



# The EBS Connection

February / Février 2026

## A Message to our School Community

Dear Parents/Guardians,

As February comes to a close, I would like to extend my heartfelt gratitude for your continued support and involvement in our school community. This month has been filled with meaningful learning, teamwork, and collaborative efforts of care and compassion that reflect the spirit of our students and staff. As we look ahead to March, we remain excited about the learning opportunities and upcoming activities that will continue to help our students grow academically, socially, and emotionally. Thank you for your ongoing partnership and for entrusting us with your children each day.

Eugenia Carystios  
Interim Principal



## Staff Appreciation - Thank You!

Thank you to our wonderful parent community for the delicious food provided during Staff Appreciation Week. Your thoughtfulness and generosity truly made our week special. We are grateful for your support and your kindness. Your contributions reminded us how fortunate we are to work alongside you, for the benefit of our students. Thank you for making our school team feel appreciated!

A special THANK YOU to our parent volunteers who helped coordinate and set up our special staff lunch!



## Updates and Highlights

### Lunch Buddies: Kindergarten and Grade 6

As part of our schoolwide Social-Emotional Learning (SEL) program, a group of Kindergarten and Grade 6 students come together every Monday to eat lunch. This Buddy Lunch Club helps create meaningful connections between our youngest and oldest students, as they eat together and take part in fun mini art activities and games.



### Kind Kids' SEL program: K4/K5

Our Kind Kids Social-Emotional Learning Program has officially wrapped up, and we are proud of the growth, empathy, and teamwork our students engaged in. Through eight sessions, students practiced essential life skills that help them communicate, cooperate, and care for themselves and others. Over the course of the program, students explored communication and worked on the development of a feelings vocabulary. They learned about making friends, being helpful, playing fairly and kindly, problem solving, dealing with frustration, sharing and being cooperative, and offering forgiveness.

### School Climate and Conflict Resolution Workshops - Grade 4:

A two-part School Climate and Conflict Resolution workshop took place for grade 4 students, led by Ms. Jag, our Personal Development and Community Involvement Animator and Mr. Louis, from the EMSB School Climate and Violence Prevention team. These workshop sessions were designed to engage students in the understanding of school climate and to promote empathy, conflict resolution, and respectful communication. They complemented the completion of the annual Our School Survey by providing students with tools and strategies to contribute positively to our school environment.

### Digital Citizenship and Online Safety Workshops - Grade 6:

This month, our students participated in a three-session Digital Citizenship series designed to help them be safe, responsible, and thoughtful online learners. Throughout the sessions, led by Ms. Jag, our Personal Development and Community Involvement Animator and Mr. Rakeem, from the EMSB School Climate and Violence Prevention team, students explored age-appropriate lessons on online safety. The purpose was to raise awareness about digital citizenship and to empower students with the skills they need to navigate the digital world with care. Our Socio-Community Officer also spoke with students about the importance of online and in-school respect and safety. We encourage families to continue these conversations at home, as building healthy digital habits is a partnership between school and home. A parent session on online safety, presented by our School Climate team, will be offered in the Spring to Cycle 3 parents/guardians.





### In Honor of Black History Month

#### **Simeon Pompey visited Base Daycare**

Professor Simeon Pompey visited Base Daycare in honour of Black History Month to share his experiences growing up in Saint Vincent and the Grenadines. He shared meaningful stories about his culture, led engaging activities, showed artifacts, and gave students the opportunity to taste traditional Vincentian food. We thank Professor Pompey for an inspiring and educational visit.

#### **Omari Newton from Overture with the Arts Presented *Breaking Barriers***

Omari Newton from Overture with the Arts gave an inspiring presentation entitled *Breaking Barriers* to our Grade 3 to Grade 6 students. Through engaging storytelling, captivating poetry, and thoughtful discussions, students had the chance to reflect and learn about the pioneers who broke through systemic barriers, shaped early Black communities in Canada, and paved the way for future generation. Mr. Newton's session was both impactful and highly engaging.



### In Honor of Pink Shirt Day

#### **Samara O'Gorman, Guest Speaker**

Samara O'Gorman, published author, returned to EBS as part of her *Leading With Your Heart* tour. Through her powerful and engaging presentation, she shared meaningful messages about empathy, anti-bullying, leadership qualities, discovering one's passions, building healthy relationships, and the importance of having a strong support network. We are thankful for Ms. O'Gorman's inspiring story and uplifting message.



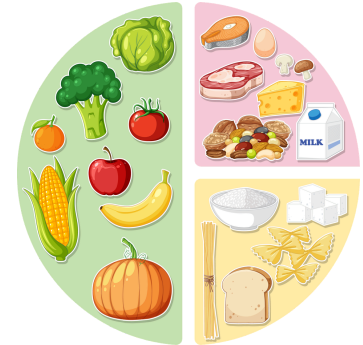
#### **ABAV Plan - Annual Update**

As is done on an annual basis, we have updated our school's anti-bullying and anti-violence plan, in accordance with the Ministry and EMSB guidelines. This plan is established for the purpose of fostering a safe school environment, preventing bullying and violence, and making our school a healthy and safe learning environment. You can click here to view our ABAV plan: <https://elizabethballantyne.emsb.qc.ca/elizabethballantyne/parents/information/documents>



### EMSB Dietician Visit

We were pleased to welcome Ariane Seguin, a dietician from our school board, who visited our Kindergarten classes to talk about healthy eating and the different food groups. During her interactive presentation, *Fishing for Food*, students learned about the importance of making healthy choices and discovered which foods help give their bodies energy to learn and play. The students were actively engaged throughout the session and enjoyed participating in this fun and informative experience.



### Vision Screening in Kindergarten

We were grateful for the annual vision screening provided to our Kindergarten students by *École de la vue*. This preventative initiative supports families by promoting healthy eyesight and allowing students to have their eyes checked to help identify any potential concerns early on.

### Comedy for Kids: EMSB Focus Feature

Click [here](#) for a look at Ms. Rachelle's Grade 6 group's participation in the Comedy for Kids workshop. Mr. Jeff Schouela visited EBS "to deliver an engaging, high-energy classroom presentation to spark students' passion for public speaking. Using age-appropriate comedy, storytelling, and interactive activities, the presentation encouraged participation, built confidence, and helped students feel comfortable expressing themselves in front of their peers. The session blended fun with meaningful skill-building, reinforcing communication, creativity, and positive classroom connection in a way that was memorable and inclusive. For more information on Mr. Jeff's workshops, you can visit: [www.mrjeff.ca](http://www.mrjeff.ca)."

### Chain of Kindness Initiative: EMSB Focus Feature

Click [here](#) for a look at Ms. Alison's chain of kindness initiative, which she ran in celebration of a special birthday. Ms. Alison exceeded her goal of raising \$40,000 for Mada Community Services, for the purpose of fighting poverty in the community.

### Pet Therapy in Kindergarten

Kindergarten has started a pet therapy program. Ms. Rhonda and her Golden Retriever, Rizzo, will visit every Wednesday. The students look forward to their time with Rizzo and truly enjoy the calming and joyful experience he brings.



### Lunch and Learn

Ms. Jag (Personal Development and Community Involvement Animator) and Ms. Lucy (K4 Teacher) are leading a *Lunch and Learn* at EBS. In a calm, welcoming space, students enjoy spending time colouring, relaxing, and sharing their thoughts and concerns. Zen and Colour provides a supportive environment where students feel included, valued, and heard. Student participation will vary as the school year progresses.



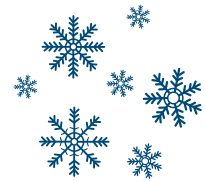


### 100th Day of School Celebration

Students proudly celebrated their 100th day of school! They were excited to take part in a variety of engaging activities centered around being “100 days smarter.” From creative projects to fun counting challenges, the day was filled with energy, learning, and celebration as students marked this special milestone together.

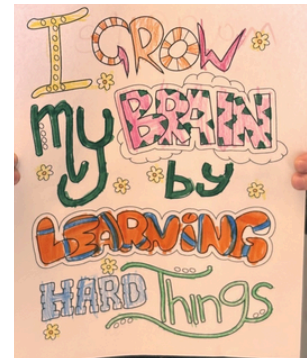
### Carnival Week

We had an incredible week filled with school spirit and fun! The excitement began with Wacky Sock Day, followed by Jersey Day on Tuesday. Wednesday brought our much-anticipated Winter Carnival, where students and staff took part in a variety of outdoor activities. They participated enthusiastically, showed wonderful energy, and enjoyed the beautiful weather. We ended the week on a high note with Twin Day, which brought lots of smiles and creativity throughout the school. It was a joyful and memorable week.



### Hooked on School Days

During the week of February 16th, we focused on promoting student perseverance, engagement, and academic success. The week began with a House Assembly, where our House Captains shared an inspiring acrostic poem to motivate students. Throughout the week, teachers led meaningful lessons and engaging activities. Students also wore green to show their support and encouragement, celebrating perseverance and fostering a sense of unity throughout the school.



### Steel Pan Performance

Students and staff enjoyed an engaging Steel Pan performance, led by Fatima Wilson and the talented students from Marymount Academy International. The event offered a hands-on experience, introducing students to the rich history of the steel pan while showcasing lively musical performances. Participants had the unique opportunity to try the instruments themselves, dance along to the rhythms, and fully immerse themselves in the vibrant musical experience. The performance was both educational and entertaining, leaving students with lasting memories and a deeper appreciation for this dynamic art form.





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## Pink Shirt Day: Standing Up Against Bullying

On February 25th, our school hallways were filled with pink as students and staff joined Pink Shirt Day. This special day, marked annually, celebrated kindness, inclusion, and standing up against bullying, reminding everyone of the power of empathy and support.

## Grandpals Program

Our 6 students are enjoying learning, sharing, and building intergenerational connections through the Grandpals program. These in-school visits have sparked meaningful conversations and a deeper appreciation for the wisdom and experiences of older adults. We are proud to see our students growing in empathy, confidence, and communication as they engage in this enriching community partnership.



## EBS/Montreal West Children's Library

The library has organized the following activities for March Break. If you are interested, please contact the library at [mwcl@mwcl.ca](mailto:mwcl@mwcl.ca) or 514-484-7194 for registration.

*DIAMOND PAINTING: Place the sparkly diamonds on a canvas to the corresponding symbol and bit by bit, watch your art come to life like a puzzle being built - Monday, March 2nd, at 11:00 am*

*SCRABBLE GAME: Join us for a game of Scrabble and practice your language skills - Tuesday, March 3rd, at 1:00 pm*

*CRAFT PROJECT- PAPER MOBILE: You will create a beautiful PAPER MOBILE using all kinds of craft materials - Wednesday, March 4, at 11:00 am*

*BASIC HAND SEWING: Learn the basics of hand sewing, and master the different easy stitches to create a finished project. Two different projects will be made depending on the age or/and skill level of the participants - Thursday, March 5th, at 11:00 am*

*COOKING CLASS : Come for a fun cooking class where you will prepare a dessert by following a simple no-baking recipe - Friday, March 6, at 1:00 pm*

### EBS Calendar Link

We encourage you to monitor the 2025-2026 **EBS Community Calendar** regularly for any updates. Items will be added as we move through the year:



### Click below for our Social Media Updates

