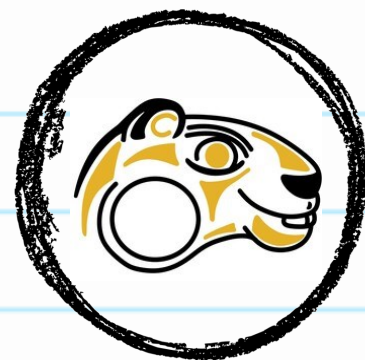


NICHOLAS SHERAN NEWS

November | 2022



Important Dates:

- 2 - I Read Canadian Day
- 4 - T/Th Kindergarten
- 7 - Picture Retake Day
- 10 - Remembrance Day Assembly
- 11 - No School - Remembrance Day
- 14 - No School - Staff PL
- 14-18 - Rock Your Mocs
- 15-16 - Kindergarten PT Conferences (No Kindergarten)
- 18 - M/W & AM Kindergarten
- 24 - Jr. Choir & Sr. Choir Performance - 7pm @ Southminster Church ([Tickets](#))
- 25 - Term 1 Report Cards Available on the Parent Portal for Grades 1-5
- 28 - Jr. Choir, Sr. Choir & Handbell Performance - 10am @AgeCare Columbia
- 29 - Parent Engagement Evening (More info sent home soon!)

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).

We are need of parent volunteers to help with this. If you are able to volunteer some time, please contact Amanda by text at 403-915-0037 or email at amandaadnitt-king@gmail.com.

We are also accepting donations to provide more to this program! Tax receipts will be issued to all donations over \$25. Donations can be made by cheque to the school or online at <https://lethbridge.schoolcashionline.com/Fee/Details/148/38/false/true>. Thank you to everyone that has already donated!

Principals Message....

November is here! It was so great to see many of you at our recent Parent/Teacher conferences. We are grateful to work as partners with you in educating your children. Thanks to everyone who came out to our Fall Book Fair! We raised over \$2000 for our school! Look for new books appearing on our library shelves.

Please remember to fall back as our clocks will change with the
end of Daylight Savings Time on Sunday November 6th.

Remembrance Day Assembly: We will be having our Remembrance Day assembly on Thursday November 10th at 10:30. We encourage any students involved in Cubs, Scouts, Girl Guides or Brownies to wear their uniforms that day in recognition of Canadians who have fought and worked hard for our freedom.

A Family Literacy Event will be held on Tuesday November 22nd from 6:00 to 7:00 p.m. This will be an opportunity for your family to come to school and participate in some fun activities that promote a love of reading and writing. There will be activities for you to take home so you can keep the learning going! More information will be coming out soon, but please mark your calendars!

Our next **Parent/School Council Meeting is on Wednesday November 16th at 6:30.** One of our goals this year is to have more parent involvement. If you signed up to be a classroom rep, we would love to have you attend the meeting! Throughout the year we have different grade levels report on what has been happening in their grade so far this year.

For this month we will be hearing from the grade 3 team on what has been happening in the classrooms! It would be wonderful to have some parents for them to report to. Our meetings are typically over in an hour and it's always good to be able to hear and ask questions in person! If you have children that need to be with you, we can have them here too! Please feel free to contact our Parent Council chair (Tisha Elford) or myself if you have suggestions of different ways we can help you be more involved at school. We welcome you here at Nicholas Sheran!

Dawn Walmsley, Principal



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.

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. We often need to overcome the tendency to focus on what is wrong in our lives, but it is so beneficial to start to focus more on the positives.

Jen Robinson, Student Support Worker
(403)381-1244 jennifer.robinson@lethsd.ab.ca



Council Corner...

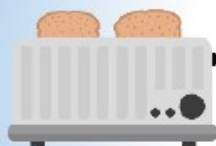
Parent Council Minutes are posted on the school website at: <https://ns.lethsd.ab.ca/parents/school-council>. For any items you want brought up with the NS Parent Council, please e-mail our Chair, Tisha Elford at stelford2006@gmail.com. Everyone is welcome to join the NS Parent Council meetings. The next meeting will be held in the Community Room on Wednesday, November 16th @6:30pm.

Head Lice Information

Please view Policy 504.1 regarding Managing Health Issues in Schools and Exhibit 504.1.A which has Head Lice Counselling Guidelines:
<http://www.lethsd.ab.ca/download/187417>
<https://www.lethsd.ab.ca/download/187429>

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

A huge shoutout and THANK YOU to the following people/companies for their generous donations to our Nutrition/Breakfast Program!



WeeCan Finance Ltd.

Mr. Ron Hall

Fee Simple Law LLP

212 Company Ltd.

Mr. Dutchie Ahlbeck

Mr. Dean Seymour

University Drive Alliance Church

Mindful Munchies/Lethbridge Food Bank



Sunday October 30th
6 p.m. Start Time
Servus Sports Centre

COME AND TRY LACROSSE

Canada's National Summer Sport

Improve your agility, diversify your sport experience,
develop hand-eye coordination & team work

Make new friendships and have FUN !

Ages 5 to 12! From 6 pm until 7 pm.

No Cost Event !

Helmet with FULL face mask required
Running shoes recommended, Sticks will be provided

To register, please email:
TryLax@LethbridgeLacrosse.com



SCHOOL COUNCILS THROUGHOUT LETHBRIDGE SCHOOL DIVISION PRESENT:



PARENT NIGHT WITH NATE WEBB

A NIGHT OF EDUCATION

NATE IS A SCHOOL COUNSELOR, EXPERT IN BULLYING PREVENTION, CERTIFIED SCREEN SAFETY EDUCATOR, AND FATHER.

PLEASE JOIN US TO LEARN HOW TO BETTER HELP OUR KIDS FACE THEIR BULLIES, SAFELY NAVIGATE TECH AND SOCIAL MEDIA, AND DEVELOP A GREATER SENSE OF SELF WORTH.



WHEN:

THURSDAY, NOVEMBER 3, 2022
7:00 PM

WHERE:

CHINOOK HIGH SCHOOL
259 BRITANNIA BLVD WEST

THANK YOU TO OUR SPONSORS:

**CÔMPASS
DENTAL**

DR. BRENT KEITH FRANCIS
PROFESSIONAL CORPORATION



November 2, 2022 – I READ CANADIAN DAY

I READ CANADIAN DAY is a national day of celebration of Canadian books for young people. This is a day dedicated to 'reading Canadian' and will empower families, schools, libraries and organizations to host local activities and events within the week.

For example, libraries or book stores can create a local I Read Canadian display for a month, or host author and illustrator visits during the week of the I Read Canadian day. Schools or communities can create challenges to get more readers involved – see how many readers can read Canadian.

GOAL: The purpose of this event is to raise awareness of Canadian books and celebrate the richness, diversity and breadth of Canadian literature.

WHEN: November 2, 2022

ACTION: We challenge the nation to "Read Canadian" for 15 minutes and to share their experience at their library, in their school, with their families and friends, or on social media. Young people are encouraged to read, or be read to, a Canadian book of their choice.



November

**LETHBRIDGE
FOOD BANK**
FEED THE NEED



Mobile Food Support



YMCA
(140-74 Mauretania Rd W)
November 4th from 4pm



Westminster School
(411 16th St N)
November 10th from 4pm



Lethbridge College
(3000 College Dr S)
November 14th from 4pm



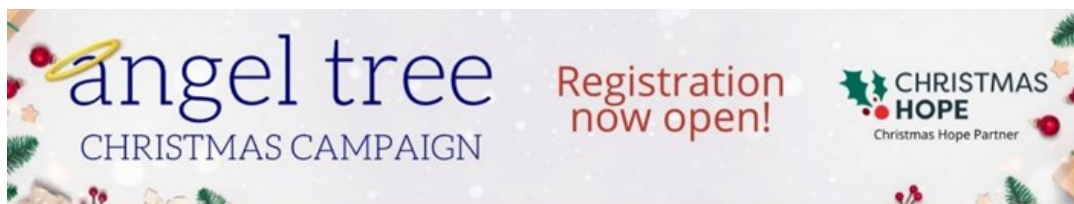
Mike Mountain Horse School
(155 Jerry Potts Blvd W)
November 18th from 4pm



Nord-Bridge Seniors Centre
(1904 13th Ave N)
November 21th from 1pm



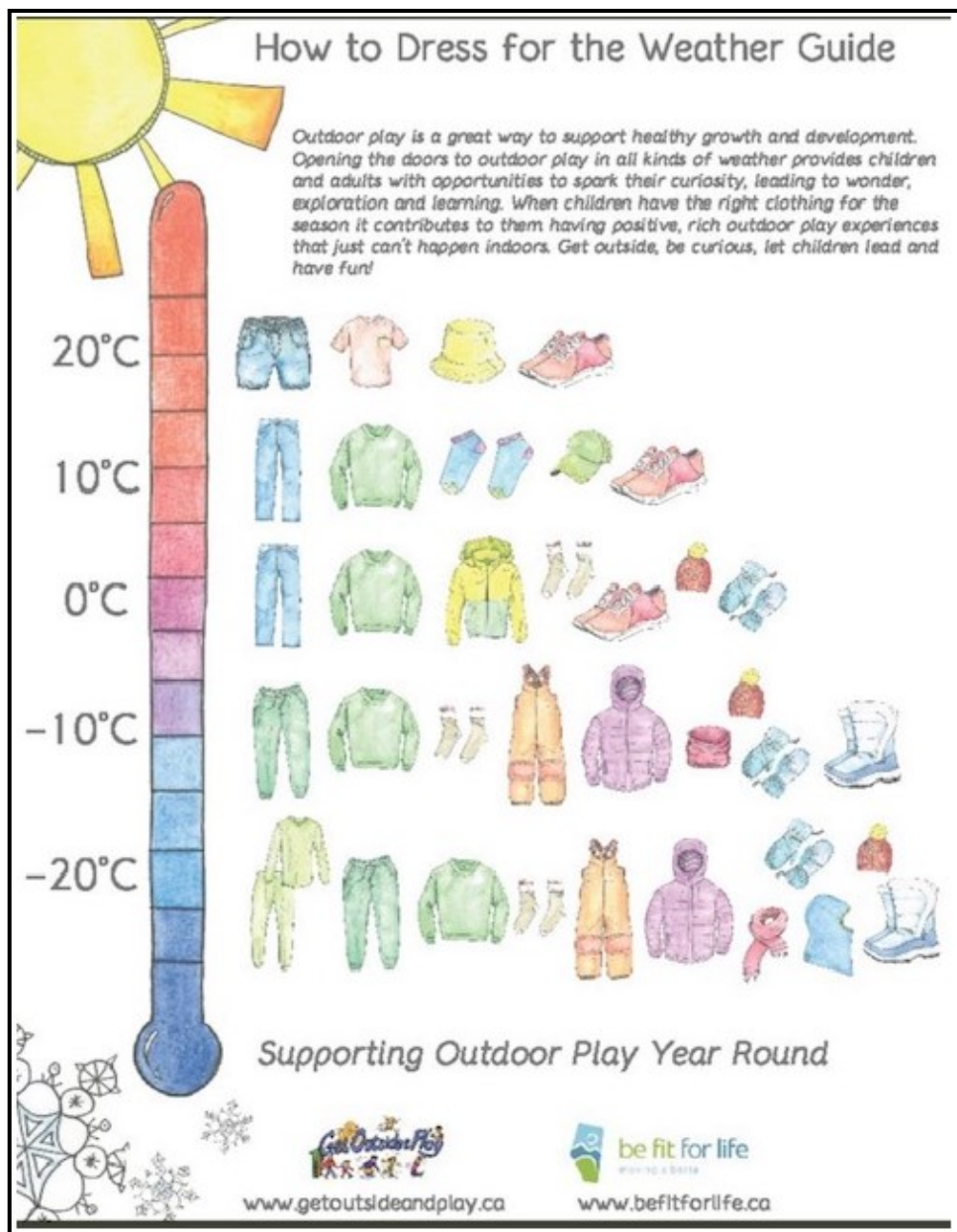
Seventh-day Adventist
(2606 16th Ave S)
November 29th from 4pm



PLEASE VISIT WWW.LFSFAMILY.CA FOR
FURTHER INFORMATION ON HOW TO ASSIST
OR TO REGISTER



REGISTRATION CLOSING NOVEMBER 30, 2022



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!

TUESDAY, NOV. 8

COMMUNITY CONVERSATIONS

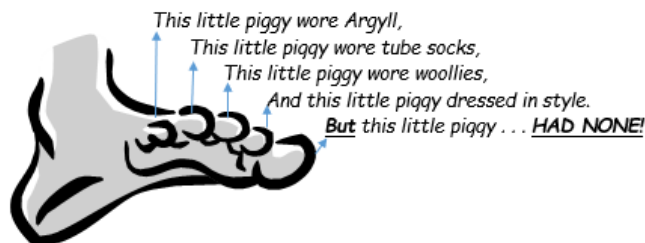
BOARD OF TRUSTEES



Lethbridge
SCHOOL DIVISION

TIME: 10-11:30 A.M. LOCATION: FISH AND GAME
946-9 AVE. S.

www.lethsdcommunityengagement.schoolsites.ca



It's time for

22nd ANNUAL

OPERATION:

SOCK IT TO 'EM

From November 1 to December 15, 2022

Nord-Bridge Seniors Centre, the Caretakers & Maintenance staff in Lethbridge & Area schools are collecting **NEW SOCKS** to be donated to local charities and those less Fortunate for Christmas.

Please join them and make Someone's Christmas a little bit warmer!

To donate, contact any Custodial staff at your local school.

QUESTIONS?

Call Gail Petrie (403) 327-6520

Charlene Kocken (403) 329-3222

-Nord-Bridge Seniors Centre

-Lethbridge School District #51

-Holy Spirit School

-Palliser Regional School

Managing the Halloween Candy Craze

It's Halloween season, and kids will soon be trick-or-treating again! The huge piles of candy your children collect can provide so much excitement and joy to the holiday. However, it can also be overwhelming for parents and children to navigate what to do with all of the loot! Read on to find out how can you help them manage their stash without ruining the fun.



Photo by [Karolina Grabowska](#) on [Pexels](#).

Allow Them to Eat and Learn

According to [Ellyn Satter](#) (Dietitian and Family Therapist), the more you deprive your child of sweets, the more likely they are to overeat them. 'Policing' or restricting them of candy will not only ruin the fun of Halloween, but it will make them more interested or preoccupied with eating it. Allow your children to eat as much candy as they want on Halloween night and even the night after. Then, on the following nights, you can determine *when* and *where* they can have the candy, but they can determine *how much* they want or *whether* or not they want it. You can decide to offer the candy during meals, snacks, or packed in their school lunch. The excitement around candy will decrease as time goes by. Children will eventually lose interest and learn to be more relaxed about eating sweets.

Balance out the Sugar

Offer other nutritious foods alongside the candy to help balance their meals and snacks. For example, provide milk with the candy to include more protein, fat, calcium, and vitamin D in their snack. This allows children to eat their sweets while ensuring they get essential nutrients that the candy does not provide. Teaching your children how to eat balanced meals daily will help them learn how to eat sweets in moderation. Learn more about how to balance your meals and snacks with the [Canada's Food Guide](#).

The Facts on Sugar and Behavior

Did you know? Contrary to popular belief, studies show that sugar does not cause or worsen hyperactive behaviors. If your child experiences a rush of energy after eating candy, it may be linked more to the excitement around an event (such as Halloween), not because of the sugar alone. Regardless, sugar is best eaten in moderation with an overall balanced diet to promote healthy growth and development.



Photo by [Daisy Anderson](#) on [Pexels](#).

Learn More about the Feeding Relationship

You decide *when*, *where*, and *what* your child eats. Your child chooses *how much* or *whether* or not they eat what you offer them. This division of responsibility is not limited to Halloween candy. A good feeding relationship is key to helping your child eat well and be healthy year-round. Learn more about how to teach your child healthy eating habits [here](#).

Remember That Halloween is About More Than the Candy!

There are many things to enjoy during Halloween that don't involve candy. Put on Halloween-themed movies, play games, and show off your costumes! When you focus too much on sweets, your child will too. Focus more on all the activities that surround the Halloween season.



Photo by [Charles Parker](#) on [Pexels](#).

Helpful resources:

- MyHealthAlberta Healthy Eating for Children: <https://bit.ly/3DebXfY>
- Health Canada Information on Halloween Food Safety: <https://bit.ly/3DecLI0>
- Healthy Eating Starts Here Facts on Sugar: <https://bit.ly/3qnWAd8>
- Alberta Health Services Recipes: ahs.ca/Recipes



Photo by [Yilmaz Akin](#) on [Unsplash](#)

Interested in speaking to a dietitian?

➔ Call Healthlink at 811 and ask to speak to a dietitian



➔ Or make an appointment with a Registered Dietitian.
ahs.ca/nutrition.

Nutrition sessions available:

- ➔ To register for an online infant feeding classes with a dietitian go to: szonenutrition.eventbrite.com
- ➔ To register for in person Baby Steps post-natal series (1 session focuses on nutrition) go to: <https://app.booking.ca/southzoneppnspub/>
- ➔ To view a recording of the Feeding Babies or Mealtime Struggles (Picky Eating) sessions go to bit.ly/3ABKbbo
- ➔ **To register for free online Prenatal Nutrition classes** visit bit.ly/online-nutrition-classes, scroll down to 'Healthy Eating for Pregnancy'

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Lethbridge	403-388-6666
Brooks	403-501-3300

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



FREE FAMILY EVENT

**Games, prizes, community partners,
take home activities and more!**



National Child Day

NOVEMBER 20 • 2-6PM

EXHIBITION PARK - WEST PAVILION