

NS  
SES

# NICHOLAS SHERAN NEWS



SEPTEMBER | 2021

## PRINCIPALS'S WELCOME MESSAGE...

Dear Families,

Welcome home to Nicholas Sheran Elementary School for the 2021-2022 school year! Whether you have been a part of this community already, or you are new to our school we are so happy to have everyone here. Nicholas Sheran Elementary School is a special place and I am excited to get to know all of our students and their families. The staff has been very busy planning and preparing to welcome our students back and I know your children will have an excellent start to their year.

The maintenance department has been working all summer to replace interior lighting in the school, and of course our caretaking team has been working tirelessly to have our school looking great!

We are still uncertain how COVID will affect our school community, so we are having a cautious start-up. You will have received emails (please make sure the office has your current email address) with more specific details of our procedures and policies regarding masking, cohorting our students, and sanitization within our school. Please do not hesitate to reach out if you have questions or concerns.

We will be finalizing plans for our virtual "Meet the Teacher" on September 14<sup>th</sup> so please keep your eyes open for that information. We are also having our first School Council meeting using Microsoft Teams on Wednesday September 22<sup>nd</sup>. We have many new families joining us this year and I encourage you all to be a part of School Council. School Council is a simple way to get the "inside scoop" on what's happening in school and how our community can support us to meet the needs of our students.

Thank you for being a part of our school community. We look forward to working with your child(ren) and your family! Reach out if you have any questions. Take care,

Ms. Dawn Walmsley  
Principal

### 2021-2022 NEW Bell Times

Grades 1-5 Monday-Thursday	8:00 am-3:00 pm
Grades 1-5 Fridays	8:00 am-11:40 am
EEP AM Monday-Thursday	8:00 am-10:45 am
EEP PM Monday-Thursday	12:15 pm-3:00 pm
Kindergarten AM Monday-Thursday	8:00 am-11:00 am
Kindergarten PM Monday-Thursday	12:00 pm-3:00 pm
Kindergarten alternating Fridays	8:00 am-11:40 am

### Council Corner...we are in need of parents to join School Council.

School Council offers an opportunity for parents to get involved in your child's education by volunteering in a school-wide activity or helping out in the classroom. Your involvement will help to ensure the best possible school experience for your child(ren). Meetings dates and times will be determined at the first meeting on Wednesday, September 22nd at 6:30pm through Teams. Anyone can join through the following link -

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YjJkNTM4MWEtMzM3NS00N2I2LTlkMWMtNjkxYjAzZGEwYzhl%40thread.v2/0?context=%7b%22Tid%22%3a%223c0e8b63-e64e-4c8d-a40f-1d213b670472%22%2c%22Oid%22%3a%2288ca0096-4a49-43bc-8a0f-5f07300ceabf%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjJkNTM4MWEtMzM3NS00N2I2LTlkMWMtNjkxYjAzZGEwYzhl%40thread.v2/0?context=%7b%22Tid%22%3a%223c0e8b63-e64e-4c8d-a40f-1d213b670472%22%2c%22Oid%22%3a%2288ca0096-4a49-43bc-8a0f-5f07300ceabf%22%7d)

Check out our website <http://ns.lethsd.ab.ca>, Twitter @nikkisheran & Facebook page - Nicholas Sheran Elementary School to get the latest information!!

NS  
SES

# NICHOLAS SHERAN NEWS

## IMPORTANT DATES...

**Sept 3** - AM Kinder Class  
**Sept 6** - No School - Labour Day  
**Sept 10** - PM Kinder Class  
**Sept 14** - Virtual Meet the Teacher Night, Time TBD  
**Sept 17** - AM Kinder Class  
**Sept 22** - First School Council Meeting  
**Sept 24** - PM Kinder Class  
**Sept 28** - Picture Day  
**Sept 29** - Orange Shirt Day  
**Sept 30** - No School for Student - National Day for Truth & Reconciliation

**Student Information and Contact Changes...** If you have any demographic changes, such as phone numbers, addresses or emergency contacts, please email completed updates to [sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca).

**Student Transportation...** Students who are eligible for transportation (living 2.4 km and beyond of his/her boundary school) were placed on a bus route in August. The 2021-2022 Bus Routes, from Southland Transportation are posted on their website. To take a look at the routes for the 2021-2022 year for all Lethbridge School Division schools, please click on the following link:

<https://www.southland.ca/lethbridge/>

Agendas, hot lunch, recorders & EEP fees will be posted by the end of the week. Statements will be sent home on Thursday, September 2, 2021 with ASN numbers and instructions on how to set up a School Cash Online account. All fees must be paid through School Cash Online - <https://lethbridge.schoolcashionline.com> by September 30, 2021. Please **DO NOT** bring cash to the school.

**Attendance...** If your child is going to be absent or late, please notify SafeArrival in one of 3 ways:

1. Website <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using the same email address given to the school. Select Attendance to Report an Absence.
2. Using your mobile device, download & install the SchoolMessenger app from the Apple App Store or the Google Play store (or from the links at <https://go.schoolmessenger.ca>). The app is the quickest & most convenient way to report absences.
3. Call Toll Free 1-866-879-1041 before 8:30am

Please **DO NOT** contact the school directly to report absences.

**Student Medical Alerts...** If your child requires medication to be administered at school, the Medication/ Personal Care Request and Authorization form **must** be completed and signed by both the parent and the physician. These forms can be found in the office or online at: [Medication/Personal Care & Request and Authorization Form](#)

The medication **must** be brought to the school in its original container. Loose pills in a baggie cannot be accepted. Medications will be kept in the school office during school hours. No medications will be administered without the appropriate form.

**DOORBELL:** Students who are late or parents/ guardians picking up or dropping off students within the school day need to use the doorbell, located at the front entrance. All students have been shown where it is located by their teachers.

Check out our website <http://ns.lethsd.ab.ca>, Twitter @nikkisheran & Facebook page - Nicholas Sheran Elementary School to get the latest information!!

NS  
ES

# NICHOLAS SHERAN NEWS

## NSES WELLNESS TEAM

Welcome back to a new school year. The Nicholas Sheran school community is so excited to welcome all of our students and families!

Jen Robinson, Student Support Worker, will be the main connection for the Wellness Team at Nicholas Sheran this year. She is excited to be here full time and is looking forward to meeting all of you!! She will offer support and guidance to students and their families. This could be done in the classroom, in small groups and/or one to one. She can also connect families with various community supports in terms of mental health, food and clothing supports, etc.

Families may access Wellness Support by teacher referral, recommendation from school administration, following learning team meetings, through the school psychologist and by inquiries to Jen directly. Please reach out if you have any questions.

### Jen Robinson

(403)-381-1244

[Jennifer.robinson@lethsd.ab.ca](mailto:Jennifer.robinson@lethsd.ab.ca)

**Alberta Curriculum...** This resource will provide you with a better understanding of Alberta's curriculum and related information for your child. This tool can help you discover what your child is learning, how they're assessed and what resources are available to help them be successful from Kindergarten to Grade 12. This resource also contains information on the variety of educational choices you have for your child.

For more information please visit <http://www.learnalberta.ca/content/mychildsllearning/>.

**Nut Aware...** Every year, we have students and staff in our school with a variety of allergies. For some staff and students, these allergies can be extremely severe. Even though our school is not "Peanut or Nut Free", we need your support in making our school a "Nut Aware Zone". This means that we encourage all students not to bring nut products into the school. We are asking parents to be mindful of the different allergies in each of the specific classrooms. Of particular concern is peanut and tree nut allergies. Thank you for your cooperation in this matter.

**Picture day** is Tuesday, September 28th. Students will be called down throughout the day to have their individual photos taken. Every child will have his/her photo taken for school records. Please do not send money on picture day, you will have a chance to preview the images before you buy! A flyer will be going home with your child/children in the next few weeks with more details. Please visit [lifetouch.ca](http://lifetouch.ca) to find out what they are doing to respond to Covid-19 while providing family keepsakes.

Check out our website <http://ns.lethsd.ab.ca>, Twitter @nikkisheran & Facebook page - Nicholas Sheran Elementary School to get the latest information!!



NS  
SES

# NICHOLAS SHERAN NEWS

Parents we really need your assistance with the traffic and safety concerns occurring in the morning and after school. With our "Park and Walk" program we are aiming for all parents to park a block or so away from the front entrance of the school building and make that the drop off and pick up for your child. We are lucky enough to have great parking around our Nicholas Sheran park therefore students can walk through the field to meet you parked on the school side of Columbia or Laval. Please note where the bus areas are (Laval – 1 north cross walk and 3 south park area).

For a quick drop off during this early season you may drive up to the front door and leave your child on the front sidewalk. No parking allowed what so ever as this is a fire route. Pick up should be at the loop in the front of the school as traffic jams up due to vehicles waiting for kids. Please locate your "Park and Walk" site and begin using that safe area.

---

## Park & Walk

**What:** Our school is encouraging families, who normally drive, to park and walk a short distance from the school when they drop-off their children in the morning and when they pick them up after school.

**Who:** Everyone Plays a Part in Park & Walk. *\*\*Even if you must drive and don't have time to Park & Walk, you can help by telling a friend about the campaign, carpooling, or partnering with a neighbour who walks their children to school.*

**Where:** Please choose a safe walking route near our school.

**Why:** There is traffic congestion and safety concerns in front of our school during student drop-off and pick-up time each day. To promote healthy living.

**When:** Whenever you can, every little bit counts.

For more information we have attached an introduction letter for parents to this newsletter.

Check out our website <http://ns.lethsd.ab.ca>, Twitter @nikkisheran & Facebook page - Nicholas Sheran Elementary School to get the latest information!!

# Key Benefits of a Park and Walk Campaign



## Why Park & Walk???

### PHYSICAL HEALTH

1. Walking to school contributes to a healthy heart, as well as strong bones and muscles.
2. Daily exercise decreases the risk of chronic diseases (including cancer, diabetes and heart disease).
3. Even physical activity in 10 minute bouts contributes positively to overall health.
4. Physical activity positively influences optimal growth and development and the maintenance of a healthy weight.

### STUDENT FOCUS

5. Physical activity is linked to improved academic performance.
6. Students who have an active morning journey arrive at school more alert and ready to learn.

### LIFE-LONG HEALTHY HABITS

7. Fitness habits formed prior to age fourteen lead to greater physical activity and health in adulthood.

### MENTAL WELL-BEING AND SUSTAINABLE HAPPINESS

8. During active school travel, a child develops independence, appreciation for natural surroundings and community connectedness.
9. Walking a block gives you time to talk!
10. Walking is a healthy way to cope with stress.
11. A short morning walk starts the day off with a small dose of quality one-on-one time.
12. Physical activity primes the brain for learning.

### ENVIRONMENTAL BENEFITS

13. Reduced vehicle trips lower emissions and contribute to a decrease in greenhouse gases that are a key ingredient in climate change.
14. Walking instead of driving improves air quality in local neighbourhoods.
15. While walking, kids can explore their natural world, gain a greater understanding of its beauty, its gifts, and it's fragility.
16. Kids will be more likely to care about our environment if they are exposed to nature. Walking to school allows kids to interact with nature.

### IMPROVED SAFETY

17. More walkers means more "eyes on the street"
18. Walking or biking groups ensure that children are not alone, and in a group they are easier to see in traffic.
19. Fewer vehicles around schools means less traffic congestion and improved safety for pedestrians.