

October

PDC Press

“

You are braver than you believe,
stronger than you seem, and
smarter than you think

”

September Spotlight

September was a great month!

Our Welcome Day Carnival showcased classic carnival games. We want to thank PPO for coming in early to set up and animate the stations. A shoutout goes to our Phys Ed Department for helping with the organization and Scavenger Hunt as well.

The PDC Choir hit the stage with the Esteriore Brothers on September 16. What an incredible memory this will be for our students! Thank you goes to Ms. Alongi, Ms. Framary, Signora Sonia, Signora Carmela, Ms. Elena and VivantiEntertainment for making this a memorable moment. Read an article about the evening [here](#).

Grandparents' Day was a beautiful moment shared between our students and grandparents. Thank you to our committee, Ms. Connie, Ms. Alongi, Sig.Carmela, Ms. Patrizia, Ms. Kelly, Mme Andrea and Ms. Maria for organizing this day. Thank you to the PPO for volunteering their time in making this event possible. A huge thank you goes to Les Delices Lafrenaie for donating the corn for this event!

Important Dates

October 2 & 3: Picture Day (see schedule on page 2)

October 2: PPO & GB

October 3: PJ Movie Night (for those who purchased tickets. No tickets are sold at the door)

Week of October 6: Milk Program to begin.

October 15: Progress Reports available on Mozaik

October 24: Dance Party

October 25: Light the Night Walk

October 27: Ped Day

October 31: Halloween Activities



School Photos



The individual and group school pictures for the 2025-2026 academic year will be taken on Thursday, October 2nd and Friday, October 3rd. Siblings will be photographed together on Friday, October 3rd. The schedule will be as follows:

Students will need to bring their own combs and brushes. We ask that your child bring their cardigan on picture day if they have one. Students who have physical education on their photo day are not to wear their gym uniform. Please have them dressed in the school dress code as indicated above.

Please note that proofs will be online for you to view. You are under no obligation to purchase the photographs. Thank you for your cooperation.

Thursday, October 2nd		Friday, October 3rd	
AM	PM	AM	PM
K5A	5A	K4A & K4B	SIBLING PHOTOS
K5B	5B	3A	
WINGS Classes	6A	3B	
K4C	6B	56M	
K5C	4A	2A	
K5D	4B	2B	
1A		1C	
1B		1D	
4C		2C	



Toys & Keychains

All toys and big keychains with stuffed animals are not permitted in school.



We need your collaboration in ensuring these items remain at home.

Medication

Students are NEVER allowed to have medication (including cough drops) of any kind in their possession.

If your child is required to take medication prescribed by a doctor while at school, a Consent Form signed by the parent must be given to the school secretary. This must be accompanied by the medication in the original container from the pharmacy (including dispensing label), with the doctor's name clearly visible on the label.

No medication will be given to a child unless it is prescribed by a doctor.

A student is encouraged to wear an allergy belt which holds their EpiPen.

If your child has asthma, a pump must be kept at school. The child may not keep it in the school bag.

Halloween

HALLOWEEN IDOL

PDC's famous Halloween Idol is back! If your child is interested in auditioning for Halloween Idol, please complete the form found [here](#) by October 10.

*If auditioning in a group, only submit one application.

Auditions will take place on October 14th (Cycle 1), 16th (cycle 2), and 17th (Cycle 3).

HALLOWEEN DAY

Students are permitted to come dressed up. No masks, no props (wands, swords, etc) are permitted.

Various activities will be planned.

REMINDER:

For the security of our children, please do not send in goody bags filled with candy. We ask for your understanding and cooperation as the safety of our students is of utmost importance.

The Importance of Being on Time

Arriving to school on time helps children start their day confidently. When students are late, they can miss important instructions, morning routines, or valuable learning opportunities. We appreciate your cooperation in fostering punctuality.

Milk Program

As of October 6, students will be given the opportunity to have milk in the morning, 3 times a week.

If you do not wish for your child to drink milk, please fill out the form found [here](#) so we can inform your child's teacher before October 3.





Daycare HopHop App

HopHop is a simple application that allows the daycare centre to synchronize the preparation of your child with your estimated time of arrival. Your child can quietly finish his activity before preparing to leave. The estimated arrival time is automatically calculated from the GPS of your smart phone or can be set manually (mobile app or web version). A notification is sent to you when your child is ready at the daycare ser

The application uses photo-identification (ID) to simplify the work of the daycare team during the daily dismissal of your children. When your request is sent for the preparation of your child, the name and photo of the person assigned to pick up your child will appear at the daycare.

If interested, you can create your account [here](#). You can register at any time for a one-month free trial period. If you want to continue to use the HopHop service after this free trial, simply go to the Purchase section of the application to make your payment. Subscription fees are \$ 27+tx / year per family. Only one subscription is required per family (includes all children and parents of the family).

Please note that this application is independent of your school or daycare. Use is voluntary and does not change the system currently in place at the daycare for families who do not wish to use the application.

Parking & Stopping

A friendly reminder that parking in the bus zone is not permitted. This also includes parking or stopping in front of the Main Gates. We ask that you find parking, and walk with your child(ren) to the designated gate area.

The safety of all is of utmost importance.

Dance-a-thon

Our hearts are filled with love with all the donations coming through our LLS fundraiser in Joey's honor.

Our dance-a-thon is scheduled for Friday, October 24 in the afternoon for all students to celebrate their efforts in raising funds for Joey. We encourage all students to ask for pledges for their afternoon dance-a-thon.

Students will be permitted to wear anything Harry Potter related on this day; one of Joey's favorite books!

A 2\$ donation for this dress down day is appreciated.

Light the Night

The PDC Community has raised over 30, 000\$ so far for LLS. Our goal is to reach 50K! If you wish to donate, please click [here](#).

If you wish to join us at the Light the Night Walk, we ask that you register (one per family) by using the following link: [Register for the Light the Night walk and click on "join the team"](#)



Asista Foundation

Pierre de Coubertin Elementary will continue its partnership with the Asista Foundation through our Facility Service Dog Program.

Our newest “staff member” is Luna, a 10-month-old female Goldendoodle. Luna will be coming to school with our Behaviour Management Specialist, Ms. Cindy Mendes, who will also be her foster caregiver throughout the duration of the program.

Luna is in the final stages of her training and is already very comfortable in public spaces. Over the next few months, our focus will be on helping students and staff learn how to interact with her and support her role, while also reinforcing her training in this new environment.

As the program matures, Luna’s responsibilities will grow to include:

Running reading programs with students

Supporting students’ social interactions

Helping reduce stress and anxiety in students

Participating in a variety of activities shown through research to positively impact student well-being and engagement.

The students will begin meeting Luna alongside Ms. Cindy during the week of October 14th. More structured class visits will be introduced later in the year as the program develops.

We are thrilled to welcome Luna to our school community. While she is warm and friendly, we must all remember that Luna is not a pet- she is a working dog with a special mission: to help our students learn, grow, and thrive.



Asista Foundation

Some Things You Should Know About a Facility Service Dog & FAQ (in no particular order)

This is a specially trained Facility Service Dog, selected (not bred) for her even, predictable temperament and suitability for working with students.

Luna is fully vaccinated and up to date on all veterinary visits. Through our partnership with the Asista Foundation, she also has 24/7 access to veterinary care at the Veterinary Center Laval.

Luna is groomed regularly to minimize hair and dander issues related to allergies and intolerances. As a Bernedoodle, she is a low-shedding, hypoallergenic breed, which greatly reduces the chance of allergic reactions and helps create a safe, comfortable environment for everyone.

Luna is always accompanied by her handler (Ms. Cindy) and is never off-leash in hallways or classrooms. As an added benefit, all students will have the opportunity, though never the obligation, to learn proper dog etiquette. Examples include how to safely approach a dog, how to ask permission before petting, and how to respect a working dog's space. Luna serves as a wonderful ambassador for teaching these important life skills.

FAQ

My child (or I) is allergic to dogs:

Approximately 5% of the population has some level of sensitivity to dog fur or dander. If your child has an allergy or intolerance and the school has not yet been informed, please let us know. Clear protocols are in place to minimize potential reactions. Luna is groomed regularly, and her service vest (her "uniform") is cleaned frequently to reduce hair transfer. In most cases, even students with mild allergies can safely interact with her by taking simple precautions such as washing their hands afterward and using a lint roller on clothing. It is important to note that no student, staff member, or parent will ever be required to interact with Luna.

My child is afraid of dogs:

Luna was carefully chosen for her calm and gentle temperament. No child will ever be forced to interact with her. However, for children who wish to overcome their fear of dogs, Luna provides a safe and supportive opportunity to do so gradually and at their own pace.

Benefits of a Facility Service Dog (As supported by scholarly research, but not limited to):

- Decreased anxiety, depression, and behavioural challenges
- Increased overall well-being and stress management
- Development of empathy, responsibility, and social skills



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Thank you for a great first month!

Lisa Triestino
Interim Principal

Lisa-Anne Skinner
Interim Vice Principal