

# The Current - Monty Middle Newsletter

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## **The Monty Spirit of Giving:**

Like the recent news articles that informed all Canadians that we here in British Columbia truly embody the spirit of giving through our money donations, gifts of time and supporting a variety of local charities, we here at Monty Middle are also quite proud of efforts over the past few months.

Through the leadership of our students our staff and our parent community we have donated much and donated often thus making our impact upon the local scene significant and showing that we also are a contributing member of the great Canadian spirit of volunteerism and charity.

Monty has contributed the following:

- We Scare Hunger – over 1400 non-perishable food stuff items donated to SHARE Society
- Kids Xmas Market – over \$1800.00 in support of local charities SHARE, community families
- Project Angel – Over 150 Toy items
- 12 Days of Christmas – Boxes of health and hygiene items along with toques, gloves and PJ's and \$160.00 worth of donated dimes
- Me to We Entrepreneurial Fair – Over \$850.00 donated to the Philippines Typhoon Relief Fund

Monty has the spirit and each and every one of our students and their families have been strong supporters of our charity work for which we thank you immensely.

## **McFaul's Chat and Chew: Holiday Tips**

This time of year we look forward to the holiday season to rejoice and celebrate time with family and friends. With the holidays, though, comes more than the usual amount of juggling, multitasking, planning, making going, doing ... the to-do list grows faster and it seems to get longer every year. Sounds like a recipe for overload so here are some tips for balancing and navigating through the season.

1. First and foremost, take care of yourself. Do not give up your own self care for if you are on top of your health then you will be better able to handle the dealings of the season. Get enough sleep, eat healthy and stay active while drinking enough water.
2. Decide what your keepers are for the holidays. Choose the things that are meaningful to you and your family, focus on those and let the small things go.
3. Be imperfect and love it! Do not get caught with the images of the model family or the perfect dinner or the ideal gift. Celebrate the imperfect parts because we all have them and these are usually what memories are made from. Be unique!
4. Spend special time with your child. Take the time to really connect with your child. Be consciously setting aside a piece of the day that you can purely enjoy time and activities with your kids This will help teach them the value of quality time with family. Book dates and set up activities just for family or one to one time to help establish the bonds of family that are the true joy of the holidays.
5. Never mind what other people think. There is no image that we must maintain, your choices are yours and you make them for a reason. Celebrate that reason and be present for those moments that are yours.

## **Happy Holidays, Season Greetings, Merry Christmas, Thanks**

From the staff of Montgomery Middle we wish to each and every one of you a joyous holiday season filled with love, special times, cherished memories and the best of health for all of your loved ones. Thanks for your continued support of our school. More sentiments on the other side of this sheet! **CARPE DIEM!**

Wesolych Swiat

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Chúc mừng giáng sinh

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