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|---|--|---|
| <p><b>Montgomery Street School<br/>Mission Statement</b></p> <p>Maximize all children's potential, academically, physically, and socially while<br/>Striving to guide and enrich students to help them reach and<br/>Sustain a positive self-image, within a safe, secure environment</p> |  <p>Principal: Mr. Stiles<br/>V.P : Mrs. O' Rourke-Miller</p> | <p><b>SCHOOL HOURS</b></p> <p>7:45-8:05 Drop off<br/>8:10 Classes Begin<br/>1:45 Dismissal Grades K – 2<br/>3:00 Dismissal Grades 3 - 5<br/>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 2021







**GROUP A**  
FRIDAYS: PIZZA LUNCH  
14, 21, 28  
TUESDAYS: BAGEL LUNCH

**GROUP B :**  
THURS: PIZZA LUNCH  
6, 13, 20, 27  
FRIDAYS: BAGEL LUNCH

**GROUP C :**  
TUES: PIZZA LUNCH  
4, 11, 18, 25  
THURSDAYS: BAGEL LUNCH




| MONDAY   | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY  |
|--|---------|---|----------|---|
| 3  | 4       | 5   | 6        | 7<br>NBTA COUNCIL<br>PROVINCIAL<br> |
| <b>MAY 3-7 IS MENTAL HEALTH WEEK!</b><br><i>#GetReal about how you feel.<br/>And name it, don't numb it.</i>     |         | <b>DON'T FORGET MOM!!</b><br><b>Sunday May 9<sup>th</sup> is Mothers Day!</b> |          |                                    |
| 10   | 11      | 12  | 13       | 14  |
| 17<br>NBTA BRANCH MEETING<br> | 18      | 19  | 20       | 21  |
| 24<br>Victoria Day!<br>       | 25      | 26  | 27       | 28  |



**SPRING IS HERE, SPRING IS HERE**  
**GOOD BYE SNOW**  
**FLOWERS GROWN**  
**BIRDS & BEES**  
**LEAVES ON TREES**  
**HELLO SPRING, HELLO SPRING!**





**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**

**SNOW LINE: 453-5454 OR 1-888-388-4455 / WE ARE ZONE 6.**

# Montgomery Street School NEWSLETTER 2021

## LOOKING AHEAD

June 2: Clean Air Day

June 5: World Environment Day

June 20: World Refugee Day

June 21: National Aboriginal Day



Canadian Mental Health Association

Association canadienne pour la santé mentale

May 3-7 Is

## MENTAL HEALTH WEEK!

*These are times of extreme anxiety and stress.* But mental health is something we can protect, not just something we can lose. This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good. This Mental Health Week, don't be uncomfortably numb. **#GetReal about how you feel. And name it, don't numb it.**

For tool kits and more information on Mental Health Week follow the below link:

[Mental Health Week - Canadian Mental Health Association](#)



## NEED A CURE FOR YOUR KIDS SPRING FEVER? TRY THESE SUGGESTIONS!

- **Soak up the Sun:** Encourage your youngsters to study by a sunny window or on a porch. The change of scenery will help satisfy their desire to be outdoors.
- **Get Hearts Racing:** Let your children run and play outside before starting schoolwork or before school in the morning, if there's time. A little activity will get spring fever wiggles out!
- **Stick to Bedtimes:** It's tempting to let kids stay up later as the days get longer but keep in mind that most elementary school students need about 10 hours of sleep each night. Getting plenty of rest will help your children keep their minds on schoolwork.



The building for the Outdoor Classroom will be starting as soon as the ground is ready!

The Home and School Association would like to thank all of our Sponsors for making this project a reality:



**GOLD SPONSORSHIP (\$600 sponsors)** - Fredericton Regional Solid Waste & Hyundai Fredericton

**SILVER SPONSORSHIP (\$500 sponsors)** - Canadian Home Builders' Association, Dr. Charles Smith, Jason and Jody Munn - RE|MAX East Coast Elite Realty, Marty Forsythe, Sunlife Financial, New Brunswick Provincial Exhibition (NBEX), Rob & Jen Hamel - Hamel Realty Group, Sharpe Builders, STILETTO

**BRONZE SPONSORSHIP (\$250 sponsors)** - Dave Watt - Right Choice Realty, Heights Cold Brew, Jack Carr - Keller Williams Realty, Pam Doak Realtor®, RV World, Skillsoft, The Lynch Family - Chris, Patricia, Owen & Everly

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With such a successful fundraising year, we have been able to purchase something extra.

Keep your eyes out for something new in the playground!



REEGAN MCDUGALL  
Home & School  
President