

NS
SES

NICHOLAS SHERAN NEWS

MAY | 2022



IMPORTANT DATES...

May 2-6 - Education Week

May 2 - Grade 5 Basketball @ 3:10pm

May 3 - Jr. Choir @ 3:05pm

May 4 - Hats on for Mental Health / Grade 5 Basketball @ 3:10pm

May 5 - Sr. Choir @ 3:05pm

May 6 - AM Kindergarten Class / Grade 6 Orientation @ GS Lakie and SJFMS

May 9 - Grade 5 Basketball @ 3:10pm

May 10 - Jr. Choir @ 3:05pm

May 11 - Grade 5 Basketball @ 3:10pm

May 12 - Sr. Choir @ 3:05pm

May 13 - PM Kindergarten Class

May 16 - Grade 5 Basketball @ 3:10pm

May 17 - Jr. Choir @ 3:05pm

May 18 - Grade 5 Basketball @ 3:10pm

May 19 - Sr. Choir @ 3:05pm

May 20 - AM Kindergarten Class

May 23-24 - No School for Students (Victoria Day and PL Day)

May 26 - Sr. Choir @ 3:05pm

May 27 - PM Kindergarten Class

May 31 - Jr. Choir @ 3:05pm

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

Council Corner...

All parents and guardians are welcome to join us for our Parent Council Meetings.

Our next meeting will be held in the Community Room on Wednesday May 18th. Parent Council and Society Meeting Minutes can be found on the school website. If you have any questions, concerns or comments for School Council, please email:

ns.scpres@lethsd.ab.ca.

PRINCIPAL'S MESSAGE...

Welcome May!

I think we are all happy to put the chilly weather behind us and look forward to some warm, sunshiny days ahead! Each year at the beginning of May Alberta Schools recognize Education Week and its theme of *Learning is a Journey*. Our dedicated staff work hard all year to provide engaging ways for your children to learn and grow as citizens of the world. We will be posting pictures of many of these activities on our Social media pages (Facebook: Nicholas Sheran Elementary School and Twitter @nikkisheran)

As we get closer to June school becomes very busy. We have students going on field trips, choir and basketball after school and our teachers are continuing to teach and our students continue to learn! Even though this year isn't over we start to plan for next year. As we start to plan it becomes so important that we have accurate numbers of students, so we have enough teachers to make class sizes appropriate. We are still waiting for some registration forms to be filled out. You must update a registration for your children each year. Thank you all for your help with this.

In closing, I encourage everyone to take part in the Fun Family Fitness Challenge put together by our School Council. What a wonderful way to celebrate spring!

Take care and be well,

Ms. Walmsley

NEWS

NICHOLAS SHERAN NEWS



May Wellness... May 2-8 is Mental Health Week. This year, the focus is on how important empathy is to our mental health and to the relationships around us. Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. It's a simple concept but its importance is enormous!

Practicing empathy helps us regulate our emotions, connect with others and feel less isolated. Empathy allows us to think of others and look for ways to help. Whether this is chatting with a neighbor, donating to a local non-profit organization or simply picking up groceries for a friend, an act of kindness can go a long way. When we do something good for others, we lift their spirits and our own.



Our staff and students will be learning more about empathy and Mental Health this week. On Wednesday May 4th, students and staff are invited to wear a hat to raise awareness of the importance of good mental health. We encourage you to talk with your children about empathy and about sharing their thoughts and feelings on a regular basis. The more communication we all have, the more understanding we gain and increased ability to support.

THE LOOP provides 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 May edition.

After School Choir Classes:

Mr. Sheedy and Mrs. Britton are offering after school choir (Grade 1-2 and Grades 3-5) and are still in need of a piano accompanist Volunteer, Please email Mr. Sheedy at owen.sheedy@lethsd.ab.ca if you are a pianist and would be able to volunteer your time.

Dogs on the property... Just a friendly reminder that dogs are not permitted on school grounds in accordance with the [City of Lethbridge bylaw](#) with the exception of accredited Service Dogs accompanying and individual on school property. Thank you.

The 2022/2023 Bell Times will be quite different.... Please keep this in mind when you return in the Fall

Monday to Friday Warning Bell @8:40AM & Start Time @8:45AM

Monday to Thursday End Time @3:48 PM

Friday End Time @12:35PM

**Supervision starts 15 minutes before the morning bell and is for 10 minutes after school each day.

**EEP and Kindergarten program times are TBD as well as class schedule times, nutrition breaks and recess breaks are TBD as well. If you have any questions please contact the Division office.

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



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

Moose Hide Campaign Day

HELP END VIOLENCE AGAINST WOMEN AND CHILDREN

On **May 12, 2022** join Indigenous and non-Indigenous Canadians from across Canada to support reconciliation and help end violence against all women and children.

Moose Hide Campaign Day is a day for connecting, learning and sharing, where you can hear from inspiring speakers, share experiences and join workshops. It's a day of ceremony where we invite you to fast with us from sunrise to sunset in our **#FastToEndViolence**. Tune into the livestream or join us for our in-person Walk to End Violence in Victoria, BC.

Supporters are encouraged to wear and share the moose hide pins on the day (and every day!) and organize events with their organizations, schools or communities. Fasters will be supported on their fasting journey throughout the day. Events are free for anyone to attend.

Join us and register early at moosehidecampaign.ca

Join us
MAY 12, 2022
[Register here](#)



Email: info@moosehidecampaign.ca
Phone: +1 (250) 882 7018

Address: 209-1100 Admirals Rd.
Victoria, BC, V9A 2P6



S	M	T	W	T	F	S	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	May				1	2	3	4	5	6



S	M	T	W	T	F	S
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			

Every Wednesday @ 5:00PM May 4th - June 29th 2022

All My Relations - Traditional Parenting Program



Blackfoot Elders and Indigenous Facilitators

All Indigenous families are welcome to join & participate.
The program offers free children programming, supper & other incentives.
Enjoy a sense of belonging & identity while building confidence in raising a healthy family.

www.famcentre.ca/programs

For more information or to register
Please contact: Janine Jackson

403 320 4232 Ext 218 or janine.jackson@famcentre.ca
Family Centre Downtown Suite 225, 200 - 4 Ave South, Lethbridge AB



MAY 3 - JUNE 14
SWIMMERS MUST BE ABLE
TO SWIM 25 METERS.
BEGINNER (6:30-7:30PM)
1 HR - \$150
INTERMEDIATE (6:30-8:30PM)
2 HR - \$300

SPRING SYNCH

Come Celebrate Mental Health Week

#GETREAL ABOUT MENTAL HEALTH!

Free Activity Day
@
YMCA



MAY 5, 2022

COME FOR ONE OR ALL ACTIVITIES:

12PM-2PM: **FREE SWIM**

3PM-5PM: **BOUNCY CASTLE/FREE PLAY**

HEIGHT RESTRICTIONS 34-60"

6PM-8PM: **YOUTH REC ROOM/INDOOR PLAY**

ACCESS

Stop by the MHCBC booth for your
Entry Bracelets!

LIMITED SPACES AVAILABLE
18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID
140-74 MAURETANIA RD W, LETHBRIDGE, AB

MHCBC Wellness Team
LETHBRIDGE SCHOOL DIVISION

