00 pm.

To find out information about the wide variety of weekly activities, parent workshops and events that Maison Mosaik Family Resource Center offers, subscribe to their monthly mailing list by emailing your request to the following email address:  
**maisonmosaik@bellnet.ca.**

**Candice Madden**  
**Kindergarten Transition Agent, EMSB**

### Upcoming Events

- Oct 7 - Breakfast Program Begins  
HR 112 @ Montclair Residence
- Oct 8 - Governing Board Meeting 7pm
- Oct 10 - Cycle 3 Cross country run
- Oct 11 - Progress Reports Issued
- Oct 14 - Thanksgiving Holiday  
Daycare closed
- Oct 21 - Ped Day (Daycare open)
- Oct 24 - Open House
- Oct 28 - HR 111 @ Montclair Residence
- Oct 30 - Picture Retakes  
Pizza Lunch
- Oct 31—Halloween celebration  
More details to follow

### Looking Ahead - November 2019

- Nov 1 - Ped Day - Daycare Open
- Nov 7 - Remembrance Day  
Celebration
- Nov 9 - HR 209 @ Montclair Residence
- Nov 12 - Governing Board Meeting
- Nov 15 - Ped Day - Daycare Open
- Nov 18 - HR 112 @ Montclair Residence
- Nov 19 - Report Card Distribution
- Nov 21 - Parent/Teacher Interviews  
Ped Day (Daycare Open)
- Nov 22 - Ped Day (Daycare Open)
- Nov 25 - HR 111 @ Montclair Residence
- Nov 27 - Pizza Lunch

*"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://leminebistro.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.

### 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 will resume on October 7, 2019.

Generations Foundation will now be supplying St. Monica students with a healthy breakfast. The organization has partnerships with various organizations & donors.

Please contact your child's homeroom teacher if you have not registered your child to date. They will be happy to give you another form.

### The History of Thanksgiving in Canada

#### Where did the tradition come from?

Written by Alison Nagy — Posted October 4, 2018

"...Traditions of giving thanks long predate the arrival of European settlers in North America. First Nations across Turtle Island have traditions of thanksgiving for surviving winter and for receiving crops and game as a reward for their hard work. These traditions may include feasting, prayer, dance, potlatch, and other ceremonies, depending on the peoples giving thanks...."

To learn more visit:

<https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada>



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



### St. Monica Elementary School Open House

Thursday, **October 24, 2019**

9:30am – 12:00pm

2:00pm – 3:30pm

Thursday, **January 30, 2019**

4:00pm – 8:00pm

### 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)



**History of Halloween**

UPDATED: SEP 13, 2019 ORIGINAL:NOV 18, 2009 HISTORY.COM EDITORS

"...Halloween, an annual holiday, is celebrated each year on October 31<sup>st</sup>. It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints; soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes, and eating sweet treats..."

To learn more visit:

<https://www.history.com/topics/halloween/history-of-halloween>



**Food Allergies**

Some students have food allergies. We ask that all parents keep this in mind when choosing food items for lunch and snacks.

To avoid allergic reactions:

- Inform St. Monica's front office and your child's teacher of the allergy and ensure that auto-injectors (Epipen) are readily available.
- Ask your child's teacher about the "designated eating area for students with allergies" in your school.

Providing a safe environment for St. Monica students is a major concern! We try our best to maintain an allergen safe environment. Parents should also take all necessary precautions.

**School & Workbook Fees** *Please send your payment for your child's fees as soon as possible.*

Grade	School Fees	Workbook Fees	Total
Pre-Kindergarten	\$22	\$0	\$22
Kindergarten	\$24	\$40	\$64
Grade 1	\$31	\$56	\$87
Grade 2	\$23	\$67	\$90
Grade 3	\$22	\$50	\$72
Grade 4	\$20	\$50	\$70
Grade 5	\$20	\$34	\$54
Grade 6	\$20	\$34	\$54

**Lunch Fees** Lunch supervision is available for all children who wish to stay at school to eat their lunch. There is a charge of \$225 per child from Kindergarten to Grade 6, and the charge for Pre-Kindergarten is \$270 per child. This money is used to pay for the lunch monitors needed to supervise your child. Thank you for making payments as soon as possible.



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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.



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Making a difference, one student at a time.