



Principals Message....

February was a jam-packed month for our students and school! We had several grade levels participating in skating which is something we have not been able to do as a school for a while. It was wonderful to have our kiddos out on the ice learning new skills and taking advantage of a great Canadian sport. We also finished up grade 5 basketball interschool league games. I was so impressed to see how much our students learned and the amazing sportsmanship they showed throughout the season. We were able to cap off the season with an exhibition teachers/student game for the rest of our classes. The teachers did their best to keep up with the students!

Throughout February we celebrated Kindness in many ways. I truly believe that our focus for our students is on academics and citizenship/treating others kindly in equal parts. We are all proud of when our students act in ways that support and lift each other up.

March will be busy as well with report cards coming out soon, followed by interviews and our first in-person Celebration of Learning in a few years. Please do not hesitate to contact your child's teacher to schedule a time to meet and discuss progress and growth. We hope we will see everyone at the Celebration of Learning where your child can show you what they've learned and how they are doing. Please know that as parents you are not limited to discussing your child two times per year at scheduled interview times. We welcome your questions and your participation in your child's education at all times of the year.

A great way to learn about what is going on at school is by attending School Council meetings. At each meeting, we have one of our grade levels present what is happening in their classrooms. This is often related to new curriculum and unique ways the teachers are working with your children. Grade 4 is presenting this month. We also try to have the parents involved in learning about different methods of instruction our teachers use. In February we had parents up and collaborating on vertical non-permanent Math problems. We hope you can take the time to join us and learn about what is happening at Nicholas Sheran!

Please don't hesitate to call the school with any questions or concerns you might have. See you at school!

Ms. Walmsley

Attention Grade 4 Parents!

Please keep an eye on your mail for a letter from Alberta Education with a special access code to complete the annual [Assurance Survey](#). This survey collects parents perspectives and opinions regarding the education of their child(ren) and the quality of learning they are receiving from the school. These surveys are very important as Alberta Education combines students, parents and teachers results to "grade" each school. The results are used to create goals and assist with planning for improvement. If you require assistance, please bring your code to the school during our Celebration of Learning Evening (Thursday, March 16th from 6:00-7:00pm). We will have staff available to assist you. Thank you.



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



March Wellness...

March is National Nutrition Month. This is a great time to think about what we have been eating at home and what we send with our children for school lunches. It can be difficult to always eat healthy meals but we can likely all increase the amount of healthy foods in our meals. Try introducing different types of fruits and vegetables. They recommend that half of our plates consist of fruit and veggies. Look up a new recipe with your child. Maybe even have them help you make it. The other thing to consider is what you are drinking on a regular basis. Many sodas and juices have a lot of added sugar. Drinking water is a great choice. Try adding some fruit to your water for some added flavor. Even little steps towards healthier eating habits can make a big difference.

Jen Robinson, Student Support Worker

March is
**NATIONAL
NUTRITION
MONTH**



Council Corner...

Parent Council Minutes are posted on the [school website](#). For any items you want brought up with the NS Parent Council, please e-mail our Chair, Tisha Elford at stelford2006@gmail.com. All parents/guardians are welcome to join the NS Parent Council meetings. The next meeting will be held in the Staff Room on Wednesday, March 15th, 2023 @6:30pm.

We are having some issues with parents parking in "No Parking" zones before and after school. It is very important that you cooperate with us as we have had several near-misses this year and want our students to be safe. Please only park in the Visitor Parking by the front park, the Visitor Parking past the Staff Parking by the creek, Laval Blvd before or after the School Bus Parking Zones, or on Columbia Blvd and have your child(ren) walk across the park. We need the "No Parking" spaces open in case of emergencies as well as loading/unloading our Nikki's Den students in/out of their transportation. Please do NOT park in Staff Parking - students should not be crossing through the parking lots as it is a safety concern. Also, please do NOT park in the Accessible parking spots unless you have a permit, placard and someone with a disability getting into or out of your vehicle. We have limited spots and they are all needed at this time by students/parents that qualify. Please contact the office if you have any concerns.



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

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 amandaadnitting@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 on [SchoolCash Online](#). Thank you to everyone that has already donated! And a huge SHOUT OUT to Cobs Bread for donating bread to the program every week! Also a huge thank you to Ken Hakstol for donating a freezer to the program!

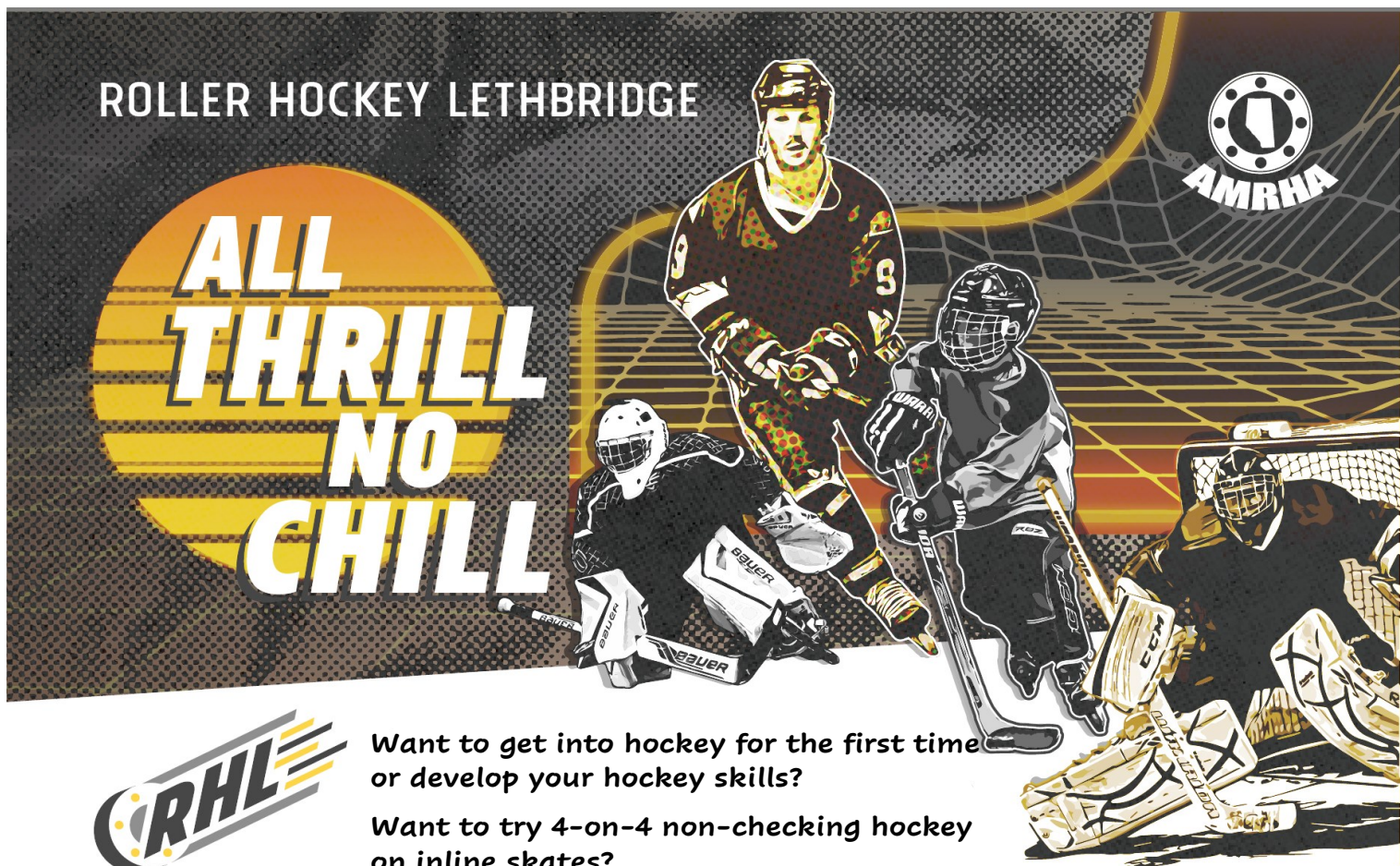
Thank you to the following people and companies for their generous donations to our Breakfast/Nutrition Program throughout March!

Cash/Cheques/Gift Cards:

Cut & Dried Coatings Ltd./Matthew Ylioja
Fee Simple Law LLP/Michael Gabriel
Mark Lencucha
Costco Lethbridge #160
Diane Lencucha
Headwater Equipment/ Matthew Stringer
Penny O'Brien
Safeway West/Jack Henderson
Jami Albright-Tolman

Non-Perishable Food Items:

Lisa Schalk
Carolyn Holyoke
Kara Reimer



ROLLER HOCKEY LETHBRIDGE

**ALL
THRILL
NO
CHILL**

AMRHA



Want to get into hockey for the first time or develop your hockey skills?

Want to try 4-on-4 non-checking hockey on inline skates?

2023 Season begins end of April and goes through June

Ages 7 to Adult!

www.rollerhockeylethbridge.ca for more information and registration link!

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 M/W & AM Kinder	4
5	6 Monday Hand- bells	7 Jr Choir Kernels Distri- bution Day	8 Wed Handbells Subway Orders DUE on SCO Jr&Sr Choir Sing for the Soup Kitchen @6:30PM	9 Sr Choir	10 T/TH Kinder Gr 1-5 Report Cards Availa- ble on Parent Portal NY Registra- tions DUE!	11
12 Day- light Savings Time Begins	13 Monday Hand- bells	14 Jr Choir	15 Wed Handbells Project Fair No Kinder for PT Interviews Subway Distri- bution Day	16 Sr Choir Project Fair No Kinder for PT Interviews Gr 1-5 Early Dismissal @12:35PM for PT Interviews and Staff PL Celebration of Learning 6-7PM	17 <i>St Patrick's Day!</i> No School PL day Grade 4 Assur- ance Surveys to AB Ed DUE today	18
19	20 Monday Hand- bells No EEP for Staff PL	21 Jr Choir M&W Handbells Music Festival 9:30-10:30AM	22 Wed Handbells	23 Sr Choir	24 M/W & AM Kinder	25
26	27 Monday Hand- bells	28 Jr Choir Dance-A-Thon	29 Wed Handbells Jr Choir Music Festival @11:05AM Sr Choir Music Festival @1PM	30 Sr Choir	31 T/TH Kinder	

MARCH SA'AIKI'SOMM

According to the Blackfoot, March is known as the Duck Moon. Trevor Kii Tokii said his grandfather Allen Prairie chicken (kii'tokii) shared with him "March is Duck Moon, when the ducks returned," he also stated that "all animals helped humans decipher the weather, returning of Ducks was a good sign spring has arrived".

[sa-ahh-gi-soum]



Click the duck to listen to a Blackfoot person say...

sa'ái



SAVE THE DATE

March 8 International Women's Day

March 12 Daylight savings begins

March 17 St. Patrick's Day

March 20 Spring begins

March 21 Blackfoot Flag Raising @ Ed Center & International Day for the Elimination of Racial Discrimination

AROUND TOWN



BOOK TALK: THE ECOLOGICAL BUFFALO ON THE TRAIL OF A KEYSTONE SPECIES

By Wes Olson & Johane Janelle

Once numbering in the tens of millions, these magnificent creatures played a significant role in the varied ecosystems they occupied, and North American Indigenous Peoples depended upon them.

With the arrival of Europeans, the buffalo were all but exterminated, along with their millennia-old intricate food webs and inter-species relationships. Despite a brush with extinction, the buffalo survived, and are slowly recovering. Alongside this recovery, the relationships once shared with thousands of species are being re-established in a remarkable process of ecological healing.

Based on Wes Olson's thirty-five years of working intimately with bison—and featuring Johane Janelle's stunning photography—The Ecological Buffalo takes a journey through the myriad connections this keystone species has with the Great Plains.

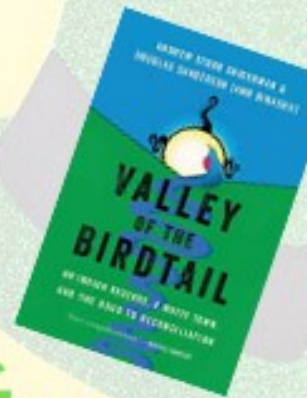
Date: Wednesday, March 08, 2023

Time: 10:00 am

Location: University of Lethbridge, Science Commons Atrium SA7008

BOOKS WILL BE AVAILABLE FOR PURCHASE AND SIGNING
PAYMENT METHODS: CASH OR E TRANSFER
180 FULL COLOURS PHOTOS
30 ILLUSTRATIONS
\$49.00

www.wesolson.ca & www.johanejanelle.com



WE'RE READING....

Valley of the Birdtail
An Indian Reserve, a White Town, and
the Road to Reconciliation
By Andrew Stobo Sniderman, Douglas
Sanderson · 2022

Nutrition Month 2023: Unlock the Potential of Food

March is Nutrition Month! Let dietitians **Help You Unlock the Potential of Food!**

Dietitians in Alberta Health Services and across Canada help translate the science of nutrition into everyday actions to help you eat well! See below for ideas and links to help your school community celebrate and promote healthy eating this March.



For the Classroom

- ✓ Explore cross-curricular lesson plans with your students. [Dairy Farmers of Canada](#) and [Alberta Health Services](#) both have lessons from K - 12.
- ✓ Enjoy reading about food with your students. The [Storybooks For Children](#) reading list is suitable for children Pre - Gr 5
- ✓ Share a recipe from [cookspiration.com](#) with your students. Kids would love preparing some of the options in class or at home with their families.

Nutrition Month Resources

- ✓ Download or print the Nutrition Month [2023 Calendar](#) or [Kids Calendar](#) which includes ideas for storybooks, activities, cooking with kids and much more!
- ✓ Print the Nutrition Month [word search](#) for elementary school children
- ✓ Print off and post the [AHS display](#) or the Nutrition Month [8.5x11" poster](#)
- ✓ Use the Nutrition Month [Social Media Toolkit](#) to choose from pre-made posts to share on your social media, newsletters and/or website.

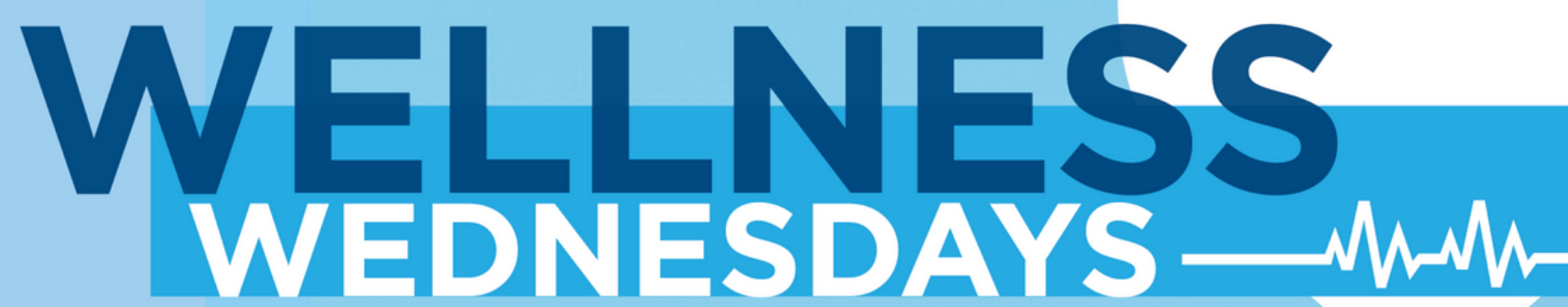


Eating on a Budget

- ✓ Our [Feb](#) and [March](#) editions of the SZ Nutrition Times Newsletter have tips on saving money at the grocery store. Include them in your newsletter for families. Click bit.ly/SZSubscriber to subscribe to any of our newsletters. Find more about shopping and cooking on a budget from unlockfood.ca

Find a Dietitian

- ✓ Share with families that Alberta Health Services dietitians can provide nutrition information 1:1 or in group settings to help Albertans enjoy good health. To find a Registered Dietitian in your area for free go to ahs.ca/Nutrition.
- ✓ Check out our group sessions:
 - Feeding Infants or Mealtime Struggles. Learn more bit.ly/NutritionClassInfo.
 - Eating on a Budget - Cook and Chat virtual session and budget friendly recipe demonstration: Wed. March 15, 2023, 12 noon – 1:00 pm. Register [here](#).
 - Join AHS dietitians on March 16th at 1:00 p.m. for a virtual session on Waste Free Cooking. Visit <https://zoom.us/join> and enter meeting ID 871 159 2750 to join.



WELLNESS WEDNESDAYS

EATING ON A BUDGET

COOK & CHAT

WITH EMILY MARDELL, RD

Wednesday, March 15, 2023

Join us via

Zoom at Noon or

at CASA at 11:30 am

(Lunch included at CASA)

Register here:

<https://bit.ly/EmilyMardell>



Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada