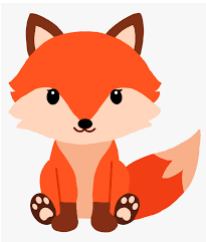


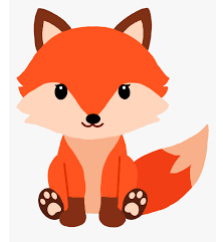
The Public Schools Branch's Healthy Environment Policy requires all employees, students and visitors to abstain from using fragranced products while attending Public Schools Branch functions. We thank you in advance for supporting our policy.

No. 6

February 3, 2025



LM MONTGOMERY ELEMENTARY NEWSLETTER



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

TARA DEGLAN-GALLANT - PRINCIPAL

TELEPHONE: 902-368-4150

PATTI DAVIDSON - VICE-PRINCIPAL

DATES TO REMEMBER

- Feb 3 – PD Day – NO CLASSES
- Feb 4 – LM Fundraiser Begins
- Feb 10-14 – Staff Appreciation Week
- Feb 17 – Islander Day – NO SCHOOL
- Feb 18-21 – Winter Carnival Week
- Feb 21 – Winter Wellness Day
- Feb 21 – All box draw items due
- Feb 26 – Pink Shirt Day
- Feb 27 – Box Draw Ticket Sales Being



FUNDRIASER ALERT – SUPPORT OUR FOXES – GOOD LUCK WITH THE BOXES – DRAW DATE IS MARCH 12th, 2025

This year, we are very excited to present a fundraising activity and in order for this event to be successful, we need your support in 2 very important areas!



We are looking for donations for the prize boxes. Each grade level has been assigned a theme that they are responsible for creating. Please send in a “new” item or service that may go with your child’s theme. If you have a service or item that may suit a different basket that may not be assigned to your child, please feel free to send it in and we will put in another box! Also, if you require a letter for a donation, please contact the school office and we will send one home for you. **All items for the boxes are requested to be at the school by Friday, February 21st, however, please send in at any time before then!** If you are looking for ideas, please see the list of suggested items to be sent home with your child on Tuesday.



From **FEBRUARY 27th until MARCH 12th**, we are asking that each family try to sell at least 2 booklets of tickets for a chance to win a beautiful box full of wonderful surprises or one of three booster prizes. The tickets come in **books of 10 tickets for \$10.00**. The booklets will be sent home on February 27th to be filled out and **RETURNED back to the school by March 12th**. There is a spot on each ticket to put the name, phone number and the box or booster prize in which each ticket is to be placed. If you really want one particular prize, then all of your tickets can go in the draw for that box to better your chances for a win!

All monies raised from this event will go directly towards paying for a new gazebo for our playground! If you would prefer to make a donation to this fundraiser and not participate in the box draw, please feel free to send in cash or an e-transfer to lmmontgomeryschool2020@gmail.com and in the message of the transfer, please put “For Playground Gazebo”.

A list of prizes available in each basket and the booster prizes will all be sent home with the tickets on February 27th. The boxes will also be on display during Parent/Teacher Conferences on March 6th & March 7th. **THANK YOU so much for your support!**



ANTI-RACISM POSTER CONTEST

We would like to congratulate 3 of our students who were recently acknowledged for their terrific artwork in an anti-racism poster design competition. 1st place went to Rebekah Fraser, and runner-up awards went to Christopher Hall and Chelsea Pelias. Well done to all 3 students for their creativity on a very important topic!





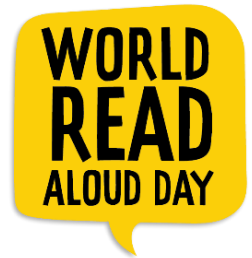
WIND CHILL AND OUTDOOR RECESS POLICY

As per Public Schools Branch policy, students are expected to go outdoors unless the wind chill is -20°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 as we are outside each morning until 8:25. Therefore, students dropped off should be dressed to remain outside until the 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.*

WORLD READ ALOUD DAY

Set aside time in your schedules on **February 5th, 2025 for Word Read Aloud Day!** On this day, families and classrooms will celebrate the joy of reading aloud! Reading aloud with children helps them to develop literacy skills, allows them to share their stories and fosters relationships. There are so many ways to participate in this special day with your child. Children can write their own story and read it to a family pet! They can read their favorite story book to a friend or read it to a family member that lives far away via video chat! Do you want to enjoy a special read aloud done by someone else? What if you listened to an astronaut read to you from outer space?! Visit Mrs. Newson's World Read Aloud Day page for more information and ideas!

Happy Reading! <https://sites.google.com/cloud.edu.pe.ca/mrs-newsons-library/world-read-aloud-day>



STONEPARK INFORMATION

There will be a **Late French Immersion Parent Information meeting at Stonepark on Wednesday, February 5th at 6:00pm (storm date is February 6th)**. Our grade 6 students will be travelling to Stonepark on Thursday, February 6th at 10:15am to attend an information session to learn about the band program and the Late French Immersion program. Students will travel by bus from LM to Stonepark.

SOCIAL EMOTIONAL LEARNING



At L.M., and all schools in the PSB, we are engaging in **Social Emotional Learning**. SEL is beneficial to children because it builds social and emotional skills, increases self-awareness, academic achievement, and positive behaviors both in and out of the classroom. Family conversations are a great way to make connections and booster SEL skills. These conversations allow family members to develop perspectives, family culture, respect for each other and problem-solving skills. *Conversation Starters for Families* list questions to help get you and your family started on this SEL activity,

<https://www.playworks.org/resource/34-conversation-starters-for-your-family/>

NEWS FROM THE SCHOOL COUNSELLOR OFFICE

Mornings can be rough in many households. Routine is paramount with kids. If you feel your child is able, have them be a part of **establishing a morning routine PLAN**, and remember to **stick to the basics!** You might want to incorporate extras such as making beds but that can be an added bonus, if there is time before heading out the door. To begin, you will greatly increase the odds of an easier morning if your child has had **enough sleep**. A nightly routine is just as important, but a topic for another day! To make the morning run as smoothly as possible, **do as much as you can the night before: packing lunches, choosing clothes to wear, breakfast choice and books in kitbags. Communicate the "get up" time to your child.**

Keep in mind some children rather an alarm than an individual to wake them up, if possible. If the morning is not going well, **stay calm**. Make sure **the expectations are clear, use a calm voice and simply focus on the next step. Visual schedules, or check lists are needed for some kids. If the morning does not go well, be sure to address it with your child and ask what will make tomorrow's morning go better. Good luck 😊**



TECHNOLOGY AWARENESS

How can screens affect children's eyes? <https://www.mykidsvision.org/>

Using digital devices for learning, homework and leisure time can be in many forms, such as laptop computers, tablets and hand-held smartphone devices. Research shows that screen time can be beneficial to kids when balanced with other activities away from the screens.

Spending too much time on screens is a concern for parents as excessive use can impact development of good vision as well as physical and mental health outcomes.

Children exposed to screens before age 3 are more likely to have developed myopia by pre-school age.¹ Myopia is an eye condition which causes blurred far vision, and is also known as short-sightedness or near-sightedness.

Once myopia develops in children, it typically deteriorates every few to several months. Myopia is a significant concern to quality of life in children and teenagers, and poses a risk to long-term eye health.



Key points

- Myopia is a progressive eye disorder which affects vision, quality of life and increases eye health risks across a person's lifetime
- Myopia typically starts before age 10 and then deteriorates every few to several months until it stabilizes in the late teens or early 20s
- Myopia control treatments are available to slow down the progression, or worsening, of childhood myopia. These include special types of spectacle lenses (glasses), soft contact lenses, ortho-k contact lenses and atropine eye drops

- Myopia control has short-term benefits of better vision between eye exams and long-term benefits of protecting eye health
- Considering your child or teenager's time spent outdoors and screen time are also important factors in managing myopia

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 as well.**



SCHOOL CANCELLATIONS - 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.

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.

COMMUNITY HAPPENINGS

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

PEI Home and School News, February 2025

📱 Screen time Guidelines - New screen time draft guidelines are now available to help encourage healthy screen use behaviours in Island schools. Following the ministerial directive on restricting cell phone use in schools, these [draft guidelines](#), developed in collaboration with health expert Dr. Travis Saunders, provide educators with best practices on screen use that enhance student health, engagement and academic success while minimizing social and physical harm.

"While screens are present everywhere in our lives, it is our responsibility to help young people develop smart screen use behaviours that positively benefit their learning and wellbeing. Providing our educators with best practices as well as tips and tricks will give them the knowledge and flexibility to choose when and how they use screens in the classroom. Technology can be a powerful learning tool, and we want to ensure that young people are equipped to make healthy, balanced decisions."

- Minister of Education and Early Years Rob Lantz

PEI residents can review the guidelines and send their feedback to educationpolicy@gov.pe.ca

until **February 6, 2025**. Comments received will help inform the development of future resources for parents, guardians and students to apply similar approaches outside the classroom.

📅 **Presidents' Annual Reports** - Each Home and School President is requested to write and submit their Annual Report to the Federation office by February 28. Please involve your executive team in helping you with the content. All reports will be included in the 72nd Annual Book of Reports. In your report, include activities from this school year, starting in September and ending in June. You can find tips on how to write your report by reviewing last year's 2024 Book of Reports at: <https://peihsf.ca/agm/>. If you need assistance, please contact Jeana MacIsaac at the PEIHSF office at info@peihsf.ca or 902-620-3187.

Teacher/Staff Appreciation Week - Teacher/Staff Appreciation Week is from February 10-14, 2025. Home and School Associations are planning ways to thank school staff during this week. Start brainstorming ideas now to express your gratitude to the staff.

Volunteer & Life Member Awards - The Federation's Volunteer of the Year Award recognizes one volunteer's significant contributions to helping volunteers in their local school communities. The Life Member acknowledges service to the provincial Federation. Associations may nominate Home and School volunteers for these awards by the deadline: **March 2**. Criteria and Form are online at: <https://peihsf.ca/awards/>

AGM coming in April - The P.E.I. Home and School Federation's **Annual General Meeting** will be on **April 12, 2025**, at the Rodd Charlottetown Hotel. The Federation office will mail the AGM package to presidents and information will be posted at: <https://peihsf.ca/agm/> Plan to register 2-5 delegates to represent your school.

What do you know about the harms of youth vaping? - The Chief Public Health Office has developed a Smoking/Vaping presentation for junior and senior high students. The Tobacco Enforcement Officer (TEO), Kelly Campbell, has been actively trying to combat youth smoking/vaping in various ways and has presented to several intermediate-level classes. This presentation, aimed at parents/adults, highlights associated with electronic smoking devices (ESDs). The high-level topics addressed include:

- Terminology/Types of Electronic Smoking Devices
- Nicotine Replacement Therapies
- What is in a Vape
- Effects of Social Media
- Nicotine Content of Vapes
- PEI Examples of Confiscated Products (from schools)
- Ways to Hide Vapes (e.g. highlighter, sharpie, etc.)
- Safe Disposal
- Fire Safety Concerns
- Resources

I urge all Junior and Senior High Home and School/Parent Council groups to schedule a time for Kelly to speak to parents during your local school meetings. The goal is to equip adults with comprehensive information so they can effectively discuss the harms of vaping with their children and be more aware of the products available and their potential health effects. He wants to present to every school community in Prince Edward Island. Please contact him directly at kdcampbell@ihis.org.

Pink Shirt Day Canada 2025 "Choose kindness!" - Join in the national celebration on February 26th and help to eliminate bullying and discrimination in all its forms. For more information go to: <https://pinkshirtdaycanada.ca/>

Winter Indoor Soccer Programs - Delta Soccer is offering winter indoor programs that will run between February 18th and April 5th. Programs consist of six, 1-hour sessions and there are options for participants born between 2011 and 2020. For program descriptions, schedules and to register go to deltasoccer.ca.



SPRING SPECIALTY BASKETBALL CAMPS

This spring, we're offering a series of Specialty Basketball Camps designed to help young athletes hone their skills in specific areas of the game. Each week, our expert coaches and UPEI Men's Basketball players will focus on a different key skill, ensuring players leave with improved technique, confidence, and a love for the game.

GRADES 3-9

Sunday, March 9th - Shooting
Sunday, March 16th - Defence
Sunday, March 23rd - Finishing & Footwork
Sunday, March 30th - Ball Handling
Sunday, April 6th - UPEI Panthers Training Day

All sessions will run from 9am - 1pm

\$200 FOR ALL 5 SESSIONS Camp T-shirts, water bottles, snacks at intermission, and prizes!

This is a fantastic opportunity for young players to train with experienced athletes, improve their game, and have a blast along the way. Spaces are limited, so register today and join us for an unforgettable basketball experience!

UPEI SPORTS CENTRE
550 University Ave, Charlottetown

For questions or registration details, contact us at:
1ststepball@gmail.com.

