



Mono Amaranth Public School

Week at a Glance: December 6 - 10, 2021

Monday
December 6
Day 2

Parents must complete the COVID screening daily [COVID SCREENING TOOL](#)

- Dec 6 - Saint Nicholas Day / National Day of Remembrance and Action on Violence Against Women
- School Council Meeting @ 7pm

Tuesday
December 7
Day 3

Wednesday
December 8
Day 4

- Dec 8 - Bodhi Day (Rohatsu) / Immaculate Conception of Mary

Thursday
December 9
Day 5



Positive Parenting from Separate Homes 7:00–9:00 p.m. Worried about the effects of separation, divorce and parenting from two homes on your children? Do you want help managing these changes to ensure that your children do not get caught in the middle of parental conflict? This program can help. You will learn to understand your feelings, your children's needs and develop a business-like relationship with the other parent. You will not be asked to talk about your individual situation because the program is intended to provide general information. **To register: <https://bit.ly/DPSNshF21>**

3:30-4:30 Poinsettia pick up [Please enter the bus lanes off Leader Dr and follow the route across the front of the school, entering the Kiss & Ride location. There, one of our School Council members will then take your name and get you your beautiful order! Exit will happen as normal onto Hockley Rd.

Friday
December 10
Day 1



Dec 10 - International Human Rights Day

3:30-5:00 Poinsettia pick up [Please enter the bus lanes off Leader Dr and follow the route across the front of the school, entering the Kiss & Ride location. There, one of our School Council members will then take your name and get you your beautiful order! Exit will happen as normal onto Hockley Rd.

UPCOMING DATES:

- | | |
|--|--|
| Dec 11 - Feast Day - Our Lady of Guadalupe | Dec 25 - Christmas / Feast of the Nativity |
| Dec 13 - Birthday of Imam Aga Khan | Dec 26 - Boxing Day / Kwanzaa begin [to Jan 1] |
| Dec 16 - 24 - Posadas Navideñas | Dec 31 - New Year's Eve |
| Dec 18 - International Migrants Day | January 1, 2022 - New Year's Day |
| Dec 21 - Yule (Winter Solstice) | |



December
20 - 31

Back to school on Jan 3, 2022

What's
Happening

Clubs & Intramurals at MAPS!



8:25-8:45 in the HUB

Recess Intramurals



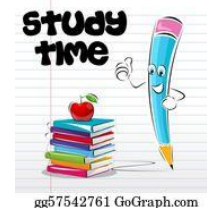
Coming soon



Recess Intramurals



Day 3 - LLC [PM]



Day 1-2-3 - LLC [AM]

Wellness Works December 2021 - Gratitude

Gratitude is not just “good manners” and it plays a significant role in overall wellbeing. Gratitude can be expressed by a simple “thank you” but there are many other ways to nurture and identify gratitude. Gratitude can happen in four ways:

- NOTICE what it is that you are grateful for
- THINK about why you are able to be grateful or why the thing you are grateful for is there
- Identify how you FEEL about the things we are grateful for
- DO express appreciation back “outwards”

Gratitude is not just about receiving, it is also about giving. So what can you do with your child/ren or even yourself?

- Point out the things you are grateful for and remember that modeling for your child/ren is a very powerful technique
- When you are grateful make sure to point out why you feel grateful
- Help your child/ren find gratitude in the things they may take for granted such as something in nature, or a simple meal
- Encourage them to use their own areas of strength to give back and be helpful and cooperative with others
- Notice accomplishments - even the smallest ones are something we can be grateful about
- Have a gratitude wall or space on your fridge where everyone can write something they are grateful for - the whole family, visitors, friends. Seeing what others are grateful about is also quite powerful
- Identify someone your child/ren is grateful to have in their life (e.g., an extended family member, an elder, a peer, a teacher, a principal, a counsellor) and encourage them to let that person know

Taking just a bit of time to identify gratitude can have an impact. We are very grateful to all of the parents, guardians, elders, and caregivers who support our communities' children and youth.

Jenny Marino, Mental Health Lead
And the Wellness Works Committee

Next Virtual School
Council Meeting:
Dec 6 @ 7pm
School Council Email:
sc.monoamaranth@ugdsb.on.ca



2021-22 School Council Executive

Chair: Jenn Cuthbertson
Secretary: Diane Guldner
Treasurer: Mike Guldner

2021 MAPS Poinsettia Fundraiser

POINSETTIA PICK UP

Thursday, DEC 9
3:30-4:30
and
Friday, DEC 10
3:30-5:00

*The School Council
would like to thank
our school community
for all of their
support in our
fundraising initiatives
for MAPS.
Without YOU we
would not be able to
do this!*

Thank you!

