TORONTO FRENCH MONTESSORI SCHOOL

June 2025 Newsletter

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Principal's message to the parents of TFMS

Dear TFMS Families,

As we come to the end of another incredible school year, June arrives with a bittersweet feeling. It's a time for celebration, reflection, and appreciation. We look back on the many milestones and accomplishments of our students this year with immense pride. Their growth, resilience, and enthusiasm have been a joy to witness each and every day.

This month has been filled with meaningful moments. We celebrated Father's Day, honouring the important role fathers and father-figures play in our students' lives. Our Career Day was another highlight. Thank you to the wonderful parents who came in to share their professions and passions with our curious learners. The students were inspired and engaged, and it was a fantastic opportunity for them to dream big about their own futures.

To finish the year on a joyful note, we wrapped up with our Spirit Week, a much-loved tradition that brought colour, laughter, and school pride to our halls. From themed dress-up days to games and the international pot-luck, it was the perfect way to celebrate the end of the academic year as a community.

As always, thank you to our incredible families for your support, trust, and involvement. We are so grateful to share this journey with you, and we wish all of our students a restful, joyful, and safe summer ahead.

See you all back on September 2nd, 2025

With gratitude,

Mme. Rhoda
Principal

Toronto French Montessori School Celebrates 25 Years with a Student Mural

TFMS students created a special mural during their art classes to celebrate the school's 25th anniversary and the 100th anniversary of the Presbyterian Church, which welcomed us to its facilities in 2023.

The mural, painted by students of all ages, depicts symbols of learning, community, and faith. It was designed to honor the strong connection between the school and the church.

The church, founded 100 years ago, has played an important role in the local community. Since 2023, it has generously shared its space with Toronto French Montessori School, contributing to its legacy.

The mural will be unveiled in November, the church's anniversary, and will decorate the wall of the gymnasium entrance, serving as a reminder of their shared history and hope for the future.



My Time at Toronto French Montessori School

By Derushan Sivanarul

As I prepare to graduate from Grade 8, it's hard to believe that my time at Toronto French Montessori School is coming to an end. When I first walked through the doors of the Sheppard campus at just four years old, I had no idea this school would become such a big part of my life. Today, as I look back on the years filled with laughter, lessons, and personal growth, I feel proud of everything I've experienced and accomplished here.

The Beginning: CASA Years

It all started in the CASA program at the Sheppard campus. I was a nervous little kid with a backpack nearly half my size and indoor shoes that wouldn't stay on properly. I remember holding tightly to my mom's hand each morning, hesitant to walk into this unfamiliar place. Like many young children, I cried in the early days. But Madame Marie's warm welcome and kind smile helped me feel safe. She gave me the space to adjust and the gentle encouragement to try, and before long, I started to feel at home.

Soon enough, I got used to the classroom, made friends, and began looking forward to the daily routines. Snack time was, without a doubt, my favorite part of the day! I learned the basics, letters, numbers, working at my own pace, and slowly, the crying stopped.

After my first CASA year, our school moved to the Cummer campus, where I continued in Lower CASA and then Senior CASA. One of my proudest achievements at that time was learning to tie my own shoelaces—it felt like a huge accomplishment. I still remember using Montessori beads to do math, tracing sandpaper letters, and sitting in story-time circles with classmates. When I graduated from CASA, I felt ready for whatever came next.

Stepping into Elementary School

Grade 1 felt like a completely new world. Suddenly there were spelling tests, homework, and mental math problems. At first, it was overwhelming, but with help from my teachers, I began to enjoy the challenge. Every time I got a sticker on my work or answered a tough question correctly, I felt like I could do anything.

In Grade 2, we moved to the Thornhill campus, my second big school move. I thought it would be hard, but it quickly became another place where I felt comfortable. That year I learned the basics of multiplication and division, and I started writing creative stories that made my teachers smile. I also felt my French improving. I could read short passages with fewer stumbles and started feeling more confident in both languages.

Grade 3 brought longer reading assignments, more detailed projects, and an introduction to cursive writing. One memory that stands out is when I built a working gear system for a science activity. I got glue everywhere, but the project turned out great. I remember how proud I felt standing in front of the class, explaining how it worked.

In Grade 4, we worked on things like fractions, paragraphs, and oral presentations. I remember how hard it was not to read every single word from my script the first time I presented in front of the class! I started participating in more school plays, which helped me get more comfortable speaking and performing in front of an audience.

Grade 5 introduced new challenges—like decimals, long division, and Canadian history. I began to

manage my time better and take more responsibility for my learning. I started learning how to study on my own, stay organized, and balance different subjects.
By Grade 6, we had moved once again to the campus where I now graduate. At first, I wasn't sure how I'd adjust to yet another change, but I ended up finding my place quickly. In this grade, I was introduced to algebra, grammar rules, and more complex writing. Even though the work became harder, I realized I had become more confident in facing new challenges. That year, I remember making my teacher laugh out loud during a French oral presentation—something that made the whole class smile and reminded me that learning could be fun
In Grade 7, we began writing essays, working on more advanced science experiments, and learning how to do proper citations and research.
Now, in Grade 8, I feel like everything I've learned is coming together. I've grown into a student who can write structured essays, speak confidently in French and English, and solve tricky math problems. But beyond academics, I've become someone who can adapt to change, work through challenges, and support others along the way.

A Thank You and Farewell

Toronto French Montessori School has shaped me in so many ways. From the little boy in CASA who cried every morning, to the graduate standing proudly at the finish line: this school has been my second home. I've grown up in these classrooms, laughed with my friends in the hallways, and learned from teachers who truly care. I've built a foundation here that I will carry with me for the rest of my life.
Thank you to all the amazing teachers, staff, and classmates who have made my journey so meaningful. I'm incredibly grateful for every memory, every lesson, and every smile along the way. I'll always look back on my time at Toronto French Montessori School with pride, joy, and a full heart.











Derushan in 2019

Photo credit: Ms. Katie..

WE WISH DERUSHAN ALL THE BEST ON HIS JOURNEY IN HIS FUTURE STUDIES...

CASA GRADUATES,
ALL THE BEST TO YOU AS YOU MOVE TO ELEMENTARY!!



Liam



Grace



Oliver



Ani



Talia



Liana



Hanna



Nousha



Lily



Younis

CASA GRADUATES,
ALL THE BEST TO YOU AS YOU MOVE TO ELEMENTARY!!





Software Engineering (Mr. Joe Fakhri)

As part of this year's Career Day, we had the opportunity to hear from Mr. Joe Fakhri, a software engineer who also owns a business that helps people manage their loans. His presentation was both informative and inspiring, showing how technology can be used to make a real difference in people's lives.

Mr. Joe began by explaining what it's like to work as a software engineer. He shared that his job involves creating and improving programs and apps that help solve everyday problems. Whether it's making tasks easier or helping people save time, software engineers design solutions that make life better. Mr. Joe explained how software engineers need to be good problem-solvers, critical thinkers, and team players. He mentioned that while coding is a big part of his job, he also works with designers, testers, and clients to make sure everything works perfectly.

He also talked about how his interest in technology led him to start his own business. Mr. Joe noticed that many people struggle with managing their loans. From student loans to credit cards, many individuals find it hard to understand how much they owe or how to pay it off effectively. Seeing this need, Mr. Joe decided to use his skills as a software engineer to help. His business creates simple tools that allow people to track their loans, calculate interest rates, and explore ways to pay off their debts faster. One of the things Mr. Joe is most proud of is how his tools help people feel less stressed about their finances and more in control of their money.

He explained that his business is all about using technology to make finance easier for everyone. Instead of complicated paperwork, his software shows people exactly what they owe, how much interest they're paying, and offers options for payment plans. Mr. Joe's goal is to help people better understand their loans and make smarter choices about how to manage them. He talked about how rewarding it feels when someone tells him that his program helped them save money or pay off a loan more quickly.

Another important part of Mr. Joe's presentation was how he balances both his job as a software engineer and his business. He said it's not always easy, but it's possible when you're passionate about what you do. Mr. Joe encouraged everyone to think about what problems they care about solving. He explained that combining different skills, like software development and business, can create a fulfilling career that makes a difference. Even though his two jobs might seem different—one in tech and the other in finance—he showed that they work well together and allow him to help people in unique ways.

Throughout his presentation, Mr. Joe also emphasized the importance of learning and growing. In both software development and business, things are always changing. He said that it's important to stay curious and be open to new ideas. Even when he first started his loan assistance business, he didn't have all the answers. There were challenges and mistakes along the way, but he learned from them and kept improving. Mr. Joe's story was a great reminder that you don't have to be perfect when you start something new, but with hard work and a willingness to learn, you can make a big impact.

One of the most inspiring parts of his talk was when he spoke about the people he's helped. He mentioned how his software has helped families save money, how it's allowed students to understand their loan payments better, and how small businesses have benefited from custom solutions. Mr. Joe showed that technology can be used to create positive change and that by helping others, you can also find success and fulfillment in your work.

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In the end, Mr. Joe's presentation wasn't just about software engineering or running a business—it was about using your skills to make life better for others. He encouraged everyone to think about what problems they care about and how they might use their talents to help solve them. Whether it's through coding, running a business, or offering a helping hand, Mr. Joe showed that technology and passion can come together to create something meaningful.

We want to thank Mr. Joe for taking the time to share his experience with us. His talk was not only informative about the world of software engineering and finance, but also inspiring. It reminded us that no matter what field we go into, we can make a difference by using our skills to help others. Career Day was made special by Mr. Joe's visit, and we are grateful for his insights and encouragement.

Derushan Sivanarul
Grade 8

Real Estate, by Ms. Antoinette and Mr. Mark

As part of this year's Career Day, we had the pleasure of hearing from Mr. Mark and Ms. Antoinette, who gave a fascinating joint presentation about the growing connection between real estate and solar energy. They explained how modern housing is not just about construction anymore, it's about creating spaces that are efficient, environmentally responsible, and ready for the future. Mr. Mark, who works as a real estate supplier, spoke about his role in helping builders and developers choose the right materials for construction projects. From flooring and windows to roofing and lighting, he ensures that the products used in homes and buildings are high-quality, durable, and increasingly eco-friendly.

He also pointed out how more clients are now looking for materials that reduce energy use and carbon footprints, which makes sustainability a key part of his work. They build on that idea by helping property owners add solar panel systems to their homes. Them explained how solar panels turn sunlight into electricity, helping homeowners save money on their energy bills while reducing their impact on the environment. Them also highlighted that solar panels can add value to a property, making them an investment that benefits both the planet and the owner. What made their presentation especially interesting was how closely their work is connected. They often work with the same builders and developers, planning projects where solar systems and energy-efficient materials are part of the design from the very beginning.

They described how the real estate industry is changing, not only to meet new environmental standards but also to meet the expectations of a new generation of homebuyers who care about clean energy and smart design. Their combined experience gave a complete picture of how traditional housing and modern technology are coming together.

We are thankful to Mr. Mark and Ms. Antoinette for taking the time to share their knowledge with us and for showing how real estate and renewable energy can work hand in hand to create better homes for the future.

Derushan Sivanarul
Grade 8

Career Day Speaker Review: Ms. Nihal (Life Coach)

On Tuesday, June 3, 2025, during our school's annual Career Day, the students of Toronto French Montessori had the opportunity to attend a thoughtful and inspiring presentation by Ms. Nihal. Ms. Nihal is a professional life coach, and she spoke to us about her career and what it truly means to help others unlock their full potential through coaching.

From the beginning of the session, Ms. Nihal captured our attention by explaining that a life coach is someone who supports people in setting meaningful goals, overcoming personal challenges, and becoming the best version of themselves. Unlike a therapist or teacher, a life coach does not give direct answers or instructions. Instead, they guide people to discover their own path through questions, encouragement, and personal reflection.

One of the most meaningful parts of the presentation was how Ms. Nihal connected with us on a personal level. She encouraged us to replace negative thoughts with positive ones and talked about using mindfulness techniques, like finding inner harmony, to calm our minds. These ideas helped me understand how powerful our thoughts can be, and how important it is to train our minds to stay focused and confident.

The presentation also highlighted the key skills needed to be a successful life coach. Ms. Nihal spoke about the importance of clear communication, deep empathy, strong listening abilities, and helping others create realistic, step-by-step goals. She also explained that becoming a life coach requires proper certification and ongoing learning, so that coaches can continue to grow and support their clients effectively. It is a field where personal growth is just as important as professional development.

What made the presentation especially uplifting was the interactive element where we were asked to repeat positive affirmations aloud, such as "I give myself permission to have fun," "I am brave," and "I am strong." This activity made many of us smile and reflect on how much our words and mindset can influence our mood and confidence.

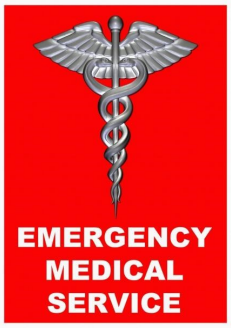
One of the most valuable messages Ms. Nihal shared was that life coaching is not about telling people what to do, it is about helping them discover their own answers and take action with confidence. This idea really stood out to me because it showed how life coaches empower others instead of simply advising them.

Overall, Ms. Nihal's presentation was engaging, educational, and motivating. It gave me a clear picture of what a life coach does, the type of education and mindset required for the career, and the impact this role can have on others' lives. I left the session feeling inspired and with a better understanding of how meaningful and powerful the life coaching profession can be.

Farhan Pourazari
Grade 7

THE EMT, THE ON-ROUTE MEDICAL HELPERS OF ONTARIO

EMT STANDS FOR: Emergency Medical Technicians



Presented by: Emily, Etham and Pauline

Who are the EMT's?
The EMT is Ontario's largest on-route paramedical service. They are partners with the OPP (Ontario Provincial Police) and the OFM (The Office of the Fire Marshal). The EMT are the first responders to any serious or any minor-but-can-be-a-bigger-problem-later-on injuries of a person. Whether it's a burn or a very big cut (Emphasis on "very"), to broken bones, and sometimes strokes or heart attacks.

What do they carry in the ambulance?

ECG monitor and a Defibrillator, to check vital signs and to restart the heart that stopped beating.
Spinal Board to support the spine in case of any back injuries.
Transportation Ventilator to help the patient breathe.
Suction units in case the patient has internal bleeding.
Infusion syringe pumps to withdraw or to inject liquids into the body.
Cot, Patient Shifting Rolls, and Ambulance Chair to help load the patient into the ambulance.
Nebulizer, that turns liquid medication into gas so that patients can inhale it instead.
Oxygen Supply Units to help patients get more oxygen in their bodies.
Sphygmomanometer is a device that checks your blood pressure.
Splints and Bandages to close wounds.

What did they show us during the Career Day presentation about the EMT's?
They showed us the two big bags with all the equipment that they bring with them to the patient, what was inside the ambulance and what the front of the truck looks like. They explained how they receive calls, how they control the patient if the latter are not cooperating and the coolest thing that they showed us was the front of the truck with all of the ambulance control buttons. They talked about how they communicate with the police and firefighters in different situations.

One of my family members is a paramedic and when I was younger, I would always ask him questions about how the ambulance works, what they use, etc. You know what else amazed me..., their sense of confidence, courage, and passion to do this job. The EMT's are an important part of our lives. They are the ones that help get people in need to the hospital as quickly as possible. Not only that, did you know that there are two types of paramedics? The first group are the ones that help with the injuries and get you to the hospital. They are not allowed to inject any type of calming medications into your blood, so they rely on the police to calm the patient down if they are too violent. The second group is the more experienced group. They are the ones that CAN inject calming medication into a patient to help them calm down while they are waiting for the police and the firefighter. But both groups can't damage property so that is why they work with the police and firefighters that have a permit to break down doors. Anyway, this was, in my opinion, the coolest career day presentation ever.

Melody Ghalili
Grade 6

FIRE FIGHTERS

FIREFIGHTERS

A firefighter (or fireman) is a first responder trained for specifically for firefighting, extinguish fires and respond to emergencies such as incidents, hazardous material and cases that threaten life, property and the environment around us. A fire investigator or fire marshals investigate the cause of the fire. If it is caused by somebody lighting a fire on purpose or by leaving a fire unattended, the work will overlap with the police.

FIRST RESPONDERS

A first responder is a person with specialized training who is one of the first to arrive and help at the scene of an emergency. First responders include police, paramedics and fire services. The fire department is one of the three main emergency services. Firefighters work closely with the other emergency services. A firefighter's role may overlap with both.

EDUCATIONAL REQUIREMENTS

To become a firefighter, you generally need a high school diploma or a General Educational development (a test that allows adults who did not complete high school to earn a high school equivalency diploma) at a minimum. Many fire departments require and/or prefer contenders to have an EMT (Emergency Medical Technician) certificate. Some departments may even need a paramedics license. Maybe a degree in fire science or something related to that can be Helpful for career advancement. Firefighting is very physically demanding. Contenders must pass fitness tests demonstrating strength and endurance. To be successful, you have to meet the specific requirements for the fire department you are willing to join.

CAREER OPTIONS

Firefighter: The foundational role, responding to fires, medical emergencies and other incidents.
Firefighter/EMT/Paramedic combines firefighting with emergency medical care
Wild land firefighter: focuses on fighting forest fires, grasslands and many other wild land areas
Airport fighter: specializes in responding to airplane fires and emergencies
Fire inspector: Investigates building for safety hazards
Fire investigator: determines the cause of fires
Fire instructor: Trains firefighters in public on fire safety and prevention.
Hazardous material technician: responds to incidents involving hazardous material.

Rochelle Luu
Grade 6

Microbiology

During Career Day, we got to have a session with Ms. Arezoo Rizvi about microbiology. We learned that microbiology is everywhere around us, including tiny particles and bacteria. Good bacteria include Bifidobacterium, Lactobacillus and Pseudomonas. Bifidobacterium makes up the most of the good bacteria living in our immune system. Good bacteria can help with digestion, boost the immune system, contribute to nutrient absorption, and may even influence mood and mental health. Bad bacteria like Streptococcus and Staphylococcus can hurt and/or weaken our immune system, cause diseases and viruses.

We also learned how to properly wash our hands, which has a very big impact in getting rid of germs. We learned that we should wash our hands thoroughly, which includes our nails, our thumbs, fingers etc. We also did an experiment where we put some powder that would glow under a flashlight, on our face and hands to show how germs and bacteria could camouflage, and how it is very important that we have proper hygiene and good hand-washing skills, to make sure we get rid of germs. Another fun thing that we did was that Ms. Arezoo brought two microscopes so we could see a blood cell and an intestine cell. I found that very fascinating!

To become a microbiologist, you have to get a Bachelor's degree in microbiology or in a related field of biology. Ms. Arezoo did multiple years of school in the field of microbiology in order to become a microbiologist.

Janel Marie-Luce
Grade 7

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Enjoying the Carnival on the Last Day of School










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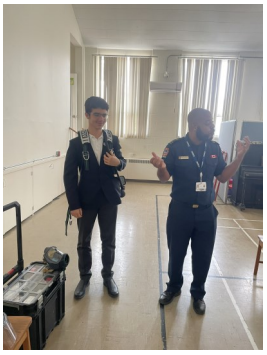
Hi, my name
is Joe Fakhri








Grade 1 Visitation Day

The graduating Casa students, as well as newly registered students in Grade 1 had a wonderful day on Visitation Day!!









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Getting Ready for the Year-End Concert at Willowdale








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THE TFMS 2024-25 CHESS CHAMPIONS







Kaj Lauritsen

Yusuf Kastelyanets

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JUNIOR HIGH STUDENTS' COOKING SKILLS….









FATHER'S DAY CELEBRATION AT TFMS







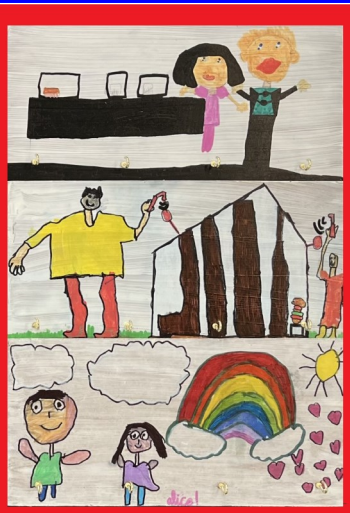












From Lowers to Dad





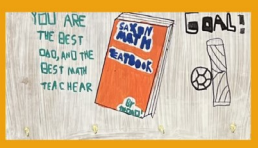




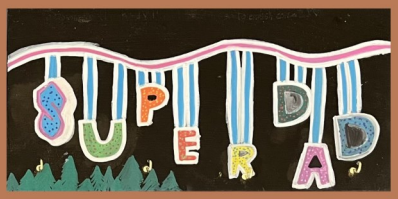


DAD'S KEY HOLDER





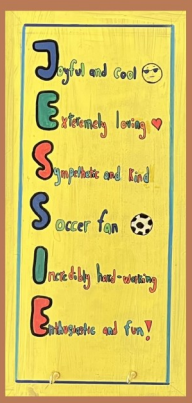












THANK YOU DAD

SPIRIT WEEK

Monday, June 16: Sports Day









Tuesday, June 17: "Passport to Fun Day" International potluck





Thursday, June 19: Movie Day



Spirit Week in Casa











SPIRIT WEEK AT STOUFFVILLE



Everyone had fun for the last week of school!!!

We had sports day,

Potluck/tourist day ...







Double trouble games day,



And movie day

HAVE A WONDERFUL SUMMER!!!



The 2025—2026 School Year will start on

Tuesday, September 2, 2025

~ ~ ~

Have a great summer!!