



**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 7**

**March 2020**

### **Spring Equinox 2020: The First Day of Spring**



On **Thursday, March 19, 2020, at 11:50 p.m. EDT**, we welcome the official arrival of spring with the Vernal Equinox. This is the moment in the Northern Hemisphere when the Sun crosses the equator and the days and nights are equal in hours.

Traditionally, we've celebrated the first day of spring on March 21, but astronomers and calendar manufacturers alike now say that the spring season starts one day earlier, March 20th, in all time zones in North America. Yet believe it or not, we greet spring

in 2020 on Thursday, March 19, 2020! Even earlier!

<https://www.farmersalmanac.com/spring-equinox-first-day-spring>

**Spring break** happens near the end of winter here in Montréal in March, so kids can slide down snowy hills and ice skate in Mount Royal Park and throughout the city, discover nature's wonders at the Space for Life and Montréal Science Centre, interact with history and create art at major museums, play outdoors at **MONTRÉAL EN LUMIÈRE**, play games and watch shows, and stay active and entertained with all kinds of special spring break activities.

**Visit ...**

<https://www.mtl.org/en/experience/family-spring-break>



### **A Message from the PPO**

Thanks to your support, monthly dress down days have enabled the PPO to donate much needed food to **The Depot**, which in turn will distribute to those in need within our community. Remaining dress down days of the year are April 6<sup>th</sup>, May 5<sup>th</sup> and June 2<sup>nd</sup>.

Movie Night will be back on Friday, March 27<sup>th</sup>! Keep an eye out for a letter to be sent home and come join us for a fun night of movies and popcorn in the school gym! Tickets will also be available at the door and a bake sale will be held the same evening. We hope to see you there!

Visit our website at [stmonicappo.com](http://stmonicappo.com) for the latest PPO news and blogs, a calendar of upcoming events and more. Questions, comments or looking for ways to volunteer? Send us an email at [stmonicappo@gmail.com](mailto:stmonicappo@gmail.com), we would love to hear from you!

Thank you again for your continued support!

**St. Monica Parent Participation Organization**

### **LOOKING AHEAD MARCH 2020**

- Mar 2 - 6 Spring Break  
School and daycare closed
- Mar 10 - Governing Board meeting
- Mar 12 - Parent/Teacher Interviews
- Mar 13 - Ped Day  
School closed/Daycare open
- Mar 25 - Pizza lunch
- Mar 27 - Movie Night
- Mar 30 - Ped Day

### **UPCOMING EVENTS APRIL 2020**

- Apr 7 - Governing Board meeting
- Apr 10 - HOLIDAY
- Apr 13 - HOLIDAY
- Apr 29 - Pizza lunch

**Thank you for choosing us**

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



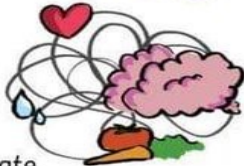
### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



<https://gozen.com/allprograms/>

## Build a Coping Toolkit

When feeling stressed it is important we find things that make us or our child feel better.

**Distractions** can help us take a step away from the situation and reset our focus.

**Exercise** helps clear our mind.

Reading a Book  
Listening to Music  
Writing a Journal  
Artwork (Drawing or Painting)

**Speak to Someone**—help your child identify a trusted adult or friend they can speak to. It is sometimes okay to be someone other than a parent.

Despina Vassiliou, Ph.D., O.P.Q.  
School Psychologist

## USING OUR WITS

WITS teaches kids strategies that they can use to deal with teasing or bullying. Remember that telling is not tattling. If you're faced with bullying and you walk away to get help, you are helping to make your school and your community a safe and fun place for kids to be!

To learn more visit:

<https://witsprogram.ca/>



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

- Silvana Crigna, Principal

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



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### Celebrating St. Patrick's Day

St. Patrick's Day - also known as the feast of St. Patrick, the patron saint of Ireland - is a public holiday in Ireland,

Newfoundland and Labrador, and the Caribbean nation of Montserrat. But there are many more places around the world that 'go green' in celebration of the March 17th holiday.

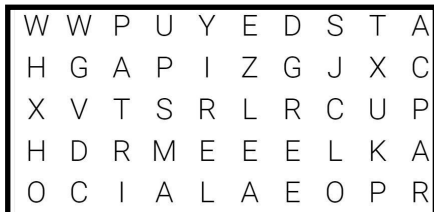
**Read more...**

<https://www.cbc.ca/kidscbc2/the-feed/whats-the-story-st.-patricks-day>

### St. Patrick's Day | Grade K Word Search

Kindergarten and other grade levels available at the following link and all can be completed online—interactive.

<https://www.pbslearningmedia.org/resource/c53da624-47e8-484f-afc6-e48400c74799/st-patrickss-day-grade-k-word-search/>



### 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](mailto:broadcasts@schoolmessenger.com)



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



### 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)



### Get ready for a festival of games in Montreal

There will be more than 300 indoor and outdoor activities, including traditional board games, video games, role-play and interactive animations as well as workshops.

The **2020 edition will run from Feb. 22 to March 8.**

Activities will be held at different venues, including la Grande Bibliothèque,

Théâtre Paradoxe, Quartier des spectacles and the 45 libraries that are part of the Bibliothèques de Montréal Library Network.

**Visit ...**

<https://www.montrealfamilies.ca/get-ready-for-a-festival-of-games-in-montreal/>



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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. **Lunch Fees** must also be paid in a timely fashion.

**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.

Making a difference, one student at a time.