



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 2

October 2023



Thank you for being at our September 21, 2023 AGA and Curriculum Night.

It was a pleasure seeing many families present and electing our GB Members for the 2023-2024 school year.

Our first Governing Board meeting will take place on October 2, 2023.

Our AGA also gave our parents the opportunity to sign up for PPO and volunteering opportunities. Thank you to the parents who have signed up.

If you wish to be a part of our Parent Participation Organization (PPO) or parent volunteer list, please contact our front office.

On behalf of our teachers, thank you for being present to meet with them for introductions and to discuss curriculum.

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



Free things to do this fall in Montréal

Montréal in the fall is a beautiful sight no matter what your budget – free stuff to do abounds! Mild weather lasts throughout September and October, meaning outdoor activities and entertainment are plentiful, while indoor and outdoor no-cost activities, from art gallery visits to walks on the Mountain, continue through November and right into winter.

<https://www.mtl.org/en/experience/free-things-do-fall-montreal>



October Fun Facts

<https://www.madewithhappy.com/october-fun-facts/>

Upcoming Events

- 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

Looking Ahead - November 2023

- Nov 17:** Term 1 Report Cards
- Nov 20:** Lockdown Drill
- Nov 23:** Parent/Teacher Interviews (9 am to 9 pm by appointment only)
- Nov 24:** Ped Day (daycare open)



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



“Every child deserves a champion—an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be.” Rita Pierson

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8 Ways to Strengthen Your Parent-Child Relationship

They say the most meaningful relationship a person can have in their life is with their parent. That, or with their child. For many, the parent-child bond is unbreakable. It is a connection like no other, one which has the ability to withstand the test of (and transcend) time. But things don't always go as planned. Sometimes trust is broken—and feelings are hurt.

So what can you do to ensure your relationship goes unvarnished and untarnished? How can you strengthen your parent-child bond? The best way to keep a long, strong, and healthy relationship is to avoid these eight activities and behaviors.

See the link below to continue the article and explore the eight ways:

<https://www.parents.com/parenting/better-parenting/advice/behaviors-that-hinder-the-parent-child-bond/>

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

9 Ways to Support a Child With Anxiety

Three psychologists offer compassionate and effective tips for helping your child wade through the choppy waters of anxiety.

<https://www.parents.com/how-to-help-a-child-with-anxiety-7495925>

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)



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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.