



ÉCOLE MERTON SCHOOL

5554 Robinson Avenue
Cote St. Luc, Quebec
H4V 2P8
(Office) 514-481-7425 | (Fax) 514-481-1290
merton@emsb.qc.ca
<https://merton.emsb.qc.ca/>

Principal/ Directrice: Ms. Christy Tannous

AGENDA 2026-2027

Prénom/ First Name: _____

Nom de famille/ Family Name: _____

Groupe/ Homeroom: _____

En cas d'urgence / Emergency Contact

Nom/ Name : _____

Téléphone/ Phone : _____

TABLE OF CONTENTS

	PAGE
Mission Statement, Guiding Values and Rules	3
Discipline Policy.....	4
Safe School Action Plan.....	5
 School Hours.....	 6
Fees.....	6
Academics	
• French Immersion Program.....	6
• Library.....	7
• Use of Technology.....	7
• Cell Phone Policy.....	7
Procedures	
• Attendance.....	8
• Punctuality.....	8
• Vacations during the School Year.....	8
• Field Trips.....	8
• Homework.....	8
• Birthday Celebrations.....	9
 Communication with the school.....	 9
Visiting the school.....	10
Recess and Lunch.....	10
Compulsory School Dress Policy.....	11
 Parent Organizations.....	 12
After-School Services	12
 Health and Physical Well-Being.....	 12
Emergency Dismissal.....	13
 Appendix 1: EMSB Information and Communication Technologies	
Access and Acceptable Use Policy.....	14
 Appendix 2: Merton's Nutrition Policy	
"Healthy Minds in Healthy Bodies".....	15
 EMSB Resources.....	 17
 EMSB Agenda inserts.....	 18-25
• Mission Statement	
• Mass notification system	
• On-line education resources	
• Complementary activities	
• National student Ombudsman	
• Nutrition and Food services	
• Registering for School Board elections	

MISSION STATEMENT

Our mission at Merton School is to provide a safe and supportive learning environment which celebrates diversity and promotes cooperation and mutual respect. Our goal is to help children grow to become responsible, capable and engaged citizens of their school, their community and the world.

GUIDING VALUES AND RULES

Community: We **create** cooperative and collaborative partnerships that become a web of support for all of us. We see ourselves as important parts of a larger whole.

Learning: We **pursue** knowledge and understanding in all its forms. We approach the world and people with a curious, open mind.

Personal Growth: We **promote** the physical, mental and social health and well-being of every person. We make efforts to improve ourselves in every way and to realize our full potential.

Respect: We **make an effort** to understand different perspectives and treat each other in inclusive, compassionate ways that protect every person's dignity.

Responsibility: We **are each held accountable** for our learning, our actions and our words. We share responsibility for the quality of our school environment.

All our rules of conduct are focused on creating a peaceful, happy and safe environment for children to share as they engage in learning and playing together. All staff members at Merton see themselves as responsible for all the students entrusted to our care. In guiding our children, we aim to:

- Make them aware of the effects of their behaviour.
- Model for them and teach them safe, fair and helpful ways of behaving.
- Help them correct what they did wrong when possible, and/or replace negative behaviour with positive action.

Respect and responsibility for self, others, and our environment are the "bottom line" commitments of the Merton Community, and they are reflected in our behaviour guidelines.

Merton students show respect for themselves by:

- Attending school regularly and arriving on time each day.
- Making sure they have the materials needed for each class.
- Dressing in neat and appropriate clothes and looking after their personal hygiene.
- Putting their best effort into their learning and asking for help when they need it.
- Completing their work on time in the best way they can.
- Keeping toys, electronic devices, and other distractions that do not belong in school at home.
- Making healthy and safe choices for their well-being.
- Eating nutritious food.

In particular:

Students are not allowed to jeopardize their learning or the learning of their peers by being disruptive.

Merton students show respect for others by:

- Keeping their hands to themselves.
- Respecting the personal space of others.
- NOT sharing food, to protect friends who have allergies.
- Walking, not running, in the hallways.
- Using quiet voices indoors, in consideration of others who are working.
- Being mindful of tone and choice of words when speaking to others.
- Helping other members of the Merton community whenever the need arises.
- Asking permission before borrowing anything and returning items in good condition.
- Greeting each other politely and returning greetings that are offered.
- Listening carefully and attentively to others, especially those entrusted with student safety.
- Respecting all school rules.

In particular:

Students are not allowed to HIT, KICK, SPIT, SCRATCH any student or adult.

Students are not allowed to throw any objects or HURT anyone.

Merton students show respect for their environment by:

- Taking good care of school equipment and of the school building.
- Fixing or replacing anything that they damage.
- Putting garbage in garbage bins and recycling in recycling bins.
- Keeping their belongings neatly in their designated place (bin, desk, cubby area)
- Not chewing gum inside or outside the building.
- Advising staff immediately of any unsafe, unsanitary or inappropriate situations that may arise.

In particular:

Students are not allowed to write or draw on school furniture (desks, chairs) or on walls and floors.

Students are not allowed to purposefully damage or break furniture.

DISCIPLINE POLICY

All school rules also apply to extra-curricular activities, on school buses and on field trips. Students who demonstrate behaviour that may endanger their own safety or the safety of others may not be permitted to participate in field trips.

Guided by the opening statement in our Code of Conduct, we work to select consequences that teach appropriate social behaviour and orient our students to take responsibility for their actions. Consequences for breaking our Code of Conduct rules are considered on a case-by-case basis. They vary according to the severity of the infraction, the age and maturity of the students involved, and the particular circumstances.

Suspensions

On occasion, in-school or at-home full day or partial suspensions may be given to students. They will be given for severe misbehaviour such as:

- causing bodily harm to a student or staff member
- endangering the safety of a student or staff member, including self
- jeopardizing the learning of a group of students
- causing damage to school property

Suspensions may also be issued when a student uses abusive language toward other students or staff, or when the student is unable to cooperate appropriately with the adults involved in their education or with their peers.

In-school suspensions may last for part of a school day, a full day, or several days. They will include activities designed to address the misconduct and help the student practice positive behaviours. When appropriate, students may also complete community service within the school.

The Principal will always inform parents when suspensions take place.

OUT-OF-SCHOOL Suspension (1 to 5 days): Major Offences that cause immediate physical or psychological harm to a student or staff member.

- Causing bodily harm to a student or staff member,
- Extreme verbal aggression, rudeness, insulting, swearing, threatening or opposition/defiance towards students or staff members,
- Endangering the safety of a student or staff member, including self,
- Jeopardizing the learning of a group of students.

Teachers, staff and administration will continue to apply minor consequences for minor offences, such as reflection sheets, loss of recess privileges, talk with behaviour tech/attendant, teacher or administration, etc. **However, if minor offences are repeated despite restorative consequences**, a suspension may be applied.

IN-SCHOOL or OUT-OF-SCHOOL Suspension

Repeated minor offences (non-exhaustive list) including:

- Constant minor classroom disruptions.
- Continually fooling around in the washrooms.
- Leaving class without permission.
- Theft and vandalism

NB: Occasionally it may be necessary for school personnel to search a student's school bag, desk or other personal storage area – we reserve the right to do so.

Safe School Action Plan

As required by Law, we conduct assessments of our school climate in order to identify areas of strengths as well as areas of concern, and establish priorities for our action plan. Below are some key points from our school's action plan:

Some of our priorities and preventative measures are/were:

- Maintaining our strong partnership with families: Communication with parents regarding the social and emotional needs of their child has been ongoing and we are proud of our “team approach” to each child in this and every other area of their development.
- Lunchtime Behavior Management: In addition to lunch monitors for each class, our Attendants and Behavior Technician supervise during lunch recess to ensure a peaceful environment.
- Suspension Debriefing: Whenever a student is suspended, we ensure they have an opportunity to reflect on their actions, take responsibility for poor choices made, and correct the result of their behavior to the extent that is possible. During in-school suspensions, students are given time to reflect and to plan reparative action.

- Use of visual aids to improve the behavior of students with challenges in this area.
- Use of EMSB consultants to develop behavior intervention plans and provide strategies for behavior management.

Many of these measures will continue to be in place for 2026-2027. Additional social skills instruction, mindfulness and self-monitoring measures are regularly being evaluated and will be incorporated throughout the year. Our nutrition and physical activity approaches may impact the social climate as well. Our complete Anti-Bullying, Anti-Violence Plan (ABAV) is available on our website at merton.emsb.qc.ca

SCHOOL HOURS

Supervision starts	7:50am
Call-in bell	7:57am
AM Recess (JR & SR)	9:35-9:55am
KINDERGARTEN Lunch	11:07am-12:15pm
JUNIOR & SENIOR Lunch	11:25am-12:15pm
JUNIOR PM Recess	1:15-1:35pm
SENIOR PM Recess	1:35-1:55pm
Dismissal	2:40pm

Students walk directly into the building between **7:50-7:57**. Please do not drop off your child before then unless they are part of the B.A.S.E daycare program. Please stay outside the school fences to allow for better supervision. SENIORS (Gr.3 to Gr.6) enter through the senior doors, JUNIORS (K to Gr.2) enter through the junior doors. ALL STUDENTS WHO TAKE THE SCHOOL BUS enter through the main entrance. Any adults having business in the school must use the main entrance.

FEES

School fees

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
\$50	\$120	\$110	\$95	\$85	\$130	\$125

Lunch Supervision: Fee to be confirmed (due September 18, 2026)

Resale supplies: due September 18, 2026

Financial support is available for families who may need assistance. Please contact the school for more information (merton@emsb.qc.ca).

ACADEMICS

Our French Immersion Program

In Kindergarten, all of the instruction is in the French language. It follows the basic Kindergarten program outlined in QEP (Quebec Education Program).

In Cycle 1 (grades 1 and 2), 90% of the instruction is in the French language. It follows the basic Primary program outlined in QEP (Quebec Education Program). Only the English Language Arts Program is taught in English, for a total of 150 minutes per week.

In Cycles 2 and 3 (grades 3–6) the program is divided fairly equally between English and French. English Language Arts, Mathematics, Drama and Science are taught in English. French Second Language, Art, Geography, History and Citizenship Education (GHCE), and Culture and Citizenship in Quebec (CCQ) are taught in French.

Parents are encouraged to support and enrich the school program by providing the children with various opportunities to use French in the community, extra-curricular activities, and the home. Any activity which broadens the child's knowledge and understanding of French culture helps to ensure their academic success.

Library

The Merton School Library has a large number of English and French books, reference materials and computer-based resources. Students visit the library weekly and borrow books on a one-to- two week loan basis. The children are held responsible for their library books in the event of loss or damage. We enjoy a wonderful partnership with the Eleanor London Public Library in Côte St Luc.

Use of Technology

Technology offers tremendous opportunities for learning, infinitely expands the walls of the classroom, and makes available resources that our students can and should take advantage of. We support and encourage the use of technology for learning by maintaining appropriate equipment and regularly designing learning tasks to that end. **We are also fully aware of the dangers of unlimited and unsupervised access to technology and the internet.** Our school will work in cooperation with parents to educate our children on the healthy use of these resources, will share information and resources with parents, and will diligently pursue, in cooperation with parents, disciplinary measures to correct abuses in this area.

Electronic devices are not to be brought to school, and the school will not be held responsible for their loss or theft. Computers and iPads are made available by the school for classroom use. Students are expected to use them only for the task at hand and as instructed by their teachers. Disciplinary measures will apply for transgressions in this area (see discipline policy on page 4).

Regarding Mobile Phones (cell phones):

The Ministry of Education has implemented a complete ban of cell phones in schools.

- Our approach to mobile phone use is intended to protect the safety and privacy of all our students and school personnel. Strict adherence to the following rules is therefore expected.
- Students should never hold or use mobile phones for any purpose during their school day, including daycare, recess and school bus transit time.
- As a special privilege, students in Grade 5 or 6 **may only have a mobile phone in school if they need it for safety reasons when walking or taking public transportation to and from school.** However, the phone is never to leave the child's school bag while in school or on the school buses.
- Mobile phones may be confiscated in school and on the buses at the discretion of school personnel and will only be returned to the parents of the child involved.
- The school will never, under any circumstances, be held responsible for loss or damage to cell phones.
- Students are not permitted to bring cell phones on school outings.
- **Parents volunteering in the school and on field trips are not permitted to take pictures with their cell phones, lend their phones to students for any purpose or call other students' parents on their behalf without the knowledge of the Principal.** Parents ignoring this directive may no longer be invited to volunteer in the school.

The school will not be held responsible for the misuse of technology outside of the school to invade or threaten personal privacy. It should be noted that social networking sites are not intended for use by children under the age of 13. It is the parent's responsibility to monitor their children's use of technology and the internet at all times outside of school hours.

The EMSB INFORMATION AND COMMUNICATION TECHNOLOGIES ACCESS AND ACCEPTABLE USE POLICY is available on their website emsb.qc.ca, and on page 14 of this document. The policy is binding for our school.

Valuables, such as iPads, tablets, music players, video game players, etc. are not permitted in school.
Merton School is not responsible for any lost or stolen items of this kind.

PROCEDURES

Attendance

Regular attendance is important for good learning. When students miss school, they miss important information, new skills, and their teacher's help to understand the material properly. Parents are asked to support their children's learning in the following ways:

- Schedule appointments outside of school hours.
- Schedule fun family days and vacations on pedagogical days and holidays already built into our calendar.

Parents must enter their child's absence through the Mozaik-Clic École platform. Please do not call or email the school for this purpose.

Punctuality

Students are expected to be at their designated entrance at 7:50, in order to be ready for class by 7:57.

Late arrivals greatly disrupt the class in progress and the child who arrives late feels "lost" and disoriented. Repeated absences or late arrivals may result in disciplinary action, and, in serious cases, the Director of Youth Protection (DYP) may be notified.

Vacations during the School Year

Holiday travel or a family event is not a valid excuse for missing school. If a parent decides to take his/her child out of school for a vacation or for any other non-medical related absence during the school year, the administration must be informed. In such cases, teachers will **not** assign homework, tests or projects in advance. The parent must ensure that all missed work is completed by the child upon their return to school. The parent bears full responsibility for any negative consequences that result from the absence. Parent-teacher interviews missed due to a vacation will not be rescheduled.

Ministry exams take place from the end of April to mid-June. Vacations and appointments at this time should absolutely be avoided.

Field Trips

Even though all our field trips have a strong educational component, we view them as enrichment activities. Participation in field trips is therefore a privilege that students earn, not a right.

The administration reserves the right to remove this privilege from students who would jeopardize the experience of their peers. In addition:

- Parents must complete all necessary forms before their child is allowed to participate in any outing.
- All students, including Kindergarten students, are required to wear the RED Merton school uniform on all school outings.

Homework

Teachers have autonomy in deciding to assign homework to their students. The teacher's approach and time expectations for homework will be communicated at the start of the school year. Throughout the year, teachers and parents are expected to communicate and work together to adjust the amount of homework to the child's needs, and the quality of the assignments will take priority over the quantity. Homework will

be used to reinforce work previously taught, to practice new skills and to foster independence. A quiet place to work and a regular timetable, which allows adequate time to complete all homework assignments, will be helpful. To increase collaboration between home and school, teachers post homework and projects in their Google Classroom. A homework program may be offered after school hours in the school.

Birthday Celebrations

Birthdays are very special days for our students and on their birthday (or on the nearest school day) Merton students:

- have a personal Free Dress Day
- are invited to come to the Office to receive a birthday sticker
- are celebrated by teachers and peers in class

Please keep in mind:

- In line with our nutrition approach, *no food will be part of our in-school birthday celebrations* (see the nutrition policy on page 15).
- Please do not ask teachers to distribute birthday party invitations.
- The teachers are not permitted to share parent contact information. Kindly use the friendship lists provided by Home and School for this purpose.
- In the spirit of community and inclusivity, we ask you never to exclude one single child or a very small number of students from a birthday celebration.

COMMUNICATION WITH THE SCHOOL

Early in the year, parents meet their child's teacher to review the program of studies for the year. Formal communication consists of:

- One progress report and three reports cards, as outlined in the school calendar
- Parent-Teacher interviews, all of which are by appointment only (see the school calendar for dates). Parents of every student will be invited to an interview at least once throughout the school year and may, themselves, request an interview.
- Homework and other messages shared through the agenda, communication folders, Mozaïk and Google Classroom.
- Once-a-month communications for parents whose children follow an IEP (Individualized Education Plan).
- Monthly newsletters and a monthly calendar from the school Principal sent to the whole parent body through School Messenger.

Teachers and parents work as partners throughout the year, sharing information to promote consistency and continuity between the home and the school environments. As the need arises, meetings can be arranged by either the teachers, the parents or the Principal to discuss urgent issues or major changes. **Parents wishing to set an appointment are welcome to contact the teacher or the school office directly.**

Messages

a. Messages for Teachers

With any questions, comments or concerns related to your child, always contact the teacher first. Your child's teacher is the best-informed person in the school when it comes to your child's daily experience and will have the most up-to-date details on your child's progress. Always make an appointment in advance to talk to the teacher, whether it be a phone, virtual or in-person appointment.

b. Messages for Students:

Parents needing to communicate an important message to students should contact the school office, which will inform the student. **Changes in pick-up arrangements must be communicated before 1:00 p.m. When there is doubt regarding pick-up arrangements, or if you are late to pick up your child, your child will be sent to B.A.S.E daycare until your arrival.** Items that need to be delivered to students during school hours should be left at the office and will be delivered to the students at an appropriate time.

c. Messages for the School Principal: Call the office at 514-481-7425 or email merton@msb.qc.ca

VISITING THE SCHOOL

If you have an appointment, our school secretary will also be pleased to announce your arrival to the person you are meeting. Always sign out your child if you are picking them up early. Please ensure you enter the early dismissal in Mozaik.

- Always enter and exit the school by the front door.
- Once let into the building, please proceed directly to the main office.
- Get your visitor's sticker from our school secretary.

RECESS AND LUNCH

Outdoor Recess

- There are three 20-minute recesses during the day at Merton: in the morning, at lunchtime and in the afternoon.
- Students spend recess **outdoors**, weather permitting. They are supervised by teachers, monitors and attendants.
- Parents must ensure that students are **dressed appropriately for the weather each day**. All outdoor clothing, especially snow pants, hats and mitts must be clearly labeled with the student's name to avoid loss.
- Students must not leave the school limits and must always observe the schoolyard behavior rules.

Lunch and Snacks

- Students bring their own lunch and snacks to school. There is ONE snack time during the school day, either immediately before or after the morning recess.
- A Hot Lunch Program is available at a cost, and parents may subscribe to it according to their needs. The Home and School Association organizes Pizza Lunches and other special fundraising lunches.
- Parents are encouraged to pack a healthy, balanced lunch, including items such as a sandwich, fresh cut or cooked vegetables, and fruit. Please ensure that your child has enough food to last the full day, especially if they stay after school.
- Water is available in the school's water fountains. A reusable and unbreakable water bottle should be sent to school every day. **SOFT DRINKS, POWER DRINKS, CANDY, CHIPS AND CHOCOLATE BARS ARE NOT PERMITTED.** (see nutrition on page 15).
- **Merton does its best to provide a food-allergy sensitive environment. Please do your best to accommodate the known allergies of your child's classmates as they are identified to you.**

Supervision

- Students may remain in school for lunch, provided they pay the lunch supervision fee which is used to cover the salaries of the lunch monitors. Students may also be picked up for lunch by their parents. Lunch fees are included for students in the B.A.S.E daycare program.
- Students usually eat at their own desk in their classrooms. **For their own safety, children with severe food allergies may eat at a desk in the hallway with a friend.**

School Yard Behaviour

- STUDENTS MAY ONLY EXIT THE SCHOOL BUILDING WITH AN ADULT SUPERVISOR.
- Students can only use the play structures according to adult directives.
- **Playing with sticks is not allowed.**
- **Throwing snow, ice or any other object or substance is not allowed.**

COMPULSORY SCHOOL DRESS POLICY

Merton has a compulsory school dress code. Merton's supplier is Goldtex, Tel. 514-365-9699 , Email- info@goldtex.ca.

Dress Code Guidelines

- Merton students in Grades 1 to 6 follow a **dress code** of solid navy-blue bottoms and a solid white or navy blue top daily, EXCEPT on Physical Education & Health days. These clothes can be bought from any store and do not have a Merton crest. In cooler weather, the Merton red sweatshirt should be worn (with school logo). No other sweater may be worn indoors.
- For Physical Education & health, field trips and special outings, every student (including Kindergarten students) must have a full **school dress code**, which consists of red jogging pants (red shorts or skorts in warm weather), a white T-shirt (logo not required) and running shoes. In cooler weather, a red Merton sweatshirt is worn.

Clothing and outerwear

- Tops and bottoms (i.e. shirts and pants or skirts) must meet each other so that no skin is exposed in the midriff.
- Children must be dressed appropriately for the weather, including boots and warm jackets when needed.
- **Label all clothing** that may be removed throughout the day, **especially the red Merton sweatshirt**, as well as shoes, boots, jackets, snow pants, mitts and gloves, hats and tuques.

Footwear

- **Shoes** must be worn at all times. Sandals, flip flops, Ugg-type slippers and Croc-type footwear are not permitted.
- On physical education days, running shoes with appropriate support must be worn. (No flat shoes)
- Students must have one pair of shoes for indoor wear and boots or a second pair of shoes, depending on the season, for outdoor wear.

Hair and Accessories

- Jewelry and watches cannot be worn on physical education days.
- Long hair must be tied back in the gym, in the Science lab for safety, and whenever hair becomes an obstacle to learning.

- Hairbands, jewelry and other accessories should be simple and not distracting. Expensive jewelry should be kept at home.
- Make up is not permitted.

Parents are responsible for ensuring that their children respect the dress code and guidelines. If your child is not wearing the right clothing for their school day, we will call you to bring a change of clothes, or offer a change of clothes in school, if available.

There is a Lost and Found area near the front entrance of the school which parents are encouraged to check frequently for any lost clothing items.

PARENT ORGANIZATIONS

Governing Board- The Governing Board is a committee legislated by the Government, in which equal numbers of parents and Staff are represented. The objective of this committee is to make decisions locally that are in the best interests of each school's students. The mandate of the Governing Board is to discuss proposed policies which affect the daily routine of Merton students. Decisions are made regarding such items as building security, field trips and the school budget. According to the Education Act, elections for parent members whose two-year term has expired must take place in September of each year, at the call of the Chairperson of the Governing Board.

Parents may contact any member of the Governing Board in any of the following ways:

- **Telephone-** Call the school office- 514-481-7425 and leave a message for the appropriate person.
- **E-mail-** merton@emsb.qc.ca (all emails to GB pass through the Principal. The EMSB does not allow school Governing Boards to maintain their own email account.
- **In Writing-** Correspondence can be left with the School Secretary in the office.

Home and School Association: The Merton Home and School Association does fundraising for the school, and relies on the active involvement of many parents. If you can make time to help, you will make an invaluable contribution to school life. We are confident you will find it a rewarding experience. To become involved, please attend the monthly meetings. The Home and School Association publicizes the dates and times of their meetings to all parents throughout the year.

AFTER-SCHOOL SERVICES

B.A.S.E. DAYCARE: The school provides daily daycare services before school starts at 7:00 a.m. and after school from 2:40 p.m. to 6:00 p.m. For regular users of the service, daycare is also available on pedagogical days. For more information on our Daycare Program, please contact our Daycare Technician.

Students that attend our B.A.S.E. Daycare are expected to be respectful and follow the instructions of their daycare supervisors. Once in daycare, students are expected to complete their homework and then participate in the structured activities in a calm and orderly manner. When a student will be absent from daycare, parents must inform the daycare technician through a phone call or a note in the agenda. Once the parent arrives, the student is then under the parent's care.

HEALTH AND PHYSICAL WELL-BEING

Administration of Medicines

In cases where students must take medication during the school day, **a consent form must be signed** (please call the office and we will send it to you). The parent must provide a prescription/letter from a doctor,

clearly indicating the instructions to be followed. All medications must be labelled and dated. School personnel are not permitted to give students any medication, including over-the-counter medication, unless these procedures are followed.

Personal Accident Insurance

Parents are encouraged to get personal accident insurance in case their child gets hurt while participating in physical education activities or in any other circumstances. Fees incurred for ambulance services, medical/dental/ocular services and any other services related to an injury will not be assumed by the school. Parents should contact their personal insurance company or any other insurer to get advice and information about accident insurance coverage for their child.

Communicable Diseases

It is essential that parents inform the school right away when a child has ANY communicable disease, in order to protect other students from the possibility of a serious outbreak. In every case, the child must remain at home until they are no longer infectious or until the School Nurse gives authorization for them to return to school. The following list is not exhaustive:

COVID-19 - Poliomyelitis - Measles - Diphtheria - German Measles - Mumps - Hepatitis B
Whooping Cough - Chicken Pox - Scarlet Fever - Conjunctivitis (pink eye) - Impetigo

In addition, we request that if your child has a fever she or he be kept at home until the source of the fever is clear and/or they have been fever-free for 24 hours.

EMERGENCY DISMISSAL

Before the School Day

If a severe snowstorm causes closure of the school system or cancellation of school bussing, this will be announced on the EMSB website and through all the major English and French radio stations starting at 6:00 a.m. **If no school closing announcement has been broadcast by 7:00 a.m. the schools will be open even if bussing has been cancelled.** In inclement weather or any other possible closure situations, the school will communicate with parents via mass email or mass phone-call services. Such closures are also usually posted on the EMSB website.

During the School Day

In very rare circumstances, during the school day, the School Board may decide to close schools due to severe weather, or one of its schools for different reasons. In this case, the school will immediately send out a mass email or phone-call to notify parents. Parents must discuss with their children what to do when they cannot come to pick them up (i.e. go home with a friend).

Parents must **notify the school when there are changes in address, phone numbers, etc., at all times during the course of the school year.** Any person picking up children instead of their parents must be clearly identified to the school by the parents.

In the event of an **emergency evacuation**, all students will go to St. Patrick's Square at 6767 Cote St. Luc Rd. Parents will be contacted via mass email or phone call and asked to pick up their children there. **It is absolutely essential that the office have accurate phone numbers and email addresses for parents and at least one emergency person who is not the parents; please notify the office of changes as soon as they occur.**

ADDITIONAL INFORMATION

Appendix 1: EMSB INFORMATION AND COMMUNICATION TECHNOLOGIES ACCESS AND ACCEPTABLE USE POLICY

The Student- With respect to the Internet it is the student's responsibility to:

1. Submit to the school principal an Agreement Form (Appendix 1) to be signed by the parent/guardian, indicating their agreement with the terms of provision of student access to **Information and Communication Technologies (ICT)**;
2. Use school-provided equipment and Internet services only with the permission and supervision of authorized school personnel;
3. Properly cite information obtained from published web pages (Net citation);
4. Refrain from creating, accessing, storing, sending, distributing or printing any material which is generally considered to be unlawful, obscene, pornographic, erotic, sexually explicit, racist, abusive, discriminatory, hate-motivated, harassing, threatening, demeaning or otherwise objectionable in imagery or language (Netiquette);
5. Never publish the names or pictures of themselves or others on the Internet without the prior permission of the teacher and the parent/guardian (Consent Form, Appendix 2)
6. Never publish personal information about themselves or others, such as addresses, telephone numbers, parents' names and home or work addresses/telephone numbers on the Internet;
7. Immediately report, to the supervising school authority, any information, message or web site that is inappropriate or makes them feel uncomfortable;
8. Never meet or speak with anyone they encounter on-line without the prior permission of the parent/guardian/teacher;
9. Never use school-provided Internet services for illegal purposes or for non-approved commercial purposes;
10. Never fill out or submit on-line forms without prior permission of the parent/guardian/teacher.

With respect to student files and equipment:

1. Submit to the school principal an Agreement Form (Appendix 1) signed by the parent/guardian, indicating their agreement with the terms of provision of student access to **Information and Communication Technologies (ICT)**;
2. Back up their personal electronic files;
3. Copy only material for which permission has been granted;
4. Never attempt to access private or personal materials, information, or files of others without their prior authorization;
5. Never vandalize, damage, or disable the work of another individual or organization;
6. Never access, manipulate, alter or attempt to damage, disable or destroy technology or computer files;
7. Obtain permission from the supervising teacher before printing multiple copies;
8. Obtain permission from the supervising teacher before using peripherals

The Parents/Guardians- It is the parent's/guardian's responsibility to:

1. Understand the role of **Information and Communication Technologies (ICT)** in the education of their child;
2. Educate their child in responsible use of these technologies.

Posting students' work on the Internet provides them with an important sense of validation and pride. Students need to learn that Cyberspace must be treated like real space and that therefore their use of the Internet must respect the following rules:

1. To never create, access, store, send, distribute or print any material which is generally considered to be unlawful, obscene, pornographic, erotic, sexually explicit, racist, abusive, discriminatory, hate-motivated, harassing, threatening, demeaning or otherwise objectionable in imagery or language (Netiquette);
2. To report to the supervising teacher any information or messages received that make them uncomfortable.
3. To never agree to meet with someone they encounter on-line without the prior permission of their parents/guardians/teacher.
4. To never fill out and submit on-line forms without prior permission of the parents/guardians/teacher.

Discussing student interests and activities in forums such as web pages and e-mail are legitimate pedagogical activities. However, it is important to be aware of the possible risks associated with communicating in a global environment. Such risks could include:

1. receiving unwanted communication and solicitation from individuals who gain access to students' personal identifying information.
2. access to unlawful, obscene, pornographic, erotic, sexually explicit, racist, abusive, discriminatory, hate-motivated, harassing, threatening, demeaning or otherwise objectionable material, imagery or language.

Minimizing student exposure to such risks is a key element of the School Board's *Information and Communication Technologies Access and Acceptable Use Policy*.

As a standard operating procedure, students and schools cannot release the following student identifying information within Internet e-mail or other electronic publications/files:

- the names, telephone numbers or personal addresses of any person, without prior permission (Consent Form, Appendix 2).

A student's picture or name will not be released *unless prior parental/ guardian permission has been obtained* (Consent Form, Appendix 2). Each request will be evaluated by the teacher on a case-by-case basis.

Appendix 2: Merton's Nutrition Policy

Healthy Minds in Healthy Bodies

Policy Statement

During the 2017-2018 School year, in the context of new Government mandates to address childhood health problems including child obesity, lack of physical activity and high rates of diabetes, Merton School initiated a number of measures to reduce the number of sugary foods and unhealthy snacks consumed in school and to increase physical activity among students.

This Merton Nutrition Policy, in line with the English Montreal School Board Nutrition Policy, aims to promote health-enhancing attitudes and behaviors amongst students by teaching the essential knowledge and skills needed to make nutritious food choices, and by providing an environment which encourages healthy eating habits. Specifically, we will restrict the opportunities students have to consume sugary foods and unhealthy snacks unnecessarily without their parents' knowledge.

Objectives of the Policy

We adopt the following objectives of the EMSB Nutrition Policy:

- To increase the nutritional knowledge of all students
- To improve the nutritional intake of all students by offering nutritious foods
- To ensure the safety of all students by monitoring the quality of the food offered
- To decrease the availability of high sugar content foods.
- To decrease the availability of high fat content foods and eliminate foods containing Trans fats.

In addition, we aim to:

- Give parents more control over the nutritional intake of their children by assuring them that they will not be consuming sugary foods or unhealthy snacks in school over and above what parents may decide to provide at home.
- Support a mindful approach to celebrations that is not limited to the consumption of food.

Scope of the policy

This policy applies to all ongoing regular school activities, including those that take place during school hours, after school, and during lunchtime. Once-a-year events such as parent lectures, Graduation, the School BBQ, and others may be exempted, as **frequency** is an important criterion in the EMSB nutrition policy.

Practical Implications and specific guidelines

The following areas of school life are affected by the nutrition policy:

Birthday Celebrations

Students celebrating their birthday will have a personal “free dress” day. In addition, each classroom teacher may plan particular ways to celebrate birthdays and may communicate them to the parents. *No food will be part of our in-school birthday celebrations.*

Holiday Celebrations

Halloween, Christmas, Hanukkah, Valentine’s Day and other holiday classroom activities will strictly observe the nutrition policy. *In particular, our “candy-less” Halloween will be maintained.*

Fundraising

Bake sales may take place twice a year together with our book sales but will only be conducted after school hours when parents can make choices for their children. **Pizza Days** are permitted, as they only take place occasionally and only cheese pizza is served. As the EMSB policy states, **fundraising that is not conducted on school premises** is excluded from this Nutrition Policy.

Parent Involvement

Parent partnership is an invaluable asset to our school and to each individual child. Understanding that this policy has the best interest of students at heart, we expect and count on the support of every parent. In turn, we will respect the choices that parents make regarding the food sent in their children’s lunchboxes. We retain the right to guide our students as to the order in which they may consume their food (choosing a fruit for snack and keeping a granola bar for dessert, for example) and to communicate with parents when serious concerns about the contents of a lunchbox, or lack thereof, arise. However, **it must be clear that soft drinks, energy drinks, candy, chips and chocolate bars are never acceptable. Furthermore, parents may not send any food to school to be shared with the class unless specifically requested to do so.**

Appendix based on the EMSB Nutrition Policy:

Foods which will not be offered to students during school hours and after school activities include:

- French Fries, chips, nachos, commercially pre-fried foods, e.g. nuggets, etc.
- High fat luncheon meats, e.g. pepperoni, bacon, salami, bologna, etc.
- Hot-dogs, Pogos
- Cupcakes, cakes, donuts, pastries, chocolatinés or danishes
- Sweetened Popcorn, gum
- Chocolate, candies, cream-filled or coated cookies, cakes and bars
- Cereals with more than 8g of sugar per 30g portion
- Artificially or sugar sweetened beverages (soft drinks, energy drinks, fruit punch, hot chocolate made from powder, etc.)
- Foods with a high salt content such as salted peanuts, nuts and pretzels, chips, nachos, buttered popcorn etc.

Home-made Muffins, Cookies, Cakes and Cereal Bars are acceptable as part of the twice-a-year bake sales mentioned above. Baked goods made from whole wheat flour and fruit should be preferred.

Resources:

EMSB Nutrition Policy: www.emsb.qc.ca/emsb/services/support-services/nutrition

MELS Framework policy on healthy eating and active living :

http://www.education.gouv.qc.ca/fileadmin/site_web/documents/dpse/adaptation_serv_compl/Goingtotehealthyrouteatschool_policyframework_AN.pdf



École Merton School

5554 Robinson, Côte-St. Luc (Québec) H4V 2P8
514-481-7425 | merton@emsb.qc.ca

Acknowledgement and Understanding of Code of Conduct

PLEASE SIGN BELOW AND RETURN THIS BOTTOM PORTION TO SCHOOL BY SEPTEMBER 30

We have read and understood the Code of Conduct of Merton School. We commit to respect it and to behave according to the rules and regulations included in it. We will undertake to review it as necessary throughout the school year.

Parent's signature

Student's signature

Parent's name

Student's name

Homeroom

Information for parents and students 2026-2027 school year



Mission Statement



Mass Notification System



On-Line Educational Resources



Some Complementary Activities

Protecteur national
de l'élève

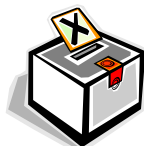
Québec



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 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.

ONLINE EDUCATIONAL RESOURCES

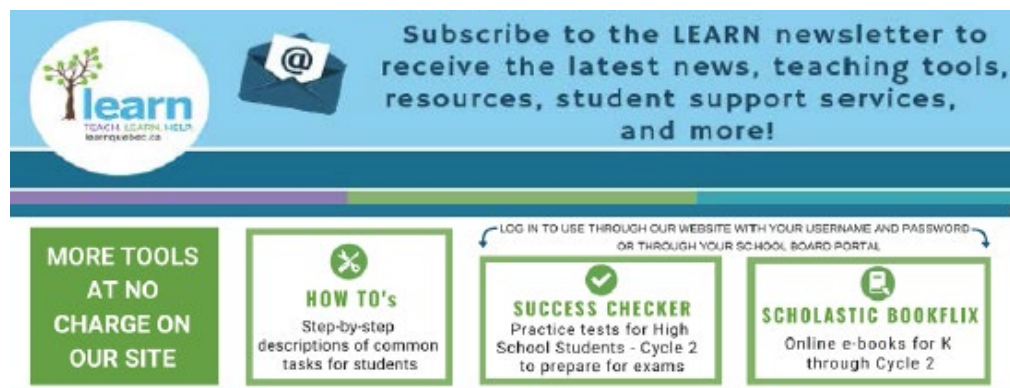
VoD Zone

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.

Tel-jeunes

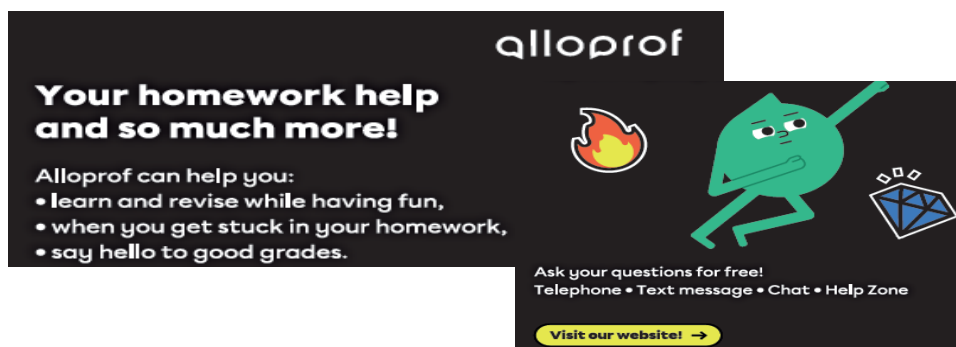
A free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. Whether by telephone or via the Internet, professional counselors establish a relationship of trust with young people, answer their questions, and help them through whatever problems they are facing. Tel: 514-288-1444 <http://en.teljeunes.com/home>



The banner features the LEARN logo on the left, which includes a tree icon and the text "learn TEACH LEARN HELP learnqbec.ca". To the right of the logo is an envelope icon with an '@' symbol. The main text reads: "Subscribe to the LEARN newsletter to receive the latest news, teaching tools, resources, student support services, and more!". Below this, there are four green boxes with white text and icons:

- MORE TOOLS AT NO CHARGE ON OUR SITE**
- HOW TO's**: Step-by-step descriptions of common tasks for students (with a wrench and screwdriver icon).
- SUCCESS CHECKER**: Practice tests for High School Students - Cycle 2 to prepare for exams (with a checkmark icon).
- SCHOLASTIC BOOKFLIX**: Online e-books for K through Cycle 2 (with a book icon).

A line of text above the last two boxes reads: "LOG IN TO USE THROUGH OUR WEBSITE WITH YOUR USERNAME AND PASSWORD OR THROUGH YOUR SCHOOL BOARD PORTAL".



The advertisement has a dark background. At the top, the word "alloprof" is written in a stylized font. Below it, the text "Your homework help and so much more!" is displayed. A list of bullet points follows: "Alloprof can help you:", "• learn and revise while having fun,", "• when you get stuck in your homework,", "• say hello to good grades." To the right of the text is a cartoon character that looks like a green apple with a face, arms, and legs, holding a pencil. There is also a flame icon and a diamond icon. At the bottom, it says "Ask your questions for free! Telephone • Text message • Chat • Help Zone" and a yellow button that says "Visit our website! →".

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



EMSB VIRTUAL LIBRARY

A website of reliable resources for research, homework help, and recreation!

Google "EMSB Virtual Library" and click on the first result to access.

EBooks & Audiobooks



Streaming



Homework Help



News & Articles



Sciences & Social Sciences



Encyclopedias & Dictionaries



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. 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. 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. **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 20th: 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 27th: 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: 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 20th: 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 multifaceted 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 TECHNOSCIENCE -The Réseau Technoscience 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 Technoscience 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://technoscience.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>

Having a problem at school?

Have you experienced sexual violence?

Protecteur national
de l'élève

Québec



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

- quebec.ca/droits-eleve
- Phone/text message
1-833-420-5233
- 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.

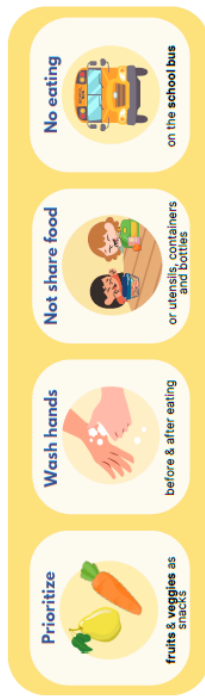


FOOD ALLERGIES

Peanut, tree nut, egg, fish, and other allergens

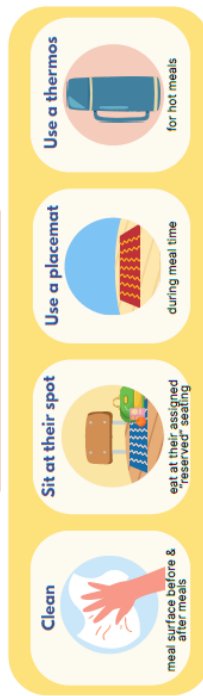
Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (anaphylaxis).

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:**



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:



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".

Yawn Principal and School Board Directors

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



ALLERGIES ALIMENTAIRES

Arachides, noix, œufs, poisson et autres allergènes

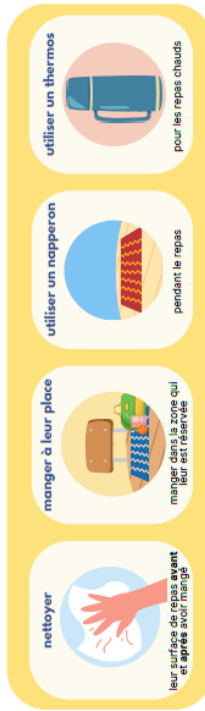
Certains élèves de notre école souffrent d'allergies alimentaires graves. Une quantité infime d'un allergène (p. ex. arachides, noix, œufs, poisson, etc.) peut provoquer chez ces enfants une réaction sévère de type anaphylactique.

Offrir un environnement sécuritaire à tous nos élèves constitue pour nous une **priorité**. Pour que notre école demeure un **milieu sécuritaire en matière d'allergies** et pour réduire les risques d'événements graves, **nous demandons à tous les élèves de :**



Puisqu'il nous est **impossible de garantir l'absence d'allergènes** dans les aliments offerts dans le cadre de divers programmes et activités, nous tenons à rappeler aux parents dont les enfants souffrent d'allergies de prévoir des aliments sans allergènes préparés à la maison s'ils choisissent de ne pas prendre part à ces programmes/activités. De plus, nous conseillons aux parents d'examiner tous les risques inhérents à l'utilisation de la cafétéria scolaire et aux fournisseurs alimentaires externes afin de prendre une décision éclairée.

Les élèves souffrant d'allergies alimentaires doivent:



Nous avons le souci constant d'offrir un environnement sécuritaire à tous nos élèves. Cependant, **nous ne pouvons garantir un environnement exempt d'allergènes** dans notre école puisque l'absence absolue de tout allergène ne peut être contrôlée. Si un élève se sent à risque en présence d'un possible allergène, il devrait immédiatement se diriger vers un lieu sûr et en aviser un adulte responsable.

Nous rappelons aux parents d'élèves souffrant d'allergies alimentaires qu'ils doivent en informer la direction de l'école et veiller à fournir des auto-injecteurs et de les remplacer avant la date de péremption.

Merci de nous aider à garder notre école un MILIEU SÉCURITAIRE.

La direction d'école et la directrice de la commission scolaire

Pour plus d'information
visitez le site d'Allergies Québec:
www.allergies-alimentaires.org

HEALTHY SNACKS

that you can enjoy at home or at school

What does a healthy snack look like?

Healthy snacks should contain sources of:

fiber

+

protein

like
fruits, veggies, whole
grains, legumes, nuts

like
dairy products, meats,
legumes, nuts, seeds

(F) = source of fiber

(P) = source of protein

On the Sweet Side



"The Torpedo"

banana } (F)
whole grain tortilla }
nut butter* (P)

*can be replaced with soy-butter spread



Yogurt Parfait

fruit } (F)
granola }
yogurt (P)



Muffin with Milk

wholegrain muffin (F)
milk (P)



Trail Mix

dried fruits } (F)
whole grain cereal }
pumpkin seeds (P)

On the Savory Side



Cheese and Crackers

whole grain crackers (F)
cheese (P)



Crudités with Dip

veggies (F)
hummus dip (P)



Roasted Chickpeas

roasted chickpeas (F) (P)



"The Combo"

veggies (F)
pumpkin seeds (P)

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>