



**Commission scolaire English-Montréal**  
**English Montreal School Board**

**Information for parents and students  
2025-2026 school year**



Mission Statement



Mass Notification System



On-Line Educational Resources



Some Complementary Activities



Resources at your Fingertips

**Protecteur national  
de l'élève**

**Québec**



**National Student Ombudsman**



Nutrition and Food Services



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 **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.

### ON-LINE 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. or 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>



The banner features the Alloprof logo at the top center. To the right of the logo are three icons: a red flame, a green alien-like character, and a blue diamond with the number 592. Below the logo, the text reads: "Your homework help and so much more!". Underneath, it lists three benefits: "Alloprof can help you: • learn and revise while having fun, • when you get stuck in your homework, • say hello to good grades." At the bottom right, it says "Ask your questions for free! Telephone • Text message • Chat • Help Zone".

<https://www.alloprof.qc.ca/en/students>



- Help for elementary and secondary students with homework, study and review
- Easy to use
- One-on-one sessions online
- Feedback provided after each session

[learnquebec.ca/tutoring](http://learnquebec.ca/tutoring)

**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

EMSB VIRTUAL LIBRARY

Home Login Information Library Catalogue

ELEMENTARY SCHOOLS HIGH SCHOOLS TEACHERS ALL RESOURCES CONTACT

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

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!

**Encyclopedias / Dictionaries**



**eBooks and Audiobooks**



**Streaming**



**Science**



**Homework Help**



**News and Articles**



**Social Sciences**



*Ask your School Librarian !*

### **SOME COMPLEMENTARY ACTIVITIES**

**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. Under the auspices of the Auxiliary of the Sir Mortimer B. Davis Jewish General 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 will be available from your guidance counsellor in early September. Interviews will take place in early October and the program will officially begin with an Orientation Session at the hospital in the 3<sup>rd</sup> week of October.

**CAREER EXPLORATION PROGRAM:** The participation of over 800 companies reflects the positive aspects of this program. Students are placed for one day in a profession or trade of their choice. They learn through observation, discussion and practical work the many facets of a particular occupation. This program is offered to all Secondary IV and V students. Applications are available from your guidance counsellor in early November. Visits to companies/ institutions will take place between December and April.

**HIGH SCHOOL CAREER FAIR – OCTOBER:** The EMSB Student Services Department and Adult Education and Vocational Services host Career Fair at St. Pius X Career Centre, 9955 Papineau, Ahuntsic. The main objective of the Career Fair is to provide Secondary V and senior adult education students with an in-depth exposure to the various educational opportunities available to them. The final day will be 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.

**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 SENIOR AND JUNIOR ROBOTICS COMPETITIONS** -The CRC Secondary and CEGEP Robotics 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, a large mechanic-based machine, and programming a remote-controlled robot is the cornerstone of the CRC event. The CRC Junior Robotics competition for elementary and secondary students is held in conjunction with the CRC Senior competition. 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** - 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 after-school program. Boosted by a global support system of educators, industries, and sponsors encompassing 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 in STEAM learning, interest, and skill-building well beyond high school. Their international exposure and affiliations allow 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** -This event represents the English-speaking Secondary and CEGEP school communities within the Montréal region, greater Montréal, Lanaudière, Laurentides, Laval, and Montérégie. It allows students to exhibit and present their scientific innovations, experimentation, and research ideas to judges and advocate for them, to the general public. Some of the prize awards are monetary while others are opportunities for scientific recognition by industrial partners. Following this event, the awarded students from grades 9 – 12 have an opportunity to represent their country at the Regeneron International Science and Engineering Fair (formerly called the Intel ISEF). This global Science Fair event is the world's largest international pre-college science competition that 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 be approximately \$4 million. <http://www.sciencetech.ca>

**RÉSEAU TECHNOLOGIE** -The Réseau Technologie and its regional organizations are present throughout Québec to promote a taste for science and technology among young Quebecers aged 4 to 20. Their programs and activities encourage the emergence of the next generation of scientists while supporting science and technology education through a hands-on approach. The Réseau Technologie offers the following programs: Science Fairs (including a science fair for our elementary students), Technological challenges, and Animations (by the Débrouillards and Les Innovateurs à l'école). It also distributes several science teaching kits, publications, and activities for primary and secondary schools. <https://technologie.ca>

**ROBOCUP COMPETITION** -ROBOCUP Canada is a project-oriented educational initiative that supports local, regional, and international robotics and artificial intelligence (AI) events for Elementary to post-university students. Each country organizes events, competitions, and conferences to allow students the opportunity to field test their robot designs and ideas. ROBOCUP allows students to use any type of robot system and materials that students wish to explore. Every robot is expected to be 100% autonomous and students are allowed to use any programming language of choice. 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] ROBOTICS** -ZONE01 has given itself four main mandates concerning the advancement of robotics in education across Canada with LEGO robotics. These mandates are to (1) Promote science and technology education among young people by creating educational robotics programs; (2) Support teachers in integrating robotics into the classroom through programs, tools, and training designed for their grade levels; (3) Promote education by allowing young people, teachers, researchers and other actors in educational robotics to experiment with robotics platforms and exchange with each other; (4) Promote education by supporting the organization of robotics competitions and the participation of young people. ZONE 01 Robotics is also the national organizer of the World Robot Olympiad (WRO), an international robotics competition that brings together first-year university students from over 70 countries. Teams of students, assisted by a coach, develop their problem-solving skills through robotic challenges. With the exception of the Advanced Robotics category, WRO challenges are also mainly solved using LEGO components. <https://www.zone01.ca>

#### **RESOURCES AT YOUR FINGERTIPS**

**GOVERNING BOARD (GB)** Every year the school holds an assembly of parents to elect representatives to the GB which is made up of parents and school staff. The general assembly elects a delegate and alternate to the parents' committee.

**EMSB PARENTS' COMMITTEE (PC)** The PC is composed of all delegates from all schools and a member of ACSES. The PC designates parents to various committees to the school board. The PC 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 Regional Director**

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

**Step 4 Visit the EMSB Website [www.emsb.qc.ca](http://www.emsb.qc.ca)**

**WHOM DO I CALL?**

<b>Administration Building</b>	<b>514-483-7200</b>
<b>Not sure whom to call</b>	<b>0 for reception</b>
<b>Director General</b>	<b>#7262</b>
<b>Assistant Director General- Administration</b>	<b>#7228</b>
<b>Assistant Director General- Education</b>	<b>#7227</b>
<b>Sector Director (East &amp; West)</b>	<b>#7239/#7624</b>
<b>Secretary General Procedures-</b>	
Access to Information	<b>#7264</b>
Governing Board, Parents Committee	<b>#7242</b>
<b>School Organization</b>	
Eligibility	<b>#7248/#7250</b>
Daycare	<b>#7518</b>
Transportation	<b>#7255</b>
<b>Communications- website, media</b>	<b>#7245</b>
<b>Educational Services</b>	
Summer school, exams, curriculum	<b>#7355</b>
<b>Student Services</b>	
Derogations, Guidance, special needs	<b>#7295</b>
<b>Adult Ed and Vocational Services</b>	<b>#7449</b>
<b>Adult Ed and Vocational Info line</b>	<b>514-488-4636</b>

**OTHER RESSOURCES**

**Ministère de l'Éducation du Québec**

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

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

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

Having a problem at school?

Protecteur national  
de l'élève

Québec 

Have you experienced sexual violence?



To file a complaint, make a report, or for anything else:

- [quebec.ca/droits-eleve](https://quebec.ca/droits-eleve)
- Phone/text message  
1-833-420-5233
- [plaintes-pne@pne.gouv.qc.ca](mailto:plaintes-pne@pne.gouv.qc.ca)



## HOW DO I FILE A COMPLAINT?

If you or your parents are unhappy with the school's services

- 1 Talk to the person concerned or to the person's boss
- 2 Contact the person in charge of handling complaints
- 3 Contact your Regional Student Ombudsman

## Sexual violence

If you want to, you can file a complaint directly with the regional student ombudsman. What's more, anyone else can make a report directly to the regional student ombudsman.

## 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 website: [www.allergies-alimentaires.org](http://www.allergies-alimentaires.org)

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

Your Principal and School Board Dietitian



# HEALTHY EATING with

AT SCHOOL

# CANADA'S FOOD GUIDE



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!

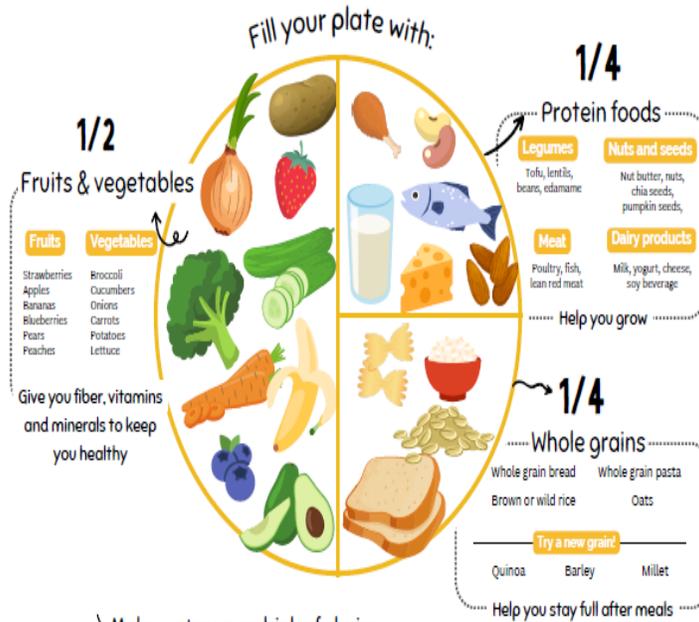
For more information



Scan here!

## The Healthy Plate from Canada's Food Guide

This simple visual tool helps us remember the different types of nutritious foods we can choose from.



### Tips to stay hydrated

- Drink water at meal and snack time
- Pack and carry a reusable water bottle
- For flavor, add fruit or herbs to water (e.g. mint, strawberries, pear...)

