



## Information for parents and students 2023-2024 school year



Mission Statement



Mass Notification System



On-Line Educational Resources



Some Complementary Activities



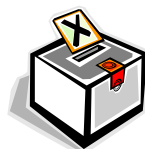
Resources at your Fingertips



Nutrition and Food Services



Vocational Education Information



Registering for School Board Elections

## 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](http://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-based 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

### 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.

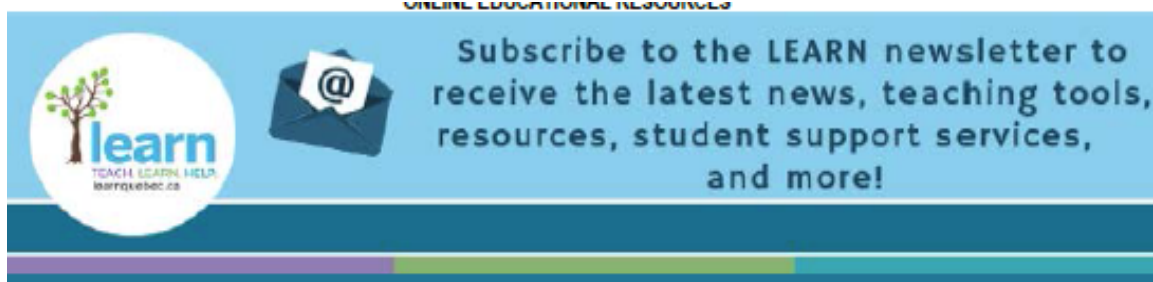
For additional information, log on to [www.learngrics.ca](http://www.learngrics.ca).

### 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>

ONLINE EDUCATIONAL RESOURCES



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

TEACH LEARN HELP  
learnpublic.ca

MORE TOOLS AT NO CHARGE ON OUR SITE

HOW TO's  
Step-by-step descriptions of common tasks for students

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

SUCCESS CHECKER  
Practice tests for High School Students - Cycle 2 to prepare for exams


SCHOLASTIC BOOKFLIX  
Online e-books for K through Cycle 2

**alloprof**

## Your homework help and so much more!

Alloprof can help you:

- learn and revise while having fun,
- when you get stuck in your homework
- say hello to good grades.



Ask your questions for free!  
Telephone • Text message • Chat • Help Zone

**Visit our website! →**

EMSB VIRTUAL LIBRARY

EN FR

Home Login Information Library Catalogue

ELEMENTARY SCHOOLS HIGH SCHOOLS TEACHERS ALL RESOURCES CONTACT

To find the site: Google "EMSB Virtual Library" Or at this address: [virtuallibrary.emsb.qc.ca](http://virtuallibrary.emsb.qc.ca)  
➤ Use your EMSB username and password to get access to many of these great resources!

**From home or school ~ 24/7 ~ Bilingual ~ Reliable ~ Helpful for homework**

### Encyclopedias / Dictionnaires

Britannica School UNIVERSALIS junior.edu THE CANADIAN ENCYCLOPEDIA usito And more...

### eBooks and Audiobooks

Sora OverDrive TUMBLE BOOK LIBRARY e-books for e-kids biblius.ca Ma bibliothèque numérique Rat de bibliothèque And more...

### Streaming

CURIO.CA FNO NFB EDUCATION IDÉLLO TFO

### Science

eduMedia GALE INTERACTIVE SCIENCE

### Homework Help

LEARN Online Tutoring learn alloprof

### News and Articles

The Gazette NATIONAL POST LE JOURNAL DE MONTRÉAL

### Social Sciences

GALE IN CONTEXT CANADA HISTORY Reference Center Available via EBSCOhost Canadian Points of View Reference Centre



**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:** The EMSB hosts a 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<sup>th</sup>:** 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:** Many activities are organized by EMSB librarians and library technicians to promote the excellent resources available in our libraries.

**FAMILY LITERACY DAY – JANUARY 27<sup>th</sup>:** 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](http://www.fld-jaf.ca))

**TEACHER APPRECIATION WEEK – FEBRUARY:** 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.

**NUTRITION MONTH – MARCH:** 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.

**INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION – MARCH 20<sup>th</sup>:** Many EMSB high schools present special programming on this day with the objective of celebrating diversity, multiculturalism and mutual respect.

**VOLUNTEER APPRECIATION – APRIL:** Parent volunteers perform valuable services in our schools. Each year, on the occasion of National Volunteer Week, a special ceremony is held to pay tribute to them in helping us enhance the educational experience of their children.

**HIGH SCHOOL PUBLIC SPEAKING CONTEST – MAY:** 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:** 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.

**CRC AND JUNIOR ROBOTICS COMPETITION-** The CRC Robotics Secondary and CEGEP Competition integrates STEM competencies with visual arts, computer simulations, 3D and 2D animations, drama, web design, marketing and kiosk creation. It offers learning opportunities for STEAM-oriented, interested students. The enriching challenge of building a kiosk, large mechanic-based machine and programming a remote-controlled robot is the corner stone of the CRC event. At the same competition, the Junior Robotics competition for Elementary and Secondary students is held in conjunction with the CRC Robotics. The Junior competition incorporates mostly LEGO-based robots for its designated tasks. These two competitions are under the umbrella of the Québec based Educational Alliance for Science and Technology (EAST) organization. (<http://www.robo-crc.ca>)

**FIRST® ROBOTICS-** FIRST abbreviated, for Inspiration and Recognition of Science and Technology, is a robotics community that aims to prepare young people for future jobs through a suite of inclusive, team-based robotics programs for ages 4-18. These activities and competitions can be facilitated in school or in a structured afterschool program. Boosted by a global support system of educators, industries and sponsors that encompass a signature set of first core values to conduct research, fundraise, design, build, and showcase the teams' achievements during annual competitions. these various competition categories are: Jr. FLL, FLL and FRC. FIRST has an interest on steam learning, interest, and skill-building well beyond high school. their international exposure and affiliations allow for participants to perform tasks encompassing the curriculum. It is regarded as a high-stakes competition and multi-faceted event. (<https://www.firstinspires.org>)

**HYDRO-QUÉBEC MONTRÉAL REGIONAL SCIENCE AND TECHNOLOGY FAIR -** The Montréal Regional Science Fair is an event representing the English-speaking school communities within the Montréal regions, the greater Montréal, Lanaudière, Laurentides, Laval, Montérégie for Secondary and CEGEP students. On another day, an Elementary event is also available for the younger students. The post-Elementary event allows students to exhibit and present their scientific innovations, experimentation and research ideas to judges and advocate it, for the general public. Some of the prize awards are monetary and opportunities for scientific recognition by industrial partners are viable. Following the Montréal Regional Science Fair, the awarded students from grades 9 – 12 have the opportunity to represent their country at the REGENERON INTERNATIONAL SCIENCE AND ENGINEERING FAIR (formerly named Intel ISEF). This global Science Fair event is the world's largest international pre-college science competition which provides an annual forum to approximately 1,800 Secondary students from 70 countries, regions, and territories to showcase their independent research. The yearly award winnings have been estimated to approximately \$4 million. Information for the individual events can be found on this website. (<http://www.sciencetech.ca>)

**RÉSEAU TECHNOSCIENCE-** Le Réseau Technoscience et ses organismes régionaux sont présents partout au Québec afin de promouvoir le goût des sciences et des technologies chez les jeunes Québécois de 4 à 20 ans. Leurs programmes et leurs activités encouragent l'émergence d'une relève scientifique tout en soutenant l'enseignement des sciences et des technologies par une approche concrète. Le Réseau Technoscience offre notamment les programmes suivants : Expo-sciences, Défis technologiques, les Animations Débrouillards et Les Innovateurs à l'école. Il assure également la diffusion de plusieurs troupes, publications et animations pédagogiques en science pour le primaire et le secondaire. (<https://technoscience.ca>)

**ROBOCUP COMPETITION-** ROBOCUP Canada is a project-oriented educational initiative that supports local, regional and international robotics and artificial intelligent (AI) events from Elementary to post-university students. Each year, a published book is available with researcher's findings. This worldwide organization is a community of sharing and provides students with opportunities to push the boundaries of AI. Each country

organizes events, competitions and conferences to allow students with the opportunity to field test their robot designs and ideas. ROBOCUP allows students to use any type of robot system and materials, students wish to explore. Every robot is expected to be 100% autonomous and students are allowed to use any programming language of choice. This robotics and AI organization embraces diversity, innovation and inventors. A variety of technologies are strongly encouraged so students can challenge the existing robots' technologies and AI ideas to help humanity be a better place. ROBOCUP advocates the importance for robots and humans to live peacefully together. ROBOCUP is backed by a Federation of researchers, top industry innovators, developing University researchers and many other worldly industries. Even more, the International committees provide support through an online forum of exchanges and dialogue to help stretch the imagination. The Québec Canada committee organizes a qualifying event yearly for Elementary and Secondary students, while Canadian University students need to submit their robotics project online before they are accepted to compete at the world event each year. Local, national and International events are accessible. <http://robocupcanada.ca>

**ZONE [01] ROBOTIQUE** - ZONE01 s'est donné quatre principaux mandats qui concernent l'avancement de la robotique en éducation à travers le Canada avec la robotique LEGOs. Ces principaux mandats est de ; (1) Promouvoir l'éducation en sciences et technologie auprès des jeunes en créant des programmes de robotique pédagogique; (2) Soutenir les enseignants dans l'intégration de la robotique en classe par des programmes, outils et formations conçus pour leurs niveaux scolaires; (3) Promouvoir l'éducation en permettant aux jeunes, enseignants, chercheurs et autres acteurs en robotique pédagogique d'expérimenter avec les plates-formes robotiques et d'échanger entre eux; (4) Promouvoir l'éducation en soutenant l'organisation des compétitions de robotique et la participation des jeunes. ZONE01 Robotics est aussi l'organisateur national du WRO. La World Robot Olympiad (WRO) Canada est une compétition internationale de robotique qui rassemble des étudiants de la 5e année à l'université avec plus de 50 pays. Des équipes composées d'étudiants et assistées d'un coach développent leurs compétences pour résoudre des problèmes à travers des défis robotiques. À l'exception de la catégorie Advanced Robotics, les défis WRO sont aussi principalement résolu en utilisant des composants LEGO. <https://www.zone01.ca>

## 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](http://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 Sector Director

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

#### Step 4 Visit the Websites [www.emsb.qc.ca](http://www.emsb.qc.ca)

### WHOM DO I CALL?

Administration Building	514-483-7200
Not sure whom to call	0 for reception
Director General	#7262
Assistant Director General	Administration #7228
Assistant Director General	Education #7227
Sector Director (East & West)	#7239/#7624
<b>Secretary General</b>	
Procedures, access to info	#7264
Governing Board, Parents Committee	#7242
<b>School Organization</b>	
Eligibility	#7248 #7250
Daycare	#7518

Transportation #7255  
**Communications** website, media #7245  
**Educational Services**  
Summer school, exams, curriculum #7355  
**Student Services**  
Derogations, Guidance, special needs #7295  
**Adult Ed and Vocational Services** #7449  
**Adult Ed and Vocational Info line** 514-488-4636

**OTHER RESSOURCES**

**Ministère de l'Éducation du Québec**

<http://www.education.gouv.qc.ca/en/home/>

**Student Ombudsman** 514-483-7200 ext. 7880

[studentombudsman@emsb.qc.ca](mailto:studentombudsman@emsb.qc.ca)

**E.P.C.A.-English Parents' Committee Association**

<https://epcaquebec.org/> [info@epcaquebec.org](mailto:info@epcaquebec.org)



## FOOD ALLERGIES

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

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.

For more information, visit the Allergies Québec web site: [allergies-alimentaires.org/en/](http://allergies-alimentaires.org/en/)

Thank you for helping us maintain our school "ALLERGY SAFE".

*Your Principal and School Board Dietitian*



## Canada's food guide

## 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](http://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



Use whole grain foods

Eat protein foods



Make water your drink of choice

### 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, eat **½ vegetables and fruits**, **¼ protein foods** and **¼ whole grain foods**. Eating a variety of foods promotes healthy growth and development.
- **Examples of protein foods** include legumes, nuts, seeds, tofu, fortified soy beverages, and lower fat dairy products such as milk, yogurt, kefir, and cheese.
- 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.
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For more information, visit Health Canada's website: <https://food-guide.canada.ca/en/>



# Notice to the anglophone school board Option or revocation of option regarding the exercise of voting rights

School board

This is meant to inform the director general or the returning officer of the school board mentioned above that the elector prefers:

- to exercise his voting right in the school board;
- to revoke his option to exercise his voting right in the school board.

## Elector concerned by the option or the revocation

\_\_\_\_\_  
First name (block letters) Last name at birth Area code Telephone number

Sex:  M  F      Date of birth: \_\_\_\_\_  
year month day Email address

## Current domiciliary address:

\_\_\_\_\_  
No. Street / avenue... Apartment

\_\_\_\_\_  
Municipality Postal code

**Since:**  
 \_\_\_\_\_  
year month day

## Previous domiciliary address (optional):

\_\_\_\_\_  
No. Street / avenue... Apartment


\_\_\_\_\_  
Municipality Postal code

## Confirmation

I confirm that I do not have a child admitted in an institution of any of the school boards that have jurisdiction on the territory where I am domiciled.

\_\_\_\_\_  
Signature of the elector

\_\_\_\_\_  
year month day

ES-17-VA (15-01)   
 Act Respecting School Elections, sections 17 and 18

This form can also be accessed on the EMSB website:  
<https://www.emsb.qc.ca/emsb/about/governance/elections/voting-rights>