



**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 7

April 2022



## Fun Facts About the Month of April

**April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an Appearance as well as Ramadan and Passover being celebrated!**

• We know it is the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.

- April also only had 29 days, but a 30<sup>th</sup> day was added when Julius Caesar established the Julian calendar.
- In the Southern Hemisphere, April is the seasonal equivalent to October.
- No one is sure how the month ended up with its name, but we do know the Romans named it "Aprilis."
- There are two zodiac signs in April. Aries, which is until April 19<sup>th</sup>, and Taurus, which is April 20<sup>th</sup> and onwards.
- Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16<sup>th</sup> to April 26<sup>th</sup> each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21<sup>st</sup>.
- Of course, one of the most well-known dates of April, is April Fools' Day on the 1<sup>st</sup> of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."
- The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out to look for food in April.



### Ms Samantha's Mindful Corner

Dear Parents and/or Guardians,

This month, in our mindfulness lesson, we learned how to stop and take three mindful breaths when our emotions get really big and seem to take over.

We are not suggesting children not be angry, sad, or excited—all of our emotions are welcome. It is how we respond that really matters. If I get angry because my brother took my book, I might react by hitting him or yelling at him. If I can learn to notice that I am angry, stop, and take three mindful breaths—then perhaps I have created enough space for me to respond calmly.

You can reinforce this lesson at home by practicing with your child and asking these questions:

- How does your body feel when you are mad, sad, or excited?
- How does taking three mindful breaths help your body calm down?

Home/Community Practice:

- In my community : At the grocery store if they are waiting in line and are getting impatient, see if they can practice three mindful breaths, and then notice how they feel.

**Samantha Page Smith** (She/Her)

*Animatrice de vie spirituelle et engagement communautaire  
Spiritual and Community Animator (SCA)*

### Upcoming Events

- April 1** Eye Examinations (Pre-K & K)
- April 4** Take Me Outside Field Trip (Cycle 1)
- April 15** Good Friday (school & daycare closed)
- April 18** Easter Monday (school & daycare closed)
- April 20** Pizza Lunch
- April 22** Distribution of Progress Report #2

### Looking Ahead - May 2022

- May 2** PED Day (School closed/daycare services open)
- May 18** Pizza Lunch
- May 20** Victoria Day (School and Daycare CLOSED)



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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## 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.



## Advantages to Being on Time to School

Arriving on time for school ensures that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert. Set your child up for success and make certain he/she arrives to school **On Time. Every Time.**

### **Arriving to School on Time Allows Your Child:**

- To have a smooth transition period - students who arrive at school with time to spare have the opportunity to settle into the classroom, prepare their materials and focus their minds on the lessons to come.
- To acquire important information – a typical school day starts with announcements and introductions to new lessons and concepts. Students who show up late may miss out on important details and be unprepared for future class events or key learning concepts.
- To develop long-term positive habits – when students show up on time to school every day, they develop the habit of being punctual with important commitments.
- To gain self-esteem - arriving on time every day **makes children feel good about themselves.**

Source: <https://gladysmcdonald.rbe.sk.ca/node/195>

### **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 Grade K - 6
11:30 - 1:00	Lunch Pre-Kindergarten
12:12 - 1:30	Lunch Kindergarten
12:30 - 1:30	Lunch Grade 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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### **Robotics at St. Monica**

Ms. Giselle has had the pleasure of finishing up with the grade 4 students early in the month and is now almost complete with the grade 5 students. The grade 5 students were introduced to the wonderful world of robotics. They advanced quite quickly with the programming of their robots. They have programmed the robots for speed, pulling and dumping. Seeing the elation on the faces of the students when they accomplish something with their robot is priceless.

Ms. Giselle is looking forward to getting started with our grade 6 students soon. The one thing that has been the same with all the students is their enthusiasm and simple joy when they get the robot they have programmed to move, change color and make sounds.

### **St. Monica Athletics**

St. Monica Athletics is happy to report the return of the GMAA Halo Race and competitive basketball!

After a two year pause, the Halo Race is once again taking place on Mount Royal on May 11th & 12th for students in grades 4-6. Almost 50 students have already signed up to participate in this year's race.

In other news, the St. Monica boys' and girls' basketball teams will be returning to action against NDS and The Priory during the month of April. Both teams will return to practice starting April 11th with the girls practicing on Mondays and Wednesdays and the boys on Tuesdays and Thursdays.

One final note, swimming returns for cycle 2 and 3 students starting in April.

**Go Titans!!**

### **Garden Project Collaboration**

We are pleased to announce that our Garden Project collaboration with Ca Pousse has begun again this year. Under the guidance of Mr. Ryan Oxley, students in Ms. Carissa, Miss Alyssa and Miss Suzanne's classes will be participating in 18 workshops (9 in the Spring and 9 more in the fall of 2022) where they will be learning about gardening, starting seedlings, composting and healthy eating choices. There will also be 2 parent-student workshops, 1 in the Spring and 1 in the fall of 2022. We are so proud to have our garden to share with St. Monica and the NDG community, of which we are so proud to be a part of.



### **Music Program News**

Our wonderful music teacher, Miss Christine has introduced a new school-wide endeavour that not only involves our students, but our staff members as well. **MUSIC MARCH MADNESS!!**

Staff members were asked to submit one song that they consider their favourite. The songs submitted by the teachers were then placed in a bracket-style tournament and matched up against each other.

Each week, Ms. Christine presents the two songs matched up against each other to all of her music classes and then the students and staff members vote on the song they like the most. The song that garners the most votes, wins and advances in the tournament. By the end of the tournament, one song will remain and will be crowned St. Monica's Favourite Song!

Here are the First Round Matchups and Results (winners are bolded and highlighted). **STAY TUNED FOR MORE RESULTS**

#### **Group A:**

Wonderwall by Oasis vs. **My Universe by Coldplay & BTS**

Beau Damage vs. **Soprano by Cosmo**

#### **Group B:**

Magic by B.O.B, vs **All Star by Smashmout**

Perfect by Hedley vs. **Rise Up by Andra Day**

#### **Group C:**

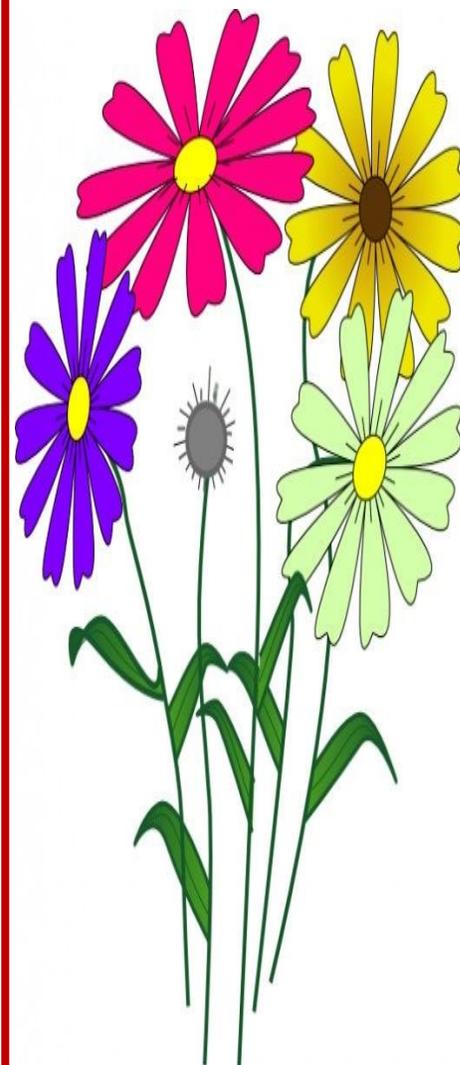
**Happy by Pharell** vs. Over the Rainbow by Iz

Stay by Dave Matthews Band vs. **Blue & Yellow by The Used**

#### **Group D:**

I Want to Hold Your Hand by the Beatles vs. **Count On Me by Bruno Mars**

My Girl by The Temptations vs. **Here Comes the Sun by The Beatles**



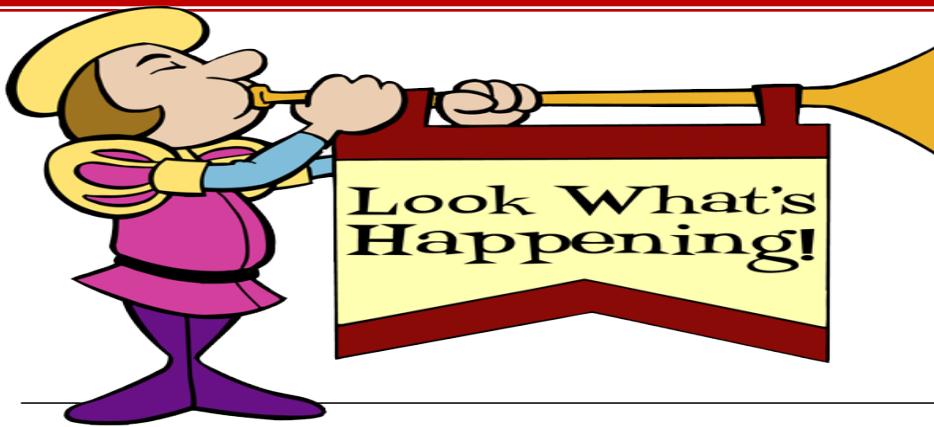
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### Dance Workshop with 214, 219 and 121



### Music March Madness

**MARCH MUSIC MADNESS**



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### Garden Project Collaboration with Ca Pousse



### Saint Monica Titans Basketball Teams



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Making a difference, one student at a time.



# PUZZLE PAGE

## Spring is in The Air!!

M	N	M	A	R	I	G	O	L	D	S	R	H	G
S	E	I	G	R	E	L	L	A	U	T	D	Y	T
E	I	V	E	G	E	T	A	B	L	E	S	A	H
E	R	A	L	L	E	R	B	M	U	Z	H	C	U
G	N	I	T	N	A	L	P	B	D	I	S	I	N
I	T	A	F	A	R	O	N	N	W	N	I	N	D
R	N	Z	L	S	E	U	Y	E	R	N	R	T	E
A	A	A	O	U	B	T	G	D	H	I	U	H	R
I	R	L	W	N	R	D	Y	R	I	A	O	Z	S
N	G	E	E	S	E	O	R	A	A	S	L	A	T
B	A	A	R	H	E	O	A	G	S	S	F	E	O
O	R	S	S	I	Z	R	R	T	P	Z	S	N	R
W	F	L	N	N	Y	S	N	I	B	O	R	Y	M
B	E	Y	R	E	S	R	U	N	U	U	L	R	S

- UMBRELLA
- FLOWERS
- AIRY
- THUNDERSTORMS
- FLOURISH
- HYACINTH
- PLANTING
- OUTDOORS
- NURSERY
- RAINBOW
- BREEZY
- GRASSY
- GEESE
- VEGETABLES
- AZALEAS
- MARIGOLDS
- ALLERGIES
- SUNSHINE
- ZINNIAS
- GARDEN
- ROBINS
- FRAGRANT

Play this puzzle online at : <https://thewordsearch.com/puzzle/3517108/>

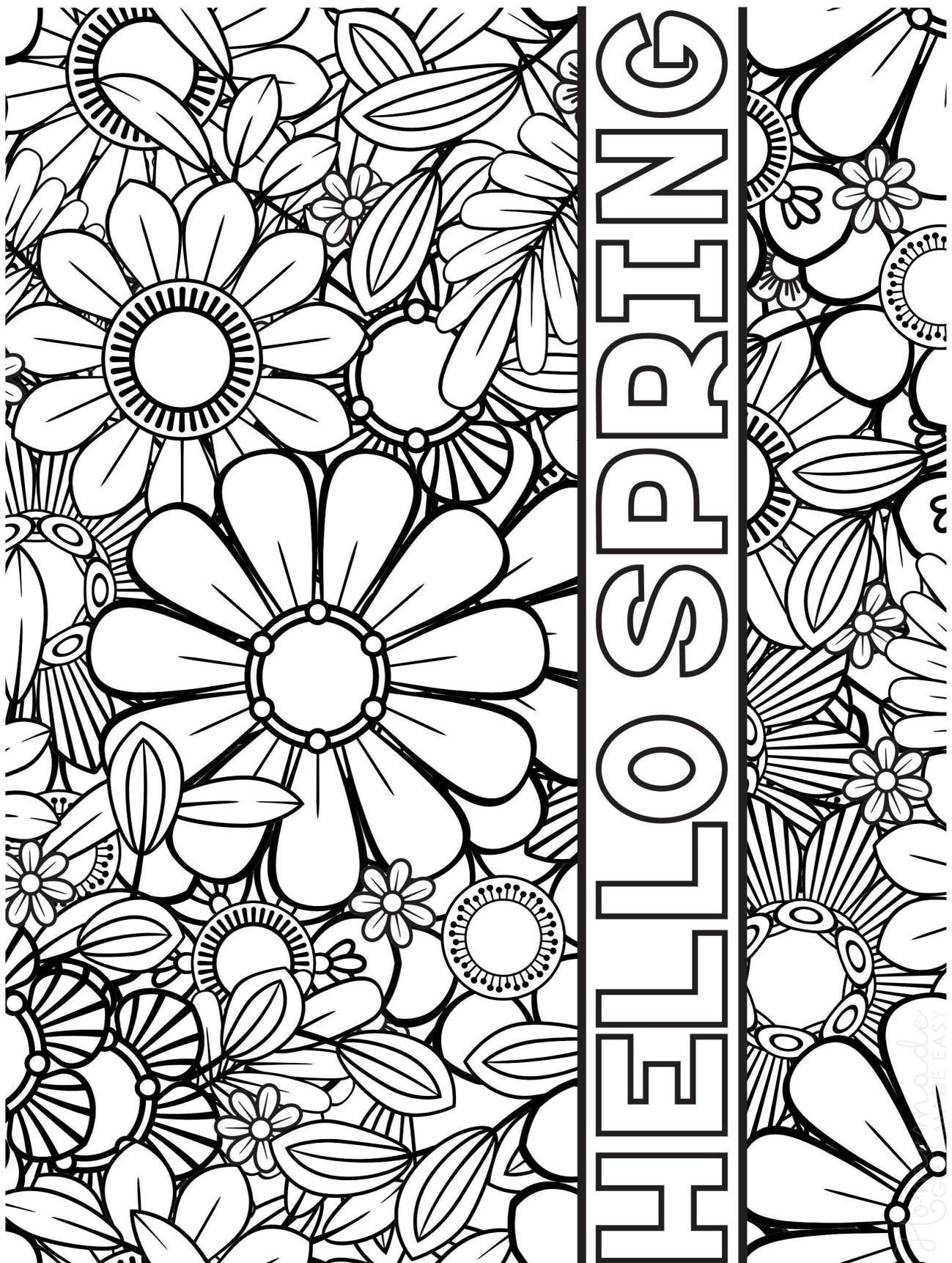


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**CREATIVITY PAGE**  
**SHARE A MOMENT AND COLOUR WITH YOUR**  
**CHILD**



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