



Information for parents and students

Mission Statement



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Nutrition and Food Services



Vocational Education Information

MISSION STATEMENT

The mission of the English Montreal School Board is: "to support its schools and centres in their efforts to educate students within a caring, safe and inclusive learning community". To fulfill its mission, the EMSB will:

- recognize and value the diversity of its community;
- provide all students with the opportunity to develop their talents and achieve their personal best;
- recognize the skills and competencies of its employees and support their ongoing professional development;
- encourage collaboration among the various educational partners;
- use resources effectively and innovatively to help schools and centres focus on the mission of instruction, socialization and qualifications;
- encourage lifelong learning and critical thinking.

MASS NOTIFICATION SYSTEM

The EMSB has currently in place an automated notification system. This system allows the EMSB to send information messages to your home, work, cell phone and email address. The system is used to communicate information such as school activities, special dates or events, emergency situations which include unexpected early dismissals, delayed school openings, school cancellation notices and others. The contact information must be updated to make sure that parents, guardians and students receive prompt and accurate delivery notifications. The system effectiveness relies on accurate information. Therefore the EMSB requires that parents, guardians and students provide up to date information on any and all telephone number(s) and email addresses available for parents and guardian(s). This information should be provided or updated on the **Student Verification Form**.

Inclement weather may disrupt bus transportation and regular school operations. This decision is usually made by 7:00 a.m. You may visit www.emsb.qc.ca or you may follow the EMSB on **Twitter** and **Facebook** or listen to any of the following radio stations for information: CJAD 800, Virgin Radio, CHOM, TheBeat925, TSN 690, CBC Radio-88.5FM, and Radio Canada-95.1FM.

You will receive one of the following messages:

- **Buses are cancelled:** this message means that the schools remain open for students, but transportation services provided by the EMSB are cancelled for the area(s) affected. **When buses are cancelled in the morning, they will not run in the afternoon.** Some fully-bused schools are closed to students when buses are not running. Individual communities involved are aware of these schools.
- **The schools are closed.** This message means that, due to bad weather conditions, schools are closed to students.
- **All schools and EMSB Head Office are closed.** This message means that due to bad weather conditions, schools and board offices are closed to students and staff.

ONLINE EDUCATIONAL RESOURCES

Subscribe to the **LEARN** newsletter to receive the latest news, teaching tools, resources, student support services, and more!

LOG IN TO USE THROUGH OUR WEBSITE WITH YOUR USERNAME AND PASSWORD OR THROUGH YOUR SCHOOL BOARD PORTAL

- MORE TOOLS AT NO CHARGE ON OUR SITE**
- HOW TO's**
Step-by-step descriptions of common tasks for students
- SUCCESS CHECKER**
Practice tests for High School Students - Cycle 2 to prepare for exams
- SCHOLASTIC BOOKFLIX**
Online e-books for K through Cycle 2

VoD Zone

A collaboration between LEARN and La Société GRICS that offers over 5000 Streaming Discovery Education videos to students free of charge.

Pictures, sounds and video clips can be incorporated into teacher or student productions. Access to the videos is done through a personalized LEARN user name and password, which in turns directs the user to their own personalized LEARN homepage.

Access is available from 5 p.m.-7 a.m.

For additional information, log on to www.learngrics.ca.

Tel-jeunes

A free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. Whether by telephone or via the Internet, professional counselors establish a relationship of trust with young people, answer their questions, and help them through whatever problems they are facing.

Tel: 514-288-1444 <http://en.teljeunes.com/home>

Allô prof

Offers free confidential educational services that are accessible to all elementary and secondary students after school hours. Services are offered in French only. Monday to Thursday, 5 p.m. to 8 p.m. To reach a teacher: 514-527-3726 www.alloprof.com.

EMS Virtual Library

24/7 ~ Bilingual ~ Reliable ~ Future-Ready

Ask your librarian!

UNIVERSALIS Britannica School
 UNIVERSALIS junior eduMedia
 Username: **emsb**
 Password: **csem**

Canadian Points of View
 Username: **emsb2**
 Password: **csem2**

Sora
 Log in with your EMSB email.
 Setup code: **emsbca**

TUMBLE BOOK LIBRARY
TEEN BOOKCLOUD
 No password!

Search the library catalogue!
 Regard

Rat de bibliothèque NUMÉRIQUE
 Ask for login information at your school library.

LE JOURNAL DE MONTRÉAL **MONTRÉAL GAZETTE**
 Ask for login information at your school library.

BookFLIX
 Login with your LEARN account

virtuallibrary.emsb.qc.ca

See the ePortal (Virtual Library Off-Site Access) for more information.

SOME COMPLEMENTARY ACTIVITIES

Depending on social distancing guidelines – activities may vary

HOSPITAL OPPORTUNITY PROGRAM FOR STUDENTS (HOPS) HOPS, a specific career exploration program, was designed to provide an opportunity for Secondary V students to gain “hands-on” experience in the various departments of a large hospital. The Program has enabled students to spend 1/2 day per week for two six-week periods in various departments of the hospital. Applications are available from your guidance counsellor. Interviews take place October and the program begins with an Orientation Session at the hospital at the end of October.

CAREER EXPLORATION PROGRAM The participation of over 800 companies where students are placed for one day in a profession or trade of their choice. They learn through observation, discussion and practical work. This program is offered to all Secondary IV and V students. Applications are available from your guidance counsellor in November. Visits to companies/ institutions take place between December and April.

HIGH SCHOOL CAREER FAIR – October 2020

The EMSB hosts Career Fair at St. Pius X Career Centre, The main objective is to provide students with an in-depth exposure to the various educational opportunities available to them. The final day is devoted to Secondary IV students, providing them with an opportunity to start charting their respective futures two years in advance of graduation.

UNITED NATIONS UNIVERSAL CHILDREN'S DAY – November 20, 2020 Activities and programs organized by the spiritual community animators such as: Unicef projects, Toy Tea, Citizenship ceremonies, Black History Month, Veterans' Week, etc. These activities are held to promote the ideas and objectives of the Charter of Children's Rights and the welfare of Children throughout the world.

EMSB LIBRARY WEEK - January 2021 Many activities are organized by EMSB librarians and library technicians to promote the excellent resources available in our libraries.

FAMILY LITERACY DAY – January 27, 2021 Workshops, special assemblies, library and class time with special guest readers are just a few of the events taking place during Family Literacy Day. It has become a memorable experience for all who have participated in the past and it has become part of the culture of many schools. (www.fld-jaf.ca)

TEACHER APPRECIATION WEEK –February 2021 This is the week designated by the Ministry of Education to thank and honor our dedicated teachers who work hard to provide students with a good education and a positive shared experience.

CRC ROBOTICS COMPETITION: FEBRUARY 2021 Mechanical robots competition at the Secondary & CEGEP levels. Students are challenged to build a remote controlled robot, document their process on a website, produce a video,

and build a kiosk with a theme idea. Date and location are posted on their website. <http://www.robo-crc.ca>

NUTRITION MONTH - March 2021 March is Nutrition month. Elementary school students in particular are sensitized to the importance of eating nutritiously. They also learn that a good breakfast every morning is necessary in order to maintain good health and to perform well in school.

ZONE 01 COMPÉTITION DE ROBOTIQUE : Mars ou Avril 2021 La Zone01 est un Organisme à But Non-Lucratif (OSBL) au Québec qui se concerne avec l'avancement de la robotique pédagogique avec le système LEGO. Cette compétition régionale se déroulera en JEUX ROBOT 911. Les dates et endroits pour les événements sont publiés sur le site web. <http://www.zone01.ca>

HYDRO QUEBEC REGIONAL SCIENCE & TECHNOLOGY FAIR: MARCH 2021 For Secondary & CEGEPs Interested in exhibiting their schools project in Science and Technology experimentation and research ideas. Date and location are posted on their website: <http://www.sciencetech.ca>

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION -March 20, 2021 Many EMSB high schools present special programming on this day with the objective of celebrating diversity, multiculturalism and mutual respect.

VOLUNTEER APPRECIATION EVENING-April 2021 Parent volunteers perform valuable services in our schools. Each year, on the occasion of National Volunteer Week, a special gala event is held to pay tribute to them in helping us enhance the educational experience of their children.

ROBOCUP JUNIOR QUEBEC COMPETITION: April 2021 Challenges with playing fields in OnStage Robots, Soccer Robots with Electronic and Passive Balls, Rescue Robots in Virtual and Real fields and RoboParty for introductory challenges. All Elementary & Secondary levels are encouraged to participate with Lego and all autonomous robots. Robotics along with other technologies are encouraged. Dates and locations are posted on their website: <http://www.robocupcanada.ca>

HYDRO QUÉBEC TECHNOSCIENCE & DÉFI APPRENTI GENIE: May 2021 Science and Technology regional competition open to all young people aged 6 to 20. Not only is it a scientific challenge, but also a way to forge links with experienced professional scientists, audiences that want to get to know you, and young people from all over Québec who want to get the most out of the event. Date and location are posted on their website. <http://technoscience.ca/>

HIGH SCHOOL PUBLIC SPEAKING CONTEST May 2021 Secondary IV and V students compete in a public speaking contest. The Secondary IV Board winner will receive an all expenses paid week to *Encounters with Canada* in Ottawa and present his/her speech to the Women's Canadian Club of Montreal. The Secondary V winner will go on to take part in the Rotary Club of Montreal Public Speaking Competition.

CHORALE GALA CONCERT - May 2021 More than 75 students, representing 24 EMSB schools, participate in the EMSB choir known as the Chorale. The Chorale has had the opportunity to perform in all Montreal's top concert venues. The choir regularly participates in exchanges with other choirs.

RESOURCES AT YOUR FINGERTIPSSCHOOL

GOVERNING BOARD (GB)

Every year the school holds an assembly of parents to elect representatives to the Governing Board which is made up of parents and school staff. The general assembly elects a delegate and alternate to the parents' committee.

EMSB PARENTS' COMMITTEE (EMSBPC) The EMSBPC is composed of all delegates from all schools and a member of ACSES. The EMSBPC designates parents to various committees to the school board. The EMSBPC gives advice and makes recommendations. They elect four parent commissioners to sit at the Council of Commissioners.

ADVISORY COMMITTEE ON SPECIAL EDUCATION SERVICES (ACSES) ACSES advises the School Board on issues which affect children who are learning disabled, intellectually handicapped, hearing and visually impaired, physically handicapped or socially maladjusted.

PARENT PARTICIPATION ORGANIZATION (PPO) HOME & SCHOOL (H&S) The groups promote parental involvement through volunteering, fundraising and school activities.

ENGLISH MONTREAL STUDENT ADVISORY COMMITTEE (EMSAC) Composed of students from high schools, this committee links the students and the Council of Commissioners for discussion on common issues. The committee allows the students to develop necessary leadership skills needed to become future leaders in our community, the business world and beyond.

For more information visit the parent info tab at www.emsb.qc.ca

QUESTIONS OR CONCERNS

Step 1 Talk to your child's teachers

Teachers are one of your most important sources of information. They know your child and can provide valuable information.

Step 2 Talk to your principal

Principals are another important resource that can address any

questions you may have.

Step 3 Talk to your Regional Director

They are another important resource that can help you with any concerns or questions.

Step 4 Visit the Websites www.emsb.qc.ca

WHOM DO I CALL?

Administration Building	514-483-7200
Not sure whom to call	0 for reception
Director General	#7262
Deputy Director General	Administration #7227
Deputy Director General	Education #7232
Regional Director East Sector	#7239
Regional Director West Sector	#7624
Secretary General	Procedures, access to info #7264
School Organization	
Eligibility	#7248 #7250
Daycare	#7518
Transportation	#7255
Communications	website, media, GB, PC #7245
Educational Services	
Summer school, exams, curriculum	#7355
Student Services	
Derogations, Guidance, special needs	#7309
Adult Ed and Vocational Services	#7449
Adult Ed and Vocational Info line	514-488-4636

OTHER RESSOURCES

Ministère de l'Éducation et de l'Enseignement Supérieur
<http://www.education.gouv.qc.ca/en/home/>

Student Ombudsman 514-483-7200 ext. 7880
studentombudsman@emsb.qc.ca

E.P.C.A.-English Parents' Committee Association
<http://epcaquebec.org/> info@epcaquebec.org



FOOD

PEANUT, TREE NUT, EGG, FISH, AND OTHER ALLERGENS

Helpful information on food labelling...

In Canada, the most common allergens (eggs, mustard, milk, peanuts, seafood, sesame, soy, sulfites, tree nuts and wheat) must be clearly declared on the product label.

Claims or symbols are not government regulated. The **Allergen Control**™ program is the only allergen control certification program recognized by Health Canada. Their logo can be found on specific manufactured products that offer the best possible protection to consumers.



Be aware that even the most refined allergen detection test cannot ensure the purity of a product.

Therefore, it is never a guarantee that a product is “100% allergen-free”.

For more information, visit the Allergies Québec website:
www.allergies-alimentaires.org/fr

Dear Parents,

Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (anaphylaxis).

Providing a safe environment for our students is our priority. To help maintain our school “**ALLERGY SAFE**” and reduce the risk of unfortunate events, all students are asked to:

- ✓ Prioritize **VEGETABLES and FRUITS** as snacks.
- ✓ Ensure **HAND-WASHING** before and after eating
- ✓ Practice the “**NO SHARING FOOD**” rule; including utensils, containers and water bottles
- ✓ Ensure no eating in **SCHOOL BUSES**

As the absence of allergens in foods offered through various programs and activities cannot be guaranteed, parents of children with allergies are reminded to provide allergen-free foods from home if they opt not to participate in these programs/activities. Furthermore, parents are advised to evaluate all risks associated with using the school cafeteria and outside food suppliers to make an informed decision on the use of these services.

Students with severe food allergies should eat at their assigned “reserved” seating in the lunchroom. They should ensure cleaning (using cleaning wipes) of their meal surface area before eating and use a place mat to set their food (cleaning wipes and place mats to be provided by parents). Moreover, students are encouraged to use isothermal containers (thermos) for hot meals and refrain from using microwave ovens.

As providing a safe environment for our students is a major concern, we wish to remind all parents that an **allergen-free environment cannot be guaranteed in our school as complete avoidance of all allergens is not possible**. If at any time a student feels at risk in the possible presence of an allergen, he/she should immediately go to a safe area and report to a responsible adult.

Parents of students with food allergies are reminded to inform the school Principal of their child’s allergy and ensure that auto-injectors are readily available and replaced before the expiration date.

Thank you for helping us maintain our school “**ALLERGY SAFE**”.

Your Principal and School Board Dietitian



Canada's food guide

Health Canada released Canada's new food guide in January 2019

Promoting Healthy Eating at School Eat a variety of healthy foods every day

The English Montreal School Board Nutrition Policy aims at promoting healthy lifestyle habits through nutritious food choices and physical activity. Feeding the body and mind daily with nutritious foods benefits healthy growth and academic success! For more information on the Nutrition Policy, visit the Nutrition and Food Services website at www.emsb.qc.ca/emsb/services/support-services/nutrition

Have plenty of vegetables and fruits

What about milk?

- Milk and dairy products are now considered protein foods
- They remain an important source of vitamin D and calcium, especially for children
- Milk is also a source of hydration



Eat protein foods



Make water your drink of choice

Choose whole grain foods

Tips to stay hydrated with water

- Pack and carry a reusable water bottle
- Drink water at meal and snack time
- For flavor, add fruit or herbs to water (e.g. mint, strawberries, pear ...)
- If you like fizz, try carbonated water
- Drink water during and after playing sports or being active

Key messages

- The Eat Well Plate allows you to easily see how to create a balanced meal. At every meal, aim to fill half your plate with vegetables and fruits, a quarter with protein foods and a quarter with whole grain foods. Eating a variety of foods provide various nutrients needed to grow, learn and be healthy.
- Examples of protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat.
- Healthy eating goes beyond the foods on your plate. Being mindful of your eating habits, cooking more often, enjoying your food and eating meals with others are all important parts of healthy eating.
- Being mindful of your eating habits includes being aware of and eating according to your feelings of hunger and fullness. As children can become full quickly, snacks are important to ensure they are meeting their nutritional needs.

For more information, visit Health Canada's website: <https://food-guide.canada.ca/en/>

CLICKVOC

Vocational training
on the Island of Montréal

Search

My personality...

- Artistic
- Communicative
- Creative
- Entrepreneurial
- Environmental
- Gourmet
- Helpful
- Organized
- Practical

Endless trades...

- Classic
- In demand
- Technological
- Traditionally male
- Up-and-coming
- Up-to-date

Alternatives in VT

- 3 different paths

- ▶ [Programs offered in French in Montréal](#)
- ▶ [Programs offered in English in Montréal](#)
- ▶ [Elsewhere in Quebec](#)
- ▶ [Our school boards](#)

- ▶ [Everything I need](#)
- ▶ [How to register](#)
- ▶ [Health and safety](#)
- ▶ [FAQ](#)
- ▶ [Other related websites](#)

Unlimited opportunities
for you
and your future

Newsflash!

The Quebec Skills Competition,

the Hats Off Competition, the Education Training Career Fair and the Job Training Fair, as well as the Québec Entrepreneurship Contest... a wealth of exciting activities to get involved in are waiting for you. >>

Preview to
EXPLO

A Feel for
Vocational Training

Test
What do I like?

Montreal - A choice by
Excellence
for your studies

