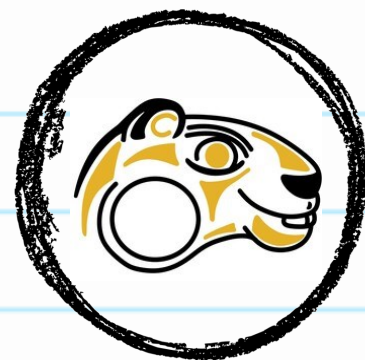


NICHOLAS SHERAN NEWS

October | 2022



Important Dates:

Oct 4 - Picture Day (Individual & Class Photos)
Oct 7 - Cram the Car / M/W & AM Kinder
Oct 10 - No School - Thanksgiving
Oct 11 - No School - Staff PL
Oct 14 - T/Th Kinder
Oct 17-21 - Book Fair

Oct 20-21 - No School - Staff PL & PT Interviews
(more info on the next page)
Oct 26 - Values Assembly
Oct 28 - M/W & AM Kinder
Oct 31 - Halloween



Principals Message....

It is hard to believe the month of September is already gone! We have had a very positive start-up. The students are getting used to new teachers and new classmates and are truly enjoying being able to play together. We were able to host a "sneak peek" of the school for new families in August and had a huge turnout for our "Meet the Staff" event. The month of September was spent with teachers getting to know their students and finishing up some basic literacy and numeracy assessments. This information allows teachers to plan strategically to meet the needs of each student in their class.

It was wonderful to meet with the Nicholas Sheran School Council during our first meeting of the year on September 21st. Thank you to those parents/guardians who have volunteered to be classroom reps. We look forward to having you be involved in supporting our students and our school. School Council's next meeting date is October 19th. The agenda for the meeting will be sent out in advance. The minutes of each meeting are posted on our school website.

One of our priorities at Nicholas Sheran is providing opportunities for our students to learn outside. You can help us by making sure your child is dressed for the weather. Outside learning is an important part of school and children that are well dressed and prepared for the weather have way more fun. Please take a few minutes to label your child's boots and jackets. It's always surprising how quickly children can "forget" what they wore to school, and these items are expensive, and we want them to make it home.

Halloween is coming up at the end of the month! We will be doing a classroom parade where each student will have a chance to show off their costume. Please do not send treats in for the party without communicating with your child's teacher first. We don't want anything to be wasted and children only need a few treats at school.

Please feel free to contact me if you have any questions or concerns. I am here to help! I hope you all get to enjoy this beautiful fall weather we are still having! Take care and be well!

Dawn Walmsley, Principal

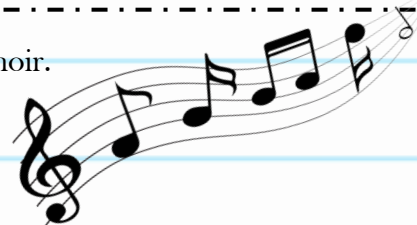
Beginning the last week of September, Mrs. Britton and Mr. Sheedy started up choir.

Jr. Choir (Grades 1 & 2) will be on Tuesdays and

Sr. Choir (Grades 3, 4 & 5) will be on Thursdays.

Both choirs will run before school from 8:00-8:40am in the Music Room.

More information is available at: <https://ns.lethsd.ab.ca/home/news/post/jr-and-sr-choir-info>.





October Wellness....

What a fantastic start to the school year!! It has been so nice to see our students back in our school and settling into the school year. I have had the opportunity to visit all the classrooms and introduce myself to the students. Most of the classes also were read a book about "Breathing Is My Superpower" which reinforced the idea of mindful breathing to settle our bodies.

A new school year generally means getting back to some routines as a family that we may have relaxed in the summer. Kids thrive when there is predictability and structure. Building routines as a family can empower your kids and make the return to school easier on you all. Here are some ideas:

- Involve your kids in packing lunches and getting school supplies packed and ready. Do as much as you can the night before so your mornings are calmer.
- Set a regular time for bed and a bedtime routine for school nights. This might include bedtime stories, yoga, and/or cuddles.
- Set a consistent wake up time in the morning that gives everyone time to get ready slowly and calmly.
- Get some breakfast. Choose foods that will provide your body and brain fuel for the day.
- Create a saying, motto or mantra that feels special to your family and signifies the start of a new school day. Ex) "Today will be as great as I make it"
- At drop off, let your child walk away from you and into the school. They get to take the lead and they feel in control and ready for the day. A big hug and off they go.

It may take some practice and a bit of time but once routines become solid, everything tends to run much smoother.

JEN ROBINSON – STUDENT SUPPORT WORKER (403) 381-1244 OR JENNIFER.ROBINSON@LETHSD.AB.CA

Parent Teacher Conferences

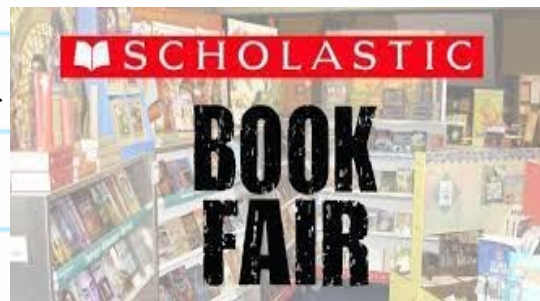
At Nicholas Sheran Elementary School, Parent Teacher Conferences are a key part of our communication strategy regarding your child's progress. Please plan on booking and attending a Parent Teacher Conference with the applicable teacher(s) for each child you have attending at the school. This round of conferences is for EEP and Grades 1 to 5 students. Kindergarten will be doing their conferences in November. We are using the web-based scheduling application through our website <https://ns.lethsd.ab.ca/parents/parent-teacher-interviews> for

Thursday, October 20th (1:00pm-8:00pm) and Friday, October 21st (8:30am-12:30pm) for families with students in Grades 1-5 and for Thursday, October 20th (8:30am-3:30pm) for EEP only. This application allows you, as a parent, to use the Internet to check our teachers' conference schedules and book appointments quickly and easy. With this web-based application, you do not need to create an account. Simply enter your information and sign up to book an inter-

view. **Registration opens Tuesday, October 20th at 8:00 AM and closes at 11:59 PM on Wednesday, October 19th, 2022.** We encourage parents to book their own appointments. If you miss the booking deadline, please call the school at 403.381.1244 during regular office hours. If you are unable to attend Parent Teacher Conferences, please contact your child's teacher by phone or email. You can visit the Staff Directory page on our website to access emails - <https://ns.lethsd.ab.ca/about/staff-directory>.



The Scholastic Book Fair will be held from October 17th-21st in the NSES Learning Commons. Students will have their Library and Learning Common times to browse and purchase books. Parents are welcome to reach out to their child's teacher to find out what these days/times are if they are wanting to shop with their child. Mrs. Van Dellen is also allowing parents to pop into the Book Fair any time between 9am and 4pm Monday through Thursday and/or between 9am and 1pm on Friday. Proceeds from the Book Fair go towards purchasing more books for our Learning Commons.



Council Corner...

Parent Council Minutes from the AGM meeting on Wednesday are now posted on the school website at: <https://ns.lethsd.ab.ca/parents/school-council>. This years elected School Council Executive are:

Chair/President - Tisha E

Vice Chair/Vide President - Karma VS

Treasurer - Lacey M

Secretary - Locke S/Lindsay O

Division Council Reps - Locke S/Tisha E

Parent Council Lending Library - The NS Parent Council received a grant last year to purchase parent resources. Parent Council funded a parent presentation and chose to spend the remaining funds on books for a Parent Lending Library. There are [8 books available](#) to be loaned out from the school office. You are able to come in and sign them out or send an email to Jeanine.miklos@lethsd.ab.ca and they can be sent home with your child.

For any items you want brought up with the NS Parent Council, please e-mail our Chair Tisha Elford at stelford2006@gmail.com. Everyone is welcome to join the NS Parent Council meetings. The next meeting will be held in the Community Room on Wednesday, October 19th @6:30pm.



TUTORING SERVICES

Do you know a student who needs a little extra help with their schoolwork? The EUS can help!



WHO WE ARE

The EUS is a club at the University of Lethbridge comprised of student teachers.



SERVICES PROVIDED

Tutors available for grades K-12, in all subjects!



WHERE TO SIGN UP

Go to the EUS webpage and click on the tutoring tab!

OUR TUTORS ARE COMMITTED TO HELPING ALL STUDENTS ACHIEVE THEIR GOALS, WHATEVER THEY MAY BE!

Cram the Car



Help our school to "Cram the Car" with food donations from **October 5th to the 14th!**

We are collecting non-perishable, non-expired food and toiletry items for the Lethbridge Food Bank.

Let's see how much we can gather for this great cause!

NICHOLAS SHERAN BREAKFAST PROGRAM

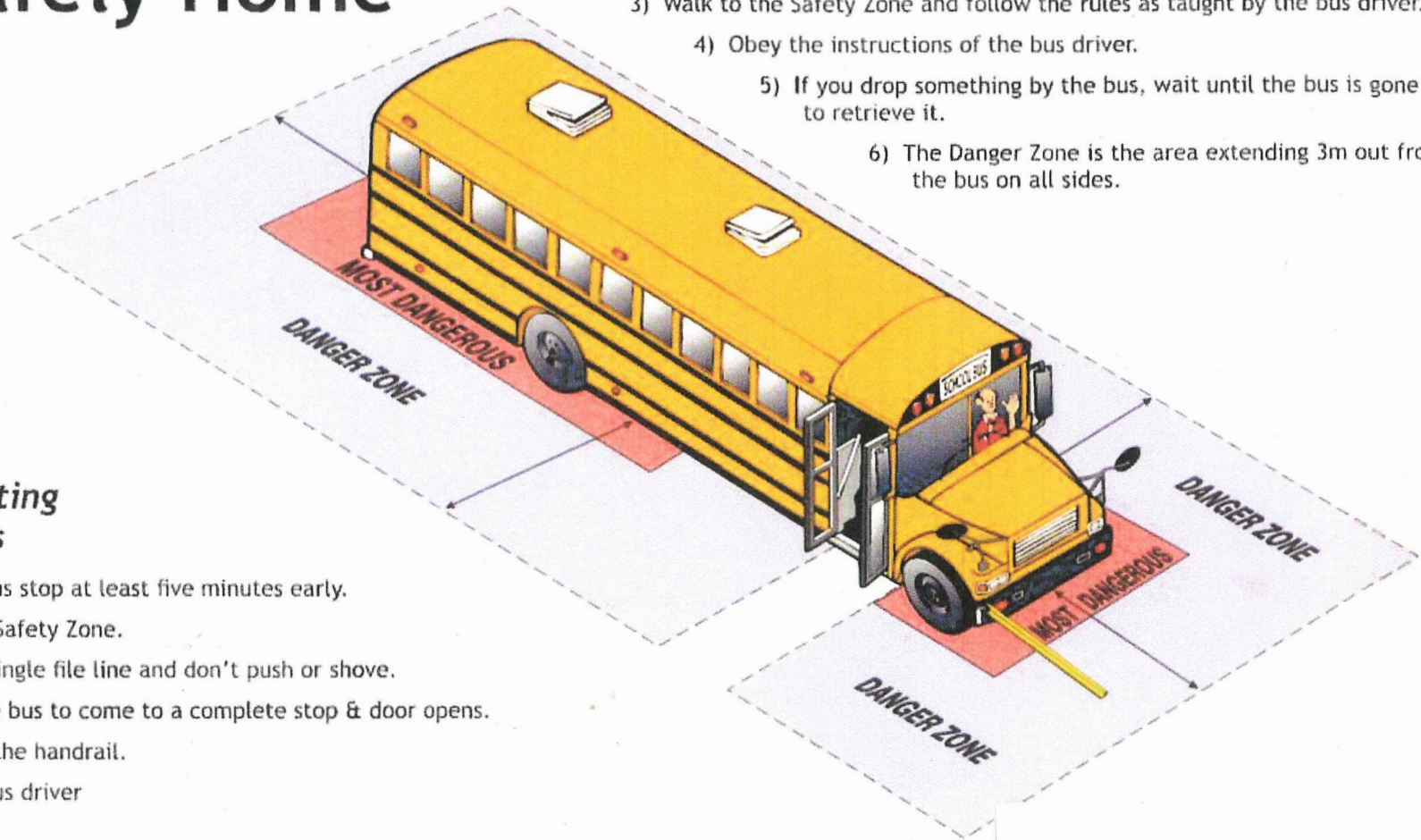
There is now a breakfast program available for all students from 8:30-8:40am Monday through Friday in our Community Room (door is open by our main front door)

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

Know your Zone, Safely Home

When Getting off the Bus

- 1) Stay in your seat until the bus is stopped and door is opened.
- 2) Watch your step and use the handrail.
- 3) Walk to the Safety Zone and follow the rules as taught by the bus driver.
- 4) Obey the instructions of the bus driver.
- 5) If you drop something by the bus, wait until the bus is gone to retrieve it.
- 6) The Danger Zone is the area extending 3m out from the bus on all sides.



When Getting on the Bus

- A) Be at the bus stop at least five minutes early.
- B) Stay in the Safety Zone.
- C) Stand in a single file line and don't push or shove.
- D) Wait for the bus to come to a complete stop & door opens.
- E) Always use the handrail.
- G) Obey the bus driver

Safety is everyone's Business "Know Your Zone, Safely Home"

Community Education Service



Improving emotional health and well being

Words Matter! Supporting Children and Youth through the lens of Mental Health Literacy

Kathy Jarrell MSW RSW
Education Consultant, Alberta Mental Health Literacy Project
Alberta Health Services

While there is a positive trend to more openly talk about the mental health of our children and ourselves, there is a lot of confusion about what the terms we use actually mean! What is the difference between a mental health problem, a mental health issue, a mental disorder, and stress and anxiety, for example?

Join Kathy Jarrell, Education Consultant with the AHS Mental Health Literacy Project, for an engaging talk to clarify the terms we use. Leave the session feeling more confident about the concepts, the science and ways to learn more. Let's not just talk about mental health....let's talk with shared understanding!

September 27, 2022
6:30 PM - 8:00 PM

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Mental Health Literacy Project.**

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 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.

September 29, 2022

10:30 AM – 12:00 PM

Registration Required

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

CES@ahs.ca <http://community.hmhc.ca/>



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REGISTER NOW!

www.lethbridgeskating.com

CANSKATE

CanSkate is our learn-to-skate program for children ages 3+! It focuses on fun, repetition, and basic skill development. Your skater will learn the fundamental skills needed for any ice sport or activity in this program.

CLASSES AVAILABLE ON
TUESDAYS/WEDNESDAYS/THURSDAYS/SATURDAYS

PARENT & TOT

Parent & Tot is similar to CanSkate, but geared towards younger skaters who may benefit from more hands on assistance from their parents. This program prioritizes learning through play and becoming comfortable on the ice!

CLASSES AVAILABLE ON SATURDAYS

CANPOWERSKATE

PrePowerSkate & CanPowerSkate are high energy power skating programs for hockey and ringette skaters. Skills, techniques and conditioning drills are taught in a progressive format with an emphasis on how they apply to game situations.

CLASSES AVAILABLE ON WEDNESDAYS

STARSKATE

STARSSkate is our figure skating program which offers both group and private lessons. Skaters train in the disciplines of ice dance, freestyle, skating skills and artistic, and have the opportunity to compete and test throughout the year.

CLASSES AVAILABLE MONDAY-SATURDAY

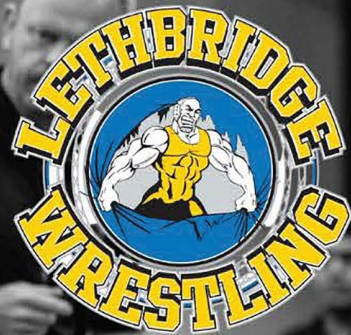
ADULTSKATE

AdultSkate is a combination of CanSkate, CanPowerSkate, and StarSkate instruction for adults of any age or stage. This program is a great way to learn the basics in order to keep up with your kids, and to make new friends!

CLASSES AVAILABLE ON TUESDAYS/THURSDAYS

AFTER WRESTLING EVERYTHING ELSE IS EASIER

» at the University of Lethbridge



WRESTLING PROGRAMS AVAILABLE

Elementary

1 and 2 night a week options
available for ages 5-11

Middle School

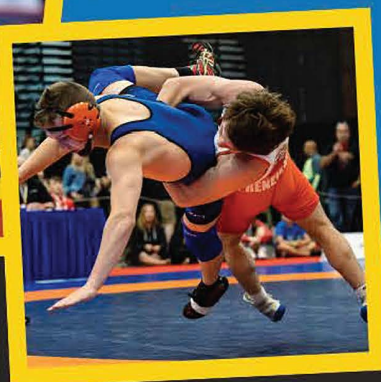
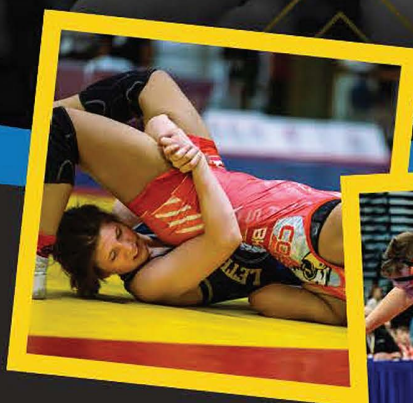
Club and School options for
age's 11-14

High School

High School programming for
school district 51 athletes @LCI

Club

Open programming available
at University or Lethbridge



Private Training

One on one private
workouts available
upon request

Drop-in Club Practice

\$20 / session

Make Appointment

☎ +902-225-1305



Elementary Age Wrestling (5-11)

ASAA Rurals and Provincials Included

Lethbridge Amateur Wrestling Association (LAWA) offers programs from elementary to adult age's. Please phone or email to inquire.

Starts at
\$250
/Participant

Includes

- ✓ First Class Coaching
- ✓ 1-2 Mat practices/week
- ✓ Team T-shirt
- ✓ University Setting

Start Date

🕒 November, 2022

Practice Location

📍 4401 University Dr W,
Lethbridge, AB T1K 3M4



KIDS WRESTLING CLUB

BOYS &
GIRLS

6-13
Years Old

We have made it possible for families to attend one or two practices per week. If you register for one practice per week you will have the choice of which night your child wrestles and have the ability to switch back and forth; choose the practice that fits your schedule.

Choose one

Mondays 4:30 - 6:00 PM

First week of November to
end of March

\$250 1 Practice/week

or both

Thursdays 6:00 - 7:30 PM

First week of November to
end of March

\$400 2 Practices/week



Registration Link

facebook.com/Lethbridge
Wrestling

ShawnDayeFinley@gmail.com