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# NICHOLAS SHERAN NEWS

JUNE | 2022

## IMPORTANT DATES...

**June 2-** Sr. Choir @3:05pm  
**June 3-** AM Kindergarten Class  
**June 7-** Jr. Choir @3:05pm  
**June 9-** Sr. Choir @3:05pm  
**June 10-** PM Kindergarten Class  
**June 14-** Jr. Choir @3:05 pm  
**June 15-** School Council & Society Meeting @6:30pm  
**June 17-** AM Kindergarten Class  
**June 21-** Kindergarten Celebration of Learning: Parents Welcome from 10-11am & 2-3pm  
**June 22-** Colour Run  
**June 24-** PM Kindergarten Class  
**June 28-** Last Day of School for Students / 11:40am Dismissal / Report Cards Available Online  
 \*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 Meeting. Our next meeting will be held in the **Community Room on Wednesday, June 15th at 6:30pm and will be followed by a Society Meeting.** 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](mailto:ns.scpres@lethsd.ab.ca)



## PRINCIPAL'S MESSAGE...

Happy June Everyone!

The time has flown by and I cannot believe we are in June. What a wonderful year we have had at Nicholas Sheran Elementary School. I would like to thank our families for all their support and work in making this such a successful year for our students and staff. We were finally able to have a fairly "regular" year and it has been wonderful to have our students work and play together. Even though there is only one month left, there are still a lot of exciting things happening here. Field trips have started and will continue to the end of the year. For many of our students, this is the first one they have ever been on. It is great to have these learning experiences happening again.

We also have our Colour Run coming up this month. This will be a great celebration of our work on our core values of Collaboration, Responsibility, Compassion, and Resilience. We hope to see you at the school to celebrate with us. Special thanks to our School Council for helping to support these events!

I would like to wish our whole school community a relaxing and rejuvenating summer. For all of you that are travelling this summer, we hope you have safe travels. We are busy planning for next year and we look forward to having you back with us again!

Take care,

Ms. Dawn Walmsley

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# NICHOLAS SHERAN NEWS



## June Wellness...

I cannot believe we are in the final month of this school year! Our school, students and staff, have all learnt so much and grown in so many ways!! We really have all learnt that we can do hard things!

We have been talking about gratitude a lot lately. Sometimes we get busy and we don't always take the time to be grateful for all that we have in our lives. It is important to acknowledge and identify the positive things and the positive people we have around us. I encourage you to slow down and think of all the wonderful things that happen daily that you appreciate. Noticing what we are grateful for may also encourage us to reach out and show kindness to others as well.



I wish you all a summer of adventures. You don't need to travel far to find new places to walk, explore and enjoy!

Thank you for sharing your children with us at Nicholas Sheran!!

**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 June edition.

**Shout out!!** We would like to send a **BIG THANK YOU** to Save on Foods, Safeway West and the King family for their donation of Granola Bars for us to enjoy on "Take Me Outside Day".

Nicholas Sheran students will be participating in Sports Day activities as well as our Values Color Run on the afternoon of June 22nd. More details and information will be sent out closer to the event. Parent volunteers are needed, please email [jeanine.miklos@lethsd.ab.ca](mailto:jeanine.miklos@lethsd.ab.ca) if you are interested in helping us out!

**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!!

# Public Service Announcement

May 26, 2022

Follow AHS\_Media on Twitter 

## Safe Kids Week to focus on active transportation

SOUTH ZONE – Safe Kids Week is May 30 – June 5 and Alberta Health Services and its partners Parachute Canada and the Injury Prevention Centre are inviting Albertans to help raise awareness of child safety issues in Canada.

The theme for Safe Kids Week 2022 is active transportation for children. Active transportation means using your own power to get from one place to another and includes activities like walking, biking, skateboarding, in-line skating, jogging and running and more.

During Safe Kids Week, Parachute Canada is encouraging schools across the country to promote walking, biking or wheeling to school through an approach called Anything but a Car Day (ABCD). Albertans can become part of ABCD June 1 and help kids get excited about using active and safe transportation. To find suggested ABCD activities, safety information and more, visit [SKW2022-Event-Guide.docx \(live.com\)](#)

Wheel Week is also being celebrated the first week of June; another opportunity for students to bike to school. Register your school, community group, or family at [shapeab.com](#)

Bike Rodeos are a fun way for children and youth to learn about and practice bike safety. Kids bring their bikes and helmets and develop skills that assist them in becoming more competent riders. Attendees rotate through a variety of safety stations including a helmet station, bike maintenance, traffic station, obstacle course, and a ride along. After completing each station, they can collect take-home items to share with their family and remind them to ride safely to prevent and reduce the severity of an injury.

### Activities in South Zone:

- **Medicine Hat:** Bike Rodeos – 3:30-5:30 p.m. May 24 at St. Patrick's School and 3-5 p.m. June 1 at River Valley Community Church parking lot
- **Brooks:** 2-6 p.m. June 2 at Veterans Park Farmers Market there will be a booth on bike and helmet safety, bike registration forms, and information on active transportation
- **Lethbridge:** 2-6 p.m. June 1 at Alpenland Ski & Cycle in the rear parking lot; for helmet fitting, free Bike Index QR stickers to register bicycles, and more. Alpenland is providing a discount on the price of a new helmet for those who need one

Visit Parachute Canada for more information for 2022 Safe Kids Week and how you can raise awareness within your community. Safe Kids Week – Parachute

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

# Community Education Service



*Improving emotional health and well being*

**Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™**

## Healthy Brains = Healthy Children Ways We Can Build Healthy Children & Teens

**Andrea Halwas, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House**

**Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder.**

# FREE LEARNING

At **Juno House** [www.junohouse.ca](http://www.junohouse.ca) we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood.

### **You will learn about:**

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

**June 9, 2022**  
**10:30 AM – 12:00 PM**

**Registration Required**

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Juno House**.

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/>



# SWIM SESSIONS

**STARTS**

**Sept 12, 2022**

**AT**

**Fritz Sick Pool**

Our club offers swimmers an opportunity to swim at a variety of levels:  
from competitive, to swimming as cross training or a life skill.

**[SPARTANSAQUATICSClub.COM](http://SPARTANSAQUATICSClub.COM)**

**AGES 6+**

**DATES**

Fall session starts Sept 12, running for 13 weeks. Winter session starts in January.

**FLEXIBLE**

Swimmers can choose a variety of times and days of the week that work for them.

**SKILL LEVEL**

Our beginner group is for kids who can swim a minimum of one pool length.

**COST**

The fall session fees start as low as \$260.

**ADULTS**

A Masters program for adults is available.