














<p>Montgomery Street School Mission Statement</p> <p>Maximize all children's potential, academically, Physically, and socially while Striving to guide and enrich students to help them reach and Sustain a positive self-image, within a safe, secure environment</p>	 <p>Principal: Mr. Stiles V.P : Mrs. O' Rourke-Miller</p>	<p>SCHOOL HOURS</p> <p>7:45-8:05 Drop off 8:10 Classes Begin 1:45 Dismissal Grades K – 2 3:00 Dismissal Grades 3 - 5 12:00 Noon Wed. Dismissal Gr. K – 5</p> <p><u>Students are considered late for school arriving at 8:10 am or later.</u></p>
---	--	---

Montgomery Street School NEWSLETTER 2022

	<p>2ND TERM OF BAGELS Feb 17- Apr 28 EVERY THURSDAYS</p> 	<p>2ND TERM FOR PIZZA Feb 15- Apr 26 EVERY TUESDAY</p> 	<p>2nd TERM FOR MILK: Feb 14- Apr 29 EVERYDAY NO WED</p> 
---	--	--	--

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>April Showers Bring May Flowers</i></p>  			1
4	5 PSSC Meeting 6:00 PM Library	6 DEADLINE TO ORDER POPCORN ONLINE	7 <i>World Health Day</i> 	8 POPCORN DAY ONLINE PURCHASE ONLY 
11 Report Cards Issued 	12	13 Parent Teacher Interviews Evening 1:30 PM – 7:00 PM In Person/Virtual Your Choice! 	14 Parent Teacher Interviews 8:30 AM – 11:30 AM 	15 Good Friday 
18 Easter Monday 	19	20 DEADLINE FOR ONLINE 3 RD TERM SCHOOL HOT LUNCH & MILK PROGRAM	21	22 POPCORN DAY ONLINE PURCHASE ONLY 
25	26	27	28 	29 SUPER HERO DAY! Dress Up as your Favorite Super Hero!



**Just a
reminder...**

- ✓ **All visitors/parents** will be permitted in the school through **appointment only**. Visitors/Parents will sign in at the office, including visiting professionals.
- ✓ **Student Sign in** - office if arriving after 8:10 am and sign out if leaving before dismissal. The Admin. Assistant or teacher will escort the student to the front door for pick up.

Call the school if your child will be absent. Please leave the reason and child's first and last name. **453-5433**

Montgomery Street School NEWSLETTER 2022

LOOKING AHEAD

May 2-6 Mental Health Week
May 6 NBTA Council Day – No School
May 16 NBTA Branch Meeting – No School
May 23 – No School Victoria Day



HEALTHY NEWS FROM THE GYM!

April is stress awareness month.

Stress is a reaction to change or situations that we perceive to be threatening. Stress can cause physical reactions such as increased blood pressure, stomach problems, headaches, and neck or back pain. It also has an emotional impact which may affect sleep patterns, irritability, sadness, fatigue and concentration or memory problems. But don't be scared, stress is a part of life that everyone deals with in their own way. **Some ways you might find helpful** are taking part in a past time or hobby that you enjoy, being physically active on a regular basis, using breathing exercises or meditation, focusing on positives throughout your day, or even getting a relaxing massage. There are other ways to manage stress but becoming aware of your stress and knowing when to seek help can be the biggest step.



**Mr. Doliver,
Phy Ed Teacher**



Spring is here, and Summer is coming!

Home and School has been able to provide lots of help with the school so far, from **winter clothing, to lunches and money towards the sensory room.** We have **one last fundraiser** coming in April to help us hopefully go forward with a year end celebration with the students. As always we couldn't go forward with anything, unless we have your support and **we thank you for contributing to us!**

Thank you!

REEGAN MCDUGALL

**Home & School
President**

World Health Day



APRIL 7 Is World Health Day!

World Health Day has been celebrated since 1950 and world health has improved drastically

over the past 70 years. Despite these changes, World Health Day continues to highlight the important health issues of mental health, child care, maternal health, healthy food consumption, and more. The celebration **takes place on 7 April every year** and marks the anniversary of the founding of the [World Health Organisation](http://www.who.int) (WHO) in 1948.



The goal is to focus attention on talking with our kids about money – and to encourage

and support parents, guardians, and teachers to start or continue such talks with youth. Canada's Task Force on Financial Literacy noted that improving financial literacy was a shared responsibility, that it would be a lifelong process, and that it was important for financial education to be provided in our public schools. This project responds to all of these key points. In addition, experts and research indicate that young people can benefit from early discussions about money – to help build knowledge and skills for the decisions they will face. Any day could be **"Talk With Our Kids About Money Day"** but we are focusing on one day a year – the third Wednesday of April – to "get conversations started" and bring attention to the importance of talking with our kids about money – starting at a young age.

For Ideas For Teaching at Home please see link:
<http://talkwithourkidsaboutmoney.com/>

