



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 8

May 2022



Fun Facts About the Month of May

May is known as a month of transition. If you live in the northern hemisphere, the fresh cold winds are gone, and the rains of early spring arrive. By the time May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day! Again, May is a time of change, no matter where in the world you are. Take a look at these a-May-zing facts about the month of May.

- The name May is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or *Maius*) after the Greek goddess of growth.
- There's an old Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!
- May is a special time for *Star Wars* fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as *Star Wars* day, due to the way the date sounds similar to "May the Force." We won't start the debate over whether the old movies are better than the new ones, because we all know the answer to that!
- It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.
- The birthstone for May is the emerald. Emeralds are symbols of fertility and rebirth.
- May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.



Ms Samantha's Mindful Corner

Dear Parents and/or Guardians,

This month, in our mindfulness lesson, we talked about how our brain makes connections or shortcuts that we might not even realize we are making.

I gave the example of asking them what we think of when someone says, "Peanut butter." The answer is usually, "Jelly." Or if someone says "Salt," we usually immediately respond with, "Pepper." This lesson is about implicit (implied but not stated exactly) bias.

We talked about how sometimes people might judge us just based on how we look. They might look at our skin color, body size, or even where we sit in the classroom, and treat us with some bias.

We then explored times when we have felt misunderstood and judged wrongly. This helped us name our emotions and how our body felt when that happened. And explore empathy thinking of how others feel when they are misunderstood or judged wrongly.

We talked about how we can notice our biases, or the shortcuts our brains make, and then ask, "Is this true? Is this fair?" When we pause and ask ourselves this, it can help us act in a way that doesn't cause harm to others.

Home/Community Practice:

- Family conversations in the car, at home, or during a family meal: Look for opportunities during the dinner time conversation to notice when someone has judged someone else. You can normalize when that happens by reminding your child that our brains take shortcuts and make these associations without us even realizing it (it's easier than thinking through everything). The important step is recognizing when it happens. Without shaming anyone for making a judgment, talk about how both people might be feeling and how they may have been misunderstood. What might help us remember to ask ourselves, "Is this true? Is this fair?"

Samantha Page Smith (She/Her)

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

Upcoming Events

- May 2** PED Day (School closed/daycare services open)
- May 13** Biodome and Planetarium Trip (Cycle 2)
- May 18** Pizza Lunch
- May 23** Victoria Day (School and Daycare CLOSED)
- May 30 & 31** GUEPE in class workshops (kindergarten classes)

Looking Ahead - June 2022

- June 3** PED Day (School closed/daycare services open)
- June 20** Grade 6 Graduation Celebration
- June 21** Grade 6 Graduation Ceremony
- June 23** Final day of classes



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

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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>

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)



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End of Cycle 3 Exams

Our grade 6 students have completed their end of cycle exams in French. We would like to thank Mme. Nancy, Miss Isabelle and Ms. Rachelle for their assistance in ensuring our students were able to complete the exam during Mme. Banon's absence. Please note that students in Grade 6 will be taking part in the MEES end cycle exams in English Language Arts (May 24 to June 2) and Mathematics (June 7 to June 9). We ask that parents please do their best to ensure their children are present in school those days as the exams may contain in-class group work and making up for missed exam work is difficult because there is no flexibility in the administration dates of the exams. Also note, in order to ensure the exams are completed on time, your child may be working on the English or Math exams on "French Days."

Robotics at St. Monica

Ms. Giselle has had the pleasure of finishing up with the grade 5 students early in the month and has now completed the Robotics classes with the grade 6 students, next up will be our Sr. SEEDS students. The grade 6 students were introduced to the wonderful world of robotics. They advanced quite quickly with the programming of their robots. They have programmed the robots for speed, pulling and dumping. Seeing the elation on the faces of the students when they accomplish something with their robot is priceless.

Ms. Giselle is looking forward to getting started with our Sr. SEEDS students soon. 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

For the first time in two years, St Monica's boys basketball team took to the court to host the Priory Panthers on April 12th. The boys put up a great fight, but in the end fell short to the Panthers 47-21.

The next home game action took place on Monday April 25th with a doubleheader. The girls basketball team played NDS at 1pm followed by the boys team at 2pm also against NDS. Please note, we worked on filming the game so it can be viewed on a link for family and friends. Thank you to Ms. Carissa for filming the action on Game Day.

Go Titans!!

Field Trips

We are so pleased to announce that after a two year hiatus due to COVID-19, field trips are once again allowed to move forward. It is so nice for our students to be able to travel outside of the school to experience many of the wonderful things our city has to offer. Some of our classes have already experienced outings and more amazing trips are currently being planned or organized for our students. As more details are worked out, you will be informed.



Music Program News

Our wonderful music teacher, Miss Christine has completed her awesome school-wide endeavour that not only involved our students, but our staff members as well. **MUSIC MARCH MADNESS!!**

Staff members were asked to submit one song that they consider their favourite. The songs submitted by

the teachers were then placed in a bracket-style tournament and matched up against each other. Each week, Ms. Christine presented two songs that were matched up against each other to all of her music classes and then the students and staff members voted on the song they like the most. The song that garnered the most votes, won and advanced in the tournament. By the end of the tournament, one song has remained and was crowned St. Monica's Favourite Song! Here is how the quarter-finals, semi-finals and finals finished up:

Quarter-Finals

My Universe by Coldplay and BTS vs. Soprano by Cosmo

All-Star by Smashmouth vs. Rise up by Andra Day

Happy by Pharrell vs. Blue and Yellow by The Usued

Count On Me by Bruno Mars vs. Here Comes The Sun by The Beatles

Semi- Finals:

My Universe by Coldplay and BTS vs. **All-Star by Smashmouth**

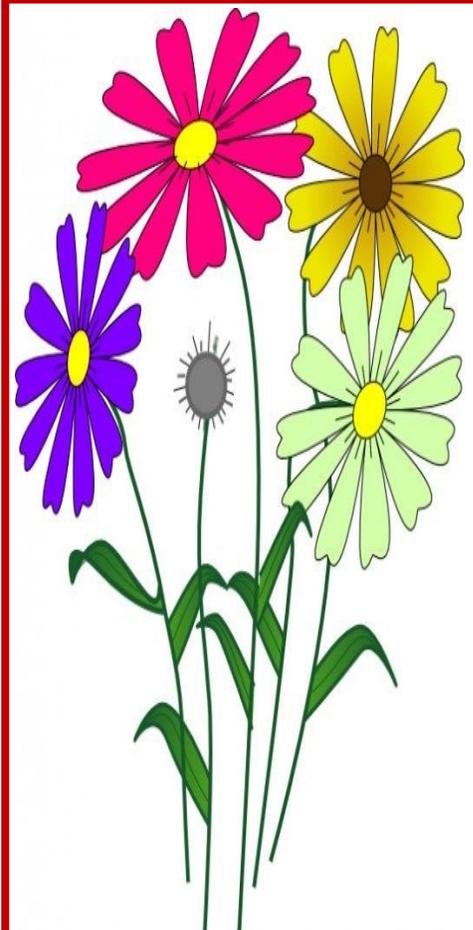
Happy by Pharrell vs. **Count On Me by Bruno Mars**

Finals:

Count On Me by Bruno Mars vs. All-Star by Smashmouth

St. Monica's favourite song (chosen by Ms. Angela in Jr. SEEDS) is.....

Count On Me by Bruno Mars!!!!



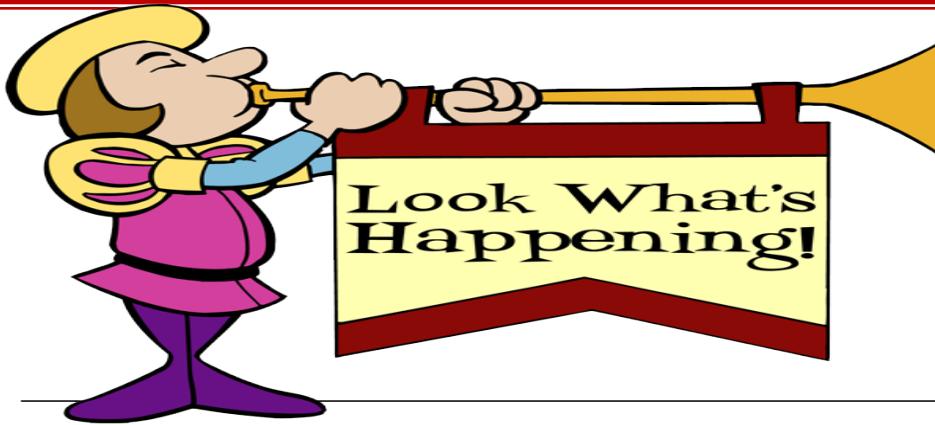
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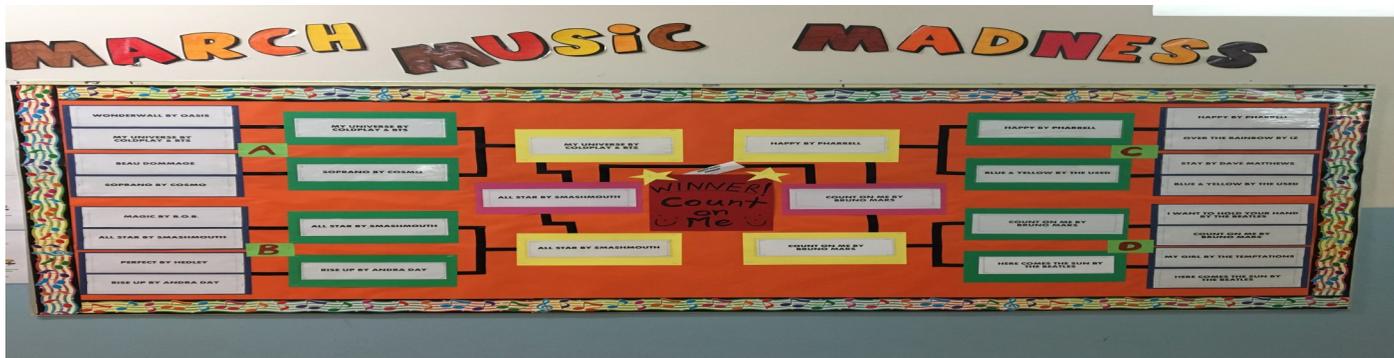
May 2022



Take Me Outside Field Trips



Music March Madness



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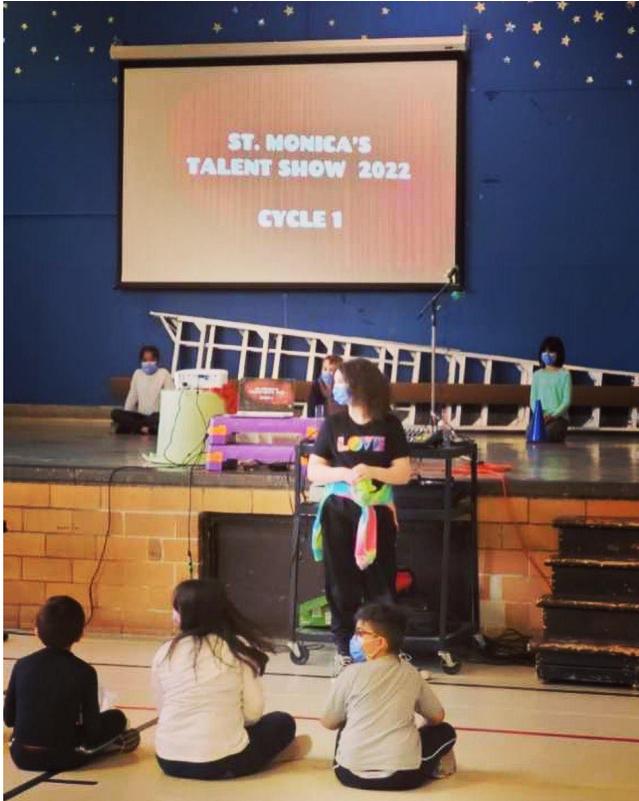


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Talent Show



Saint Monica Titans Basketball Teams in Action



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Sportball with B.A.S.E. Students



Celebrating Ramadan at St. Monica



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PUZZLE PAGE

Outdoor Activities

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

battennis
 sailing
 swimming
 canoeing
 fishing

netball
 camping
 walking
 cricket
 football

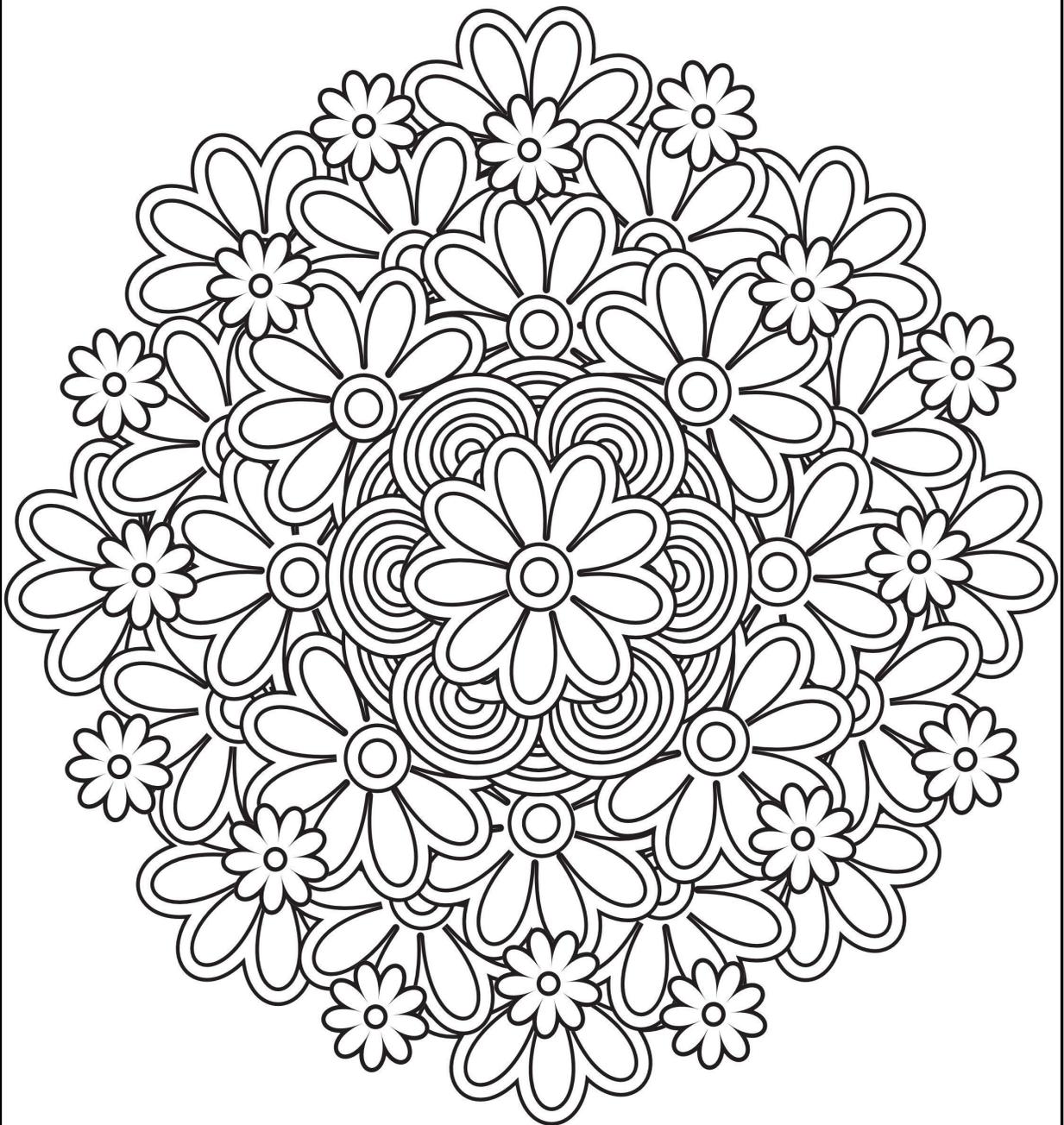
waterskiing
 kiteflying
 birdwatching
 running
 gardening

snowskiing
 surfing
 bikeriding
 bushwalking
 tennis



Exceptional opportunities to grow and succeed.

CREATIVITY PAGE
SHARE A MOMENT AND COLOUR
WITH YOUR CHILD



Homemade
GIFTS MADE EASY