



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 2021



Autumn is one of the four seasons on Earth and is the transition from Summer into Winter.

In North America, Autumn is also known as the Fall, in which both Thanksgiving and Halloween are celebrated.

One of the main features of Autumn is the shedding of leaves from deciduous trees.

The season of autumn is largely associated with harvest time. In western cultures, various harvest festivals are celebrated during fall. One of these is the Thanksgiving holiday that is widely celebrated in the United States and Canada. The Jewish Sukkot holiday is also celebrated during autumn. Moreover, Chinese people celebrate the lunar Mid-autumn Festival.

Go to kidskconnect.com for more interesting facts about Autumn by clicking on the link below.

[Autumn Facts & Worksheets: https://kidskconnect.com](https://kidskconnect.com) - KidsKconnect, October 28, 2020



Ms. Samantha's Mindful Corner

I'm excited to share that this school year, Cycle 1, 2, and 3 students at St. Monica will be learning and practicing **mindfulness**.

Mindfulness is a research-based approach that supports students in building skills for attention regulation (focus and concentration), emotional regulation, empathy and understanding of others, social skills, test anxiety, and stress. Mindfulness means paying attention in the present moment to our thoughts, feelings, bodily sensations, or surrounding environment.

Mindfulness helps students learn to take a **pause** when they feel upset or overwhelmed, during which thoughtful responses can replace impulsive reactions.

Every Thursday students will learn a new mindfulness tool and teachers will implement the tools and practices they believe fit best in their classroom culture.

Samantha Page Smith

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

Upcoming Events

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

Looking Ahead - November 2021

- Nov 1** Ped Day (daycare open)
- Nov 18** Ped Day (daycare open)
- Nov 18** Parent/Teacher Virtual Interviews by appointment 9am—9pm
- Nov 19** Ped Day (daycare open)



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

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

Recognize and Teach Common Reactions to Stressors

By Despina Vassiliou, Ph.D.

Tiredness or exhaustion:	Resistance	Apathy	Boredom:	Anger & Frustration	Numbing out
<ul style="list-style-type: none"> • “I am too tired to do anything” 	<ul style="list-style-type: none"> • “I don’t want to do chores/clean my room, etc.” 	<ul style="list-style-type: none"> • “why should I do my work? School doesn’t matter” 	<ul style="list-style-type: none"> • Often a code for sadness 	<ul style="list-style-type: none"> • Often displaced and standing in for anxiety; 	<ul style="list-style-type: none"> • Often via screen time, escaping tediousness, looking for variability.

First step in helping your child manage their emotion and learn how to self-regulate their emotions is to take the time and build an awareness of common behaviours or reactions that are related to stressors. Once these are identified, helping your child make the connection between the physical and emotional feelings and the stressor will help them recognize when these emotions happen again, that is what their body feels is stress or what reactions they do signify stress. Once that is learned the next step is to help them through the steps of self-regulation.



St. Monica Elementary School Virtual Open House Events

Thursday, **October 28, 2021** - details to come on our website

9:30 am – 12:00 pm

1:30 pm – 3:00 pm

Thursday, **January 27, 2022**

4:00 pm – 8:00 pm

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)



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 our website.

<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



FRAMEWORK DESIGNED TO FOSTER
REGULATION AND EMOTIONAL CONTROL

CREATED BY LEAH KUYPERS, M.A.

We are very excited to be able to continue our school-wide initiative of providing support to our students through the program, The Zones of Regulation.

This initiative has been adopted by our school environment for the past 3 years and we have decided to re-introduce it to our students this fall as a reminder and introduction for our newly arrived students.

Our recent cycle assemblies have proven that the students are just as excited about it and they have remembered the significance of the zones and how beneficial this program is. The students will also get to ask any questions they may have when our support staff visits each class.

We encourage you to visit the website below and use the program at home as well.

Feel free to reach out to your child's teachers if you have any questions.

<https://www.zonesofregulation.com/learn-more-about-the->



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WITS PROGRAM

The WITS Primary Program teaches children to make safe and positive choices when faced with peer conflict.

The WITS acronym – **W**alk away, **I**gnore, **T**alk it out, and **S**eek help – provides a common language that children and the adults in their environments can use to talk about and respond to peer victimization.

The WITS Primary Program was created by educators for educators with an understanding that effective peer victimization prevention programs should enhance learning environments – not workloads.

Program resources are designed to weave comfortably into the daily life of the learning environment.

Visit the website below to get more details.

<https://witsprogram.ca/school/>



At St Monica,
we use our

WITS

and encourage
positive choices.





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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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Making a difference, one student at a time.