



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.

Issue 1

September 2023



Welcome to the 2023-2024 school year. We are excited to have students back in our classrooms and hallways, their presence fills our classrooms with energy and enthusiasm for learning.

At St Monica, we believe that strong relationships and proactive approaches are strong links for educational success.

Communication is critical when building a strong home-school connection. We are always available to you and I encourage you to have an open dialogue and two way communication with the classroom teachers.

We will continue to utilize a monthly newsletter, and include a monthly upcoming events list along with an updated website to communicate our news. Join us on social media to recognize our student's efforts and successes – proud moments to acknowledge our learning community.

Silvana Crigna, Principal



School Messenger will be the application the EMSB and all schools will use for mass communications. Messages will be coming from broadcasts@schoolmessenger.com

Curriculum Night & Annual General Assembly of Parents

September 21, 2023 at 6:30 p.m.

The purpose of the evening is to give you an opportunity to meet your child's teachers. Teachers will share general information regarding the curriculum, their programs, activities, and class routines. Due to time limitations, parents are invited to ask questions of general concern and refrain from asking for specific feedback regarding their child. Future communications and meetings will provide specific feedback for each child.

Thank you for your cooperation.

Schedule

Welcome in the Gym (15 minutes): 6:30 p.m.

Introduction of teachers and a few words from Ms. Crigna

AGA Assembly in the gymnasium: 6:45 - 7:30 p.m.

*** For more information about AGA, please refer to second page**

Teacher Presentations:

First Session 7:40 - 8:10 p.m.

Second Session 8:10 - 8:40 p.m.

Upcoming Events

- Sep 4:** Labour Day Holiday
- Sep 21:** Curriculum Night & AGA
- Sep 22:** Ped day - Daycare open
- Sep 29:** Official Student Count
Mandatory Attendance

Looking Ahead - October 2023

- Oct 4:** School Photos
- Oct 9:** Thanksgiving Holiday
(school and daycare closed)
- Oct 11:** Progress Report Card
- Oct 13:** Ped day (daycare open)
- Oct 26:** Open House (Day Visits)
- Oct 31:** Halloween Celebration



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.

Annual General Assembly of Parents (AGA)

What happens at the General Assembly?

→ The parents (at large) who are present will elect representatives to the Governing Board for positions that are vacant from the nominated candidates.

→ The parents (at large) who are present will also elect from the Governing Board parents, a representative to the English Montreal School Board's Regional Parents' Committee and an Alternate Parent representative.

→ The parents (at large) who are present will determine, by a show of hands, if the school will have a Parent Participation Organization (PPO) for that year. Members will be elected as positions warrant.

Please join us on Thursday, September 21, 2023 at 6:30 p.m. to elect your representatives.

6 Tips for Easing Into the Back-to-Bchool Routine

Jackie Dunham, CTVNews.ca

<https://www.ctvnews.ca/5things/6-tips-for-easing-into-the-back-to-school-routine-1.3052174>

15 Easy Back-to-School Tips That'll Make This Year a Little Easier

BY WOMAN'S DAY STAFF Aug 26, 2023

<https://www.womansday.com/life/g3124/best-back-to-school-tips/>

St. Monica Elementary School Open House

Thursday, **October 26, 2023**

9:30am – 12:00pm

1:30pm – 3:00pm

Thursday, **January 25, 2024**

4:00pm – 8:00pm

Breakfast Program

The breakfast program will resume in October.

More details to follow.



Healthy Snacks & Healthy Lunches

Why are **healthy lunches** and **snacks** important at **school**? Your child's **school lunches** and **snacks** are a major source of the essential vitamins and minerals they need to grow and develop over the years. The **foods** you pack for your child will give them the energy and nutrients they need to learn and play at **school**.

Visit the following websites for healthy snack and lunch ideas

<https://www.emsb.qc.ca/emsb/services/support-services/nutrition/NutritionResources>

<https://www.modernhoney.com/back-to-school-kids-lunch-ideas/>

<https://www.parents.com/health/allergies/food/peanut-free-snacks-for-school/>

Hot Lunch Program

While St. Monica does not have a cafeteria on site, we are happy to offer a hot lunch program through Mini Bistro for parents who wish to purchase lunch. Your child will enjoy high-quality meals that are lower in sugar, fat and food additives, providing essential nutrients according to Canada's Food Guide. Visit the website at <https://leminibistro.emsb.qc.ca/>

Please take note that St. Monica **does not** have microwaves, other cooking equipment or cutlery on site available to students, so parents should not send pack food that requires reheating. Also ensure that you provide your child with plastic forks and spoons as needed.

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



Food Allergies

Some students have food allergies. We ask that all parents keep this in mind when choosing food items for lunch and snacks.

To avoid allergic reactions:

- Inform St. Monica's front office and your child's teacher of the allergy and ensure that auto-injectors (EpiPen) are readily available.
- Ask your child's teacher about the "designated eating area for students with allergies" in your school.

Providing a safe environment for St. Monica students is a major concern! We try our best to maintain an allergen safe environment. Parents should also take all necessary precautions.

Help Your Children Get Adequate Sleep

Did you know that 1 in 5 children have difficulty staying awake during waking hours in Canada?

Catching more Zzz's can help with children's: physical health, emotional well-being, and quality of life!

To be as healthy as possible, children need adequate night time sleep.

Current Guidelines Recommend

9–11 hours of sleep/night for children 5–13 years old

8–10 hours of sleep/night for children 14–17 years old

Learn more by consulting the [Are Canadian children getting enough sleep?](https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-children-getting-enough-sleep-infographic.html) infographic.

<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-children-getting-enough-sleep-infographic.html>

School & Workbook Fees Please send your payment for your child's fees as soon as possible.

Lunch Fees Lunch supervision is available for all children who wish to stay at school to eat their lunch. There is a charge of \$250 per child from Kindergarten (K5) to Grade 6, and the charge for Pre-Kindergarten (K4) is \$280 per child. This money is used to pay for the lunch monitors needed to supervise your child. Thank you for making payments as soon as possible.

See our website for fee breakdown <https://stmonica.emsb.qc.ca/stmonica/our-school/about/school-fees>

Daycare Fees Parents using our B.A.S.E. Daycare Service will be provided with monthly invoices for amounts owed. Please ensure that payments are made regularly. Take note that daycare services cannot continue if outstanding payments are not settled in a timely fashion.



B.A.S.E. Daycare Program

St Monica provides daycare services from 7:00 a.m. to 6:00 p.m. on all school days and most Pedagogical Days. Our daycare is closed on holidays, weekends and during the Holiday and March breaks.

See our website for details <https://stmonica.emsb.qc.ca/stmonica/daycare>

You can contact **Ms. Michelle Graham, Daycare Technician (Interim) at (514) 369-0087** for all inquires related to daycare services and payments.



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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 **3:00 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 are encouraged to use Mozaik to report late arrivals and absences, or a call can be placed to 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 **3:00 p.m.** if there is a change in routine for dismissal at the end of the day.

Dress Code a gentle reminder that all students must be in clean uniform daily. Navy blue tunic, skirt, pants (no jeans, no leggings), or walking shorts (knee-length or longer), white tops, shirt with collar, turtleneck, sweatshirt (no t-shirts, no lettering or logos) and sweaters are navy blue.

All articles of clothing must be labelled by the parent so that the item can be identified and returned to the rightful owner.

Lost and Found please check the "lost and found" areas at the Daycare entrance on a regular basis. Any unclaimed clothing will be placed on tables as a reminder to pick up when we have school events. All items not picked up at these events will be donated to charity in December and in the Spring.

Physical Education Uniform navy blue shorts and a grey t-shirt can be purchased from school office. The uniform is not mandatory for Pre-K and Kindergarten children, but they must wear navy blue shorts and a white t-shirt. For hygienic reasons, children are not permitted to wear their uniform under their school clothes. Please make sure your child has running shoes for Phys. Ed. class.

Personal Accident Insurance parents are encouraged to subscribe to personal accident insurance in case their child gets hurt while participating in physical education and sports or in any other circumstances. Fees incurred for ambulance services, medical/dental/ocular services and any other services related to an injury will not be assumed by the school. Parents are encouraged to contact their personal insurance company or any other insurer to get advice and information about accident insurance coverage for their child.



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Making a difference, one student at a time.