



Gerald McShane School

February 2025 Newsletter



Dear GMS Community,

The month of February promises to be a memorable one! Our school is preparing for many activities but before we begin with that, a friendly reminder to everyone about **registration week!** If you have not done so, we encourage you to make an appointment to register a new student. Help us spread the word about our school and invite your friends to register their child with us if they are still looking for a school for next year.

Mr. Vince Timpano
School Principal

Reminder:

Black History Month

There will be discussion in classes regarding the contributions important black leaders have made in society. **Jane Nyoike** from Kenya, who, now lives in Montreal, is a dynamic speaker/educator/entertainer. She will give a presentation, which includes a complete Maasai Attire Showcase and a display of authentic Kenyan artifacts that the students will be allowed to touch on February 20th.

Valentine's Day

Students will be allowed to come to school with a red/pink top. They will also be given a snack from PPO and watch a movie or play board games at some point during the day. Thank you, PPO!

PPO Chocolate Fundraising Campaign

Our campaign starts: **Wednesday, February 5 and runs until Friday, February 28th.** All money is to be returned to the school by the last day of the campaign.

PRIZES

The **TOP 5 STUDENTS** who have sold the most chocolate will also receive a special prize:

1st PLACE: 4 tickets to a Montreal Alouette Game

2nd PLACE: Beats by Dr Dre.

3rd PLACE: 5 passes to Elevation

4th PLACE: \$25 gift certificate to Cineplex

5th PLACE: Osborne Book bundle

All students who participate will be entered to win one of an assortment of \$10.00 gift cards.

Please support your child in selling to friends, relatives, and people in your workplace or community network. In the interest of student safety, we discourage door to door sales.

Le Phare

Le Phare is a unique pediatric palliative care resource in Quebec dedicated to children with life-threatening illnesses and their families. They offer respite care, services and support for families.

Funds will aid with medical services, expansion of nursing services. Our support will enable Le Phare to help seriously ill children and their families daily, free of charge. They do not charge. I will bring 2-3 student on February 14, 2025 where they will be doing some arts and craft with the children. The daycare is making Valentine's Day cards to put a smile on their faces. This is a reminder We will have a dress down day on February 7, 2025 and kindly ask for a 2\$ donation. Please click the links below for more details:

<https://teams.microsoft.com/d96e9399-4713-4f35-92d5-d3636b86a368>

<https://montreal.citynews.ca/2024/12/16/annual-holiday-parade-le-phare/>

<https://www.journaldemontreal.com/2024/12/16/des-policiers-repentent-la-magie-de-noel-a-des-enfants-atteint-dune-maladie>

Puberty Workshop

Please note that every year, the school nurse, Diana Muccitelli, visits Grade 5 and 6 classes to conduct puberty workshops. She will be doing this again this year in the month of February.

Using Declarative Language to Support a Child's Growth

This presentation will **introduce parents** to “declarative language”—an approach to speaking that encourages teamwork, reduces pressure, and promotes independence by helping children think for themselves. Based on The Declarative Language Handbook by Linda Murphy <https://www.declarativelanguage.com/>. Topics will cover simple ways to replace commands and questions with statements that allow your child to process information at their own speed. This approach supports social growth and flexible thinking, making it a helpful tool for building positive, respectful communication with not only neuro-diverse children but with all children. **For Parents of Elementary age children, including Neuro-diverse:**

LEARN Facebook posts for the event to be shared:

<https://www.facebook.com/share/p/1CnDNLe7oS/>

<https://www.facebook.com/share/p/15edgoNyVT/>

Presented by:

Helene Packman, LBPSB Speech and Language Pathologist,
Centre of Excellence Autism Spectrum Disorder

About the Presenter:

Helene Packman is a school-based Speech and Language Pathologist with over 20 years of experience at the Lester B. Pearson School Board, helping students build essential communication skills. Known for her collaborative approach, she works closely with teachers to create supportive, language-rich classrooms. Helene's expertise and dedication have made her a trusted partner in enhancing students' learning and growth.

Presenting Partner:

Centre of Excellence for Autism Spectrum Disorder

Date & Time: February 4, 2025, from 7:00 pm to 8:00 pm

Registration Link:

<https://parents.learnquebec.ca/family-resources>

OR

https://learnquebec.zoom.us/webinar/register/WN_B3d-3FbHQR6aP7gHFAXGIQ#/registration

Health Tip for February from the School Nurse

SLEEP “AN ESSENTIAL NEED”

Sleep is the only time when the body can recharge its energy and the brain can organize the information it has registered during the day. Children should sleep between 10 to 12 hours a night. A bedtime routine is fundamental to facilitate sleep.

Bedtime routine:

A regular schedule for dinner, homework, sports, etc.

avoid stimulating foods such as sugar, chocolate, and soft drinks.

stop all stimulating activities in the evening (sports, TV, computers and video games) at least one hour before bedtime

start the bedtime routine (bathing, tooth brushing, reading, etc.) 30 mins. to 1 hour before going to bed.

provide a suitable and reassuring environment (an indirect night light of 15 watts maximum, room temperature of ≤ 20 °c, and a warm hug). *Going to bed early and having a good night sleep adds up to a good tomorrow.*



Visitor Policy Reminder

Visiting the School:

All visitors to the school, including parent visitors, who have school business to conduct, such as a meeting with teachers or volunteering, must check in at the main office and obtain a visitor's pass. The visitor pass must always be visible. At no point should parents enter or circulate the building without authorization. Visitors must exit the school from the main entrance after returning the visitor's pass to the main office

Parking Lot Policies

Dropping off children BEFORE 7:55:

Drop-off is between 7:45-7:55. Students must be dropped off in their respective school yard, however, parents are disallowed to enter the schoolyard: Junior Yard for Kindergarten, Grades 1-2-3; Senior Yard for Grades 4-5-6; and Pre-School Yard for Pre-Kindergarten

Dropping off children AFTER 7:55:

School begins at 7:55. It is important that students arrive on time to start their day off on the right foot with the rest of their classmates. If a student arrives late, they must enter from the main entrance, however, parents are disallowed to enter the building. **When you are buzzed in, your child enters and will be greeted at the office, but parents must remain outside the main doors.**

*Parents dropping-off or picking up their children to or from daycare are kindly asked to park their cars in the few spots that are available in the parking lot entrance. **Do not drive your cars up the front doors of the daycare.**

PUNCTUALITY

Many students are arriving late to school. Please be reminded that classes start at 7:55 AM. Punctuality is important to ensure that students start their day off on the right foot with the rest of their classmates. Late arrivals can be disruptive to classroom routines. Students can be dropped off between 7:45 and 7:55 when there is supervision in the schoolyards.

Hot Lunch Program

GMS uses the EMSB's hot lunch program, Le Mini Bistro. Parents wishing to purchase lunch for their child(ren) through Le Mini Bistro is able to do so online with a credit card at <https://leminibistro.emsb.qc.ca/>. You will be able to create an account if you do not already have one.

Lunch Fees

Please be reminded that lunch fees are billed to parents on a **monthly basis**. Only students who use daycare services 3-5 days per week (regular users) have their lunch fees already included in their daycare fees.

Communication with School/Teachers

Please note that all students have received a school agenda. You are encouraged to use the agenda as a communication tool between home and school. You are also encouraged to stay in regular contact throughout the year with your child(ren)'s teachers to ensure they are progressing academically. Teachers may be contacted through the agenda, by phone (message relayed to teachers) or by email. Please email the specialist (Music, Art, Physical Education Teachers) because the agenda books stay with the homeroom teachers and are carried to the specialists' classes.

After School Activities

Please note the dates of each after school activity below. If you have a child participating in an activity, please pick up your child from the Daycare entrance at 3:40 PM. If they are in daycare, they will return to their group after the activity.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Jewelry Making <i>Enfant & Compagnie</i>	COSOM HOCKEY <i>Enfant & Compagnie</i>	YOGA <i>Lidia Di Pietro</i>	KARATE
February 3	February 4	February 5	February 6
February 10	February 11	February 12	February 13
February 17	February 18	February 26	February 20
February 24	February 25	March 12	February 27
March 10	March 11	March 19	March 6
March 17	March 18	March 26	March 20
			March 27
			April 3

Dress Code

Some students are arriving to school not adhering to the school's dress code. A friendly reminder to all parents to make sure their child follows the dress code that all garments must be plain and not have any stripes or designs on them.

- **Black Bottoms:** Plain pants, bermudas, solid black joggers or track pads, leggings, tunic, skirt open brackets no shorter than knee length) with no logos
- **White Tops:** plain solid white blouse, shirt, T-shirt, turtleneck or polo with no logos. Sleeveless and crop tops are disallowed.
- **Black, Red or White Sweater:** plain solid black, red or white sweater, sweatshirt or cardigan with no logos.
- Shoes /boots: in winter months, students are required to wear boots. They must have shoes to change into. Boots are disallowed in the classroom. Students who are unable to tie their laces should come to school with shoes which have Velcro fasteners.
- An extra clean pair of running shoes is encouraged during fall and spring thaw so that students do not bring mud into the building
- **Winter Snow Pants:** mandatory for grades K4 to 3. Optional but highly recommended for grades 4-6. Clean or dry clothes are not provided by the school if children do not wear snow pants outside in the schoolyard.

Homeroom teachers will begin reporting students to the Administration if they do not adhere to the Gerald McShane dress code of conduct.

Some February 2025 Dates to Remember Black History Month

February 3	Star Student of the Month & Registration Week & PPO Chocolate Fundraiser Begins
February 4	SPVM Visit Gr. 5 & 6
February 5	Skating K4B & K5A
February 6	Ski Day Cycle 3
February 6 & 7	Selwyn House Hockey Tournament
February 7	Dress down day - \$2.00 donation for Heart-to-Heart
February 10	PPO Meeting & Staff Appreciation Week
February 11	K4 100 Days of School & Cycle 1 Play
February 12	Skating K4A & K5B
February 14	Dress down day (free) – dress in pink/red for Valentine's Day
February 19	PED DAY – school closed, daycare open
February 20	Black History Month Presentation
February 24	GMS vs Royal Vale Hockey Game @ Doug Harvey Arena
February 25	Governing Board Meeting, 7:00 PM (virtual)
February 26	Skating K4A & K5B & Anti-Bullying Day Wear Pink & GMS vs St. Vincent Hockey Game @ Le Colisée
February 28	Term 2 Ends & PPO Chocolate Fundraiser Ends

See the full calendar at the end of this newsletter!

Follow Us on Social Media



Remember that anyone can follow us on Instagram and Facebook. Our school posts often with photos from different classes and reminders of upcoming events and activities.

Follow us on Facebook and Instagram!

MARCH BREAK

We are closed from March 3 to 7 for spring break. We will be back on Monday March 10. Have a fun, safe week off!