

January 2024

# Pierre Elliott Trudeau

6855 Cartier St., Montréal, QC, H2G 2W1

[www.emsb.qc.ca/petrudeau](http://www.emsb.qc.ca/petrudeau) T: 514.374.7337

Email: [petrudeau@emsb.qc.ca](mailto:petrudeau@emsb.qc.ca)



Dearest PET Families,

Happy New Year! May 2024 bring you and your loved ones much love, peace, strength, health, and open-mindedness for this new year! We are looking forward to continue working together for the success of our students.

Thank you to our PPO for organizing a great Breakfast with Santa. Thank you for all the volunteers, especially the band of Santa's Elves who made the day so festive! Mrs Claus also took the time to visit us! Thank you to Metro Marcanio for the many donations in making our annual breakfast such a great event!

Thank you to our PPO for the jungle-themed ornaments that each student received right before the holiday break.

Thank you to all who attended our Holiday Music Concert! Our students were incredible, and we thank Mme Arianne for all her hard work and creativity. In case you missed it, we will be sending out a link to view the concerts online.

Winter is here and the weather is continuously changing. 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. Please label all of your child(s) belongings (pencils, sweaters, hoodies, shoes, etc).

**All parents/legal guardians must have a Mozaik account. To report your child's absence, enter it on Mozaik before 8am. Please do not email the school or secretary.**

**To all parents of Grade 4, please note that there are exams in January and February. For students in Grade 6, exams are during the end of April, May and June. Your child is to be present at school during their exams. Please contact us should you have any questions.**

A reminder that Spanish PELO classes are cancelled for the first week back (Jan 8 to 12) and will start again on Monday Jan. 15.

In order to help with our Educational Project, we are asking you to **complete the survey** so that we can obtain your input for our students and school to be successful. **The survey will be open until Wednesday Jan. 10 at 6pm.** Your answers will be anonymous.

<https://forms.gle/fmzNTauAiqoA1kXv7>

Our School Open House will take place on Thursday January 25. Our students and classes will be showcasing their learning and projects.

If you have a child who will be starting school in September 2024, sibling registration will take place during the week of January 29. A letter will be sent out with more information.

Thank you for your continued support and cooperation. Wishing you and your loved ones, much love, health and happiness! May 2024 be filled with lots of peace and prosperity!

Ms. Alvares

**Please note that post-dated cheques for fundraisers will not be accepted. We must deposit and pay for the items ordered before the event day.**

**Should you want to make a donation to PPO and not purchase any items, you can send in a cheque or come to the school to pay by debit or with credit card.**

#### **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 students and school. Thank you for your support.

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

**Krispy Kreme:** Thank you to all who purchased. Our profit of \$1000 will go towards our Maker Space.

**TCBY (Tuesdays):** A letter will be sent home on Nov. 13, where a TCY frozen yogurt treat can be purchased for your child once a month. Dates for TCY: Jan. 30, Feb. 27, Mar. 26, Apr. 23, May 28, June 18. *If you didn't order, contact the office directly.*

#### **Grad committee fundraisers**

*Proceeds go towards the Grade 6 Graduation*

**Pizza Lunch (Mondays):** Letter with order form was sent out and emailed, you can purchase Pizza Pizza slices for your child for lunch. Dates for pizza lunch: Jan. 22, Feb. 19, Mar. 18, Apr. 15, May 13, June 3. *If you didn't order, contact the office directly.*

**Scones Fundraiser:** Flyers will go out on January 9. Orders will need to be made by Jan. 19. and orders must be picked up on Thurs. Feb. 8. 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).



## Upcoming Events

**January 8**

**PED Day** (No classes, Daycare is open)

**January 9**

**Scones Fundraiser** Order forms are due Fri. Jan. 19. Delivery is on Thurs. Feb. 8

**January 22**

**Pizza Lunch Fundraiser** to those who participated

**January 23**

**Dress Down Day** Students are encouraged to pay \$2 to be out of dress code. Wear pastel colors to promote mental health & wellness

**January 25**

**Open House**  
From 10 to 11am, and 6 to 8pm.

**January 26**

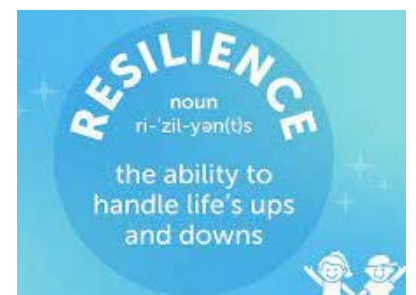
**PED Day** (No classes, Daycare is open)

**January 30**

**TCBY Fundraiser** to those who participated

### Important Information

- Inform the school of **any changes to your phone number, home address or email address**
- **Parents are to be entering absences through Mozaik by 8am**
- **Should your child's end of day dismissal change, please write it in the agenda or call the school by 1pm.** We appreciate you for respecting the time deadlines.
- Students are to wear solid NAVY BLUE or WHITE sweatshirts/sweatshirts/tops



**RESILIENCE** - the process of handling stress and recovering from trauma or adversity.



## 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). <https://www.learnquebec.ca/home>

A reminder that if you would like to volunteer for outings, school events, etc, please complete the volunteer package.

## PET January 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Winter Holiday Break Dec. 25 to Jan. 5 (NO SCHOOL, school is closed)				
<u>8</u> <b>PED DAY (No School)</b> Daycare available	<u>9</u> <b>Scones Fundraiser begins</b>	<u>10</u>  <i>Grad Committee Virtual Meeting at 7pm</i>	<u>11</u>	<u>12</u>
<u>15</u>	<u>16</u>  <i>GB Virtual Meeting at 7pm</i>	<u>17</u>	<u>18</u>	<u>19</u>  <b>Last day to order Scones Fundraiser</b>
<u>22</u>  <b>Pizza Lunch Fundraiser</b>	<u>23</u>  <b>\$2 Dress Down Day (wear pastel colors to promote mental wellness)</b>	<u>24</u>	<u>25</u>	<u>26</u>  <b>PED DAY (No School)</b> Daycare available
<u>29</u>  <b>Sibling Registration Week</b>	<u>30</u>  <b>TCBY Fundraiser</b>  <i>PPO Virtual Meeting at 7pm</i>	<u>31</u>		

**Save the dates**  
*(more information to follow)*

**PED. Day Mon. Jan. 8, Fri. Jan. 26**  
No classes. Daycare is open. You must register for Daycare.

**Scones Fundraiser:** January 9 to 19

**Open House:** January 25

**Sibling Registration:** week of January 29

### Future Governing Board Meetings

Jan. 16, Feb. 13, Mar. 12, Apr. 9, May 7, June 11

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 **RESILIENCE** at PET

### Daycare

Daycare on PED Days is for registered students. Please contact Daycare immediately should you need the service.

### HOW TO BUILD RESILIENCE

Embrace change	Focus on what you can control	Keep things in perspective
Minimize catastrophizing	Don't dwell on negative thinking	Take action & be proactive
Establish a support network	Remain hopeful	Practice gratitude
Ask for & accept help	Manage emotions healthily	Know your strengths
Learn from your experiences	Practice self-care	Set goals
Have a sense of humor	Believe in yourself	Keep it up!

HOPEFULPANDA.COM

### RESILIENCE

**GOAL SETTING** with realistic expectations

**SELF ESTEEM**

**LEARNING from their MISTAKES**

Ability to recognize their own **EMOTIONS** and that of others

Understanding and **ACCEPTANCE** of their own strengths and weaknesses

**CONNECTED** to their school & community

**SELF CONTROL**

**COPING STRATEGY**  
When I'm stress I will 1) Talk about it and write it out 2) go for a walk 3) Play a video game or crafts etc.

**Problem Solving skills**

**OPTIMISTIC thinking patterns**

**WILLINGNESS** to overcome difficulties rather than **AVOID PROBLEMS**

**SOCIAL SKILLS** and ability to seek assistance from others

JONNYHANSOON.COM