



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 3

November 2021



Daylights savings time ends November 7, 2021 at 2 A.M. DON'T FORGET TO SET YOUR CLOCKS BACK ONE HOUR!

Here are some interesting facts about daylight savings time:

- 1) Benjamin Franklin is credited with creating DST
- 2) There are benefits to DST like a decrease in energy consumption and a reduction in crime rates
- 3) DST is not observed Canada-wide
- 4) DST starts and ends at 2 A.M. for a reason, so most will not notice because they are asleep

For more information visit information about Daylight Savings Time, visit:

<https://www.mentalfloss.com/article/88302/10-fascinating-facts-about-daylight-saving-time>

Tips for helping your body deal with Daylight Savings Time:

- 1) Ease into the time change
- 2) Stick to set sleep schedule
- 3) Nap if you need to but not too close to bed time
- 4) Avoid electronics before going to bed
- 5) Do not overdo it with caffeine

Source: <https://www.healthline.com/health-news/5-tips-for-dealing-with-daylight-savings-time#Daylight-saving-time-throws-off-your-body-clock>



Ms. Samantha's Mindful Corner

Each week our Grade 1-6 students at St. Monica have come together to learn and practice the 5 foundational lessons of mindfulness:

- **Mindful Bodies** - What does my body feel like when it gets still? What do I notice when my body is moving?
- **Mindful Senses** - What are the sounds around me?
- **Mindful Breathing** - Where do I feel my breath the most in my body?
- **Mindfulness of Thoughts** - What thoughts do I notice?
- **Heartfulness** - Who would I like to send heart full wishes to?

Later this month our school will begin daily practices of 30-60 second student led mindful moments where they choose which of the above tools to practice.

If you would like to practice at home here are some simple ways to engage your student:

- Ask what is a Mindful Body? What does it look like?
- Before you turn on the television, invite your child to "feel your feet; check in with your Mindful Body; and then listen for three sounds near you and three sounds far away."

When you are in the car or bus, stuck in traffic, and you can feel tension rising, take five belly breaths.

Samantha Page Smith

*Animatrice de vie spirituelle et engagement communautaire
Spiritual and Community Animator (SCA)*

Upcoming Events

- Nov 1** Ped Day (daycare open)
- Nov 18** Progress Reports
- Nov 18** Ped Day (daycare open)
- Nov 18** Parent/Teacher Virtual Interviews by appointment 9am-9pm
- Nov 19** Ped Day (daycare open)

Looking Ahead - December 2021

- Dec 6** Ped Day (daycare open)
- Dec 23-Jan 5, 2022** Winter Break
- Jan 6, 2022** Classes Resume



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



"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.



**McGill University
Health Centre**
**Centre universitaire
de santé McGill**

Direct access to an appointment for your child, in Montreal:

The Montreal Children's Hospital is pleased to announce the creation of a new single telephone number by the DRMG (Département régional de médecine générale de Montréal) that will allow Montreal families to quickly obtain

a medical appointment for their child who is ill but whose condition does not require a visit to the emergency department. **514 890-6111**

Accès direct à un rendez-vous pour votre enfant, à Montréal

L'Hôpital de Montréal pour enfants (Children's) du Centre universitaire de santé McGill (CUSM) et le Centre hospitalier universitaire Sainte-Justine (CHUSJ) saluent d'une même voix la création par le DRMG (Département régional de médecine générale de Montréal) d'un nouveau numéro de téléphone unique qui permettra aux familles montréalaises d'obtenir rapidement un rendez-vous médical pour leur enfant malade, mais dont l'état ne nécessite pas une visite à l'urgence. **514-890-6111**

A message from the McGill University Health Center

Un message du Centre Universitaire de Santé McGill



**PUT THAT DEVICE DOWN,
STOP PLAYING THOSE VIDEO GAMES AND
TAKE OUT A BOOK TO READ.**

There is no more important activity for preparing your child to succeed as a reader than reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic happen.

Whether you're reading a classic novel or fairy tales before bed, reading aloud to children can significantly benefit your child's life. Visit your local library! Some benefits reading to children include:

- Supported cognitive development
- Improved language skills
- Preparation for academic success
- Developing a special bond with your child
- Increased concentration and discipline
- Improved imagination and creativity
- Cultivating. lifelong love of reading

DON'T HAVE A BOOK AT HOME? VISIT THESE SITES FOR BOOKS TO READ ONLINE:

- [\(https://virtuallibrary.emsb.qc.ca/virtual-library/resources/elementary\(choose E-Books\)\)](https://virtuallibrary.emsb.qc.ca/virtual-library/resources/elementary(choose E-Books)) (English and French)
- <https://www.ebookids.com/> (French books)
- <https://home.oxfordowl.co.uk/> (English Books. Free to join)

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 Grade K - 6
11:30 - 1:00	Lunch Pre-Kindergarten
12:12 - 1:30	Lunch Kindergarten
12:30 - 1:30	Lunch Grade 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)



Important Information

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 **12 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 12 p.m. if there is a change in routine for dismissal at the end of the day.

Advantages to Being on Time to School

Arriving on time for school ensures that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert. Set your child up for success and make certain he/she arrives to school **On Time. Every Time.**

Arriving to School on Time Allows Your Child:

- To have a smooth transition period - students who arrive at school with time to spare have the opportunity to settle into the classroom, prepare their materials and focus their minds on the lessons to come.
- To acquire important information – a typical school day starts with announcements and introductions to new lessons and concepts. Students who show up late may miss out on important details and be unprepared for future class events or key learning concepts.
- To develop long-term positive habits – when students show up on time to school every day, they develop the habit of being punctual with important commitments.
- To gain self-esteem - arriving on time every day **makes children feel good about themselves.**

Source: <https://gladysmcdonald.rbe.sk.ca/node/195>



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PUZZLE PAGE

St. Monica Staff Members

L	C	A	I	H	T	N	Y	C	M	B	T	K	R	A	L	E	M	A	P	H	X	O
S	V	L	O	V	Z	J	O	D	Y	I	S	A	B	E	L	L	E	U	Z	A	B	S
O	J	Y	E	L	E	N	A	R	E	L	O	C	I	N	A	C	N	A	I	B	B	J
R	H	I	F	V	Z	T	H	S	W	B	F	E	A	Z	Z	N	O	A	H	W	H	Q
V	J	T	L	B	Q	C	R	N	I	R	C	N	N	Y	L	Y	E	I	H	P	O	S
G	E	I	R	E	L	A	V	K	H	A	D	I	S	N	O	T	H	G	I	E	L	P
S	C	A	R	M	E	L	L	A	A	C	P	T	S	Z	M	Z	Y	H	T	A	K	F
S	Y	R	E	N	N	A	O	J	W	H	I	S	A	S	I	N	P	N	R	O	G	O
S	G	E	C	M	R	C	K	O	S	E	R	I	N	U	S	Y	L	A	O	V	E	M
U	X	I	L	O	A	W	V	I	I	L	E	R	D	S	Q	E	U	N	U	F	L	A
Z	J	V	X	W	N	R	N	D	L	L	K	H	R	A	C	L	F	C	R	S	S	C
A	A	X	U	F	G	Z	Z	I	V	E	P	C	A	N	P	H	J	Y	Y	T	I	Q
N	C	B	I	U	E	N	T	E	A	M	A	N	D	A	K	S	D	A	V	E	R	U
N	K	Z	G	T	L	K	T	H	N	D	Q	S	X	G	S	A	M	N	D	A	A	V
E	H	A	B	R	A	Z	J	I	A	I	R	J	P	C	A	R	I	S	S	A	Y	U
B	C	E	F	H	R	Z	Q	T	G	U	L	A	L	R	A	M	O	L	V	N	G	K

Find the following words in the puzzle.
Words are hidden and .

AMANDA
ANGELA
ASHLEY
BIANCA
CARISSA
CARMELLA
CHRISTINE
CYNTHIA

DAVE
ELENA
GELSIRA
HEIDI
ISABELLE
JACK
JOANNE
JODY

KATHY
KERI
LEIGHTON
LYNN
MARLA
NANCY
NICOLE
NOAH

PAMELA
RACHELLE
SANDRA
SILVANA
SOPHIE
SUSAN
SUZANNE
VALERIE

Created using Word Search Generator on
Super Teacher Worksheets (www.superteacherworksheets.com)

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

CREATIVITY PAGE

SHARE A MOMENT WITH YOUR CHILD

Autumn Colour by Numbers

Number	Colour
1	orange
2	brown
3	black
4	dark green
5	grey
6	yellow
7	white
8	green
9	light green
10	light blue

