



<p>Montgomery Street School Mission Statement</p> <p>Maximize all children's potential Striving to guide and enrich students Sustain a positive self-image</p>	 <p>Principal: Mr. Burrell V.P : Mrs. O' Rourke-Miller</p>	<p style="text-align: center;">SCHOOL HOURS</p> <table border="0"> <tr> <td>7:45-8:05</td> <td>Drop off</td> </tr> <tr> <td>8:10</td> <td>Classes Begin</td> </tr> <tr> <td>1:45</td> <td>Dismissal Grades K – 2</td> </tr> <tr> <td>2:50</td> <td>Dismissal Grades 3 - 5</td> </tr> <tr> <td>12:00 Noon</td> <td>Wed. Dismissal Gr. K – 5</td> </tr> </table> <p>Students are considered tardy for school arriving at 8:10 am or later.</p>	7:45-8:05	Drop off	8:10	Classes Begin	1:45	Dismissal Grades K – 2	2:50	Dismissal Grades 3 - 5	12:00 Noon	Wed. Dismissal Gr. K – 5
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Montgomery Street School NEWSLETTER 2023

	<p>3rd TERM FOR MILK: April 3rd – June 23</p> <p>EVERYDAY NO WED</p> 	<p>3rd TERM FOR PIZZA: April 4 – June 20</p> <p>EVERY TUESDAY</p> 	<p>3rd TERM OF BAGELS: April 6 – June 22</p> <p>EVERY THURSDAYS</p> 
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GRADE 5 SWIMMING LESSONS 9:00 AM - 9:45 Praise Assembly @ 11:00	2 Estey Art Club! 3:00 pm - 4:30 pm	3	4 FIRE DRILL	5 NBTA Provincial Meeting 
8 GRADE 5 SWIMMING LESSONS 9:00 AM - 9:45 K-5 Recess 10:00AM-10:20 CONCERT REHEARSAL 10:40 AM	9 UNB Forestry Trip Grade 2 Ross Grade 2 McDonald Estey Art Club! 3:00 pm - 4:30 pm	10 UNB Forestry Trip Grade 3 Hunter Grade 3 Allison UNB Forestry Trip Grade 3 Lawson Grade 3 Archibald	11	12 SPRING CONCERT See below for details!
15 NBTA Branch Meeting 	16 Deadline for Popcorn Estey Art Club! 3:00 pm-4:30 pm Fire Prevention Assemblies	17	18 Popcorn Day For those who ordered	19 Pancake & Smoothie Day!!
22 Victoria Day 	23 FIRE DRILL	24 Welcome To Kindergarten! 2:00 - 2:45	25 GRADE 5 SWIMMING LESSONS 9:00 AM - 9:45	26 PRAISE ASSEMBLY @ 11:05
29	30 Grade 5 Tour of George Street Middle School	31		

	<p>MONTGOMERY STREET SPRING CONCERT!</p> <p>Date: Friday May 12, 2023 Location: Fredericton High school – Tom Morrison Theatre Time: Concert Starts at 10:00</p> <p>DOORS OPEN AT 9:40 am</p>
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Montgomery Street School NEWSLETTER 2023

LOOKING AHEAD

June 5: Transition BCMS

June 21: National Aboriginal Day

June 23 – LAST DAY OF SCHOOL!

“MESSAGE FROM OUR SCHOOL COUNSELLOR”

Mrs. Killam, MEd, LCT-C

Mental Health Week May 1-5, 2023

Every year since 1951, the Canadian Mental Health Association has hosted Mental Health week during the first full week of May to encourage openness and awareness around mental health issues. Good mental health doesn't necessarily mean being happy all the time. It's okay to allow yourself to process unpleasant emotions and take things one day at a time. **To help get you through this week and beyond, here are some tips from CMHA to help you understand, express and process your emotions.**

- 1. Be Real About How You Feel** Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you're feeling anxious in this situation. Try to keep things in perspective; notice and challenge your thoughts that may be extreme or unhelpful.
- 2. Take Care of Yourself** Self-care is critically important at this time, as worries can be made worse if we aren't taking care of ourselves. Lean on social supports, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities
- 3. Use Your Support System** If you're noticing that your symptoms of anxiety are causing you significant distress or are interfering with your ability to function normally, reach out for formal mental health supports.

Welcome to Kindergarten!

FOR 2023-2024 NEW YEAR STUDENTS!

Date: Wednesday May 24, 2023

Time: 2:00 pm – 2:45 pm

Location: Montgomery Street School

WE CAN'T WAIT TO MEET YOU!!

MESSAGE “From the Gym”

Mr. Dolliver, P.E. Teacher

HOCKEY INTRAMURALS

In hockey intramural action, team **Ugly Pucklings** won the **Montgomery Street Cup** defeating The Short Sticks in overtime 6-5. Grade 4 student **Cameron Breen** scored the game winning goal with a beautiful snapshot from the point. We had a great 2023 intramural hockey season and congratulate all students who participated this year.



In April we had a fun filled **Circulation Ball** event with **Priestman Street School** where our interested grade 4 and 5 students had a chance to play friendly matches with the

Priestman students. **Coming up in early May is our Circulation Ball district Jamboree.** We will have 2 teams attend this event where each team will have a chance to play other schools from the south side at the Currie Center.

