



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 6

March 2024

Welcome Back

Looking forward to warmer weather and glorious days of learning and exploring new things with our students.



Spring Celebrations

Find out how people mark the end of winter all over the world.

BY ROSE DAVIDSON

The snow is melting, flowers are blooming, and the days are getting warmer. It must be spring! Take a look at some of the big celebrations that happen during this season.

<https://kids.nationalgeographic.com/celebrations/article/spring-celebrations>



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



Another exciting basketball season has come to an end.

Both the boys and girls teams had some great wins and more importantly, represented our school with the utmost sportsmanship!

The highlight of the season was the boys' team and their deep run at the annual LCC Invitational Tournament. It has been a few years since one of our teams brought home a banner and medals. This past January our boys' team made it to the finals where they finished second and brought home a silver medal.

In other exciting news, the Phys. Ed. Department introduced a brand new electronic scoreboard in our gymnasium this month to be used during P.E. classes and future sporting events.

On March 18th our cycle 3 boys and girls will be taking part in the GMAA Indoor Soccer Jamboree at Laurier MacDonald High School. Parents are always welcome to come out and support our teams. Go Titans!

And finally, Swimming at the NDG sports center will be starting in April for cycle 2 and 3 classes. More info to come.

Leighton Jacobs, Physical Education Teacher

Upcoming Events

- Mar 1:** Ped Day (daycare open)
- Mar 4 to 8:** Spring Break—School Closed
- Mar 11:** Back to School
- Mar 19:** First Day of Spring
- Mar 28:** PPO Dress Down Day
- Mar 29:** Holiday

Looking Ahead - April 2024

- Apr 1:** Holiday
- Apr 8:** Ped Day (DAYCARE CLOSED)
- Apr 29:** 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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Connecting Feelings to Needs

The students of St. Monica have learned how to connect their feelings with their needs. This awareness can shape their communication with others, and resolve conflicts by shedding light on their needs and the needs of others.

By understanding their own needs, students create more effective strategies for making positive choices and developing healthy relationships.

When students understand the important role of basic needs – safety, love, respect, inclusion, friendship, etc., they learn to meet their own needs while acknowledging that the needs of others are equally important.

Practice:

Choose the feeling(s) that represent(s) best how you are feeling right now.

Next, choose which need(s) are more relevant to you at this very moment if you are in the volcano or iceberg zone.

Example:

- I feel tired and I need rest.
- I feel calm and relaxed, my needs are met.
- I feel angry and I need friendship.

It is normal for students (and adults) to feel like the exercise is forced and not natural. This is often the case when we learn anything new - like a grammar rule or math concept. The key is to keep practicing until it comes naturally.

Samantha Page Smith, Spiritual and Community Animator

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)



EMSB Libraries & Research Educational Links

Our EMSB website provides many resources to help with research and general support. Please go to link below to explore the possibilities.

<https://www.emsb.qc.ca/emsb/community/links>



Parent Workshop Opportunities

March 26, 2024—Internet Safety

April 23, 2024—Nutrition Workshop

May 15, 2024—Rediscovering Joy in Anxious Times

More info to come ...

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.

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 & 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 inquiries 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.