

**Montague Consolidated School**  
**Parent Newsletter**  
**February 01, 2021**

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Principal

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# February

## Dates to Remember:

Feb 8<sup>th</sup> – Home & School Meeting @ 6:00pm

Feb 15<sup>th</sup> – Islander Day – **No School**

Feb 24<sup>th</sup> – Pink Shirt Day

Feb 26<sup>th</sup> – Professional Learning Day –**No School**



Reminder to please send in healthy lunches and not junk food! Thank you!



### Home & School News.....

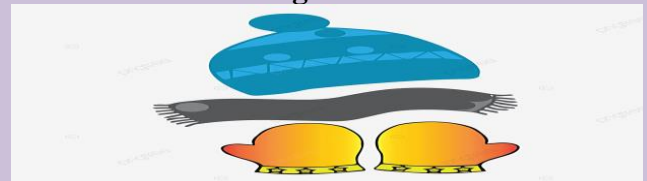
The next Home & School Meeting will be held on Monday February 8<sup>th</sup> @ 6:00pm

**February 24**

**Anti-Bullying  
“Pink Shirt” Day**



## Dressing for winter!



Now that winter is here parents please make sure that students are dressed appropriately for outdoor recess with hats, mittens, boots, and snow pants. It would also be a good idea to have an extra pair of mittens and socks in your child's kit bag as well as these items usually get wet – especially mittens.



The PEISAA has cancelled the Provincial Gymnastics meet for 2021. After school sports will be beginning in February with permission slips going home soon!



## **Montague Family of Schools: Student Well-being Team (SWT) News**

The team have been busy offering individual service to students and their families, as well as offering presentations as requested by school staff. Some topics offered include introduction to wellness, mental health and stress, and healthy coping strategies for exam readiness. The team looks forward to offering more presentations this month, including topics on healthy relationships, coping strategies and parenting support.

**Team Update:** The team welcomes two third year nursing students (UPEI) Tessa Steele and Jessica Vos to our team for the next two months. Tessa and Jessica will be offering presentations to classes on wellness topics, and helping the nursing SWT members offer the elementary coping skills group this winter.

### **Did You Know?**

Our team accepts individual referrals to service. To request more information on the types of services we offer, you can email our team using [MontagueSWTReferrals@edu.pe.ca](mailto:MontagueSWTReferrals@edu.pe.ca) or call 902-838-0835 ext 241.

For more information on our team and service we offer, check out the following link:  
<https://www.princeedwardisland.ca/en/information/education-and-lifelong-learning/montague-family-schools-student-well-being-team>

### **Parenting Information:**

Each newsletter we will be offering some helpful take home messages to parents of children aged 0-12, and Teen. Check out the information for parents of teens in this newsletter.

### ***Raising Responsible Teenagers Take Home Messages:***

Help your teenage to become more responsible by encouraging them to:

- Take part in family decision making
- Be respectful and considerate
- Be involved in family activities
- Develop a healthy lifestyle
- Be reliable
- Be assertive.

Want more information, check out the next program offer, and/or visit the link <https://www.triplep-parenting.ca/can-en/find-help/triple-p-parenting-in-prince-edward-island/>



### **Bring Your Own Cutlery to School!**

*Beginning the week of February 15th, students participating in the PEI Healthy School Food Program must bring their own cutlery to school. Please note that February 12th will be the last day that vendors will be providing cutlery with meals*



**Parents are reminded to register their children for Kindergarten for the 2021-2022 school year**

- Children must be 5 years old by December 31, 2021, in order to be eligible for Kindergarten.
- You will be required to fill out a registration form. Bring two documents which will verify your child's age are necessary (i.e. Birth Certificate, PEI Health Card).

