



**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 3

November 2023



### Kindness 101: What Is Kindness and How Do You Teach It?

<https://inspirekindness.com/blog/kindness-101>



<https://www.kindcanada.org/impact-education>

CONGRATULATIONS to our St Monica school community for your success and efforts in showing respect and practicing “acts of kindness”. Our 30 day kindness challenge has extended to everyday opportunities to be the best that we can be. Though the 30 days are up, as a school community, we will continue to practice kindness throughout the year.

The links above are possible references for our families to continue the discussion at home.



**SCHOOLMESSENGER®**

School Messenger will be the application the EMSB and all schools will use for mass communications.

Messages will be coming from [broadcasts@schoolmessenger.com](mailto:broadcasts@schoolmessenger.com)

### Building Emotional Literacy at St. Monica

This school year our staff and students will be piloting a social-emotional learning program titled: **Me, You, Us.**

The program will be following these topics over the course of the year:

- October: Emotional Awareness and Regulation
- November: Emotional Literacy: Feelings
- December: Emotional Literacy: Needs
- January: Connecting feelings and needs and Energy-Changing Exercises
- February: Finding solutions and making clear requests
- March: Conflict resolution
- April: Resisting peer pressure and the role of the bystander
- May: Cooperation and teamwork

Growing research shows that the development of social and emotional skills is critical to becoming a good student, parent, citizen and worker. Emotional intelligence, including the ability to name one’s emotions and use this awareness to guide one’s behaviors, is a powerful predictor of success and wellbeing, in school and in later life.

This month, students from K4 through Grade 6 learned about:


- Volcano mode - high energy, high intensity emotions like anger, frustration, silliness
- Iceberg mode - low energy, high intensity emotions like sadness, boredom, exhaustion
- Tree mode - middle energy, middle intensity emotions like relaxed, calm, alert

We acknowledged that when we're in Volcano or Iceberg it can be challenging to learn or communicate effectively with those around us. Students shared via puppets or a worksheet the things they do to help shift their energy when we notice ourselves in Iceberg or Volcano mode and choose to shift to Tree mode.

I encourage you to ask your child what they can tell you about Volcano, Tree, and Iceberg emotions and what things help them shift to Tree when feeling sad, angry, or hyper—continue the practice at home.

**Samantha Smith, Spiritual and Community Animator**

### Upcoming Events

- Nov 7:** Photo Retakes
-  **Nov 9:** Remembrance Day Assembly
- 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)

### Looking Ahead - December 2023

- Dec 8:** Ped Day (daycare open)
- Dec 20:** Breakfast with Santa
- Dec 22:** Last day of school before holiday
- Dec 25, to Jan 5, 2024:** Holiday School Closed



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*

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

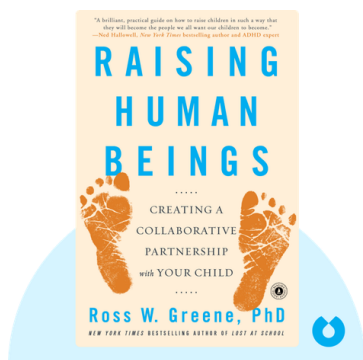


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### Book Recommendation



#### Key ideas in Raising Human Beings

- Parenting doesn't have to be a power struggle.
- Children aren't always able to meet our expectations.
- When parents/adults jump to conclusions, they often come up with the wrong solutions.
- The first step to collaborative problem-solving is learning to listen.
- Define our concerns and invite our child to look for solutions together.
- Taking a proactive approach will help solve conflicts before they begin.
- Don't let our anxiety derail our budding collaboration with our child.
- Collaborative problem-solving teaches children how to be emotionally intelligent adults.

#### Key ideas taken from:

<https://www.blinkist.com/en/books/raising-human-beings-en>

#### Dr Ross Greene's website:

<https://drossgreene.com/raising-human-beings.htm>

### St. Monica Elementary School Open House

Thursday, **October 26, 2023**  
9:30 am – 12:00 pm  
1:30 pm – 3:00 pm

Thursday, **January 25, 2024**  
4:00 pm – 8:00 pm

Click on link below for Virtual Tour

<https://stmonica.emsb.qc.ca/emsb/schools/open-house/elementary-schools/StMonica>



### 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)



### 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.

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



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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.



### St. Monica School B.A.S.E Daycare—Champions for Life Program

St. Monica B.A.S.E Daycare is pleased to offer its K4 to Grade 6 students the *Champions for Life Program*, courtesy of The Montreal Canadiens Children's Foundation.

Champions for life is a fun Physical Literacy program. Our students through games, will learn new skills to improve their fundamental development. This will help build confidence, motivation, fitness and health.

The 30-minute program will take place once a week for 20 consecutive weeks (excluding holidays, March break and pedagogical days) in the school gymnasium beginning the week of **October 6, 2023** and ending **April 24, 2024**

Visit the website [www.championsforlife.ca](http://www.championsforlife.ca) for more information.

**Mitchelle Graham, Daycare Technician (Interim)**

### School & Workbook Fees **Please send your payment for your child's fees.**

**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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