



CENTRE DE TECHNOLOGIE ROSEMONT
ROSEMOUNT TECHNOLOGY CENTRE



Rosemount Technology Centre

Main Campus

3737 rue Beaubien E.

Montréal, Québec

H1X 1H2

Curtis George Campus

10909 rue Gariépy

Montréal, Québec

H1H 4C6

JFK Annex

3030 rue Villeray

Montréal, Québec

H2A 1E7

T (514) 376 4725 (RTC Main Campus) / T (514) 376 4976 (Curtis George Campus)

● F (514) 376 9736



Commission scolaire English-Montréal
English Montreal School Board

Table of Contents

Calendar.....	3
Welcome to Rosemount Technology Centre.....	4
Administrative Staff at Rosemount Technology Centre	4
Centre Schedule.....	4
Code of Conduct	5
1. VALUES	5
1.1. The student is entitled to:.....	5
1.2. The student has an obligation and commits to:	5
2. HEALTH AND SAFETY	5
2.1. Violence:	6
2.2. Alcohol and recreational drugs:.....	6
2.3. Prohibited objects:.....	6
2.4. Smoking:	7
2.5. Theft, vandalism, activation of the fire alarm:.....	7
2.6. Filing a complaint (Bill 9).....	7
3. OPERATING RULES.....	7
3.1. Departure from school or travel during school hours:	7
3.2. Attendance and punctuality:	7
3.3. Computer equipment:	8
3.4. Accident at school:.....	8
3.5. Recycling:	9
3.6. Locker:	9
3.7. Toolbox:	9
3.8. Lost or found items:.....	9
3.9. Parking:	9
3.10. Terms of internships in industry:.....	9
4. ADMINISTRATIVE RULES	9
4.1. Change of address and telephone number:	9
4.2. School closure:.....	9
4.3. Plagiarism and falsification of document signature:	10
4.4. Cellular and other electronic devices:	10
4.5. Display:	10
5. Program of Study	11
6. Resource Directory	18
7. Information for parents and students 2023-2024 school year	25



Commission scolaire
English-Montréal
English Montreal
School Board

2023-2024

CALENDRIER SCOLAIRE - SCHOOL CALENDAR
ENSEIGNANT(E) S - TEACHERS

SECTEUR PROF. - Vocational SECTOR

Répartition des jours de travail - Distribution of Work Days

Rosemount Technology Centre

July 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

 Summer Shutdown

 March Break

 Fixed Professional Days
Selected by School Board

 Moveable Professional Days
Selected by Centre

 Holidays

Welcome to Rosemount Technology Centre

Today you join other students who, like you, have chosen to pursue a vocational program at Rosemount Technology Centre.

Careers in vocational education offer a promising future and, despite the current economic context, employment prospects are exceptionally good. Employment Canada statistics indicate that large numbers of graduates from vocational education programs found jobs in their field.

Administrative Staff at Rosemount Technology Centre

Centre Principal

John Pevec

Centre Vice-Principal

Danny Midlash

Ruben Azevedo

Academic & Vocational Information Counselors

Melissa Urso

Nadia Zuccaro

Centre Schedule

RTC, JFK and Curtis George Campuses Day Programs (8:00 – 3:20 pm)

RTC and JFK Campus Evening Programs (5:00 pm – 10:30 pm)

Day Schedule (RTC and Curtis George Campus)	Day Schedule (JFK Campus)	Evening Schedule (RTC and JFK Campus)
Thirty-hour weekly schedule		Twenty-five-hour weekly schedule
08:00 – 09:30 Class 09:30 – 09:45 Break 09:45 – 11:15 Class 11:15 – 12:05 Lunch Break 12:05 – 13:30 Class 13:30 – 13:45 Break 13:45 – 15:20 Class	08:00 – 10:30 Class 10:30 – 10:45 Break 10:45 – 11:45 Class 11:45 – 12:35 Lunch Break 12:35 – 14:00 Class 14:00 – 14:15 Break 14:15 – 15:20 Class	17:00 – 19:30 Classes 19:30 - 20:00 Diner Break 20:00 – 22:30 Classes

Code of Conduct

The Mission of Rosemount Technology Centre is to train skilled workers and responsible citizens who contribute to the well-being of their environment in accordance with health and safety rules. Your entry into RTC thus becomes a mutual commitment. In order to ensure a harmonious learning environment for all, the Centre has developed a code of conduct. All articles in the code of conduct are based on the values of self-respect, respect of others and of the environment. This code of conduct will provide you with a learning environment that will help you achieve your goals. It reflects the general principles that can be found in a workplace. By registering with RTC, you are committed to adhering to this code and promoting it throughout your training.

1. VALUES

1.1. The student is entitled to:

- respect and consideration by all
- help and support from staff members
- studying without any form of discrimination or harassment
- an environment free of physical, verbal or psychological violence
- a safe environment

1.2. The student has an obligation and commits to:

- respect all colleagues and staff
- respect the Centre's property and materials
- refrain from any form of harassment
- respect the rules of operation and behavior established by administration for the proper running of the school
- comply with health and safety rules

2. HEALTH AND SAFETY

To respect its educational mission, Rosemount Technology Centre (RTC) attributes significant importance to the health and safety of its staff and students. Each member of this community has the duty to ensure their own health and safety as well as that of others and has the right to an environment that respects their health and safety. The RTC Administration

is committed to taking the necessary measures to develop, equip and maintain the premises in accordance with existing standards. Teachers are committed to informing and training students in the Health and Safety culture. Students must adhere to the health and safety standards outlined in their Health and Safety course. A defibrillator, accompanied by a list of staff members trained as first responders, is situated in the main office at both the RTC and Curtis George campuses. Additionally, the defibrillator for our JFK campus is available at the main office of the JFK Adult Education centre.

2.1. Violence:

At Rosemount Technology Centre, respect for oneself, others and the environment is a priority. Everyone has the right to be treated with respect, regardless of gender, age, ethnicity, religion or sexual orientation. No form of violence will be tolerated. Reprehensible and unacceptable forms of violence include:

- Verbal and psychological abuse: threat, intimidation or humiliation against a peer or staff member
- non-verbal violence or intimidation
- physical violence: shoving, fighting, extortion (taxing) and theft
- Harassment: unwanted sexual or homophobic gestures, words, or attitudes

Anyone who does not comply with this directive, will be referred to administration and disciplinary action will be taken.

2.2. Alcohol and recreational drugs:

It is forbidden to possess, consume, distribute, or sell drugs or alcohol on the premises or during school activities. It should be noted that a student who has consumed illicit substances is a potential source of injury for themselves, other students, and staff. Students who do not comply with this directive will be referred to management and disciplinary action will be taken.

Possession and/or consumption of recreational cannabis is strictly prohibited to any person present in any EMSB establishments (EMSB POLICY REGARDING THE POSSESSION AND/OR CONSUMPTION OF CANNABIS: HR-18);

2.3. Prohibited objects:

Any item that could be considered a weapon or a dangerous product as well as objects not relevant to the course are prohibited.

2.4. Smoking:

Smoking and vaping are strictly prohibited on school grounds. The law makes it clear that smoking is prohibited in secondary schools and vocational training centres and provides for penalties for different types of offences. It also states that it is forbidden to remove or alter posters relating to this law.

2.5. Theft, vandalism, activation of the fire alarm:

Theft, vandalism, and malicious activation of the fire alarm are not tolerated. Any costs associated to the aforementioned will be charged to the student.

2.6. Filing a complaint (Bill 9)

Rosemount Technology Centre is dedicated to providing a fair and transparent process for addressing concerns and complaints. We understand that issues may arise, and we are committed to resolving them in a timely and efficient manner. If you have a complaint or wish to express a concern, we encourage you to follow our formal complaint process, which is designed to ensure your voice is heard and your concerns are addressed appropriately. To file a complaint, a student or their parent must first approach the person directly concerned or the administration. The complaint may be verbal, but it is better if it is made in writing. The person who receives the complaint has 10 working days to respond. If the student or their parent is still dissatisfied with how the complaint is being handled, or if the 10-day deadline has expired, they may then approach the person responsible for processing complaints within the school board.

For more detailed information on this process, including the steps to follow, please visit the following link: <https://www.emsb.qc.ca/emsb/services/central-services/Complaint>

3. OPERATING RULES

3.1. Departure from school or travel during school hours:

Students must notify their teacher if they must leave the premises during regular school hours.

3.2. Attendance and punctuality:

To ensure academic success and employability, students must be present for all classes. In addition, students must arrive to class on time.

3.3. Computer equipment:

Anyone authorized to use the school board's equipment must comply with the EMSB's ICT Access and Appropriate Use policy. Here are some details:

- Refrain from using anonymous Internet services
- Refrain from creating, accessing, storing, sending, distributing or printing any material which is generally considered to be obscene, pornographic, erotic, sexually explicit, racist, abusive, discriminatory, hate-motivated, harassing, threatening, demeaning or otherwise objectionable in imagery or language
- Take reasonable precautions to prevent unauthorized access to EMSB ICT Systems. Such precautions include keeping login identifiers and passwords confidential, and locking or preventing unauthorized access to your computer when left unattended for extended periods of time
- Refrain from storing personal files on EMSB equipment
- Refrain from installing unauthorized software on EMSB-managed computers
- Refrain from using EMSB ICT Systems, for personal monetary gain. This includes but is not limited to the solicitation of funds, advertising and selling of goods or services of any type unless such an activity is sanctioned by the School Board as represented by Director of the service or department of the employee
- Refrain from transmitting unsolicited bulk information (SPAM), including junk mail, advertising, jokes, solicitation, chain letters, virus alerts, etc.
- All students must submit a signed Consent or Agreement Form signed by the student, parent or guardian, indicating agreement with the terms of provision of student access
- Internet access may be removed from students who do not comply with the EMSB's ICT Access and Appropriate Use policy

3.4. Accident at school:

In the event of an accident, the student must notify the teacher immediately and the teacher will complete an accident report. It is recommended that students obtain private insurance (e.g., Beneva).

The nearest hospital to our RTC and JFK campus is:

- Santa Cabrini Hospital (5655, Saint-Zotique Rue E, Montreal Québec H1T)

The nearest hospital to our Curtis George campus is:

- Maisonneuve-Rosemont Hospital (5415 Boulevard de l'Assomption, Montréal QC H1T 2M4)

3.5. Recycling:

Both in the classroom and in the cafeteria, please use the recycling bins.

3.6. Locker:

Lockers are available for student usage. Lockers must be emptied by June 30th annually.

3.7. Toolbox:

A toolbox is loaned to the student for the duration of certain modules. The student is responsible for the toolbox and its contents. If a returned toolbox is incomplete or tools are broken, an invoice will be sent to the student to whom the toolbox was loaned.

3.8. Lost or found items:

Any lost or found items must be reported to the main office.

3.9. Parking:

There is no student parking at our RTC and JFK campuses. Students parked in the staff parking will have their vehicles towed at their expense.

Student parking is available only at our Curtis George Campus.

3.10. Terms of internships in industry:

Internships are part of the training plan and are evaluated in the same way as other modules. The completion of the internship is mandatory for obtaining the DEP. When students are on internship, they are obliged to comply with the rules of the company. In general, students must successfully complete all modules of the program to be eligible for an internship. It is the student's responsibility to find an internship at the end of their training.

4. ADMINISTRATIVE RULES

4.1. Change of address and telephone number:

Students must inform the main office of any changes to their contact information.

4.2. School closure:

If the school is closed due to inclement weather, an announcement will be made via the media by 7 a.m. Students will also receive a message to their EMSB email via the mass notification system.

4.3. Plagiarism and falsification of document signature:

The Ministère de l'Éducation (MEQ) policy will be applied. The "E" grade will be recorded in the evaluation. A recidivism may result in an end of training, whether it involves a summary or a resumption examination. If a situation of plagiarism arises during a compulsory format (exercises, assignments, homework, etc.), indicated in the course outline, the student concerned can achieve his summative, but loses his right to resume. In the event of a failure at the summative, the student must resume his module.

4.4. Cellular and other electronic devices:

During an examination, the use of cell phones, tablets, laptops or any other personal electronic devices is prohibited. Teachers are entitled to withhold these devices during the exam. In the event of non-compliance with this directive, the plagiarism rule will be applied.

4.5. Display:

Anyone who wishes to display any information must do so only in the places reserved for this purpose and must obtain prior authorization administration.

5. Program of Study

PROGRAM OF STUDY: Cabinetmaking

DEP 5852

Cabinetmaking	5852			
Code	Module #	Statement of competency	Hours	Credits
773-312	1	Determine their suitability for the trade and the training process	30	2
773-325	2	Interpret drawings	75	5
773-332	3	Take measurements and do calculations required for manufacturing	30	2
773-345	4	Make an object using hand tools	75	5
773-358	5	Prepare the parts for a piece of furniture to be manufactured	120	8
773-368	6	Assemble furniture	120	8
773-372	7	Make patterns, templates, jigs and fixtures	30	2
773-384	8	Analyze the impact of finishing processes on manufacturing	60	4
773-395	9	Make technical drawings	75	5
773-406	10	Make a straight piece of furniture out of solid wood	90	6
773-412	11	Veneer and laminate materials	30	2
773-426	12	Make panel furniture	90	6
773-432	13	Plan the manufacturing of a product	30	2
773-448	14	Manufacture commercial, industrial or institutional furniture	120	8
773-457	15	Manufacture and install modular kitchen components	105	7
773-468	16	Explore traditional and innovative techniques	120	8
773-478	17	Make curved furniture	120	8
773-488	18	Manufacture and install architectural products	120	8
773-494	19	Help develop a product	60	4
773-504	20	Provide technical support for a manufacturing project	60	4
773-516	21	Enter the workforce	90	6
			1650	110

Furniture Finishing	5642			
Code	Module #	Statement of competency	Hours	Credits
760-111	1	Determine their suitability for the trade and the training process	15	1
760-121	2	Apply occupational health and safety rules	15	1
760-132	3	Apply concepts of colour theory	15	1
760-143	4	Apply concepts related to finishing products	45	3
760-153	5	Match opaque colours	60	4
760-162	6	Prepare surfaces for finishing	30	2
760-177	7	Develop finishing schedules	105	7
760-188	8	Finish new furniture	120	8
760-193	9	Do touch-ups	45	3
760-202	10	Take furniture styles into account in their work	30	2
760-211	11	Strip flat surfaces in good condition	15	1
760-227	12	Apply special finishes	105	7
760-238	13	Refinish furniture	120	8
760-246	14	Restore furniture	90	6
760-252	15	Determine their suitability for starting a business	30	2
760-264	16	Enter the work force	60	4
			900	60

Computer Graphics	5844			
Code	Module #	Statement of competency	Hours	Credit
965-011	1	Determine their suitability for the occupation and the training process	15	1
965-024	2	Manage a computer environment	60	4
965-037	3	Create vector images	105	7
965-046	4	Create raster images	90	6
965-056	5	Determine their suitability to work in graphic communications production	90	6
965-066	6	Acquire images	90	6
965-074	7	Manage colour profiles	60	4
965-086	8	Produce composite images for standard printing	90	6
965-096	9	Produce composite images for visual interfaces	90	6
965-104	10	Use tools to proofread texts written in English	60	4
965-116	11	Manipulate typographic elements	90	6
965-127	12	Create simple page layouts for print documents	105	7
965-137	13	Create simple page layouts for visual interfaces	105	7
965-146	14	Create simple page layout templates for visual interfaces	90	6
965-156	15	Create page layout templates for print documents	90	6
965-164	16	Prepare imposition proofs with finishing for standard formats	60	4
965-177	17	Create complex page layouts for print documents	105	7
965-184	18	Prepare rasterized documents	60	4
965-194	19	Prepare documents for digital printing	60	4
965-205	20	Prepare documents for standard offset printing	75	5
965-216	21	Manage a graphic communications microbusiness	90	6
965-228	22	Integrate into the workplace	120	8
			1800	120

Electromechanics	5781			
Code	Module #	Statement of competency	Hours	Credits
754-992	1	Protect health, safety and physical integrity on construction sites	15	1
781-621	2	Determine their suitability for the trade and the training process	30	2
781-632	3	Manage computerized data	15	2
781-648	4	Check an electrical circuit	135	8
781-652	5	Draw sketches	30	2
781-667	6	Perform manual machining operations	90	7
781-672	7	Move industrial equipment	30	2
781-685	8	Cut and weld metal	90	5
781-692	9	Connect tubes, pipes and hoses	30	2
781-707	10	Operate an industrial electronics circuit	105	7
781-716	11	Use machine tools	90	6
781-726	12	Analyze a logic circuit	90	6
781-732	13	Align shafts	30	2
781-747	14	Maintain mechanical devices	105	7
781-755	15	Assemble a pneumatic circuit	75	5
781-764	16	Assemble a hydraulic circuit	60	4
781-777	17	Maintain an AC or DC motor circuit	105	7
781-784	18	Maintain pneumatic and hydraulic equipment	60	4
781-794	19	Calibrate a control loop	60	4
781-804	20	Maintain electropneumatic and electrohydraulic circuits	60	4
781-816	21	Program a controller	105	6
781-824	22	Activate an electronic motor control device	60	4
781-831	23	Use job search techniques	15	1
781-847	24	Install an automated system	90	7
781-853	25	Implement a planned maintenance program	45	3
781-866	26	Troubleshoot an automated system	90	6
781-876	27	Enter the work force	90	6

Industrial Drafting	5725			
Code	Module #	Statement of competency	Hours	Credits
872-035	1	Interpret technical drawings	75	5
872-054	2	Take and interpret measurements	60	4
872-153	3	Adapt to the new types of work organization	45	3
872-311	4	Determine their suitability for the trade and the training process	15	1
872-324	5	Solve problems related to industrial drafting	60	4
872-335	6	Produce sketches	75	5
872-345	7	Work at a computerized workstation	75	5
872-356	8	Produce detail drawings of mechanical components	90	6
872-364	9	Illustrate fasteners	60	4
872-373	10	Illustrate the arrangement and movement of the components of a mechanism	45	3
872-386	11	Interpret technical information about materials and manufacturing processes	90	6
872-395	12	Produce assembly drawings	75	5
872-407	13	Use the specialized functions of a computer-aided drafting program	105	7
872-414	14	Determine dimensional tolerances	60	4
872-421	15	Correct a drawing	15	1
872-436	16	Illustrate power train systems	90	6
872-446	17	Produce development drawings	90	6
872-456	18	Make a three-dimensional model of an object	90	6
872-466	19	Produce detail drawings of a mechanism	90	6
872-476	20	Make piping and circuit diagrams	90	6
872-482	21	Use job search or entrepreneurial techniques	30	2
872-495	22	Produce drawings for a mechanical system	75	5
872-507	23	Draw the housing of a machine	105	7
872-517	24	Design a simple technical object	105	7
872-526	25	Enter the workforce	90	6
			1800	120

PROGRAM OF STUDY: Machining (NEW Program)**DEP 5871**

Machining Techniques	5871			
Code	Module #	Statement of competency	Hours	Credits
874-101	1	The Trade and the Training Process	15	1
874-112	2	Occupational Health and Safety	30	2
874-123	3	Manufacturing Processes and Materials	45	3
874-134	4	Machining Calculations	60	4
874-147	5	Interpreting Technical Drawings	105	7
874-155	6	Dimensional and Geometrical Control	75	5
874-163	7	Setting up Machine Tools	45	3
874-176	8	Machining-Related Tasks	90	6
874-182	9	Workplace Communication	30	2
874-196	10	Basic Lathe Operations	90	6
874-208	11	Basic Milling Machine Operations	120	8
874-217	12	Lathe Work	105	7
874-228	13	Milling	120	8
874-233	14	Operating a Numerical Control Lathe	45	3
874-243	15	Operating a Machining Centre	45	3
874-255	16	Manual Programming	75	5
874-263	17	Conversational Programming	45	3
874-274	18	Automatic Lathe Programming	60	4
874-286	19	Automatic Machining Centre Programming	90	6
874-297	20	Machining Using a Numerical Control Lathe	105	7
874-308	21	Machining Using a Machining Centre	120	8
874-315	22	Mass Production on a Numerical Control Lathe	75	5
874-326	23	Mass Production on a Machining Centre	90	6
874-338	24	Entering the Workforce	120	8
		Total	1800	120

Printing	5813			
Code	Module #	Statement of competency	Hours	Credits
983-011	1	Determine their suitability for the occupation and the training process	15	1
983-021	2	Apply health and safety rules in a print shop	15	1
983-033	3	Adjust and maintain a duplicator and offset press	45	3
983-048	4	Print text documents using a duplicator	120	8
983-055	5	Perform trimming and finishing work	75	5
983-064	6	Prepare inks and plates for offset printing	60	4
983-074	7	Apply quality control procedures for offset printing and screen printing	60	4
983-083	8	Print perforated and numbered jobs using a duplicator	45	3
983-096	9	Use tints and halftones in duplicator printing	90	6
983-106	10	Print jobs in two colours simultaneously using a duplicator	90	6
983-116	11	Print polychromatic jobs using a screen printing press	90	6
983-126	12	Print four-colour jobs using a screen printing press	90	6
983-136	13	Print four-colour jobs using a duplicator	90	6
983-145	14	Print solids using a duplicator	75	5
983-152	15	Apply job-search techniques	30	2
983-168	16	Print polychromatic jobs and jobs involving solids in 14x20 inch format using a computerized offset press and two-colour press	120	8
983-178	17	Print four-colour jobs in 14x20 inch format using a computerized offset press and two-colour press	120	8
983-188	18	Integrate into the workplace	120	8
			1350	90

6. Resource Directory

Emergency Health - 911 Poison Control Centre - CAP

1-800-463-5060

Suicide-action Montreal 24/7

Phone: 1 866 277-3553

Chat : suicide.ca

Text : 535353

suicideactionmontreal.org

Addiction Emergency - Dollard-Cormier Centre Centre 24/7

514-288-1515

<https://ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance>

Montreal Sexual Assault Victims 24/7

Emergency Line 1-888-933-9007

<https://www.cvasm.org/en/services-ligne-telephonique>

AIDS Info

Listening info and reference: 9am-5pm

514-521-7432

www.sida-info-service.org/

Labor Standards

Information and recourse on workers' rights

514-873-7061

www.infocrimecum.qc.ca

Eastern Job Search Centre Inc. (CREE)

5960, Jean-Talon East, bur. 308 St-Léonard, Quebec H1S 1M2

Tel 514-256-1645

Fax 514-256-8186

creest@creest.com

Montreal North Centre Job Search Club

1600 Henri-Bourassa Blvd. O, Office 450, Montreal, Quebec H3M 3E2

Tel. 514-858-6611

Fax 514-858-6613

cre@cremcn.org

Socio-Professional Integration Service (SIS) Goal - Work

Champagnat Centre 5017 Saint-Hubert Street, Montreal, Quebec H2J 2X9

Tel. 514-350-8800 Fax 514-350-8813

Youth Employment 16-25 Inc.

625 Faillon Street East, Suite 226 Montreal, Quebec H2R 1L9

Tel 514-495-6571 Fax 514-277-8919

Emploi-quebec.net

At the bottom of the ladder

Defending non-unionized workers

6839A Drolet Street, office 305 Montreal, Quebec H2S 2T1 (corner Bélanger, Metro Jean-Talon)

Tel. 514-270-7878 Fax 514-270-7726

www.aubasdelechelle.ca

Quebec Youth Integration Inc.

1212 Ontario Street East Montreal, Quebec H2L 1R4

Tel. 514-598-7319 Fax 514-598-0977

Email: info@ijq.qc.ca

Montreal MAC Unemployment Action Movement

6839A Drolet Street, Montreal, Quebec H2S 2T1

Tel. 514-271-4099

macmtl@macmtl.qc.ca

Industrial Orientation and Recovery Service for Single Women (SORIF) Inc.

5150 Saint-Hubert Street Montreal, Quebec H2J 2Y3

Tel. 514-271-3866

Youth organization in the Sun

Troubleshooting, food, clothes, medicine, glasses.

4251 St. Urbain Street Montreal, Quebec H2W 1V6

Tel. 514-842-6822

www.sunyouth.org.com

The Chic Resto-Pop

1500 Orleans Avenue Montreal Quebec H1W 1Y8

Tel. 514-521-4089 Fax 514-521-8774

chicrestopop@videotron.ca

Salvation Army (for men) North West Troubleshooting Fund

Category: Social-Organization Service

880, rue Guy, Montréal, Québec H3J 1T4

Tel. 514-932-2214

North West Troubleshooting Fund

Clothes, furniture, food counter.

9 Roxboro- Montreal Shopping Centre Street, Quebec H8Y 2N9

Tel. 514-683-0456

Multi-Caf Community Cafeteria

Lunch, food baskets.

3591, ave Appleton, Montreal, Quebec H3S 1L7

Tel. 514-733-0554

St. Vincent de Paul Society

1930 Champlain Street Montreal, Quebec H2L 2S8

Tel. 514-526-5937

www.ssvp-mtl.org/fr/

Multi-Marques Bakery Inc.

3493 Industrial Boulevard Laval, Quebec H7L 4S3

Tel. 450-662-9275

2235. Dandurand Street Montreal, Quebec H2G 1Z5

Tel. 514-273-8811

Haitian Community Office Montreal

6970, rue Marquette, Montréal, Québec H2E 2C7

Tel. 514-725-9508 Fax 514- 725-9830

Tel-help 24/7

Anonymous listening service.

Tel. 514-935-1101

Legal Aid

Legal Phone: 450-621-8283 Mtl

1-877-683-1815

University of Montreal Psychology Clinic

Reduced-price psychological counselling available to all.

Tel. 514-343-7725

University of Quebec in Montreal - UQAM Psychology Center

Tel. 514- 987-0253

Depressed-anonymous

Listening and group meetings

Tel. 514-278-2130

Alcoholics Anonymous - A.A. (age 18 and up)

Support group.

Tel. 514-376-9230

www.aa-quebec.org

Federation of Single-Parent and Recomposed Families Associations-FAFMRQ

8059 Saint-Michel Blvd., Montreal, Quebec H1Z 3C9

Tel. 514-729-6666

www.cam.org/fafmrq

Montreal Women's Centre

Information and references on women's issues, psychology counselling; food troubleshooting, (emergency only); Lawyer; clothing troubleshooting; looking for a job. Open daily from 9 a.m. to 5 p.m., except Tuesdays from 9 a.m. to 9 p.m.

3585 Saint-Urbain Street Montreal

Tel. 514-842-1066 or 514-842-1067

Drugs: Help and Reference

514-527-2626

Gai Listen

Tel. 514-866-0103

aide@gaiecoutte.org

Bordeaux Centre

Income-based pricing (between \$35 and \$70) Couple and individual consultation

677, rue de Bordeaux, Montreal, Quebec H2G 2S3

Tel. 514-374-3445

<http://centredaidedebordeaux.com>

Centre St-Pierre

Income pricing (min. \$15)

1212 Panet Street, Montréal, Quebec, H2L 2Y7

Tel. 514-524-3561

<https://www.centrestpierre.org>

Cherrier Clinic

Prices start at \$85 Psychiatric assessment (with consultation paper)

837 Cherrier Street East, Montréal, QC, H2L 1H6

Tel. 514-521-8282

<https://www.clinique-cherrier.com>

SERVICE ANDC-AIDE Psychology - help service

Monday and Thursday - \$30 for 10 sessions (Assessment)

1030 Cherrier Street #205, Montréal, QC H2L 1H6

Tel. 514-598-7000

Popular Psychotherapy Services - S.P.P.

Individual, marital and family consultations. Group activity. For low-income people in Laval

100 Rue Tourangeau E, Laval, QC H7G 1L1

Tel. 450-975-2182

Schizophrenia Society of Quebec

7401, Hochelaga, Montreal, Quebec H1N 3M5

Tel: 514-251-4125

<https://www.schizophrenie.qc.ca/fr/>

Maria-Goretti Residence

3333 Côte Ste-Catherine Road, Montreal, Quebec H3T 1C8

Tel. 514-731-1161

YWCA - Women's Residence

1355 René-Lévesque Blvd. West Montreal, Quebec H3G 1T3

Tel. 514-866-9941 x 517

Centre Sainte-Claire (Franciscan Sisters)

80 Laurier Street East, Montreal, Quebec H2T 1E6

Tel. 514-273-3508

Service D'hébergement St-Denis - Shelters and housing

Rosemont neighbourhood accommodation service, F/H, 15-20 years old, 9 beds

Montreal, Quebec H1Y 2G4

Tel: 514-374-6091 (Administration)

Tel: 514-374-6673

heberg.stdenis@rocler.qc.ca

<https://www.hebergementstdenis.com>

Cooperative Family Economics Association

- **ACEF East of Montreal** 5955, rue De Marseille Montreal, Quebec, H1N 1K6, Tel. 514-257-6622

- **ACEF North of Montreal** 7500, Avenue De Châteaubriand, Montreal, Quebec, H2R 2M1, Tel. 514-277-7959

- **Southwest ACEF** 2515 Delisle Street, Montreal, Quebec, H3J 1A1 Tel. 514- 932-5577

Educational Resources Centre Champagnat

Orientation, support for learning

5017 St-Hubert Street, Montreal, Quebec, H2J 2X9

Tel. 514-350-8060

CREP - Educational Resource Centre and pedagogical

CREP Workshops, Childrens Aid

3000 Beaubien Street East Montreal, Quebec H1Y 1H2

Tel. 514 596-4567 Fax 514 596-4561

Education-Coup-de-fil

911, rue Jean-Talon Est, Montreal, Quebec, H2R 1V5

Tel. 514-525-2573

<https://education-coup-de-fil.com/fr>

Office of Child Care Services

Childcare grant Monday to Friday, 8:30 a.m. to 4:30 p.m.

100 Sherbrooke Street East Montreal, Quebec, H2X 1C3

Tel. 514-873-2323 Toll-free 1-800-323-0310

Domestic Violence - The Chain (for women)

Cottage and meals

4373 Esplanade Ave, Montreal, Quebec H2W 1T2

Tel. 514-845-0151

<https://lechainon.org/en/>

S.O.S. Domestic Violence 24/7

To refer people who are victims of domestic violence to places where they can receive help.

C.P. 55, Branch C Montreal, Quebec, H2L 4J7

Tel. 514-873-9010 Toll-free 1-800-363-9010

For other resources, community groups or support organizations, please contact the academic counsellors or contact your local CLSC.

7. Information for parents and students 2023-2024 school year



Mission Statement



Mass Notification System



On-Line Educational Resources



Some Complementary Activities



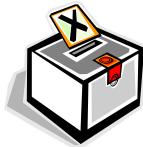
Resources at your Fingertips



Nutrition and Food Services



Vocational Education Information



Registering for School Board Elections

MISSION STATEMENT

The mission of the English Montreal School Board is: “to support its schools and centres in their efforts to educate students within a caring, safe and inclusive learning community”. To fulfill its mission, the EMSB will:

- recognize and value the diversity of its community;
- provide all students with the opportunity to develop their talents and achieve their personal best;
- recognize the skills and competencies of its employees and support their ongoing professional development;
- encourage collaboration among the various educational partners;
- use resources effectively and innovatively to help schools and centres focus on the mission of instruction, socialization and qualifications;
- encourage lifelong learning and critical thinking.

MASS NOTIFICATION SYSTEM

The EMSB has currently in place an automated notification system. This system allows the EMSB to send information messages to your home, work, cell phone and email address. The system is used to communicate information such as school activities, special dates or events, emergency situations which include unexpected early dismissals, delayed school openings, school cancellation notices and others. The contact information must be updated to make sure that parents, guardians and students receive prompt and accurate delivery notifications. The system effectiveness relies on accurate information. Therefore the EMSB requires that parents, guardians and students provide up to date information on any and all telephone number(s) and email addresses available for parents and guardian(s). This information should be provided or updated on the **Student Verification Form**.

Inclement weather may disrupt bus transportation and regular school operations. This decision is usually made by 7:00 a.m. You may visit www.emsb.qc.ca or you may follow the EMSB on **Twitter** and **Facebook** or listen to any of the following radio stations for information: CJAD 800, Virgin Radio, CHOM, TheBeat925, TSN 690, CBC Radio-88.5FM, and Radio Canada-95.1FM.

You will receive one of the following messages:

- **Buses are cancelled:** this message means that the schools remain open for students, but transportation services provided by the EMSB are cancelled for the area(s) affected. **When buses are cancelled in the morning, they will not run in the afternoon.** Some fully-bused schools are closed to students when buses are not running. Individual communities involved are aware of these schools.
- **The schools are closed.** This message means that, due to bad weather conditions, schools are closed to students.
- **All schools and EMSB Head Office are closed.** This message means that due to bad weather conditions, schools and board offices are closed to students and staff.

ONLINE EDUCATIONAL RESOURCES

The banner features the LEARN logo on the left, which includes a tree icon and the text 'learn TEACH. LEARN. HELP. learnquebec.ca'. To the right of the logo is an envelope icon with an '@' symbol. The main text in the banner reads: 'Subscribe to the LEARN newsletter to receive the latest news, teaching tools, resources, student support services, and more!'. Below the banner is a row of four green boxes with white text and icons. The first box says 'MORE TOOLS AT NO CHARGE ON OUR SITE'. The second box has a scissors icon and says 'HOW TO's Step-by-step descriptions of common tasks for students'. The third box has a checkmark icon and says 'SUCCESS CHECKER Practice tests for High School Students - Cycle 2 to prepare for exams'. The fourth box has a book icon and says 'SCHOLASTIC BOOKFLIX Online e-books for K through Cycle 2'. Above the last two boxes is a curved arrow pointing from the first box to the last, with the text 'LOG IN TO USE THROUGH OUR WEBSITE WITH YOUR USERNAME AND PASSWORD OR THROUGH YOUR SCHOOL BOARD PORTAL'.

VoD Zone

A collaboration between LEARN and La Société GRICS that offers over 5000 Streaming Discovery Education videos to students free of charge.

Pictures, sounds and video clips can be incorporated into teacher or student productions. Access to the videos is done through a personalized LEARN user name and password, which in turns directs the user to their own personalized LEARN homepage.

Access is available from 5 p.m.-7 a.m.

For additional information, log on to www.learngrics.ca.

Tel-jeunes

A free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. Whether by telephone or via the Internet, professional counselors establish a

relationship of trust with young people, answer their questions, and help them through whatever problems they are facing.

Tel: 514-288-1444 <http://en.teljeunes.com/home>

Allô prof

Offers free confidential educational services that are accessible to all elementary and secondary students after school hours. Services are offered in French only. Monday to Thursday, 5 p.m. to 8 p.m. To reach a teacher: 514-527-3726 www.alloprof.com

The screenshot displays the EMSB Virtual Library homepage. At the top, a red banner features the text "EMSB Virtual Library" next to an image of books and a red plug. Below this, a yellow banner states "From home or school ~ 24/7 ~ Bilingual ~ Reliable ~ Helpful for homework". A yellow box provides a Google search link for "EMSB Virtual Library" with a note about usernames and passwords. The main content is organized into several categorized sections, each with a header and a row of logos: "Encyclopedias/Dictionnaires" (usito, UNIVERSALIS junior.edu, Britannica School, And more...), "eBooks" (Sora, OverDrive, TUMBLE BOOK LIBRARY, TEEN BOOKCLOUD, Rat de bibliothèque, And more...), "Streaming" (CURIO.CA, MFB EDUCATION, IDÉLLO TFO), "Science" (eduMedia, GALE INTERACTIVE SCIENCE), "Homework Help" (alloprof, LEARN Online Tutoring learn), "News and Articles" (The Gazette, NATIONAL POST, LE JOURNAL DE MONTRÉAL), and "Social Sciences" (GALE IN CONTEXT CANADA, HISTORY Reference Center, Canadian Points of View Reference Centre). A red starburst graphic in the bottom right corner contains the text "Ask your School Librarian !".

EMSB Virtual Library

From home or school ~ 24/7 ~ Bilingual ~ Reliable ~ Helpful for homework

Google: EMSB Virtual Library (Link for usernames and passwords on Home page)

Encyclopedias/Dictionnaires

usito UNIVERSALIS junior.edu Britannica School And more...

eBooks

Sora OverDrive TUMBLE BOOK LIBRARY TEEN BOOKCLOUD Rat de bibliothèque And more...

Streaming

CURIO.CA MFB EDUCATION IDÉLLO TFO

Science

eduMedia GALE INTERACTIVE SCIENCE

Homework Help

alloprof LEARN Online Tutoring learn

News and Articles

The Gazette NATIONAL POST LE JOURNAL DE MONTRÉAL

Social Sciences

GALE IN CONTEXT CANADA HISTORY Reference Center Available via EBSCOhost Canadian Points of View Reference Centre

Ask your School Librarian !

SOME COMPLEMENTARY ACTIVITIES

Depending on social distancing guidelines – activities may vary

HOSPITAL OPPORTUNITY PROGRAM FOR STUDENTS (Hops) HOPS, a specific career exploration program, was designed to provide an opportunity for Secondary V students to gain “hands-on” experience in the various departments of a large hospital. The Program has enabled students to spend 1/2 day per week for two six-week periods in various departments of the hospital. Applications are available from your guidance counsellor. Interviews take place October and the program begins with an Orientation Session at the hospital at the end of October.

CAREER EXPLORATION PROGRAM: The participation of over 800 companies where students are placed for one day in a profession or trade of their choice. They learn through observation, discussion and practical work. This program is offered to all Secondary IV and V students. Applications are available from your guidance counsellor in November. Visits to companies/institutions take place between December and April.

HIGH SCHOOL CAREER FAIR – October: The EMSB hosts Career Fair at St. Pius X Career Centre, The main objective is to provide students with an in-depth exposure to the various educational opportunities available to them. The final day is devoted to Secondary IV students, providing them with an opportunity to start charting their respective futures two years in advance of graduation.

UNITED NATIONS UNIVERSAL CHILDREN’S DAY – November 20th: Activities and programs organized by the spiritual community animators such as: Unicef projects, Toy Tea, Citizenship ceremonies, Black History Month, Veterans’ Week, etc. These activities are held to promote the ideas and objectives of the Charter of Children’s Rights and the welfare of Children throughout the world.

EMSB LIBRARY WEEK – January: Many activities are organized by EMSB librarians and library technicians to promote the excellent resources available in our libraries.

FAMILY LITERACY DAY – January 27th: Workshops, special assemblies, library and class time with special guest readers are just a few of the events taking place during Family Literacy Day. It has become a memorable experience for all who have participated in the past and it has become part of the culture of many schools. (www.fld-jaf.ca)

TEACHER APPRECIATION WEEK – February: This is the week designated by the Ministry of Education to thank and honor our dedicated teachers who work hard to provide students with a

good education and a positive shared experience.**CRC ROBOTICS COMPETITION: February:** Mechanical robots competition at the Secondary & CEGEP levels. Students are challenged to build a remote controlled robot, document their process on a website, produce a video, and build a kiosk with a theme idea. Date and location are posted on their website. <http://www.robo-crc.ca>

NUTRITION MONTH – March: March is Nutrition month. Elementary school students in particular are sensitized to the importance of eating nutritiously. They also learn that a good breakfast every morning is necessary in order to maintain good health and to perform well in school.

ZONE 01 COMPÉTITION DE ROBOTIQUE- Mars ou Avril: La Zone01 est un Organisme à But Non-Lucratif (OSBL) au Québec qui se concerne avec l'avancement de la robotique pédagogique avec le système LEGO. Cette compétition régionale se déroulera en JEUX ROBOT 911. Les dates et endroits pour les événements sont publiés sur le site web. <http://www.zone01.ca>

HYDRO QUEBEC REGIONAL SCIENCE & TECHNOLOGY FAIR – March: For Secondary & CEGEPs Interested in exhibiting their schools project in Science and Technology experimentation and research ideas. Date and location are posted on their website: <http://www.sciencetech.ca>

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION - March 20th: Many EMSB high schools present special programming on this day with the objective of celebrating diversity, multiculturalism and mutual respect.

VOLUNTEER APPRECIATION EVENING – April: Parent volunteers perform valuable services in our schools. Each year, on the occasion of National Volunteer Week, a special gala event is held to pay tribute to them in helping us enhance the educational experience of their children.

ROBOCUP JUNIOR QUEBEC COMPETITION – April: Challenges with playing fields in OnStage Robots, Soccer Robots with Electronic and Passive Balls, Rescue Robots in Virtual and Real fields and RoboParty for introductory challenges. All Elementary & Secondary levels are encouraged to participate with Lego and all autonomous robots. Robotics along with other technologies are encouraged. Dates and locations are posted on their website: <http://www.robocupcanada.ca>

HYDRO QUÉBEC TECHNOSCIENCE & DÉFI APPRENTI GENIE – May: Science and Technology regional competition open to all young people aged 6 to 20. Not only is it a scientific challenge, but also a way to forge links with experienced professional scientists, audiences that

want to get to know you, and young people from all over Québec who want to get the most out of the event. Date and location are posted on their website. <http://technoscience.ca/>

HIGH SCHOOL PUBLIC SPEAKING CONTEST – May: Secondary IV and V students compete in a public speaking contest. The Secondary IV Board winner will receive an all expenses paid week to Encounters with Canada in Ottawa and present his/her speech to the Women’s Canadian Club of Montreal. The Secondary V winner will go on to take part in the Rotary Club of Montreal Public Speaking Competition.

CHORALE GALA CONCERT – May: More than 75 students, representing 24 EMSB schools, participate in the EMSB choir known as the Chorale. The Chorale has had the opportunity to perform in all Montreal’s top concert venues. The choir regularly participates in exchanges with other choirs.

Resources at your Fingertips

SCHOOL GOVERNING BOARD (GB)

Every year the school holds an assembly of parents to elect representatives to the Governing Board which is made up of parents and school staff. The general assembly elects a delegate and alternate to the parents’ committee.

EMSB PARENTS’ COMMITTEE (EMSBPC) The EMSBPC is composed of all delegates from all schools and a member of ACSES. The EMSBPC designates parents to various committees to the school board. The EMSBPC gives advice and makes recommendations. They elect four parent commissioners to sit at the Council of Commissioners.

ADVISORY COMMITTEE ON SPECIAL EDUCATION SERVICES (ACSES) ACSES advises the School Board on issues which affect children who are learning disabled, intellectually handicapped, hearing and visually impaired, physically handicapped or socially maladjusted.

PARENT PARTICIPATION ORGANIZATION (PPO) HOME & SCHOOL (H&S) The groups promote parental involvement through volunteering, fundraising and school activities.

ENGLISH MONTREAL STUDENT ADVISORY COMMITTEE (EMSAC) Composed of students from high schools, this committee links the students and the Council of Commissioners for discussion on common issues. The committee allows the students to develop necessary leadership skills needed to become future leaders in our community, the business world and beyond.

For more information visit the parent info tab at www.emsb.qc.ca

QUESTIONS OR CONCERNS

Step 1 Talk to your child's teachers

Teachers are one of your most important sources of information. They know your child and can provide valuable information.

Step 2 Talk to your principal

Principals are another important resource that can address any questions you may have.

Step 3 Talk to your Sector Director

They are another important resource that can help you with any concerns or questions.

Step 4 Visit the Websites www.emsb.qc.ca

WHOM DO I CALL?

Administration Building	514-483-7200
Not sure whom to call	0 for reception
Director General	#7262
Assistant Director General Administration	#7227
Assistant Director General Education	#7232
Sector Director Elementary	#7239
Regional Director Secondary	#7624
Secretary General Procedures, access to info	#7264
School Organization	
Eligibility	#7248 #7250
Daycare	#7518
Transportation	#7255
Communications website, media, GB, PC	#7245
Educational Services	
Summer school, exams, curriculum	#7355
Student Services	
Derogations, Guidance, special needs	#7309
Adult Ed and Vocational Services	#7449
Adult Ed and Vocational Info line	514-488-4636

OTHER RESSOURCES

Ministère de l'Éducation du Québec <http://www.education.gouv.qc.ca/en/home/>

Student Ombudsman 514-483-7200 ext. 7880 studentombudsman@emsb.qc.ca

E.P.C.A.-English Parents' Committee Association

<https://epcaquebec.org/> info@epcaquebec.org



Helpful information on food labelling...

In Canada, the most common allergens (eggs, mustard, milk, peanuts, seafood, sesame, soy, sulfites, tree nuts and wheat) must be clearly declared on the product label.

Claims or symbols are not government regulated. The **Allergen Control™** program is the only allergen control certification program recognized by Health Canada. Their logo can be found on specific manufactured products that offer the best possible protection to consumers.



Be aware that even the most refined allergen detection test cannot ensure the purity of a product.

Therefore, it is never a guarantee that a product is "100% allergen-free".

For more information, visit the Allergies Québec website:
www.allergies-alimentaires.org/fr

FOOD ALLERGIES

PEANUT, TREE NUT, EGG, FISH, AND OTHER ALLERGENS

Dear Parents,

Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (anaphylaxis).

Providing a safe environment for our students is our priority. To help maintain our school "**ALLERGY SAFE**" and reduce the risk of unfortunate events, all students are asked to:

- ✓ Prioritize **VEGETABLES and FRUITS** as snacks.
- ✓ Ensure **HAND-WASHING** before and after eating
- ✓ Practice the "**NO SHARING FOOD**" rule; including utensils, containers and water bottles
- ✓ Ensure no eating in **SCHOOL BUSES**

As the absence of allergens in foods offered through various programs and activities cannot be guaranteed, parents of children with allergies are reminded to provide allergen-free foods from home if they opt not to participate in these programs/activities. Furthermore, parents are advised to evaluate all risks associated with using the school cafeteria and outside food suppliers to make an informed decision on the use of these services.

Students with severe food allergies should eat at their assigned "reserved" seating in the lunchroom. They should ensure cleaning (using cleaning wipes) of their meal surface area before eating and use a place mat to set their food (cleaning wipes and place mats to be provided by parents). Moreover, students are encouraged to use isothermal containers (thermos) for hot meals and refrain from using microwave ovens.

As providing a safe environment for our students is a major concern, we wish to remind all parents that an **allergen-free environment cannot be guaranteed in our school as complete avoidance of all allergens is not possible**. If at any time a student feels at risk in the possible presence of an allergen, he/she should immediately go to a safe area and report to a responsible adult.

Parents of students with food allergies are reminded to inform the school Principal of their child's allergy and ensure that auto-injectors are readily available and replaced before the expiration date.

Thank you for helping us maintain our school "**ALLERGY SAFE**".

Your Principal and School Board Dietitian



Canada's food guide

Promoting Healthy Eating at School

Eat a variety of healthy foods every day

Health Canada released Canada's new food guide in

The English Montreal School Board Nutrition Policy aims at promoting healthy lifestyle habits through nutritious food choices and physical activity. Feeding the body and mind daily with nutritious foods benefits healthy growth and academic success! For more information on the Nutrition Policy, visit the Nutrition and Food Services website at www.emsb.qc.ca/emsb/services/support-services/nutrition

Have plenty of vegetables and fruits

What about milk?

- Milk and dairy products are now considered protein foods
- They remain an important source of vitamin D and calcium, especially for children
- Milk is also a source of hydration



Eat protein foods



Make water your drink of choice

Choose whole grain foods

Tips to stay hydrated with water

- Pack and carry a reusable water bottle
- Drink water at meal and snack time
- For flavor, add fruit or herbs to water (e.g. mint, strawberries, pear ...)
- If you like fizz, try carbonated water
- Drink water during and after playing sports or being active

Key messages

- The Eat Well Plate allows you to easily see how to create a balanced meal. At every meal, aim to fill half your plate with vegetables and fruits, a quarter with protein foods and a quarter with whole grain foods. Eating a variety of foods provide various nutrients needed to grow, learn and be healthy.
- Examples of protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat.
- Healthy eating goes beyond the foods on your plate. Being mindful of your eating habits, cooking more often, enjoying your food and eating meals with others are all important parts of healthy eating.
- Being mindful of your eating habits includes being aware of and eating according to your feelings of hunger and fullness. As children can become full quickly, snacks are important to ensure they are meeting their nutritional needs.

For more information, visit Health Canada's website: <https://food-guide.canada.ca/en/>

clickvoc.qc.ca

CLICKVOC

VOCATIONAL TRAINING
ON THE ISLAND OF
MONTREAL

HOME
VT @ A GLANCE
CONTACT US
FRANÇAIS
SEARCH

Follow us on



VT ON THE ISLAND
OF MONTREAL...
SO MANY
CHOICES!



OUR
PROGRAMS

OUR
ACTIVITIES

OUR
PUBLICATIONS

OUR
SERVICES



OUR SCHOOL BOARDS



Notice to the anglophone school board

Option or revocation of option regarding the exercise of voting rights

School board

This is meant to inform the director general or the returning officer of the school board mentioned above that the elector prefers:

- ☐ to exercise his voting right in the school board;
☐ to revoke his option to exercise his voting right in the school board.

Elector concerned by the option or the revocation

First name		Last name at birth		Area code	Telephone number
(block letters)					
Sex:	<input type="checkbox"/> M <input type="checkbox"/> F	Date of birth:	year month day	Email address	

Current domiciliary address:

No.	Street / avenue...	Apartment	Since:
			year month day
Municipality	Postal code		


Previous domiciliary address (optional):

No.	Street / avenue...	Apartment
Municipality	Postal code	

Confirmation

I confirm that I do not have a child admitted in an institution of any of the school boards that have jurisdiction on the territory where I am domiciled.

Signature of the elector	year month day
--------------------------	----------------

ES-17-VA (15-01) 
Act Respecting School Elections, sections 17 and 18

This form can also be accessed on the EMSB website: <https://www.emsb.qc.ca/en-ca/emsb>