

**NEWS**

# NICHOLAS SHERAN NEWS



NOVEMBER | 2021

## IMPORTANT DATES...

- Nov 3** - Bookings open for Kindergarten Interviews
- Nov 5** - AM Kindergarten Class
- Nov 9** - Picture Re-Take Day
- Nov 10** - Remembrance Day Virtual Assembly @ 10:30am
- Nov 11** - Remembrance Day - No School for Students
- Nov 12** - No School for Students
- Nov 14** - Bookings close for Kindergarten Interviews
- Nov 15-19** - Rock Your Mocs
- Nov 15 & 16** - No Kindergarten Classes - Kindergarten Parent Teacher Interviews
- Nov 16** - Louis Riel Day
- Nov 17** - Virtual School Council Meeting at 6:30 pm
- Nov 19** - AM Kindergarten Class
- Nov 26** - Report Cards available through Powerschool / PM Kindergarten Class

\*Please Remember to Report All Lates and Absences using [SchoolMessenger](#) or the Toll Free Number 1-866-879-1041

**PRINCIPAL'S MESSAGE...** Thank you to all parents/families who were able to attend parent/teacher conferences (gr 1-5) on Teams this past month. We appreciate the time you took to discuss and celebrate your child's progress. We look forward to continuing to build relationships with our families. Please feel free to join the next school/parent council meeting on November 17<sup>th</sup> at 6:30 p.m.

Although we have had a lovely fall so far with great weather, it is getting colder! We go outside for play and learn in all kinds of weather so being dressed for the weather is important. Here is a handy guide to help!

If you need any support with winter clothing please contact Jen Robinson at [Jennifer.robinson@lethsd.ab.ca](mailto:Jennifer.robinson@lethsd.ab.ca)

**Council Corner...** All parents and guardians are welcome to join us for our virtual Parent Council Meetings. Our next meeting will be held on Wednesday, November 17th on TEAMS. Parent Council and Society Meeting Minutes can be found on the school website. If you have any questions, concerns or comments for School Council, Email: [ns.scpres@lethsd.ab.ca](mailto:ns.scpres@lethsd.ab.ca)

**Report Cards...** will be available through Power School on November 26th @ 8:00am. For parents that do not have their accounts set up, login information will be sent home with students in the next couple of weeks. Kindergarten students will not receive report cards through Power School until term 2.

### How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

Temperature	Recommended Clothing
20°C	Shorts, t-shirt, hat, sneakers
10°C	Long pants, long-sleeved shirt, socks, hat, sneakers
0°C	Long pants, long-sleeved shirt, jacket, socks, hat, sneakers
-10°C	Long pants, long-sleeved shirt, heavy jacket, heavy socks, heavy hat, heavy shoes
-20°C	Long pants, long-sleeved shirt, heavy jacket, heavy socks, heavy hat, heavy shoes

Supporting Outdoor Play Year Round

[www.getoutsideandplay.ca](http://www.getoutsideandplay.ca)
[www.befitforlife.ca](http://www.befitforlife.ca)

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## November Wellness - Gratitude

We have been talking about Gratitude in some of our Mindful Morning announcements with our students. Focusing on and practicing gratitude has been shown to have a positive impact on our physical health, mental well-being and even on our relationships. Gratitude is a social emotion so it is bound to have an impact on our social well-being and relationships. According to research by Greater Good Science Centre (UC Berkeley), practicing gratitude can impact us in a number of ways.

### Physical

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of your health
- Sleep longer and feel more refreshed upon waking

### Psychological

- Higher levels of positive emotions
- More alert, alive and awake
- More joy and pleasure
- More optimism and happiness

### Social

- More helpful, generous and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated

Gratitude is not always easy and it takes some patience, practice and re-framing of our thoughts regularly to overcome the tendency to focus on what is wrong in our lives, but it is WORTH IT!! Let's start now!!

**Nicholas Sheran will once again be an Angel Tree drop off location. Starting Monday November 15th we will welcome unwrapped gifts for children 18 and younger.**

THE LOOP will provide you with snapshots of professional development opportunities, community partner updates, child and youth community activities and referral information. The purpose of this newsletter is to share what supports are available in our wonderful city! We hope THE LOOP helps you to stay informed. [Click here](#) for the latest edition.

**Late Arrivals**...If your child arrives late to school, please have them come to the front doors. Please ring the doorbell and then have your child(ren) check in at the office to pick up a late slip. Thank you!

**Please ensure that your child's Contact Information is up to date. To update your address, phone numbers, emergency contacts & email address, please EMAIL [sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca).**

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

# Angel Tree for Kids

**Registration is Now Open!**

**Eligibility:**

Children (18 years and under) are eligible  
to receive gifts  
Families living in Lethbridge and area.

**Register online** at [www.lfsfamily.ca](http://www.lfsfamily.ca)

**Registration Open**

October 4 - November 30, 2021



**Contact:**

Lethbridge Family Services  
Rosie Digout  
Phone: 403-327-5724  
Email: [rdigout@lfsfamily.ca](mailto:rdigout@lfsfamily.ca)

Lethbridge Family  
Services  
Since 1910



angel tree  
CHRISTMAS CAMPAIGN

**About Angel Tree for Kids Campaign:** At Lethbridge Family Services, we collect new, unwrapped toys during November and December and distribute them to children and youth in Lethbridge and area whose families need help at Christmas.



October 29, 2021

Dear parents and guardians,

Alberta Health Services (AHS) has been providing catch up immunizations in the South Zone for students who did not receive their routine immunizations during the 2019/2020 and 2020/2021 school year. This work has been ongoing since summer 2021 through mass clinics and public health centres.

AHS Public Health is now able to provide in-school immunization services starting this fall for the 2021/2022 school year. This will ensure that every eligible student has access to vaccines.

AHS will utilize previously submitted consent forms on file, or you may complete the consent forms distributed through your school:

- Any signed consent form on file from parents or guardians from the 2019/2020 and 2020/2021 school year will be used to complete the vaccine series in school, as part of the catch up immunization program. Please consult with the school nurse as soon as possible to advise of changes to your child's health since you signed the consent. School Nurses can be contacted through your [local Community Health Center](#).
- Consent forms will be distributed through your school for any eligible student in the 2021/2022 school year in the coming weeks. Thank you for your review and prompt return of signed consents to support the school immunization program.
- All students who are eligible for immunization will receive vaccine immunization information packages.

When clinics are operational within the school setting, Public Health staff will screen your child to make sure it is safe for your child to be immunized. Children who have any illness symptoms will not be immunized. If your child has symptoms of COVID-19 they should stay home and away from others. Use the [COVID-19 Self-Assessment tool](#) for further instructions or to book a COVID-19 test.

We continue to encourage all eligible Albertans to get immunized against COVID-19 and seasonal Influenza. Appointments for COVID-19 and Influenza immunization can be made at [COVID-19 Immunization Booking | Alberta Health Services](#) or by contacting your local pharmacy.

It is important to continue your child's routine immunizations. Vaccines make your immune system stronger by building antibodies to help prevent diseases. Getting your child immunized helps to lower the risk of cases and outbreaks of certain diseases in schools and the greater community. Immunization is safe, effective and it works. For more information on routine childhood immunizations, please visit [AHS Immunization | Immunization \(immunizealberta.ca\)](#).

Thank you for your continued support and cooperation.

Dr. Allison Gonsalves  
Medical Officer of Health - South Zone  
Alberta Health Services

Marguerite Dorchak  
Acting Director, South Zone, PPH  
Alberta Health Services

# Rock your mocs

## What?

Rock your Mocs is a Nation wide day of recognition, awareness, and appreciation for traditional Indigenous culture and in particular traditional footwear; Moccasins. Indigenous and non-Indigenous people all over Canada have been wearing Moccasins for #rockyourmocs since 2011.

## When?

November 14th-November 19th.

## Are slippers the same thing as Moccasins?

Now a days, people do wear moccasins as slippers but traditionally moccasins were worn at all times as indoor and outdoor shoes.

Moccasins were worn to protect peoples feet from the land, keep them warm and/or dry.

## What if I don't have moccasins?

No problem! You don't have to go and buy moccasins to help celebrate, Rock your mocs. Look below for various ways to participate in Rock your Mocs! You can also wear a turquoise ribbon!



# Niitsitsikiin 'Moccasin' Facts

Plains moccasins had soft soles and were made in one piece, folded with a side seam. This type of moccasin was known as "niit-tsi-tsi-kiin" (the true moccasin), a term that was known among the Blackfoot Peoples (Kainai, Piikani, and Siksika). Two piece moccasins with stiff rawhide soles and soft upper-sides were also made.

Men, women, and children wore moccasins.

Moccasins were made with tanned buffalo, elk, moose, and deer hides. Later, cow hides were used. Decorated moccasins were used for special occasions.

Before seed beads, dyed porcupine quills were used for decoration. Quillwork was thought of as a sacred task. Indigenous women were well known for their Moccasin making and traded them with European settlers.

Traditionally, Blackfoot moccasins had geometric designs. Floral designs became popular later and were popular among European settlers.

The Métis decorated their moccasins with intricate beadwork and floral patterns. Métis people became known as the 'Flower Beadwork People'.

The Inuit made footwear using sinew and skins from seal and caribou. These materials were used to adapt to the Arctic environment.

Moccasins have become very well known and sought after. They're made and sold all over the world. There are many pairs of Moccasins in museums across Canada.