



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.

Issue 4

December 2023

Winter Celebrations—time with family and friends.

Hanukkah

Lasting eight days, the joyous Jewish holiday celebrates a miracle from more than 2,000 years ago.

What's the winter solstice?

It's the shortest day of the year—but also brings the promise of more daylight ahead.

Christmas

Learn about the winter holiday celebrated on December 25.

Celebrating Kwanzaa

Learn about this holiday that celebrates Black heritage in the United States as well as African culture.

Three Kings Day

At the end of the Twelve Days of Christmas comes a day called the Epiphany, or Three Kings Day.

Which Lunar New Year animal are you like?

Learn about the animals that inspired the Chinese zodiac signs



DISCOVER MORE on the National Geographic Website ➡ <https://kids.nationalgeographic.com/pages/topic/winter-celebrations>



SCHOOLMESSENGER®

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

Messages will be coming from broadcasts@schoolmessenger.com

St Monica Students Sharing Words of Kindness



- HR 111** Dans un monde où tu peux être n'importe qui, sois gentil.
- HR 112** "Sometimes it takes only one act of kindness and caring to change a person's life". -Jackie Chan
- HR 116** "Kindness is doing what you can, where you are, with what you have." -RAKtivist
- HR 117** La gentillesse ressemble à une tasse de chocolat chaud, chaud et sucré.
- HR 122** Change the world, one random act of kindness at a time. - Morgan Freeman
- HR 201** La gentillesse se partage avec les autres.
- HR 202** "To the world you may be one person but to one person you may be the world." -Dr. Seuss
- HR 203** Je partage avec les autres.
- HR 204** "You can always give something, even if it's kindness"- Ann Frank
- HR 211** Make kindness a habit.
- HR 212** La gentillesse c'est aider et penser aux autres, les respecter et leur montrer de l'amour.
- HR 213** It takes courage to be kind.
- HR 214** Fais toujours de ton mieux même si personne ne regarde.
- HR 217** "No act of kindness, no matter how small, is ever wasted." - Aesop
- HR 218** "The only way to have a friend is to be one". Ralph Waldo Emerson
- HR 219** "Carry out a random act of kindness, with no expectations of reward, safe in the knowledge that one day someone might do the same for you" -Princess Diana

Upcoming Events

- Dec 8:** Ped Day (**daycare open if there is no strike**)
- Dec 20:** Breakfast with Santa
- Dec 22:** Last day of school before holiday

Looking Ahead - January 2024

- Jan 8:** Back to School
- Jan 25:** Open House (4:00 pm – 8:00 pm)
- Jan 26:** Ped Day (daycare open)



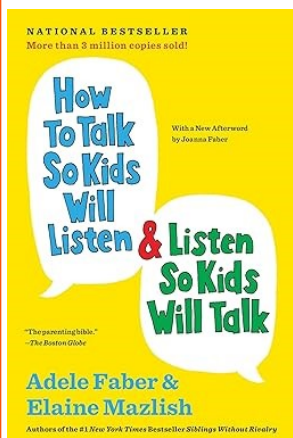
Get an exclusive look at all the great things happening at St. Monica Elementary School.



"Every child deserves a champion—an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be." Rita Pierson

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

Book Recommendation



Parenting can be one of the most challenging yet fulfilling skills to master. In this book, parenting experts Adele Faber and Elaine Mazlish present a down-to-earth, respectful approach to parenting, with useful steps and techniques that you can apply to improve and enrich your relationship with your child.

Above summary and key points are available at link below :

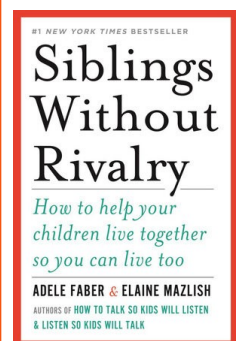
<https://readinggraphics.com/book-summary-how-to-talk-so-kids-will-listen-listen-so-kids-will-talk/>

6 SKILLSETS FOR COMMUNICATING WITH KIDS



-  Help children to deal with their feelings
-  Engage cooperation without negative feelings
-  Use alternatives to punishment
-  Encourage autonomy
-  Give descriptive praises
-  Free children from playing roles

Another book of interest by Adele Faber and Elaine Mazlish.



The authors give a super practical way to manage sibling rivalry. Each chapter has explanations, examples, summaries and clear comic strips to illustrate the principles.

Above descriptive and summary of book can be found at link below:

<https://childledlife.com/siblings-without-rivalry-simone-davies-jacaranda-tree-montessori/>

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 plastic forks and spoons as needed.

St. Monica Elementary School Open House

Thursday, **October 26, 2023**
9:30 am – 12:00 pm
1:30 pm – 3:00 pm

Thursday, **January 25, 2024**
4:00 pm – 8:00 pm

Click on link below for Virtual Tour

<https://stmonica.emsb.qc.ca/emsb/schools/open-house/elementary-schools/StMonica>



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 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.

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Things Every Parent Should Know About Play

Visit site below for specifics on each heading:

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>

1. Children learn through their play.
2. Play is healthy.
3. Play reduces stress.
4. Play is more than meets the eye.
5. Make time for play.
6. Play and learning go hand-in-hand.
7. Play outside.
8. There's a lot to learn about play.
9. Trust your own playful instincts.
10. Play is a child's context for learning.



School & Workbook Fees Please send your payment for your child's fees.

Lunch Fees Lunch supervision is available for all children who wish to stay at school to eat their lunch. There is a charge of \$250 per child from Kindergarten (K5) to Grade 6, and the charge for Pre-Kindergarten (K4) is \$280 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.

See our website for fee breakdown <https://stmonica.emsb.qc.ca/stmonica/our-school/about/school-fees>

Daycare Fees Parents using our B.A.S.E. Daycare Service will be provided with monthly invoices for amounts owed. Please ensure that payments are made regularly. Take note that daycare services cannot continue if outstanding payments are not settled in a timely fashion.



B.A.S.E. Daycare Program

St Monica provides daycare services from 7:00 a.m. to 6:00 p.m. on all school days and most Pedagogical Days. Our daycare is closed on holidays, weekends and during the Holiday and March breaks.

See our website for details <https://stmonica.emsb.qc.ca/stmonica/daycare>

You can contact **Ms. Michelle Graham, Daycare Technician (Interim)** at (514) 369-0087 for all inquiries related to daycare services and payments.



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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 **3:00 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 are encouraged to use Mozaik to report late arrivals and absences, or a call can be placed to 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 **3:00 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. Any unclaimed clothing will be placed on tables as a reminder to pick up when we have school events. 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 can 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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