



# Gerald McShane School

## February 2026 Newsletter



Dear GMS Community,

February is shaping up to be an exciting and unforgettable month for our school community! We are gearing up for so many wonderful activities, but before all the fun begins, we'd like to share a friendly reminder that registration week is here! If you haven't already, we warmly encourage you to schedule an appointment to register a new student. We'd also love your help in spreading the word, please invite friends and families who may still be searching for a school for next year to come join our amazing community. We still have some space at the K4 and K5 levels.

Thank you for being such a positive and supportive part of our school family, we cannot wait for all that's ahead!

Mr. Vince Timpano  
School Principal

## Black History Month

There will be class discussions focusing on the important contributions Black leaders have made to society. We will also host a special performance and presentation as we welcome **MELO**, an Afro-Urban dance group. This fun and engaging performance will explore the rich cultural heritage and vibrant dance styles of Africa on **Friday, February 23, 2026**. In addition, **Simeon Pompey**, a Dawson College professor, will speak with students in **Grades 3–6** in recognition of **Black History Month**.

## Valentine's Day

Students will be allowed to come to school with a red/pink top. PPO will give out a surprise treat to each child. The treat will be peanut free.

## PPO Chocolate Fundraising Campaign

Our campaign starts: Monday, February 2 and runs until Monday, February 23<sup>rd</sup>. All money is to be returned to the school by the last day of the campaign.

### PRIZES

The TOP 5 STUDENTS who have sold the most chocolate will also receive a special prize:

The TOP 5 STUDENTS who have sold the most chocolate will also receive a special prize: (Last year's prizes)

- 1st PLACE: Samsung Tablet
- 2nd PLACE: Amazon Gift card (150\$)
- 3rd PLACE: 4 tickets to Roller Avenue roller skating (2 adults and 2 children)
- 4<sup>th</sup> PLACE: 50\$ Cineplex gift card

All students who participate will be entered to win one of an assortment of \$10.00 gift cards.

Please support your child in selling to friends, relatives, and people in your workplace or community network. In the interest of student safety, we discourage door-to-door sales.

## Le Phare

Le Phare is a unique pediatric palliative care resource in Quebec dedicated to children with life-threatening illnesses and their families. They offer respite care, services and support for families.

Funds will aid medical services, expansion of nursing services. Our support will enable Le Phare to help seriously ill children and their families daily, free of charge. Ms. Clementina will bring 2-3 students on February 14, 2026, to the hospital where they will be doing some arts and crafts with the children. The daycare is making Valentine's Day cards to put a smile on sick children's faces. We will have a dress-down day on **Friday, February 6, 2026**. We kindly ask for a 2\$ donation. Please click the links below for more details:

<https://teams.microsoft.com/d96e9399-4713-4f35-92d5-d3636b86a368>

<https://montreal.citynews.ca/2024/12/16/annual-holiday-parade-le-phare/>

<https://www.journaldemontreal.com/2024/12/16/des-policiers-reparentent-la-magie-de-noel-a-des-enfants-atteint-dune-maladie>

## Health Tip for February from the School Nurse

### SLEEP "AN ESSENTIAL NEED"

Sleep is the only time when the body can recharge its energy, and the brain can organize the information it has registered during the day. Children should sleep between 10 to 12 hours a night. A bedtime routine is fundamental to facilitate sleep.

#### **Bedtime routine:**

A regular schedule for dinner, homework, sports, etc.

Avoid stimulating foods such as sugar, chocolate, and soft drinks.

Stop all stimulating activities in the evening (sports, TV, computers and video games) at least one hour before bedtime

Start the bedtime routine (bathing, tooth brushing, reading, etc.) 30 mins. to 1 hour before going to bed.

Provide a suitable and reassuring environment (an indirect night light of 15 watts maximum, room temperature of  $\leq 20^{\circ}\text{C}$ , and a warm hug).

*Going to bed early and having a good night sleep adds up to a good tomorrow.*

## Lunch Fees

Please be reminded that lunch fees are billed to parents monthly. Only students who use daycare services 3-5 days per week (regular users) have their lunch fees already included in their daycare fees. **Lunch and daycare fees need to be paid before Friday, February 13 at noon for income tax purposes.**



## Communication with School/Teachers

Please note that all students have received a school agenda. You are encouraged to use the agenda as a communication tool between home and school. You are also encouraged to stay in regular contact throughout the year with your child(ren)'s teachers to ensure they are progressing academically. Teachers may be contacted through the agenda, by phone (message relayed to teachers) or by email. Please email the specialist (Music, Art, Physical Education Teachers) because the agenda books stay with the homeroom teachers and are carried to the specialists' classes.

## Jeunesse Musicale

Opera Candy : The Gourmet Adventure of Hansel and Gretel Once upon a time – so ti do mi fa! – there were two cheerful singers who wanted to tell the tale of Hansel and Gretel in music. Their mischievous pal tried to lend them a helping hand, but he was so greedy and easily distracted that his foot would always end up in his mouth... or was that candy...? The two singers tried to think of a way to keep his attention on the task at hand... Aha! What if they gave him an important role to play in the story? Relive the tale savoured by candy lovers everywhere with this fanciful, playful concert. What better way to discover one of the most satisfying art forms in the world: opera!

# After-School Activities

Please note the dates of each after-school activity below. If you have a child participating in an activity, please pick up your child from the Delivery door entrance at 4:00 PM. Students will be brought to daycare if parents are running late and daycare fees will apply. Parents may have their children stay in daycare once their after-school activity ends. All after-school activities might be canceled if we do not receive enough registrations. The gymnasium is reserved for Tuesday Musical Rehearsals and Thursday Basketball practices.

MONDAYS	WEDNESDAYS	WEDNESDAYS
<b>Flag Football</b> <i>Mr. Paolo</i> <i>Gr. 4-6</i>	<b>Sportball</b> <i>SportLife</i> <i>K-2</i>	<b>Soccer</b> <i>SportLife</i> <i>Gr. 4-6</i>
February 9	February 11	February 11
February 16	February 18	February 18
February 23	February 25	February 25
March 9	March 11	March 11
March 23	March 18	March 18
March 30	March 25	March 25
April 13	April 1	April 1
April 20	April 8	April 8
April 27	April 15	April 15
May 4	April 22	April 22

FRIDAYS	FRIDAYS
<b>KARATE</b> <i>Sensei Alessandro</i> <i>K4-K5</i>	<b>KARATE</b> <i>Sensei Alessandro</i> <i>Gr. 1-6</i>
February 13	February 13
February 20	February 20
February 27	February 27
March 13	March 13
March 27	March 27
April 10	April 10
April 17	April 17
April 24	April 24
May 1	May 1
May 15	May 15

## Dress Code

Some students are arriving to school not adhering to the school's dress code. A friendly reminder to all parents to make sure their child follows the dress code that all garments must be plain and not have any stripes or designs on them.

- **Black Bottoms:** Plain pants, Bermudas, solid black joggers or track pads, leggings, tunic, skirt open brackets no shorter than knee length) with no logos
- **White Tops:** plain solid white blouse, shirt, T-shirt, turtleneck or polo with no logos. Sleeveless and crop tops are disallowed.
- **Black, Red or White Sweater:** plain solid black, red or white sweater, sweatshirt or cardigan with no logos.
- Shoes /boots: in winter months, students are required to wear boots. They must have shoes to change into. Boots are disallowed in the classroom. Students who are unable to tie their laces should come to school with shoes which have Velcro fasteners.
- An extra clean pair of running shoes is encouraged during fall and spring thaw so that students do not bring mud into the building
- **Winter Snow Pants:** mandatory for grades K4 to 3. Optional but highly recommended for grades 4-6. Clean or dry clothes are not provided by the school if children do not wear snow pants outside in the schoolyard.  
*Homeroom teachers will begin reporting students to the Administration if they do not adhere to the Gerald McShane dress code of conduct.*

### Some February 2026 Dates to Remember Black History Month

February 2	PPO Chocolate Fundraiser Begins Skating K4A-K4B & K5A-K5B
February 5	Selwyn House Hockey Tournament
February 6	Selwyn House Hockey Tournament
February 7	Dress down day - \$2.00 donation for Le Phare
February 9	Basketball Game GMS vs. École Adélard-Desrosiers 1 PM Jeunesse Musicale Gr.1-6 Skating K4A-K4B & K5A-K5B PPO Meeting (Hybrid)
February 11	K4 100 Days of School
February 12	PED DAY – school closed, daycare open Musical Rehearsals
February 13	Basketball Tournament at LBP Dress down day (free) – dress in pink/red for Valentine's Day Ski Day (Sports Concentration Students)
February 16	Skating K4A-K4B & K5A-K5B
February 18	Black History Month Presentation Simeon Pompey Gr. 3-6
February 18	Black History Month Presentation Simeon Pompey Gr. 3-6
February 20	Soccer Concentration vs. ESGA soccer in Ville St. Laurent
February 23	Skating K4A-K4B & K5A-K5B Melo Presentation K4-Gr.6
February 25	PPO Chocolate Fundraiser Ends Anti-Bullying Day Wear Pink Student vs. Teacher Basketball (Terry Fox incentive) Governing Board Meeting, 6:30 PM (virtual)
February 27	Term 2 Ends

**Please note that if there is a change to any activity/presentation it will be mentioned in the Weekend Broadcast through messenger.**

**See the full calendar at the end of this newsletter!**

## Follow Us on Social Media



Remember that anyone can follow us on Instagram and Facebook. Our school posts often with photos from different classes and reminders of upcoming events and activities.  
**Follow us on Facebook and Instagram!**

### MARCH BREAK

We are closed from March 2 to 6 for spring break. We will be back on Monday, March 9. Have a fun, safe week off!

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Chocolate Fundraiser Begins  Learn to Skate K4 & K5 8:00 – 10:00  After School Musical Rehearsals 2:40-4:10	3	4	5 Selwyn House Tournament	6 Dress Down Day \$2.00 Donation for Le Phare  Selwyn House Tournament	7 Basketball Game 1:00 p.m. at École Adéard-Desrosiers  
8	9 Jeunesse Musicale Gr. 1 to 6: 9:30 to 10:30  Learn to Skate K4 & K5  PPO Meeting – 6:30 Hybrid	10  After School Musical Rehearsals 2:40-4:10	11 100 Days of School K4 & K5  	12 Ped Day (Daycare Open)  Musical Rehearsals 8:30 to 2:00	13 Wear pink/red Basketball Tournament at LBP  Ski Day – Sports Concentration (Cycle 3)	14  
15	16 Learn to Skate K4 & K5  After School Musical Rehearsals 2:40-4:10	17 Ski Day – Regular Stream (Cycle 3)   No Musical Rehearsals	18 Black History Month Presentation  	19 Black History Month Presentation	20 Soccer Concentration vs. ESGA soccer  	21
22	23 Learn to Skate K4 & K5  Melo Presentation 10:30-11:15  Chocolate Fundraiser Ends	24  After School Musical Rehearsals 2:40-4:10	25 Anti-Bullying Day Wear Pink  Staff vs. Gr. 6 Basketball Game  GB Meeting: 7:00 Virtual	26	27	28