



**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 9

June 2022

## *A Message From Our Principal—Ms. Silvana Crigna*

It is hard to believe that the end of the school year is upon us, where does time go. As we successfully end this school year and plan for the beginning of the next, I wish to officially inform you that I have been reassigned to another school for the 2022-2023 school year.

We have a lot to be proud of in terms of school initiatives and progress as well as, the efforts we have all made to contribute to St Monica's success. A success that is built on a sense of belonging for our community, and nurturing relationships between home and school for each of our students.

It has been a privilege to be a part of the St Monica community and I thank you for your support. Our students have demonstrated their excitement for learning and willingness to be the best that they can be. I wish them lots of continued success in their academics and personal well-being. But for now, we are still together until the end of this school year and I look forward to sharing many more moments with them and providing them with joyous opportunities to excel.

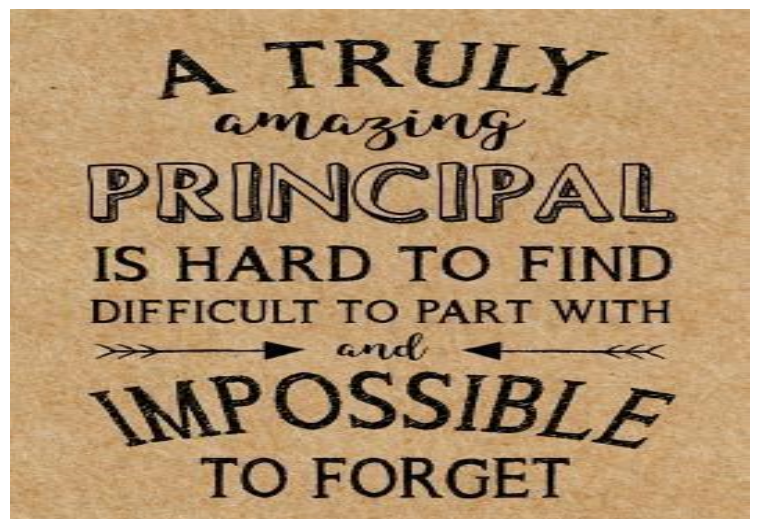
Mr. Peter Mckelvie, will be replacing me as of the new school year and I wish him much success. We will be meeting to ensure that the transition is a smooth one.

Thank you for the kindness you have shown me and the many moments of support.

Wishing you and your families all the best.  
Silvana Crigna, Principal

**On behalf of the entire St. Monica Staff we would like to thank Ms. Crigna for her dedication and devotion to the students, staff and the NDG Community. We wish her the best of luck in her new position and in all future endeavors. We would like to leave her with the following images that best describe our feelings about Ms. Crigna**

**a great  
Principal  
BUILDS CHARACTER  
inspires dreams  
ENCOURAGES CREATIVITY  
BUILDS CONFIDENCE  
INSTILLS ALOT OF LEARNING  
Touches Our ❤️ Hearts  
& CHANGES OUR LIVES FOREVER**



*"Our students' journey is about recognizing their past, supporting their present and guiding their future." - Silvana Crigna, Principal*

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**Fun Facts About the Month of June**

**June is a time of extremes. If you live in the northern hemisphere, then it's a time when summer is really starting to get into full swing! Every day lasts just that little bit longer, making breezy summer evenings a real treat.**

**If you live in the southern hemisphere though, then it's a time when winter starts to set in properly. The days are shortening, and the nights are becoming fresher and fresher.**

- The name *June* is the modern day adaption of the Latin word *Junius*, which has its origins dating back to the ancient Romans. There are multiple theories as to what the month of June was named after. One theory is that it was named after the Roman goddess of marriage, Juno.
- June used to be the fourth month in the year. Before Julius Caesar came to power, the calendar year only had 10 months. In 46 BC he created the Julian calendar by adding two more months to the year, which made June the sixth month.
- No other month in the year begins on the same day of the week as June.
- June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21<sup>st</sup> is the longest day of the year. If you live in the southern hemisphere, then the 21<sup>st</sup> is the shortest day of the year.
- If you were born in June, then you're one of two star signs. If you were born on or before June 20<sup>th</sup> then you're a Gemini. If you're born on or after the 21<sup>st</sup> of June, though, then you have the Cancer star sign.
- June has three birthstones – alexandrite, moonstone, and pearl.
- The birth flowers of June are the honeysuckle and the rose.

**Ms Samantha's Mindful Corner**

Dear Parents/Guardians,

Although our mindfulness sessions have concluded, it is the intention that this is only the beginning. By now you and your child have learned that there are many ways to practice mindfulness throughout our day.

We have learned that mindfulness does not necessarily make our life easier, but it does give us tools to help widen our window of resilience. We've learned that our lives are filled with ups and downs, that all possibilities are welcome, and when we need to, we can just take a breath or two, go for a mindful walk, send kind wishes to ourselves and to others, or use one of the many other tools we've discovered in our mindfulness lessons.

Over the summer months I encourage you to continue these practices in simple everyday moments:

- Invite your child to practice Mindful Listening for 30 seconds and notice what sounds they hear. This can be done while riding in the car, walking to the store, etc.
- Have your child pick their favorite stuffed animal and place it on their belly. Have them take five breaths with their buddy, watching the stuffed animal move up and down.
- Before eating dinner, have everyone practice these words:  
I wish for everyone here to be safe  
I wish for everyone here to be happy  
I wish for everyone here to be healthy  
I wish for everyone here to be at ease
- Have your child scan the area with mindful eyes and name something they see that is soft, that is hard, or that is squishy.
- 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 notice negative emotions more, but we can pay attention to joy and happiness too!
- Have your child reflect on 3 moments they are grateful for from their day.
- Mindful walking can be practiced everywhere you go--walking in the grocery store, walking to the park, walking around the house or apartment, or walking to the bus stop.

**Samantha Page Smith (She/Her)**

*Animatrice de vie spirituelle et engagement communautaire*

*Spiritual and Community Animator (SCA)*

**Looking Ahead - June 2022**

- June 3** PED Day (School closed/daycare services open)
- June 1 & 2** Dynamix at St.Monica
- June 1** GUEPE Activity Cycle 1
- June 1** Science Center Trip—Grade 5 and SEEDS Sr.
- June 6** Dynamix for Grade 6 Students
- June 6** Mont St. Bruno Trip—Cycle 2
- June 9** Grade 6 Kayaking Trip
- June 20** Grade 6 Graduation Celebration
- June 21** Grade 6 Graduation Ceremony
- June 23** Final day of classes K- Cycle 3

**Looking Ahead - August 2022**

- Aug 30** First day of classes for 2022-2023



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



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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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### **Robotics at St. Monica**

The WeDo 2.0 program consists of about 24 robots that progressively challenge students to build and program. Grade 6 were able to get to 15 of those robots built. The Sr. SEEDS class also did exceptionally well. Seeing their joy after construction never gets old. With 3 weeks left both grade 3s will have the opportunity to continue from where they left off in the first session. I met with Ms. Valerie Honig and Stephanie Lafortune, Educational Consultants for STEAM and Robotics, to take the robotics program in existence to a more challenging level for the upcoming school year.

### **St. Monica Athletics**

For the first time in two years students in grades 4, 5 & 6 were able to participate in the GMAA Halo Race which took place on May 11th. Over 30 athletes from St. Monica ran in this year's race. Although we did not medal this year, our students ran hard and represented our school with class.

Both the boys and girls basketball teams have wrapped up their respective seasons and we are already looking forward to the return of full league play next fall.

Thank you to Ms. Crigna and the many teachers who supported St. Monica Athletics this year.

**GO TITANS!!!**

## **School Supplies Orders for 2022-2023**

School supply lists for the 2022-2023 school year are now available on the school website (<https://stmonica.emsb.qc.ca/stmonica/community/documents>). We are pleased to announce that once again parents have the option of ordering all school supplies needed for their child from Editions Vaudreuil. All orders must be submitted before July 16, 2022 in order to ensure that the orders can be filled. Any order received after July 16th, runs the risk of being ready after the start of the school year due to supply shortages.

### **Instructions From Editions Vaudreuil on How to Place an Order**

- 1- Complete the order form. Please include all of your contact information. Then mail the order form to **2891, DU MEUNIER STREET, VAUDREUIL-DORION, QC J7V 8P2** or fax it to **450-455-0301**. Don't forget to include your credit card number with the expiry date.
- 2- Order direct online in <http://scolaire.editionsv.qc.ca>; and choose only the desired items by simply indicating the quantity required for each item on your list. You can use your credit card on our secure site in conjunction with PayPal. **ONLINE SITE WILL BE ACTIVE AS OF JUNE 25TH ONLY.**
- 3- Please note that due to high volume, **WE DO NOT TAKE ORDERS BY PHONE.**
- 4- A handling fee of \$5.00 is now applied for the preparation of an order.

### **Payment Methods:**

- 1- In order to avoid delays, please send your cheque promptly if you decide to pay by cheque. **PLEASE NOTE THAT NO POSTDATED CHEQUES WILL BE ACCEPTED.** Your order will only be processed once your cheque has been cashed.
- 2- By credit card, simply enter your credit card number with the expiration date on your order form or pay directly online.

### **Delivery:**

- 1- Directly to your home: The order must be pre-paid by cheque or credit card to use this option. You have a choice between Canada Post or Purolator. Please note that if you select Canada Post, they will leave a card to pick up the parcel at the nearest post office. For Purolator option, please ensure that there will be someone at the delivery address that can sign for the order. An email will be sent to you as soon your package leaves our warehouse with a tracking number to track your shipment.
- 2- Pick-up at school: To take advantage of this option, your order must be received before August 1st (if available).
- 3- **SCHOOL PICK-UP WILL BE THURSDAY AUGUST 25 FROM 3:00 TO 5:00 P.M (if available).**
- 4- Pick-up at the warehouse: Our warehouse is located at 240, Loyola-Schmidt, Suite #120, Vaudreuil-Dorion, J7V 8P2. You can pay for orders by cash, debit or credit card when picking them up. Please note that since the warehouse is not a store, it is not possible to add items to your order at time of pick-up. The store situated at 480 Harwood Blvd, Vaudreuil-Dorion is 2 minutes from the warehouse and you are welcome to shop there for any extra or last-minute items. **PLEASE WAIT FOR CONFIRMATION THAT YOUR ORDER IS READY BEFORE COMING TO THE WAREHOUSE, A REPRESENTATIVE WILL BE CONTACT WITH YOU WHEN YOUR ORDER IS COMPLETED.**
- 5- **PLEASE NOTE THAT NO ORDERS WILL BE SENT TO SCHOOL AFTER SCHEDULED DATE OF SCHOOL PICK-UP.** For late orders, you will need to either come to our warehouse to take possession of your order or choose home delivery (shipping charge applies).

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

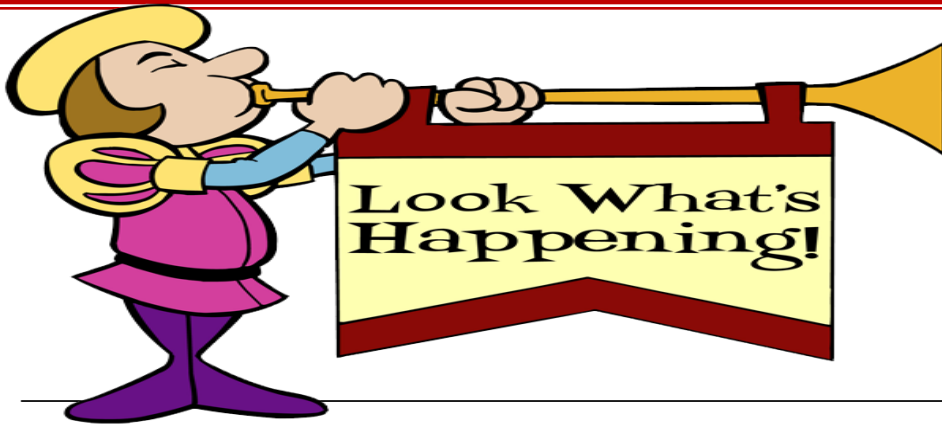




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### Keith Harring Inspired Art by Room 214



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[www.emsb.qc.ca/stmonica](http://www.emsb.qc.ca/stmonica)

Making a difference, one student at a time.



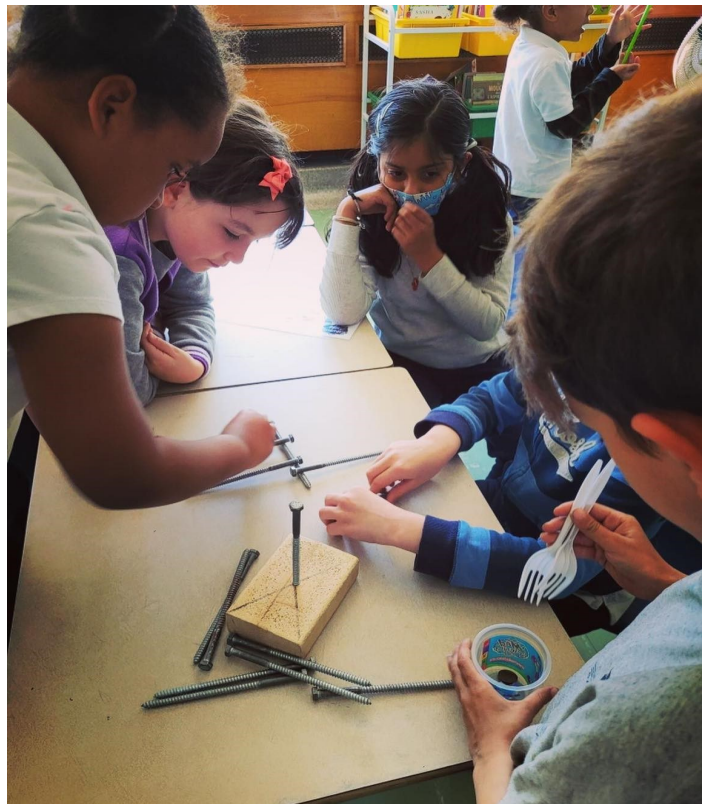


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## Mad Science with Room 202



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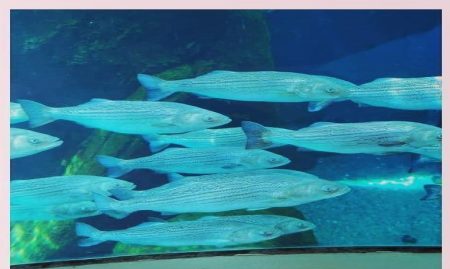


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## Biodome and Planetarium Trip with Cycle 2



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## Grade 5 and SEEDS Sr. Trip to CEP SUM



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# PUZZLE PAGE

# Summer Fun Word Search

- BARBECUE      LEMONADE
- BATHINGSUIT PARTY
- BEACH BOAT    PICNIC
- CAR TRIP      POOL
- CHALK          SUNGLASSES
- FAMILY        SUNSHINE
- FIREFLIES     SWIM
- FIREWORKS    TOWEL
- FRIENDS       VACATION
- FUN            VOLLEYBALL
- GAMES        ZOO
- ICE CREAM



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

Provided By Chicken Scratch NY



**CREATIVITY PAGE**  
**SHARE A MOMENT AND COLOUR**  
**WITH YOUR CHILD**

