



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 4

December 2019

HANUKKAH HISTORY

HISTORY.COM EDITORS

The eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. Hanukkah, which means "dedication" in Hebrew, begins on the 25th of Kislev on the Hebrew calendar and usually falls in November or December. Often called the Festival of Lights, the holiday is celebrated with the lighting of the menorah, traditional foods, games and gifts.

To learn more visit: <https://www.history.com/topics/holidays/hanukkah>

For crafty ideas visit: <https://www.dltk-kids.com/world/jewish/hanukah.htm>



CHRISTMAS HISTORY

HISTORY.COM EDITORS

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive.

To learn more visit: <https://www.history.com/topics/christmas/history-of-christmas>

For crafty ideas visit: <https://www.thebestideasforkids.com/christmas-crafts-for-kids/>



KWANZAA HISTORY

HISTORY.COM EDITORS

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African-Americans together as a community. He founded US, a cultural organization, and started to research African "first fruit" (harvest) celebrations. Karenga combined aspects of several different harvest celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of Kwanzaa.

To learn more visit: <https://www.history.com/topics/holidays/kwanzaa-history>

For crafty ideas visit: <https://www.activityvillage.co.uk/kwanzaa-crafts>



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

UPCOMING EVENTS DECEMBER 2019

- Dec 2 - Dress down day
Bring in a non-perishable food item
Or \$1.00
- Dec 3 - Grade 4 vaccination
- Dec 17 - Breakfast with Santa
- Dec 23 - Jan 3 Holiday Break
School and daycare closed

LOOKING AHEAD JANUARY 2020

- Jan 6 - First day back at school
- Jan 30 - Open House
4:00 pm - 8:00 pm
- Jan 31 - Pedagogical Day
School Closed
Daycare open



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KINDERGARTEN CORNER

The Benny Library offers a variety of free activities for both young children and their families. Below are some of the activities that the library is offering on the weekends throughout the month of December.

December 7: Bilingual storytelling and arts and crafts offered in both English and French (3-5 years of age) 10:30 a.m.

December 8: Preschool Storytime offered in English (3-5 years of age) 10:30 a.m.

December 14: "The Fir Tree": a theatrical adaptation of the literary fairy tale by Hans Christian Andersen offered in French (3-12 years of age) 10:30 a.m.

December 15: Storytelling and Arts and Crafts offered in Mandarin (3-9 years of age) 10:30 a.m.

December 29: Science Playground offered in English (4-7 years of age) 1:30 p.m.

For more information regarding the wide variety of activities that the Benny Library offers, please visit http://bibliomontreal.com/. To access the library's full activity schedule click on "Calendrier" (top of the page) and scroll down to "Bibliothèque Benny".

For information on how to both receive your child's mandatory library card to participate in the activities and to register for the activities above, please call the Benny Library at (514) 872-4147.

Candice Madden, Kindergarten Transition Agent, Student Services Department, EMSB.



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



ST. MONICA ELEMENTARY SCHOOL OPEN HOUSE

Thursday, January 30, 2019 4:00 pm - 8:00 pm

HEALTHY SNACKS & HEALTHY LUNCHES

Why are healthy lunches and snacks important at school?

Your child's school lunches and snacks are a major source of the essential vitamins and minerals they need to grow and develop over the years. The foods you pack for your child will give them the energy and nutrients they need to learn and play at school.

Visit the following websites for healthy snack and lunch ideas

https://www.modernhoney.com/back-to-school-kids-lunch-ideas/

https://www.parents.com/recipes/

SCHOOL MESSENGER HAS REPLACED BLACKBOARD CONNECT

School Messenger will be the application the EMSB and all schools will use for mass communications. Messages will be coming from broadcasts@schoolmessenger.com



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. Parents should not send food that requires reheating. Also ensure that you provide your child with plastic forks and spoons as needed.



"Our students' journey is about recognizing their past, supporting their present and guiding their future..."

- Silvana Crigna, Principal

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ing on the weekends throughout the month of December.

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5 ESSENTIAL STEPS TO HELP CHILDREN COPE WITH STRESS

BY ASHLEY CULLINS

Studies show that children and teens are more stressed out today than ever before. The combined pressures of schoolwork, high-stakes exams, social life, sports or other activities, plus lots of screen time have resulted in much higher levels of anxiety and stress among young people. We can't completely eliminate stress for our children. Plus, shielding your child from the difficulties of life won't do her any favors. It's far more powerful to raise a resilient child who can bounce back from hardship and challenges.

Since stress is a natural part of life, your goal is to teach your child healthy strategies for coping with stress. You can start by following the five steps below.

For more information visit:

<https://biglifejournal.com/blogs/blog/help-children-cope-stress>

5 STEPS TO HELP CHILDREN Cope with Stress
by Big Life Journal

- STEP 1: REFRAME STRESS**
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth. *Breathe*
- STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET**
Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation. *GROWTH*
- STEP 3: STOP CATASTROPHIC THINKING**
Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"
Caution: do not dismiss their worry!
- STEP 4: PRACTICE PROBLEM-SOLVING**
Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.
- STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES**
Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness. *Relax*

Big Life Journal - biglifejournal.com

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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Important Information

Daycare Fees a gentle reminder that all daycare fees must be paid in full to receive services. Please contact Ms. Angela Zambito(514) 369-0087 to discuss payment options.

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 **3:15 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 **3:15 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. For the girls, navy blue tunic, skirt, pants (no jeans, no leggings), or walking shorts (knee-length or longer). For the boys, navy blue pants (no jeans) or walking shorts (knee-length or longer). For both, 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 at both of our concert events (Christmas concert and Spring Concert). 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 to 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.