

**Exceptional opportunities to grow and succeed.****Newsletter 1****September 2021**

Welcome to the 2021-2022 school year. We are excited to have students back in our classrooms and hallways, their presence fills our school with positive energy and enthusiasm for learning.

Our team approach is key in successfully supporting our student's well being and academic achievements. To quote Rita Pierson, "every child deserves a champion. An adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be." Supporting each student in ways that meet their personal needs is key to helping them gain personal success—we are here for them no matter what they need.

Our monthly newsletter will be sent by email through school messenger and will also be found on our website. We hope you will find it enjoyable and useful. The newsletter will provide articles of interest, upcoming events, points of reminder, trivia and achievement stories. Join us on social media to recognize our student's efforts and successes – proud moments to acknowledge our learning community.

Communication is critical when building a strong home-school connection. We are always available to you and I encourage you to have an open dialogue and communication with our classroom teachers.

Thank you for choosing St Monica, it is our privilege to accompany your children during their academic journey, we are grateful for your continued support and look forward to a successful school year.

Curriculum Night & Annual General Assembly of Parents**September 23, 2021 at 6:00 p.m.**

The purpose of the evening is to give you an opportunity to meet your child's teachers. Teachers will share general information regarding the curriculum, their programs, activities, and class routines in scheduled virtual sessions. Each homeroom teacher will be notifying parents/guardians of details for the virtual session. Due to time limitations, parents are invited to ask questions of general concern and refrain from asking for specific feedback regarding their child. Future communications and meetings will provide specific feedback for each child.

It is also the time our Governing Board is established—review of the important role of board members and election of GB members for 2021-2022. Our AGA will be held in-person.

Schedule**Welcome and Annual General Assembly in gymnasium - 6:00 - 7:00 pm**

* For more information about AGA, please refer to second page

Teacher Virtual Presentations**First Session 7:00 - 7:30 p.m.****Second Session 7:40 - 8:10 p.m.****Upcoming Events**

- | | |
|-------------------------------|------------------------|
| Sept 23: | Curriculum Night & AGA |
| Sept 20: | Ped Day - Daycare open |
| Sept 24: | Federal Elections |
| Sept 28: | Ped day - Daycare open |
| Sept 30: | School Photos |
| Official Student Count | |
| Mandatory Attendance | |

Looking Ahead - October 2021

- | | |
|----------------|---|
| Oct 11: | Thanksgiving Holiday
(school and daycare closed) |
| Oct 15: | Ped day (daycare open) |
| Oct 28: | Open House |
| Oct 29: | Progress Report Card |
| Oct 31: | Halloween Celebration |



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



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

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Annual General Assembly of Parents (AGA)

What happens at the General Assembly?

- The parents (at large) who are present will elect representatives to the Governing Board for positions that are vacant from the nominated candidates. As well as elect the Governing Board alternate members.
- The parents (at large) who are present will also elect from the Governing Board parents, a representative to the English Montreal School Board's Parents' Committee and an Alternate Parent representative.
- The parents (at large) who are present will determine, by a show of hands, if the school will have a Parent Participation Organization (PPO) for that year. Members will be elected as positions warrant.

Please join us in person (gymnasium) on Thursday, September 23, 2021 at 6 p.m. to elect your representatives.

Breakfast Program

The breakfast program will not resume for the moment.

We are working on establishing a snack program as we did last school year.

More details to follow.

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/>

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, so parents should not send pack food that requires reheating. Also ensure that you provide your child with forks and spoons as needed.

Terry Fox School Run

September 17, 2021

We are happy to be able to engage our students in our annual Terry Fox School Run.

It will take place in the field behind the school grounds in late afternoon just before dismissal.

Thank you to Mr. Leighton Jacobs for organizing the event and to all the St Monica staff members for participating and supporting the event.

St. Monica Elementary School Virtual Open House Events

Thursday, October 28, 2021

9:30am – 12:00pm

1:30pm – 3:00pm

Thursday, January 27, 2022

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)



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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 our school.

Providing a safe environment for St. Monica students is a major concern! We try our best to maintain an allergen safe environment but cannot be guaranteed. Parents should also take all necessary precautions.

If you wish to send in birthday treats for your child's classroom birthday celebration, please take note that the only item that will be permitted this school year, to keep with COVID-19 safety measures, is nut free store bought cupcakes in original packaging. The individual portions and original packaging will help maintain the measures in place.

Help Your Children Get Adequate Sleep

Did you know that 1 in 5 children have difficulty staying awake during waking hours in Canada?

Catching more ZZZ's can help with children's: physical health, emotional well-being, and quality of life!

To be as healthy as possible, children need adequate night time sleep.

Current Guidelines Recommend

9–11 hours of sleep/night for children 5–13 years old

8–10 hours of sleep/night for children 14–17 years old

Learn more by consulting the [**Are Canadian children getting enough sleep?**](#) infographic.

School & Workbook Fees

Please make payments for your child's fees as soon as possible.

Visit or call our school office to pay school fees (lunch, student and workbook).

The school fees are listed on <https://www.emsb.qc.ca/stmonica/our-school/about/school-fees>

You will also have the opportunity to purchase your child's gym uniform (\$ 19.00 / set).

PAYMENT OPTIONS

Debit / Credit card payment

Cheque

Cash



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.



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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 **12 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 12 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. Navy blue tunic, skirt, pants (no jeans, no leggings), or walking shorts (knee-length or longer). 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. All items not picked up will be donated to charity in December and in June.

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 is available.

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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