



FACE PARENT NEWSLETTER

MAY 5, 2026



Commission scolaire English-Montréal

English Montreal School Board



MAY WAS A VERY BUSY MONTH AT SCHOOL, FILLED WITH ACTIVITIES, EVENTS, AND RICH LEARNING OPPORTUNITIES. FROM EMSB STORYTELLING AND THE JAZZ CONCERT TO OUR STUDENT COUNCIL MEETING WITH MS. MACCARONE AND THE FACENOMENAL PARADE, SPRING SEASON AT FACE IS IN FULL SWING!

ELEMENTARY: 4835 AV. CHRISTOPHE COLOMB, MONTRÉAL, QC H2J 3G8
HIGH SCHOOL: 3449 RUE UNIVERSITY, MONTRÉAL, QC H3A 2A8

IMPORTANT UPCOMING DATES

May 6: String Department concerts

TICKETS: <https://www.tixtree.com/o/FACE>

May 13: Concert Harmonie Secondary 1-2-3 at 7 p.m.

May 14: Elementary Grade 5 and 6 concert & Concert Harmonie Secondary 4 -5 at 7 p.m.

May 14 to 16: Toronto Trip for Secondary 2

May 15: Pedagogical Day

May 18: Holiday - No School

May 20: Kindergarten Vision Screening Day

May 22: Con Brio concert at 5 p.m.

May 28: Vocal concert Secondary 1-2-3 at 7 p.m.

May 29: Vocal concert Secondary 4-5 at 7 p.m.

INFORMATION FROM THE ADMINISTRATION

LAST DAY OF CLASSES

Please note that due to the school closure, the last day of Elementary classes is now Tuesday, June 23, 2026. It is a regular full day of school for students in kindergarten to grade 6.

The last day of classes in High School is June 11, 2026.

ELEMENTARY EXAM SESSION for Grade 6 Students

French Second Language: April 27th until May 11th (Mme Nitsa Lintzeris)

English Language Arts: May 19th until June 2nd (Ms. Jasmine Kuldip)

Mathematics: June 9th until June 11th (Ms. Katherine Dimopoulos)

HIGH SCHOOL EXAM SESSION

Please be advised that the high school examination session will commence on June 12. A detailed examination schedule will be communicated as soon as possible.

We acknowledge that many families are in the process of planning their summer holidays. Please note that the examination session will conclude on June 19, 2026. In certain cases, students may be required to attend retake examinations scheduled on June 23.

STUDENT ABSENCE DECLARATION:

If your child is absent, you must notify your child's secretary as soon as possible. Please note that we do not use the Mozaik Attendance Functions.

We review all absences during the first period of the morning.

- For Elementary students, please contact Mme Amrani (ext.8009) or by email at face.primaire@cssdm.gouv.qc.ca
- For High School students, please contact (Mme Durez) (ext.8735) or by email at face.reception@cssdm.gouv.qc.ca.

NEXT GOVERNING BOARD MEETING

Please note that our next governing board meeting is Monday, May 25, 2026 at 6:15 p.m. This meeting is held virtually.

Should you wish to attend or have any questions, please send an email to face@emsb.qc.ca to the attention of Mr. Vincent Tam, our governing board chair.

EMSB STORYTELLING EVENT

Our Grade 5 and 6 students proudly participated in the EMSB's annual Storytelling Festival, showcasing their creativity, confidence, and powerful voices. Through thoughtfully crafted stories and expressive performances, students engaged their audience and brought their ideas to life. This experience not only celebrated imagination and literacy, but also helped students grow as communicators. We are so proud of their enthusiasm and courage on stage!

Grade 6 School Representative at the Storytelling Festival was Ben Shemer. Runner up was Raphael Ardoin.

Grade 5 School Representative at the Storytelling Festival was Jahleel Samuel. Runner up was Eleanor Oakes.

HIGH SCHOOL ACADEMIC SUPPORT

We invite parents to contact us if they have any questions about our academic support services for our students. Term 3 is a critical and important academic period, and we are here to support our students!

ELEMENTARY LOST AND FOUND

We encourage you to visit our lost and found located near the daycare area as many unclaimed items have accumulated. Please check to see if any belongings belong to your child. Items not claimed by the end of the year will be donated to a local organization.

HIGH SCHOOL EXAM PREPARATION SECONDARY 4 AND 5

LEARN Quebec has a wonderful website about exam preparation.

The resources are designed to inform students and families about the compulsory exams for June 2026. They present the structure of the exams and the administration procedures, as well as sample questions.

Link to website: <https://students.learnquebec.ca/resource-category/exam-preparation/>

EXAM PREPARATION AND END OF YEAR REMINDERS

From our Reeducation Counsellor; Christelle Akl

As exams approach and stress levels rise, quality sleep becomes especially important for adolescents. Research shows that teens need 8 to 10 hours per night, yet many are not getting enough. Evening screen use can delay the body's natural sleep cycle, making it harder to fall asleep and reducing overall sleep time. When nights are cut short, students may spend less time in the deeper and REM stages of sleep, which are important for memory, learning, emotional regulation, and mental recovery. This can have a real impact on how they focus, retain information, and cope with stress during demanding periods. During times like these, giving sleep the attention it deserves can make a meaningful difference, especially when growing brains are doing so much heavy lifting.

From our High School School Nurse; Sasha Dyck

Exam season is fast upon us. It can be a stressful time for both students and their families. As the school nurse at FACE high school, students come see me every day who are tired, hungry and stressed out. As a result I set up a quiet corner in my office where they can take a quick nap, we started offering free breakfasts on Wednesdays at recess, and I can guide students through a short guided meditations to help them calm down. However, there is only so much we can do at school! Your partnership is essential to get your child successfully through the exam season. Here are five key actions you and your family members can take:

1. Stay in the loop

Stay connected with the life of your teen and keep the lines of communication open. The more trust there is the more they will open up about any stress they might have. If their struggles get worse, help them get the resources they need with the professionals at the school or in your community.

2. Ensure they get rest

Sleep often suffers during exam time. Encourage your child to make a realistic study plan that allows for the full sleep they need. And of course, limit cell use before bedtime and in bed.

3. Keep them fed

A healthy meal goes far to keep your child's energy and morale levels up. As does having plenty of snacks and a water bottle at school.

4. Listen and offer perspective

Why do we even take exams? Listen to their concerns and relate it to the big picture, explaining how tests can help them achieve their dreams and passions.

5. Offer tips for dealing with stress

Stress can help us dig deep and perform under pressure, but it can also paralyze us and make us anxious. See the attached document for strategies to deal with exam stress that you can share with your teen, and anybody else who might benefit as well. There is also a self-quiz at <https://foundrybc.ca/quiz/stress/> that can offer some insight