

The Montgomery Times

May 2022 Edition



On May 8th we celebrate Mother's Day!
On behalf of the Viscount Montgomery Staff we
would like to wish all the Mothers and loving
caregivers in our community a wonderful day filled
with much health, love, joy and laughter!



To get the latest news and information be sure to subscribe to our website:

<https://www.hwdsb.on.ca/viscountmontgomery/>

Also follow us on Twitter

@Viscount_HWDSB



Kindergarten registration is well underway for the 2022- 2023 school year!
Please complete your registration on-line at hwdsb.on.ca !

Only parents or legal guardians can register their children for school. The following documents are required:

- Proof of age (child's birth certificate or passport);
- Proof of address (identification that shows parent/guardian's current home address);
- Proof of immunization is sent to Public Health;
- Verification of date of arrival/immigration documents (if the child was not born in Canada);
- Custody documentation if applicable;
- Completed Student Registration Form - available at the school or online at www.hwdsb.on.ca/kindergarten

We Help.

I HELP PEOPLE.
WHAT'S YOUR
SUPERPOWER?



Worried about a friend?
Talk to someone immediately.

kidshelpphone.ca 1-800-668-6868
HWDSB Helps app / text 905-963-0066 (non-crisis situations)

Suggest how we can help each other using **#HWDSBwehelp**

EQAO 2022

EQAO (Education Quality and Accountability Office) provincial assessments measure students' literacy (reading and writing) and math skills at key points in students' educational careers. Following Ministry direction, Primary, Junior and Secondary EQAO assessments will be resuming in the spring of 2022, following a two-year pause due to COVID-19 disruptions.

For further information please click here
<https://www.hwdsb.on.ca/blog/eqao-assessments-for-spring-2022/>



Cell Phone Use

In order to keep all students safe, all student cell phones must be kept in their school bag or locker at all times unless instructed to be used by the teacher during instructional time.



Are You Moving?

To help us with our planning for the September 2022-2023 school year, it would be appreciated if you could notify the office if you will be moving from our area between now and September.



Class Placements 2022/23

With a new school year approaching, many parents wonder about who their child's teacher will be. This process for organizing classes is now underway. When creating classes, teachers meet with each other and school administration to discuss the needs of each student. Some of the issues that are discussed are:

- Balance of ability, interests, and talents
- Learning styles of students
- Teaching styles of teachers
- Resources and remedial needs, enrichment needs
- Students to be kept together or separated because of the positive/negative influence on each other's learning.



We appreciate your trust in our professional judgement in balancing the considerations mentioned above. The final decision for class placements is the responsibility of the principal. If you have further information regarding your child's learning needs that we should consider, please send an email to dfede@hwdsb.on.ca with the specifics **due by May 20th**. We will not entertain requests for specific teachers. Please consider the bullets listed above. We will do our best to accommodate your child so that we can maximize their learning opportunities thereby, increasing their chances for success.

Please note that all class placements are tentative until the end of September.



Elementary Learning: Human Development & Sexual Health

HWDSB is committed to the health and well-being of all our students. All students deserve to have the knowledge to keep themselves safe and to act with care and consideration for themselves, their peers, and all people in their communities. Throughout the month of May and June, our staff will be committed to teaching the 2019 curriculum including topics such as online safety, sexual orientation, mental health, gender identification and consent, with our continued comprehensive safety and well-being approach, in a professional and respectful manner that is both developmentally and age appropriate. A letter to families will be sent home by homeroom teachers before the unit begins.

Recognizing that parents are the primary educators of their children with respect to learning about values, appropriate behaviour and ethnocultural, spiritual, and personal beliefs and traditions, it is important for schools and parents to work together to ensure that home and school provide a mutually supportive framework for young people's education. Therefore, any families who wish to have their child(ren) exempt from this learning, will need to complete an exemption form. This can be done through the Parent Portal, or paper copies/and/or phone calls to the school will also be accepted.

School Busses

The HWDSB Transportation service is responsible for the carriers that bring our students to and from school. At times, school busses may run late and the delay time could take up to 30-60 minutes. We strongly encourage all families to check the status of their child's bus on a daily basis. This could be done using the following link: <https://www.hamiltonschoolbus.ca/>

Here you will find a posting of all the delays.

You can also phone transportation directly at (905) 523-2318 or 1-800-691-6402 with any questions you may have, as our school office closes at 4:00 PM.

Bus Delays



Out of Catchment Requests

It is hard to believe that the end of the school year is soon approaching. For the 2022/23 school year, Viscount Montgomery is open to any families who live outside of the catchment area. However, please note that this does not mean that a space will automatically be granted.

Many factors are taken into consideration when accepting Out of Catchment requests, primarily, the number of students currently registered. In our primary classes we have a provincial cap of 20 students.

Requests for Out of Catchment will be reviewed in the third week of September, once we have updated information with regards to enrollment.

If you are unsure of your child's home school, please use

HWDSB's School Locator found at:

www.hwdsb.on.ca/find/



Coming Soon!

Community Paint Night

"Cookies and Canvas"

Date to be determined!



Relocating the Existing School Bus Loading Zone



Parking Enforcement has noted a bottleneck effect with school buses and cars within the current loading zone on Glenhome Avenue. In order to ensure safety and alleviate congestion, a proposal has been made to relocate the existing School Bus Loading Zone from Glenholme Avenue to Lucerne Avenue.

The old location of the school bus loading zone will remain as a No Parking area. This will give an area for parents to pick-up/drop off their children.

The changes are proposed to be made over the July/August months so that this would be a fresh start for the new 2022-2023 school year.

Volunteers at Viscount Montgomery

With the updated changes in Public Health measures, we are preparing for the gradual return of volunteers. Volunteers play an important role in contributing to student's educational experiences and opportunities here at Viscount Montgomery and we are excited to resume our partnership in alignment with current guidelines, policies, and procedures. Student safety is our priority.

Please note that to volunteer with HWDSB the following documentation is required.

Volunteer Information Sheet [Appendix A](#)

Agreement Form [Appendix B](#)

Vulnerable Sector Screening (must be dated/issued within the last 6 months)

Thank you for making a difference and ensuring the safety of all our students!



SCHOOL STORE

THE GRAND OPENING OF THE
VISCOUNT SCHOOL STORE IS ON
TUESDAY MAY 3.

Items	Listed Price
Chocolate Milk	\$1.25
Safe School Cakes	\$0.75
Welch Gummies	2 for \$0.75
Chips	\$0.75
Nut and Tree Nut Free Cookies - Chocolate Chip Triple Chocolate Chip Fun Confetti White Chocolate Fudge	\$1.25

STORE HOURS: TUESDAYS TO
THURSDAYS AT SECOND NUTRITION
BREAK.



**This years proceeds will be
put towards the Grade 8
Commencement.**



Little Caesars®

Viscount Montgomery
School Fundraiser

**2 Medium Pepperoni or Cheese
Pizzas**

1 Crazy Bread & Sauce

\$15.99

Wednesday May 4th ONLY!

*Available at 280 Queenston Rd.
(Parkdale and Queenston)*

Purchase to support students of Viscount
AVAILABLE ALL DAY!



Prom Project 2022

HAMILTON

About Prom Project Lite

This "pop-up shop" style event gives Hamilton students the opportunity to pick out formal wear for special events, free of charge.

Saturday, May 7, 2022

From 9 a.m. to 4 p.m.

Sir Winston Churchill Secondary School

1715 Main St E, Hamilton, ON L8H 1E3

Walk-ins **CANNOT** be accepted.
Please register for an appointment.

Information and registration:

hwdsb.info/PPH2022

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- * **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- * **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- * **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- * **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- * **TIP:** Try this quiz to find out if you're practising enough self-care 🎯

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! 🎯



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- * **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' 🎯

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- * **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- * **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- * **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- * **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Education/ Mental Health Week	3	4 Star Wars Day Little Caesars' Fundraiser	5 Wear Green Day for Mental Health Awareness	6 Fire Drill VM Swag Day – School Colours	7
8 Mother's Day	9	10	11	12	13 Fire Drill	14
15	16	17	18	19	20 Silly Hair Day	21
22	23 Victoria Day No School	24	25 Evacuation Drill	26	27	28
29	30	31				