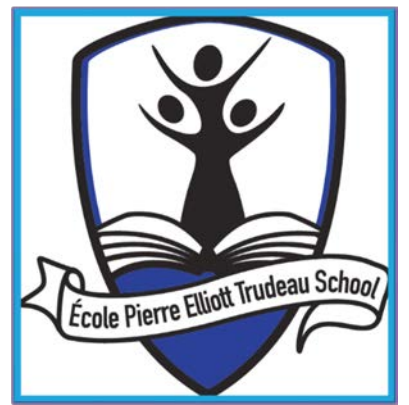


# Pierre Elliott Trudeau

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## Upcoming Events

### January 6

#### PED Day

No Classes. Daycare Services are available.

### January 7

#### Scones Grad Fundraiser begins

Order forms are due Fri. Jan. 17. Delivery is on Tues. Jan. 28.. Delivery to students at end of day are to bring a reusable bag. Delivery to parents from 2:45 to 5:30pm with their reusable bags.

PPO Virtual Meeting at 7pm

### January 13

Governing Board Virtual Meeting at 6:30pm

### January 14

Grade 6 Grad Committee Virtual Meeting at 7pm

### January 20

Pizza Lunch Fundraiser to those who participated

### January 22

TCBY Fundraiser to those who participated

### January 23

OPEN HOUSE to those who participated

### January 24

PED Day  
No Classes. Daycare Services are available.

### January 29

#### Community Coffee Time

Bring your mug and have a cup of coffee with other parents and staff at 7:25am (drop-off) in the South Yard

### January 31

#### Dress Down Day (\$2 donation)

Wear pastel colors to promote mental wellness.

Dearest P.E.T. Families,

Thank you for participating in our month of holiday spirit! A reminder that these dress-down activities are always optional and not forced. for your generosity as we collected non-perishable food items, toiletries, socks, and new toys that were donated to St Brendan's parish and Paroisse Notre-Dame de la Consolata.

Thank you to all who attended our amazing Holiday Music Concerts. Thank you to our talented students and our amazing teacher, Mme Arianne. Thank you to all who supported the entrepreneurship initiative by the Origami Masters, a few grades 3 & 4 students, for the \$154 raised that will go towards school activities. Thank you to all who supported our PPO at the Bake Sale and Coffee sales during the concerts, where \$431.20 were raised. Thank you to LaFrenais and Brookies for their delicious donations. If you couldn't buy your ZAB coffee bags (PPO Fundraiser), you can come to the school to buy a bag or two. We only have coffee grain bags left, no filtered coffee.

Thank you to our PPO, Ms Mary Red Hair and all the parent volunteers for taking the time to help with our Breakfast with Santa. Thank you to Metro Marcanio for their food donations. Santa made a grand visit and each class took a group picture with Santa which the teachers will share with their classes.

School fees and the first payment of lunch fees should be paid. If you have not done so, please call the school and make an appointment with Ms Elisabeth. The second instalment of the lunch fees has changed, since we have added a PED Day (April 4, 2025). **As such, the second instalment of lunch fees for K4 & K5 are \$132 (paid to Daycare) and for Grades 1 to 6 are \$133.50 (paid to school). We understand that times might be hard, and so if a payment schedule needs to be put into place, please speak to me.**

Our practice lockdown went very well on December 16. This is a required exercise that we must do every year. Thank you to our staff for ensuring that our students are safe, and thank you to our students for their cooperation.

Please make sure your child is dressed appropriately. Students are to be in school dress code when inside the school. This includes sweaters and sweatshirts that must be solid navy blue or white, without large logos or graphics. All students must wear closed-toe shoes in school. **No booties or boots allowed. Have your child keep their running shoes at school.**

For Daycare parent pick up, when the temperature is cold, we have allowed parents to enter the stairwell to wait for their child. We will continue doing so. Please ensure that there is a pathway for students to leave and that students can use the stair handrail. An attachment is also sent with this newsletter regarding the Hop Hop Program.

There are many items in our lost and found. It is very important that you **label all your child's items (sweatshirts, hoodies, jackets, boots, etc).**

Monday January 6 is a PED Day and Daycare is open. When we return, a reminder that the first day of school is Tuesday January 7. We will then be sending home a letter for Scones Grad Fundraiser (please support our grads), an information letter about Mozaik Registration for all PET students for the next school year that will take place through Mozaik from January 13 to January 24. Sibling registration (any student who has an elementary aged sibling) will take place the week of January 27 to 31. Our school OPEN HOUSE is on Thursday January 23! More information to follow!

HAPPY HOLIDAYS! Let's keep leveling up in 2025! Wishing you all love, peace, health and happiness in 2025! Let's make it a memorable year! GAME ON!

Sincere wishes and lots of love!  
Ms. Alvares

## Self-Regulation Defined

Self-regulation is the process in which **students**

- activate,
- take control of,
- and evaluate

their own learning and behavior.

## Why is Self-Regulation Important?



- Self-regulated learners are successful in and beyond school.
  - Higher motivation and confidence
  - Productive thinking skills & strategies(cognition)
  - Task relevant behaviour
  - Achievement
- All students benefit from instructional contexts that support SRL, including students with exceptional learning needs.

**LEARN Quebec Free Online Tutoring**

LEARN Tutoring provides online tutoring and homework help appointments, at no charge. Their online tutors are fully qualified Quebec teachers, experienced in tutoring, review and consolidation. They work directly with elementary (gr. 2 and up).



**Mozaik Parent Portal**

The Mozaik Parent Portal is a tool for collaboration and communication between teacher, school administration and parents. This tool allows parents to track their child's school results, bus transportation, and allows access to your child's report card. All parents/guardians are to create a Mozaik account. <https://www.emsb.qc.ca/emsb/community/parents/mozaik>

**PPO Information**

All fundraising monies goes back to the school to pay for outings and busing, events, activities, for our students. We encourage all to participate as it benefits the school. You are also welcomed to make donations instead of participating. These funds go towards buses for school outings and activities, providing students with fun activities (Welcome Back Fun Day and Mr Puffs, buses for outings, decrease fees for class outings, Breakfast with Santa, etc). Thank you for your support.

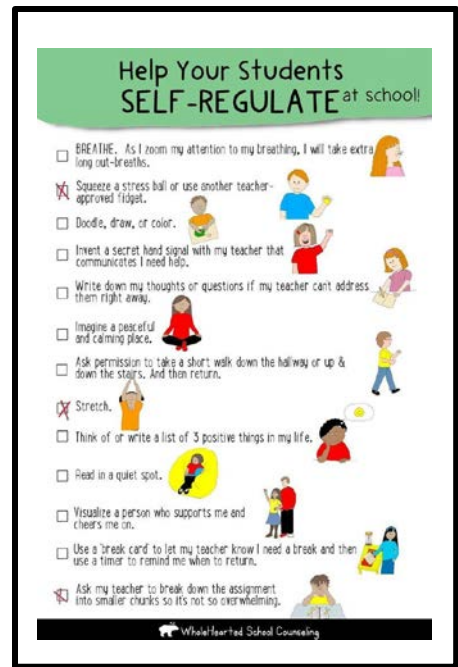
**Mabels Labels:** Go to the website: <https://mabelslabels.ca/>, search Pierre Elliott Trudeau School (Montreal) and shop away.

**TCBY:** Dates for TCBY on the following Wednesdays: Jan. 22, Feb. 19, Mar. 19, Apr. 16, May 14, June 18.

**Other committee fundraisers**

**Pizza Lunch:** Proceeds go towards the Grade 6 Graduation. Dates for pizza lunch on the following Mondays: Jan. 20, Feb. 17, Mar. 17, Apr. 14, May 12, June 16.

**Scones Fundraiser:** Flyers will go out on January 7. Orders will need to be made by Jan. 17. and orders must be picked up on Tues. Jan. 28. One round scone has 8 pieces. There are 4 flavors: Plain, Cheddar, Blueberry, Raspberry with White Chocolate. Cost is \$20 per scone order paid by cheque (not post-dated), cash or credit/debit card (must come into school to pay). All proceeds go towards the Grade 6 Graduation.



**PET January 2025 Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u>	<u>2</u>	<u>3</u>
Winter Holiday Break Dec. 23 to Jan. 3 (NO SCHOOL, school is closed)				
<u>6</u> <b>PED DAY</b> (No School) Daycare available	<u>7</u> <b>Scones Fundraiser begins</b>  <i>PPO Virtual Meeting at 7pm</i>	<u>8</u>	<u>9</u>	<u>10</u>
<u>13</u> <b>Start Mozaik PET Registration for next year</b> <i>GB Virtual Meeting at 6:30pm</i>	<u>14</u> <i>Grad Committee Virtual Meeting at 7pm</i>	<u>15</u>	<u>16</u>	<u>17</u>  <b>Last day to order Scones Fundraiser</b>
<u>20</u>  <b>Pizza Lunch Fundraiser</b>	<u>21</u>	<u>22</u>  <b>TCBY Fundraiser</b>	<u>23</u>  <b>OPEN HOUSE</b>	<u>24</u> <b>End Mozaik PET Registration for next year</b>  <b>PED DAY</b> (No School) Daycare available
<u>27</u>  <b>Sibling Registration Week</b>	<u>28</u>  <b>Delivery of Scones Fundraiser</b>	<u>29</u> <b>Community Coffee at 7:25am South Yard</b>	<u>30</u>	<u>31</u> <b>\$2 Dress Down Day</b> (wear pastel colors to promote mental wellness)

**Future Governing Board Meetings**

Jan. 13, Feb. 3, Mar. 10, Apr. 7, May 5, June 10

If you would like to join or have questions, please send an email to [petrudeaugb@emsb.qc.ca](mailto:petrudeaugb@emsb.qc.ca)

*January* is the month of **Self-Regulation**



# Self regulation coping strategies

## STUDENTS CAN USE AT SCHOOL

**When I feel upset, sad, or unfocused at school I can:**

**BREATHE**  
As I zoom my attention to my breathing, I will take extra long out-breaths

Squeeze a stress ball or use another teacher-approved fidget.

Roll my neck and shoulders

Think of at least 3 things I am grateful for.

Tell my teacher I would like to help or take on a classroom responsibility.

Imagine a peaceful and calming place

Roll my neck and shoulders

Ask my teacher for help if I feel upset or overwhelmed

Count to 10 and back in coordination with my breath

Squeeze my fists together as hard as I can, hold, then relax my hands

Ask to deliver books to the library or another class

Push against the wall as hard as I can and then relax my body.

Use 'I-statements' to express how I am feeling, what I need, or what I hope for.

Invent a secret hand signal with my teacher that communicates I need help

Doodle, draw, or color.

Ask to work with a buddy

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes

Move away from the distraction or person who is bothering me

Write down my thoughts or questions if my teacher can't address them right away

Stretch

Volunteer to help clean or organize the classroom

Drink water

Go outside during recess and notice the sky, trees & sounds from nature

Ask permission to take a short walk down the hallway or up & down the stairs. And then return

Rest my head on the desk for a moment or two.

Give myself an arm and hand massage

Tell myself a positive affirmation or mantra

Talk with my school counselor

Help a classmate or my teacher.

Listen to calming music with headphones

Remind myself it's ok to make a mistake

Think of or write a list of 3 positive things in my life

Ask if I can do my work standing up

Cross my arms in front of me and do the arm pretzel

Read in a quiet spot.

Visualize a person who supports me and cheers me on

Zoom in on my senses, noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste

Ask permission to quietly jog in place for a minute or do 20 jumping jacks

Give myself or a stuffed animal a great big hug

Journal or write a letter.

Take a 3-5 minute break in the designated classroom peace corner.

Slowly trace my hand with my finger, breathing in as I trace my fingers going up, breathing out, as I trace my fingers going down.

Do an act of kindness

Eat a healthy snack or tell my teacher I am hungry

Push my palms together.

Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming

Use a 'break card' to let my teacher know I need a break and then use a timer to remind me when to return

Rub or tap my temples

Smile or laugh, even if I have to fake it.