

Principal: Todd Truax
Vice Principal: Laura Clark
Vice Principal: Julie Morrice
Trustee: Esther Childs

PRINCIPALS' MESSAGE

Dear Parents/ Guardians,

Greetings from Monck. Please be sure to complete the student census for parents. There is a QR code on the following page. Thank you in advance for your input.

Please note the changes to our pick-up and drop-off policy that can be found on the following page.

We have the Monck Science Fair happening in April so students are preparing to showcase their projects. As we move into some warmer weather, students are reminded to dress for the weather. There is typically a lot of water and puddles around Monck in the spring.

We encourage students to get involved in many of the activities at Monck, including volleyball, winter activities, Monck Olympics, intramurals, and spirit days.

We are so proud of the growth we're seeing in every classroom. Thank you for partnering with us to make this school year a success. As always, our door is open if you have any questions or feedback.

Todd Truax, Laura Clark, and
Julie Morrice

Office

705-645 - 9986

Safe Arrival

705-645-9986

Website:

<http://mon.tlidsb.on.ca>

We achieve excellence through effort and high expectations!

Late DROP-OFF

Early PICK-UP

Beginning this month, if you are **Dropping-off after** the bell at **8:45 am** or **Picking-Up before** the bell at **3:10 pm**, all **parents/ guardians** must come into to office to sign your child(ren) in/ out. Any student dropped off or picked up between the bell times must enter/ exit through the front doors only. We thank you for your understanding as we ensure the safety of all students.

Student Census

The Student Census is a voluntary survey for all students in the TLDSB that collects identity-based data to help our school communities understand and better support equity and inclusion. Individual responses and all personal student and family information will remain confidential. Your teacher and principal will not see your responses. Grade 7 & 8 students will complete the census at school on **March 3rd**. All families of K-6 students are encouraged to complete a student census from home, the week of **March 3rd-10th**. If you require a computer to complete the census, please drop by the school on **March 5th**. Computers will be available for parent/ guardian use from 8:50-9:30 am and 2:30-3 pm.

Access the census at the link below or with the QR code.

<https://www.tldsb.ca/student-census/>



Mental Health Monthly

Mental Health Monthly

Did you know that giraffes average only 30 minutes of sleep per day? Children aged 6-13 require much more sleep than giraffes. On average children need 9 to 11 hours of sleep to feel physically and emotionally rested. For healthy sleep hygiene try the following:

Maintain a regular sleep schedule (wake up and go sleep at the same time each day).

Have a sleep friendly environment (cool, quiet and dark bedroom).
Keep a consistent bedtime routine that involves “wind down” activities such as listening to calm music or reading.

During the day spend time outside, eat regular meals and integrate an exercise routine.

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ATHLETICS NEWS

Tumble into March: Gymnastics is Coming!

As March brings milder weather and longer days, the excitement in our gymnasium is reaching new heights! We are thrilled to announce that following March Break, our gym will be transformed with gymnastics equipment! **Students** in grades 1-4 will have the fantastic opportunity to tumble, jump, balance, and roll their way into spring. It's the perfect way to channel all their energy into developing new skills, coordination, and confidence. We can't wait to see our students soaring to new heights on the mats!

Volleyball

Monck is entering the month of March "fierce like a lion!" We are incredibly proud of our volleyball teams, who have been training tirelessly for their upcoming tournament on **March 6**. Their dedication on the court has been inspiring to watch, and we wish them the best of luck as they represent our school.

Junior Intramural - Newcomb Ball

Our **Junior students** are officially taking to the court to master the game of **Newcomb ball**! As a perfect lead-up to volleyball, Newcomb is all about building those essential skills: Communication, positioning on the court and teamwork! It's been incredible to see our Juniors bringing that same "fierce lion" energy we've seen all month. They are catching, throwing, and strategizing like pros as they learn the fundamentals of the game. Whether they are lunging for a save or cheering on a teammate, the school spirit is loud and proud. Keep up the great work, Juniors—the future of Monck volleyball looks bright!

Reminders from the Gym!

Students must have clean indoor running shoes in order to participate in indoor Phys.Ed classes. Students in Grade 4-8 are encouraged to bring a change of clothes for Phys.Ed classes. If you need support obtaining indoor shoes or clothing for Phys. Ed please reach out to

crystal.steinberg@tldsbc.on.ca and we can help with this!

MUSIC AT MONCK

~ UPDATE ~

Thank you to all the students, families, and community members who supported our recent Mitchell's Soups fundraiser. Your generosity will help offset the costs for our Grade 8 Concert Band and Jazz Band as they prepare to travel to Nationals with MusicFest Canada. We also look forward to upcoming performances and will share details as soon as they are confirmed for the Huntsville Music Festival in Huntsville and the Orillia Kiwanis Music Festival in Orillia for our Grade 7 and 8 bands this April. Ms. Lonsdale would like to sincerely thank all students, families, and community members for their continued encouragement and support of the music program—it is always deeply appreciated.

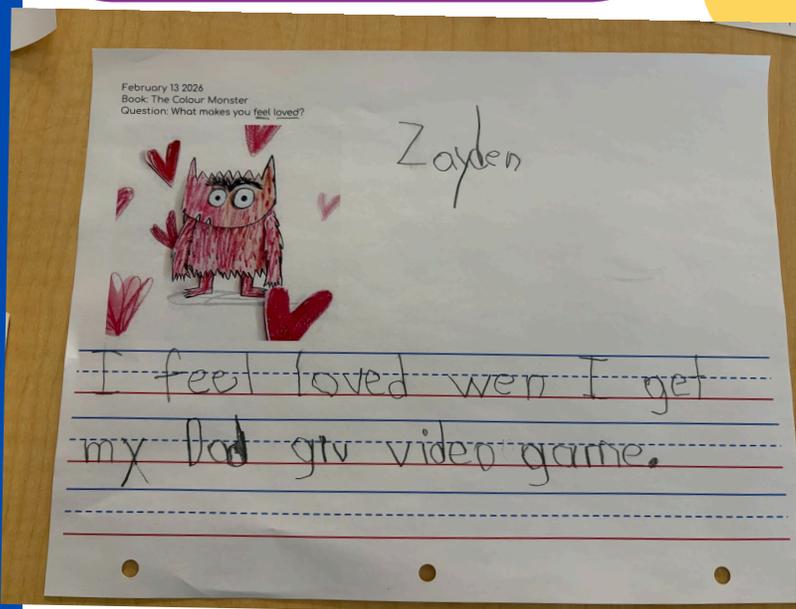
Save the Date!

- April 16:** Science Fair
- May 21:** Welcome to Kindergarten
- June 23:** Grade 8 Graduation
- June 25:** Last Day of School

Culture Days

March Culture Day:
Share a musician or band from a different country

Date:
March 9th-13th



MARCH 2026

COMMUNITY *Connection*

Parent Council will be providing hot lunches for students at no cost. We have volunteers coming to make snacks for classroom beginning on March 6th. We will be rotating classrooms serving a couple each week. We will communicate through School Messenger when hot lunches will be coming to your child's classroom. Hot lunches from Boston Pizza will continue on March 10th and 24th for students.

The next parent council meeting takes place on March 24th at 6pm at Monck.

FAMILY MATH CHALLENGE

The Monck Family Math Challenge: "The Great Grocery Guess"

Math isn't just found in textbooks—it's hiding in your pantry! This month, we challenge your family to use your estimation and geometry skills during your next snack time or grocery trip.

The Challenge: Packaging Puzzles

Find three different food containers in your kitchen (e.g., a cereal box, a soup can, and a snack bag). Before you open them, work together to answer these questions:

The Volume Voyage: Which container do you think holds the most food? Which holds the least? Does the height of the container always mean it holds more?

The Shape Search: Can you find a rectangular prism (box), a cylinder (can), and an irregular shape (snack bag)?

The Measurement Mission: Use a ruler or a piece of string to measure how tall each item is. If you stacked three soup cans on top of each other, would they be taller or shorter than the cereal box?

2026 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Gr 4/5 Skating	5	6	7
8 	9	10 	11 	12 	13	14
15	16	17	18	19	20	21
March Break						
22	23	24 Parent Council Meeting 6-7pm 	25 	26 	27	28
29	30	31				