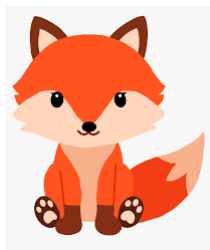


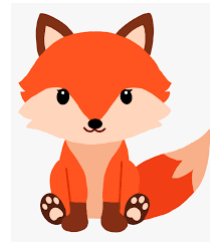
The Public Schools Branch's Healthy Environment Policy requires all employees, students and visitors to abstain from using fragranced products while attending Public Schools Branch functions. We thank you in advance for supporting our policy.

No. 5

January 3, 2025



# LM MONTGOMERY ELEMENTARY NEWSLETTER



<https://edu.princeedwardisland.ca/lmmontgomery>

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## DATES TO REMEMBER

- Jan 2 - PD Day (No Classes)
- Jan 3 - School Goals Day (No Classes)
- Jan 6 - First day back for students
- Jan 16 - LM Home & School Meeting (6:30pm)
- Jan 27 - Family Literacy Day



## HOLIDAY SUPPORT – OUR CARING COMMUNITY

We wish to thank our community members, parents, students and staff who helped contribute in the true spirit of “giving” this year during the months of October, November and December. Events such as Black & Orange Day, candy sales, Red & Green Day, readathons, dress up days, pajama days and the good will offerings donated allowed up to help make the holiday merrier for a number of LM families this year. Your generosity and spirit of giving have helped make this season truly joyful. Thank you!

## SOCIAL EMOTIONAL LEARNING (SEL) - JANUARY TIP

Returning to the school routine can be hard for some students as they have been home and away from the structure of school for so long. Try to plan for an easier transition for the morning by planning as much as you can and involve your child with those plans – packing their kitbag (don't forget their indoor shoes), packing their lunch, planning on what to wear, being excited about seeing their friends and teacher, having a discussion about what they would share about their holiday and to let them know that you are looking forward to hearing all about their first day back. Also, it REALLY helps when your child is reminded of their after-school plans (bus, babysitter's, daycare, picked up, etc) as this can help alleviate end of day anxiety. If after school plans have changed, please write a note to your child's teacher.

## WIND CHILL AND OUTDOOR RECESS POLICY

As per Public Schools Branch policy, students are expected to go outdoors unless the wind chill is  $-20^{\circ}\text{C}$  or colder. Please make sure that your child(ren) have appropriate clothing to play outside during these cold winter days. Please note, this includes children who are dropped off each morning! We are outside each morning until 8:25 therefore students dropped off should be dressed to remain outside until this 8:25 time. It is also a good idea for your child to keep an extra pair of mitts/gloves and socks in their kitbags. **Please ensure that you have an extra pair of clothes packed in your child's backpack to limit the calling home with wet clothing.**



## PUBLIC SCHOOLS BRANCH PEANUT/NUT ALERT

LM Montgomery Elementary needs to be as safe an environment as possible for several students who attend school with severe allergies to peanuts, peanut products and other forms of nuts. Due to several students with severe allergies to peanuts, peanut products and other forms of nuts, LM Montgomery will continue to be peanut & nut-free. We do this because all students travel throughout the building to specialist classes, assemblies, water filling stations, playground, etc., and the only way to provide the safest environment is to exclude all peanut and other nut products from lunches and snacks. **This means that imitation peanut butter products such as WOW Butter are prohibited along with those that state “may contain”.**



## SCHOOL

All Public Schools Branch (PSB) weather related cancellations will be announced on local radio stations and posted on our website by 7:00 A.M. An announcement that "all classes in the Public Schools Branch are cancelled" means that there is no school for students. An announcement of a "system wide shutdown" indicates that all schools and offices are closed. In some instances, it may only be necessary to close an individual school or a “family of schools”. Partial system closures or delays will be announced by family of schools – LM belongs to the Charlottetown Family of schools.

## CANCELLATIONS

## ONE HOUR DELAY

If a decision on cancellation cannot be made by 7:00 A.M., a one-hour delay will be announced whereby all schools and buses will operate one hour later than usual. A further announcement will be broadcast by 8:00 A.M.

## LATE BUSES

In some instances, even in fine weather, buses may be delayed. Parents will be notified via radio broadcast that a bus will be delayed (i.e. Bus #297 is running 30 minutes late).

## SCHOOL CLOSURES DURING THE DAY

It may be necessary to close school part way through a school day. Detailed announcements will be made on local radio stations and posted to our PSB website as early as possible. Parents who will not be at home when children arrive are responsible for making alternate arrangements for the care of their children on such days. If you have not done so already, please notify the school of these arrangements as soon as possible.

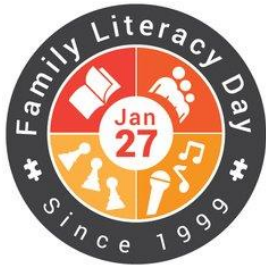
## EXTREME WEATHER DURING THE SCHOOL DAY

Should the Department of Transportation and/or the RCMP recommend that school buses remain off Island roads, students may be required to remain at school beyond their normal dismissal time (unless picked up by a parent or designate). Announcements will be made on local radio stations and posted to our website.

On days when classes are in session, and the low temperature combined with wind provides a wind chill of -20 or below, students will not be required to go outside at recess or lunch or remain outside upon morning arrival.

## SUGGESTIONS FOR PARENTS

1. The final decision to attend school or to travel to school via school bus always rests with the parent.
2. Please do not drop children off at school unless you are certain that school is operating, and that staff are present to supervise the children. Note: we do not have morning supervision for students who are dropped off until 8am.
3. Please listen to the radio and check the PSB website frequently between 6:30 and 8:00 A.M. daily to determine if schools are operating. Every effort will be made to have announcements broadcast by 7:00 A.M.
4. Please do not call the school, PSB office, or radio stations for information on cancellations or delays. Such calls tie up telephone lines which may be needed for emergency use.



## FAMILY LITERACY DAY

Family Literacy Day is celebrated in Canada every year on January 27th. This is a special day to recognize and celebrate the important role families have when it comes to reading engagement and development. Reading and taking part in literacy related activities as a family is the foundation on which to build strong literacy skills, a love of reading, and a lifetime of learning! Please go to the following link to find out more about Family Literacy Day and how you can celebrate it with your family!

<https://sites.google.com/cloud.edu.pe.ca/mrs-newsons-library/family-literacy-day-january-27-2022>

## PHYS. ED NEWS

Gymnastics is now taking place in the gym at recess time and after school. Students in grades 3-6 who are interested in after school gymnastics will receive a permission slip from Mrs. Nogler.

There will be a Gymnastics Meet for those students from LM who qualify. More information on this will be sent home.



## TECH TIME TIPS – from Fraser Health -

<https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/physical-activity-for-children/screen-time-for-children>

### How to establish healthy screen habits at home.

Children are exposed to more screens than ever before, including television, computers, gaming consoles, smartphones and tablets. While quality media may offer benefits for learning and exploration, too much screen time can reduce the time we spend doing activities that keep us healthy like talking to friends and family, playing outside, and getting enough sleep.

### Why should I limit my child's screen time?

Recreational screen time is any time spent with a screen including television, computers, gaming and mobile devices that is not related to educational use. Educational screen time might include completing homework, attending an online class, or video calling family. Recreational screen time can limit your child's participation in other activities, such as interacting with family and friends, playing outdoors, creating or reading. Too much recreational screen time can negatively affect development and behaviour, mental wellness, and physical activity levels.

### What is the right amount of screen time for my child?

The [Canadian Paediatric Society](#) recommends:

- For children under two years old screen time is not recommended.
- For children two to five years old limit recreational screen time to less than one hour a day.
- For children older than five limit recreational screen time to less than two hours a day.

### How do I establish healthy screen habits at home?

The Canadian Paediatric Society recommends that healthy habits be established using the 4 M's:

- **Manage** screen time through plans, rules, and limits. For example, make a family media plan!
- Encourage **Meaningful** screen use. Choose content that encourages learning and participation.
- **Model** healthy screen use. Find time in the day for the whole family to be screen free.

- **Monitor** for signs of problematic screen use. Look out for signs that screens are interfering with offline activities. Try to establish **screen time limits and appropriate habits** early in childhood, as it will be easier than setting them later when children have established patterns and routines. Ensure that everyone in your family understands and shares the same understanding of acceptable limits and content. Some tips:

- Be a positive role model with your own screen time
- Turn off TV during meal times
- Turn off background TV when no one is watching
- Avoid using screens an hour before bedtime
- Choose activities such as playing outdoors, reading or crafting over screens

#### Resources

- [Canadian 24-Hour Movement Guidelines for Children and Youth](#)
- Canadian Paediatric Society: [Sit less and move more](#)
- [Media and Your Child: Making Choices](#)
- [Physical Activity For Infants, Children and Youth](#)
- SCOPE BC Live 5-2-1-0: [Screen time fact sheet](#)

### COMMUNITY HAPPENINGS

*The information provided is for information purposes and is not necessarily sanctioned by the PSB or LMMS.*

**A TRIPLE P PARENTING SEMINAR** - Learn more about anxiety and how it affects children and families. Explore effective tools to manage it and foster resilience together.


- Presenter: Peter Mutch
- Date: January 26, 2025
- Time: 3:00 pm
- Venue: 7 Pond Street, Charlottetown Jack Blanchard Hall


#### BOOKINGS AND INFORMATION


Please contact [triplep@gov.pe.ca](mailto:triplep@gov.pe.ca) or 902-368-6762 to RSVP


This seminar is free for all who attend.


#### HOME AND SCHOOL NEWSLETTER, JANUARY 2025


 **2025 Extra Mile Awards for Teachers/Staff** - Local Home and School Associations can consider nominating a schoolteacher/staff person for going the "extra mile" for students. The Federation is accepting nominations until **Jan. 17, 2025**. Find criteria and application at: <https://peihsf.ca/extra-mile-award/>


 **Resolutions impact change** - The Federation supports equal opportunity for all students and promotes this by approving pertinent resolutions at annual meetings. Resolutions are the single most important tool that Home, and School can use to influence decision-makers in government and school boards. Approved resolutions are forwarded to decision-makers who can make changes for the benefit of all island students. Guidelines on how to write and present a resolution and examples of previously passed resolutions are available at [www.peihsf.ca/resolutions](http://www.peihsf.ca/resolutions). Discuss topics with local association parents and teachers and consider submitting a resolution. Deadline to submit resolutions is **Jan. 31, 2025**.

 **President's Annual Reports** - Home and School Presidents/Co-Chairs are asked to submit their 2024-2025 annual reports to the Federation office by **Feb. 28**. All reports are compiled in the Federation's Annual Book of Reports and posted at <https://peihsf.ca/agm/>.

 **School Staff Appreciation Week, February 10-14, 2025** - School Staff Appreciation Week is an opportunity for parents and students to recognize the dedication and hard work of school staff: teachers, administrative support, educational assistants, and custodians. Set up a small committee to brainstorm ways the school community can thank school staff. Keep plans simple!

 **Annual General Meeting Notice** - The Prince Edward Island Home and School Federation will hold its 72nd Annual General Meeting (AGM) on **Saturday, April 12, 2025**. All Member Home and School Associations are invited to attend the AGM. Each Association is asked to designate five of your school's attendees as voting delegates. Registration details will be available in February and posted at: <http://peihsf.ca/agm>

 **PSB Consultation on Memorials and Grief Support in Schools** - The Public Schools Branch is conducting a consultation to review a policy and procedure entitled "Memorials and Grief Support in Schools." Draft versions of the proposed documents have been made available for your review and participation in the Consultation Survey. [Participate in the Consultation Survey](#) and [Memorials and Grief Support In Schools - Policy and Procedure Consultation.pdf](#)

 **Home and School monthly newspaper column** - Read David Schult, PEI Home and School Federation president's monthly columns at: <https://peihsf.ca/news/>

*Best wishes of the Holiday Season to you and your families!*

**DELTA SOCCER** - Give your child a chance to participate in a fun winter indoor soccer program with Delta Soccer! Programs run from **January 3rd through March 28th** and include a choice of six or twelve engaging sessions. Options are available for children born between **2016 and 2023**, and **financial assistance** is available for families in need.

For full program descriptions, schedules, and registration, visit [deltasoccer.ca](http://deltasoccer.ca) or contact [joel@deltasoccer.ca](mailto:joel@deltasoccer.ca).