



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 5

February 2022



Fun Facts About the Month of February

February is recognized for Valentine's Day, flowers, and depending on where you are, being incredibly cold!

Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and love! Here are fun facts about the month of February:

- February fluctuates between having 28 & 29 days per year. The 29th day occurs every 4 years during leap years.
- The length of February started when Julius Caesar remade the Roman calendar and assigned the month 28 and 29 days.
- If you were born in February, your birthstone is an amethyst and your flower is a primrose. The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until February 20th.
- Of all the words you can misspell, February is one of the most misspelled words in the English language.
- The odds of being born on February 29th are about 1 in 1,461.
- The Beatles made their first American television appearance in February on the Ed Sullivan Show February 9, 1964.
- February is Black history Month. The Canadian theme for Black History Month 2022 is **February and Forever: Celebrating Black History today and every day.**
- February is Heart Month.
- February 1st is Chinese New Year. This year, The Year of the Tiger will be celebrated.
- February 17th is Random Acts of Kindness Day.
- February 2nd is Groundhog Day. Let's hope Fred La Marmotte does not see his shadow this year!



Ms Samantha's Mindful Corner

Mindful Corner:

This week, we learned how to pay attention to different emotions— what they look like, and how they feel in the body.

The physical sensations of emotions—heat in the face, tightness, rapid heartbeat—come and go within 90 seconds. Yet, we can be mad for hours at a time because we add to the emotion by returning to the story over and over in our mind.

But if we pay attention to emotions in our body:

- We can notice our chest is tight, our fists are clenched
- Name the emotion: "I'm angry"

And with practice create a small space before we react

You can reinforce this lesson at home by practicing:

- The next time an emotion comes up, you can notice it, label it, and ask them where they feel the emotion in their body. Sometimes we react and notice more negative emotions, but we can pay attention to joy and happiness too!

When you are out in your community, perhaps you and your child can be on the lookout for emotions in others: the librarian, the grocery store cashier, the police officer. What kind of emotions are they showing, and how can you tell?

Samantha Page Smith

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

Upcoming Events

- Feb 10** 1st term Report Card issued on Mozaik Parent's Portal
- Feb 10** Winter Carnival
- Feb 11** Ped Day (daycare open)
- Feb 14** Ped Day (daycare open)
- Feb 18** Winter Carnival alternate date
- Feb 23** Vaccination Day
- Feb 23** Pink Shirt Day

Looking Ahead - March 2022

- Feb 28-Mar 4** Spring Break
- March 6** Classes resume
- March 10** Parent-Teacher Interviews



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



HELLO
February

"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.



Exceptional opportunities to grow and succeed.

Newsletter 5

February 2022

Open House and Registration Week

Our Virtual Open House was a huge success!!! Many potential new families joined us on January 27, 2022 to learn all about the wonderful things being done at St. Monica.

Do you know someone starting Pre-K or Kindergarten next year?

Let them know that registration for the 2022-2023 school year is taking place January 31 to February 4, 2022.

For more information, please visit:

http://stmonica.emsb.qc.ca/stmonica/articles/elementary-school-registration-week-2022



What's Happening at St. Monica

Robotics at St. Monica

We are pleased to announce that the robotics program at St. Monica has begun for students in grades 3-6. Sessions will be held at lunch and will be led by Ms. Giselle Alleyne. During these sessions, students will learn the basics of both

programming and building robots as they strive to solve different challenges. Due to COVID safety protocols, sessions will be done by class. Sessions will last about two weeks and children participating will receive eight (8) workshops.

St. Monica Student Choir

St. Monica music teacher Miss Christine has been hard at work with the students from all grades who are members of the St. Monica Choir. They have been learning new songs while enjoying singing and learning about the power of their voices.

St. Monica Titans Basketball Teams

Led by coach and physical education teacher, Mr. Jacobs, our St. Monica Titans basketball teams have been honing their skills at shooting, passing, offense and defense. We are fortunate to have two teams, one in grade 5 and one in grade 6. Aside from learning the skills needed to be amazing basketball players, our team members are learning the importance of teamwork, cooperation and communication. GO TITANS!!!



Virtual Author Visit Grade 2 Students

On Friday, January 21, 2022 our Grade 2s had a special virtual visit from local author, educator, facilitator Shanice Nicole. The event was all about self-love and celebrating our unique identities.

Ms Shanice read her children's book Dear Black Girls and after the reading students had the opportunity to ask her questions such as:

Q: Why did you write this book?

A: To celebrate and send love to black girls in the world

Students continued the celebration by drawing themselves on the cover of a book and writing 3-4 things they love the most about themselves.

Stay tuned for the next steps on this multi-level project when our cycle 3 students will transform those self-love worksheets into something greater.

See our website where you can find engaging references:

Showcasing Diversity and Inclusion: St. Monica Elementary School

Our website also has a CJAD podcast with Ms. Samantha discussing Black History at St. Monica

https://stmonica.emsb.qc.ca/stmonica/articles/showcasing-diversity-and-inclusion-st-monica-elementary-school

The author visit was also featured in the Montreal Gazette.

The article can be found here:

https://montrealgazette.com/opinion/columnists/allison-hanes-emsb-putting-the-emphasis-on-diversity

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)



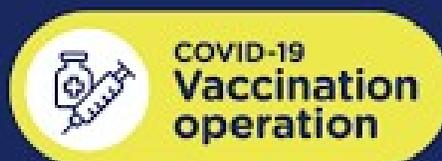
Thank you for choosing us to be a part of your child's learning journey.



Exceptional opportunities to grow and succeed.

Newsletter 5

February 2022



Information Pertaining to Second Vaccination Day at St. Monica Wednesday February 23, 2022

Please read through the following information concerning COVID-19 vaccinations being administered at St. Monica on Wednesday February 23, 2022:

- Vaccination campaign will be led by the CIUSSS du Centre-Ouest-de-L'Île-De-Montreal
- Students will be able to receive their first or second dose of the vaccine
- A new consent form should be completed, signed and returned to the school by **Wednesday February 9, 2022**. Should you wish to withdraw your consent after the consent form has been returned, you must contact the school to have it withdrawn. If you change your mind afterwards, you will be responsible for bringing your child to a mass vaccination site.
- In addition to filling out the paper copy of the consent form, you must also register on the government registration site clients3.clicsante.ca/67014/take-appt. This second step is required so that your child is registered in the government's database. Take note that the online registration site will ask you to choose a time. This choice is not the time that your child will be vaccinated at school, they will be creating an in-house schedule. You will need to choose any time so that you can move forward with the registration.
- For children who were infected recently with COVID-19, we will respect the recommendation of the Quebec Immunization Program to delay the first or second dose until at least 8 weeks from the date of the positive test result. If you still wish to have your child vaccinated, you will need to sign the vaccination consent form sent to you by the school to request vaccination at a minimum of 21 days after a positive test result or the appearance of symptoms. The nurse at the vaccination clinic will evaluate the request and will decide based on their clinical judgement.
- If your child turned 12 after they received their first dose, they will be given an adult dose of the vaccine for the second as per the Quebec Immunization Program's protocol.



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.

Making a difference, one student at a time.



PUZZLE PAGE

Name: _____

F is For February

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

Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .

FAMILY
 FANTASY
 FASCINATING
 FEARFUL
 FEASIBLE
 FELLOWSHIP
 FICTITIOUS
 FIREFLY

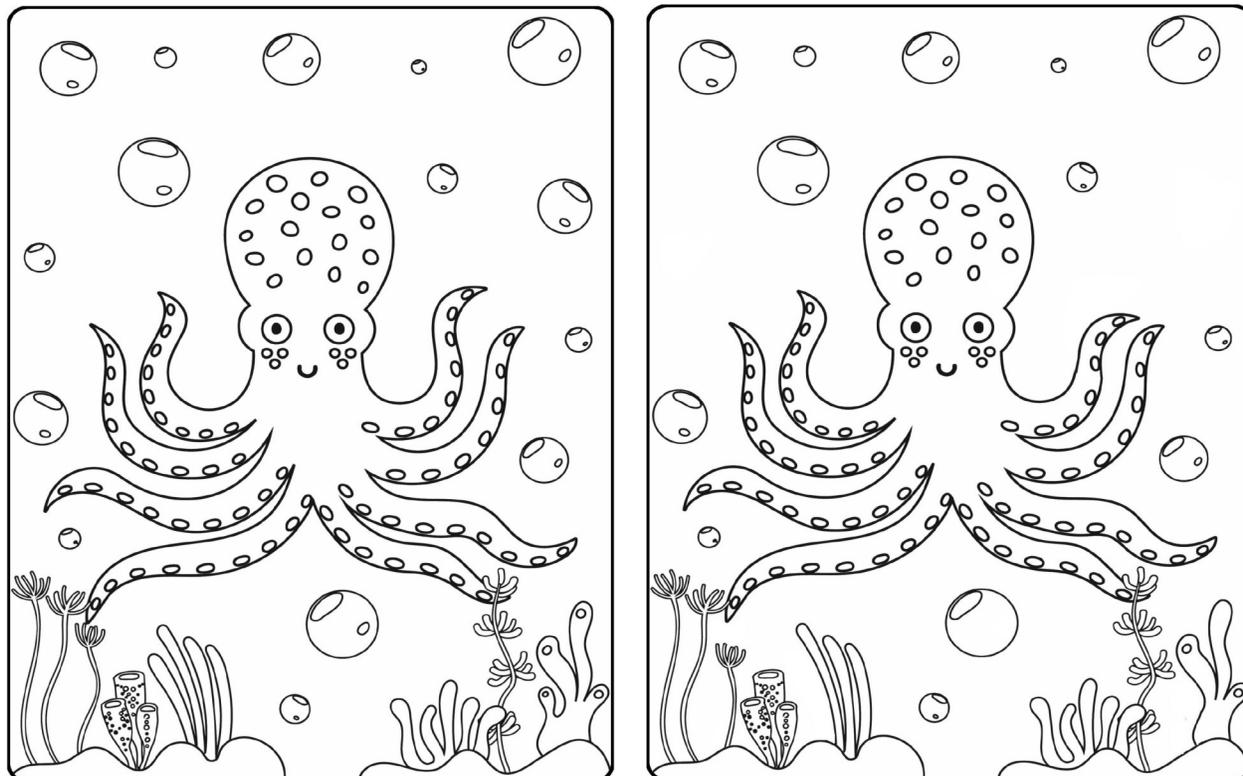
FIRETRUCK
 FISHING
 FLAWLESS
 FLEXIBLE
 FOLLOWING
 FORGETFUL
 FORTUITOUS
 FOSSIL

FOUNDATION
 FRACTIONS
 FRAGMENT
 FREQUENTLY
 FRIENDLY
 FRONTIER
 FUNCTIONAL
 FUNDAMENTAL

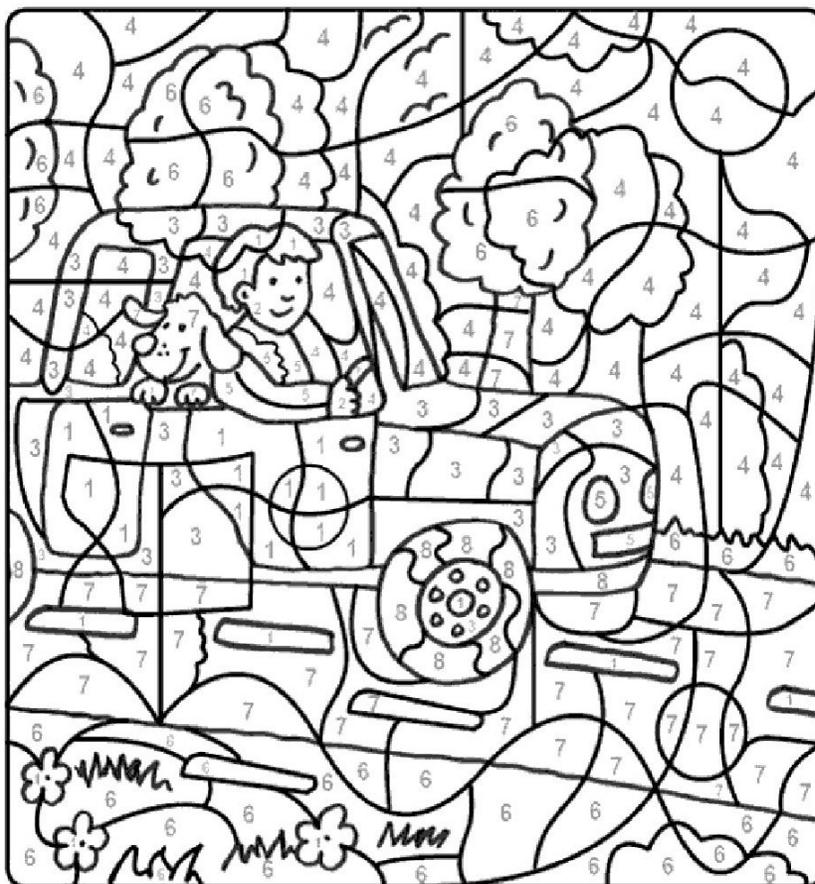
CREATIVITY PAGE

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of PrintitFree.net



1 - yellow, 2 - pink, 3 - red, 4 - azure,
5 - blue, 6 - green, 7 - brown, 8 - grey