



**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 6

March 2022



## Fun Facts About the Month of March

**March is known for two major reasons – one to find the pot of gold, rainbows and leprechauns, and the other is for the changing of the clocks and the beginning of Spring!**

In old Roman calendars, one year used to be ten months long, starting in March and ending in December. The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days.

- If you were born in March, your birth flower is a daffodill!
- March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage.
- There are two zodiac signs in March; Pisces, which is until March 20, and Aries which is from the 21st.
- The first month of spring is March, which starts between the 19th and the 21st.
- March is the equivalent of September in the Southern Hemisphere.
- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- The Vernal Equinox occurs around March 20 or 21. This is when the sun is directly above the equator, making the day and night equal length.
- Saint Patrick's Day occurs every March 17th, celebrated in many western countries.
- On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said "Mr. Watson, come here. I want to see you."
- Daylight Savings Time begins at 2am on Sunday March 13, 2022. **DON'T FORGET TO SET YOUR CLOCKS ONE HOUR AHEAD!**



### Ms Samantha's Mindful Corner

#### Mindful Corner

Dear Parents and/or Guardians,

Last month, in our mindfulness lesson, we learned about gratitude. We noticed that when we think of things that we are grateful for we sometimes start to feel better. It can possibly change our mood from grumpy to happy.

The students are encouraged to take part in a gratitude challenge: keeping track of the things that they are grateful for. They can be written down, drawn, created on a computer, or some other way.

Home/Community Practice:

- Bedtime/Mealtime : Have your child reflect on 3 moments they are grateful for from their day.
- In my community : When you are out in your community, have a conversation with your child about all the different workers we are grateful for, e.g. the grocery store worker, the street cleaners, the bus driver, etc.

**Samantha Page Smith**

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

### Upcoming Events

**Feb 28-Mar 4** Spring Break

**March 7** Classes resume

**March 10** Parent-Teacher Interviews—Virtually, by appointment (4PM—8:30 PM)

**March 11** PED Day (daycare open)

**March 15** St. Patrick's Day—Students can wear green to school

### Looking Ahead - April 2022

**April 15** Good Friday (school & daycare closed)

**April 18** Easter Monday (school & daycare closed)

**April 22** Distribution of Progress Report #2



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.**



**Exceptional opportunities to grow and succeed.**

**Newsletter 6**

**March 2022**

**Black History Month**

Our students spent the month of February learning about and taking part in activities associated with Black History Month. Visit our social media sites to check out some of the wonderful contributions created by our students.



**Robotics at St. Monica**

Since its inception, Ms. Giselle has had the pleasure of initiating both grade 3 classes to the wonderful world of robotics. Not only did they learn to build and program their robots, but they also persevered through the challenges they faced. The WeDo 2.0 kit offers students the opportunity to learn new skills as well as cooperation with their partner. Activities are also fostering independence when their partner was absent.

Ms. Giselle has now started working with grade 4 students. The one thing that has been the same with all the students is their enthusiasm and simple joy when they get the robot they have programmed to move, change color and make sounds.

**St. Monica Athletics**

The cycle 2 and 3 students have been skating at Doug Harvey Arena as part of their Physical Education program. Skating will continue until March Break.

Despite the pandemic, the grade 5 and 6 basketball teams continue to hold practices after school. Each student athlete is to be commended for their hard work this year. Basketball will be wrapping up for the season at the end of February. **GO TITANS!!!**

**Talent Show Returning to St. Monica**

We are pleased to announce that we are in the process of planning the return of St. Monica's Talent Show. Led by Miss Christine and Miss Nicole, students, either alone or in groups will be able to display their talents. Whether they can sing, dance, tell jokes, play an instrument or display any other special talent, we want to see it!

Try-outs will begin after March Break.

**Pizza Lunch is Back At St. Monica!**

St. Monica PPO is proud to announce the return of Pizza Lunch. Pizza Lunch will be available on March 23, April 20 and May 18. Please return the Pizza Lunch form with payment by March 11, 2022. If you need a new form, please contact your child's homeroom teacher. All proceed from Pizza Lunch will go the St. Monica PPO



**Sexuality Education at Saint Monica**

The Ministère de l'Éducation et de l'Enseignement supérieur is offering schools the opportunity to provide students with Sexuality Education.

Students will receive 5 to 10 hours of sexuality education over the course of the 2021-2022 academic year. The learning content in Elementary school is designed for students from Kindergarten through to grade 6.

The learning content defined by the Minister of Education is tailored to the students' ages and levels of development, and is in line with the recommendations of experts from the World Health Organization and UNESCO. The content will be taught by trained school personnel in collaboration with partners chosen by the school (e.g. health network or community organizations). The learning content takes into account contemporary issues, for example, easy access to images and messages about sexuality in the community and the use of social media.

For more information on the Sexuality Education Program at Saint Monica, including a link to the letter sent home to parents and the Curriculum Plan, please visit the following link:

<https://stmonica.emsb.qc.ca/stmonica/our-school/programs/sexuality-education>

For more information about the Sexuality Education Program offered by the EMSB please visit:

<https://www.emsb.qc.ca/emsb/schools/secondary/programs/sexuality-education>

**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)

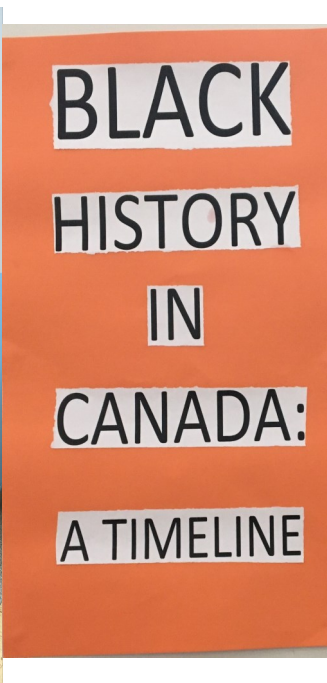



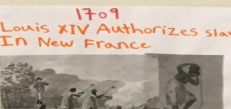
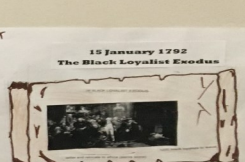

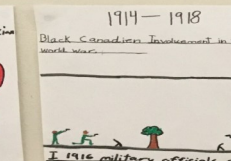
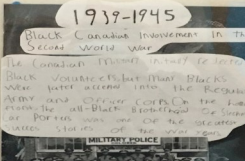
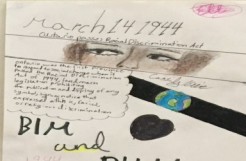
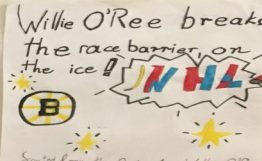
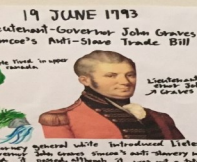
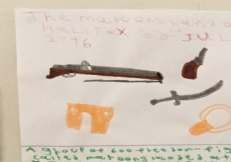
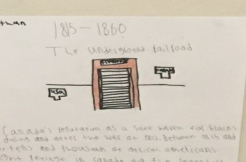
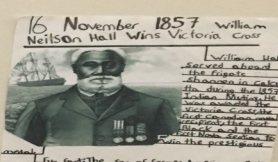
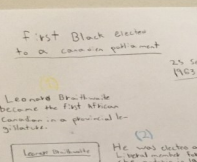


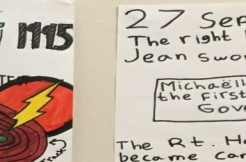
**Thank you for choosing us to be a part of your child's learning journey.**





# BLACK HISTORY MONTH AT SAINT MONICA



<p><b>1605</b> First Black in Canada</p>  <p>The first black person thought to have set foot on Canadian soil was Mathieu Da Costa, a free man who was hired as a translator for Samuel de Champlain's 1605 excursion.</p>	<p><b>1709</b> Louis XIV Authorizes slaves in New France</p>  <p><b>Le Code Noir</b> King Louis XIV formally authorized slavery when he permitted his Canadian subjects to own slaves, in full proprietorship.</p>	<p><b>1776</b> FREE NEGROS REACH NOVA SCOTIA</p> <p><b>BLACK ONTOLOGY</b> The British promised land freedom and rights to slaves and free Black in exchange for service during the American Revolution.</p> <p><b>SLAVERY WAS NOT OKAY</b></p>	<p><b>1790</b> Imperial Statute</p> <ul style="list-style-type: none"> <li>• 1790</li> <li>• Settlers</li> <li>• Slaves</li> <li>• Upper Canada</li> </ul> <p>1790 effectively allowed SETTLERS TO BRING SLAVES TO THE PROVINCE AND UPPER CANADA ONLY TO BE USED AND SELLER.</p>	<p><b>15 January 1792</b> The Black Loyalist Exodus</p> 
<p><b>1866</b> First BLACK Politician IN CANADA</p>  <p><b>Victoria Gibbis</b> Miflin Gibbis was elected to the Victoria Board of Council in 1866.</p>	<p><b>1914-1918</b> Black Canadian Involvement in the First World War</p>  <p><b>I 1916 military officials authorized the creation of the No. 2 Construction Battalion. This unit - Black soldiers in Canada - with the same conditions as white soldiers at any other time because of their race.</b></p>	<p><b>1939-1945</b> Black Canadian Involvement in the Second World War</p>  <p>The Canadian military refused Black soldiers to join until the British Army and Canadian Corps. The first Black Canadian soldier was Private James H. Douglas in 1941.</p>	<p><b>March 14 1944</b> BIM and BHM</p> 	<p><b>Willie O'Ree breaks the race barrier on the ice!</b></p>  <p><b>Willie O'Ree</b> was the first Black player in the NHL. He played for the Boston Bruins and the Toronto Maple Leafs. He was born on 18 January, 1938.</p>
<p><b>19 JUNE 1973</b> Lieutenant-Governor John Goores Stinson's Anti-Slavery Trade Bill</p>  <p>Attorney General White introduced Lieutenant Governor Stinson's anti-slavery trade bill in 1973. Although it was not a total ban on slavery but a gradual prohibition.</p>	<p><b>1812-1815</b> Brischoel Clouston The 'Coloured Troops' &amp; The War of 1812</p>  <p>Thousands of Black volunteers fought for the British during the war of 1812.</p>	<p><b>185-1860</b> The Underground Railroad</p> 	<p><b>16 November 1857</b> William Neilson Neil Wins Victoria Cross</p>  <p>William Neilson was a British soldier who won the Victoria Cross for his bravery during the Indian Mutiny in 1857. He was the first Black person to win the award.</p>	
<p><b>First Black Senator to a Canadian parliament</b></p>  <p>Leonard Braithwaite became the first African Canadian in a provincial legislature.</p>	<p><b>October 1971</b> Prime Minister Trudeau introduces Canada's Multicultural Policy</p>  <p>Canada's Multiculturalism Policy grew in reaction to the Royal Commission on Bilingualism and Biculturalism.</p> <p><b>BHM!!!</b></p>	<p><b>6 AUGUST 1955</b> Canadian Sprinter BECOMES 'WORLD'S FASTEST HUMAN'</p>  <p>Oakville's Donovan Bailey assumed the title of 'World's Fastest Human' by winning the 100 metre sprint at the World Track Championships at the 'Bong' Stadium. Bailey went on to win gold at the same Olympic games in Atlanta, setting a new world and Olympic record (9.84 SECONDS).</p>	<p><b>27 September 2005</b> The right honourable Michaëlle Jean sworn in as Governor General</p>  <p>Michaëlle was the first black Governor General.</p> <p>The Rt. Hon. Michaëlle Jean became Canada's first black governor general in 2005.</p>	





Exceptional opportunities to grow and succeed.

Newsletter 6

March 2022

# PUZZLE PAGE

## Black History Month Word Search

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

ABOLITION  
 ARMSTRONG  
 BOYCOTT  
 CIVIL  
 WAR  
 EQUALITY  
 INTEGRATION  
 CROW  
 OWENS  
 RIGHTS  
 SLAVERY  
 TUBMAN

AFRICA  
 ASHE  
 BUS  
 RIGHTS  
 DUBOIS  
 FREEDOM  
 JAZZ  
 MARCH  
 PARKS  
 ROBINSON  
 SOUL  
 TUSKEGEE

ALI  
 BLUES  
 CARVER  
 CIVIL  
 EMANCIPATION  
 GREENFIELD  
 JIM  
 KING  
 RACISM  
 SEGREGATION  
 TRUTH  
 VOTING





## CREATIVITY PAGE

### SHARE A MOMENT WITH YOUR CHILD

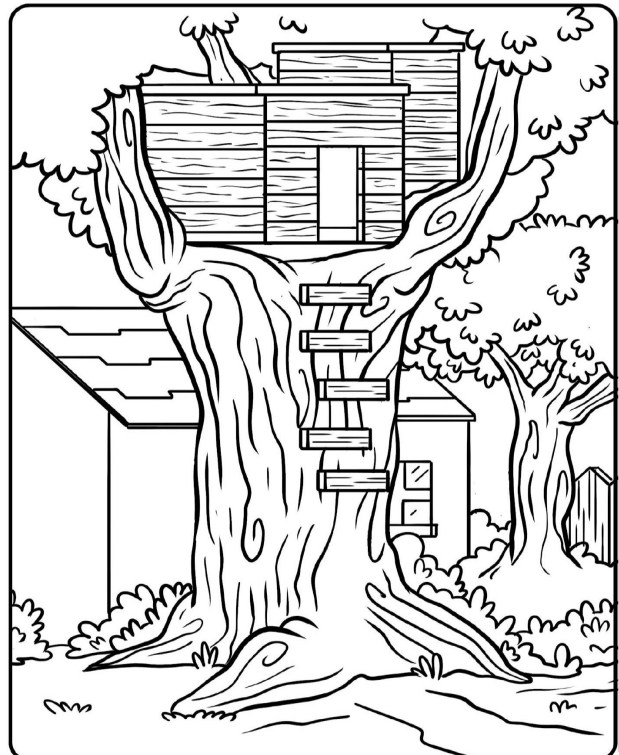
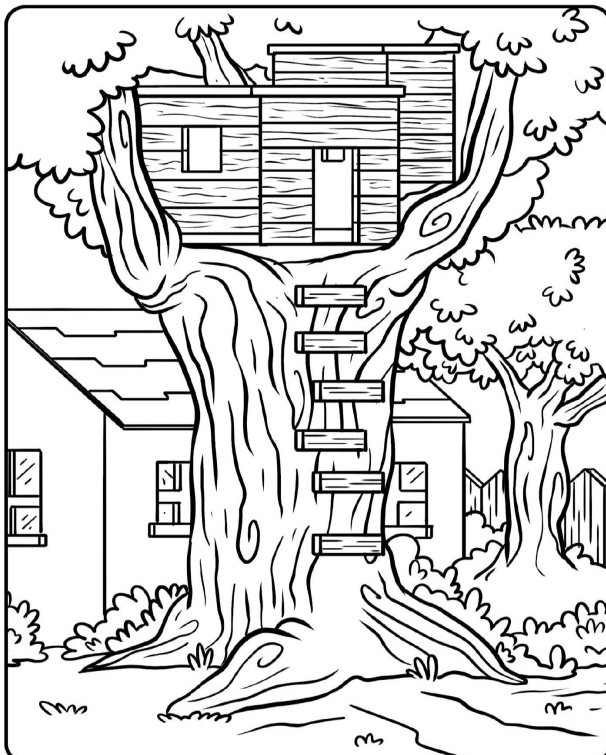
# SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



# SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



Free printable courtesy of PrintitFree.net