



Principal's Message....

Dear Families of Nicholas Sheran,

It finally looks like we have turned the corner towards warmer weather! Our students are loving being outside and our teachers are excited about creating opportunities for them to learn outside. May is a busy month as we work on finishing the year strong with our current students and begin to plan for next year at the same time. Our grade 5 students will be involved in transition activities as they prepare for moving to Middle School. We have many field trips coming up for different classes so please check our website to ensure you don't miss anything. It's an exciting time for us all!

We are working on staffing for next year and it is very important that we have accurate registration numbers. Please make sure you return your completed registration forms for your children. If you know of any families that have kindergarten age children, please encourage them to register as soon as possible.

If you have any questions, please feel free to contact me at the school as always. I hope that you have a wonderful month of May!

Ms. Walmsley, Principal



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. Please join us for the next meeting, and the last of this school year, in the NS Staff Room on Wednesday, May 17th, 2023 @6:30pm. Our new principal, Mr. Aaron Fitchett will be in attendance! Parent Council will be supplying pizza and pop to everyone in attendance. Please RSVP to stelford2006@gmail.com with how many people will be attending and any dietary restrictions.

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

NICHOLAS SHERAN NEWS

May | 2023



May Wellness....

Mental Health Awareness Week runs May 1 – 7th. The theme this year is #MyStory. Talking about mental health and storytelling helps to break down barriers, builds connection and works toward eliminating stigma around mental health.

Our staff and students will be learning more about mental health this week. On Wednesday, May 3rd, students and staff are invited to wear a hat to raise awareness of the importance of good mental health. We encourage you to talk to your children about ways to improve their mental health, just as you would ways to improve their physical health. Do it together as a family and have fun!

Jennifer Robinson, Student Support Worker



Learning Uplifts All CELEBRATE EDUCATION WEEK May 1-5, 2023



Education Week, May 1-5, 2023 The first Alberta School Week (Education Week) was held Dec. 2-8, 1928. Its purpose then, as now, is to call attention to the importance of education and to show the public the good things happening in Alberta schools. Education Week provides all Albertans with an opportunity to highlight the important role education plays in shaping the future of our province. The theme this year is Learning Uplifts All. Education week is a great time to celebrate public education and work contributing to an inspired future that includes:

- Optimal learning conditions for every child
 - Creative and innovative learning programs
 - Students who enjoy learning and who achieve their learning goals
 - Parents and communities that are involved and supportive of learning
 - School leaders who are also teachers
 - A well-thought out curriculum delivered by well-prepared professionals
 - Opportunities for staff to continue developing their skills as professionals.
- To celebrate Education Week at the Division level this year, the Lethbridge School Division trustees will recognize staff and celebrate the week using the website and social media.

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

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Education Week	2	3  Hats On! For Mental Health GS Lakie Grade 5 Parent Evening @6:00pm	4	5 M/W & AM Kindergarten Grade 5 Middle School Visits Red Dress Day
8 Middle School Options OPEN	9 Pitch In Day	10	11 	12 T/Th Kindergarten
15	16	17 Parent Council Meeting @6:30pm in NS Staff Room	18	19 M/W & AM Kindergarten
22 No School 	23 No School - Staff PL	24 Digital Wellness Day	25	26 T/Th Kindergarten
29	30 MyCityCares Pop Up Shop 3:15-5:00pm	31		

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2023/24 NSES Bell Times (Same as This School Year)

Grade 1-5 Bell Times

Monday to Thursday

Warning Bell 8:40AM

Start Time 8:45AM

AM Recess 10:30-10:45AM

Lunch 12:15-12:40PM

Lunch Recess 12:40-1:00PM

PM Recess 2:30-2:45PM

End Time 3:48PM

Fridays

Warning Bell 8:40AM

Start Time 8:45AM

Recess 10:40-11:00AM

End Time 12:35PM

Supervision starts 10 minutes before the morning warning bell and is for 10 minutes after school each day. Please be sure to have before and after school plans with your child(ren) made prior to each school day.

2023-2024 Kindergarten Times

M/W Full Day Program	8:45am-3:48pm Mondays & Wednesdays	8:45am-12:35pm every other Friday
T/Th Full Day Program	8:45am-3:48pm Tuesdays & Thursdays	8:45am-12:35pm every other Friday
AM Half Day Program	8:45am-11:55am Monday to Thursday	8:45am-11:55pm every other Friday

THURSDAY, MAY 4 COMMUNITY CONVERSATIONS

BOARD OF TRUSTEES

TIME: 6-7:30 P.M. | **LOCATION:** LETHBRIDGE PUBLIC LIBRARY -
THE CROSSINGS BRANCH:
255 BRITANNIA BLVD WEST


Lethbridge
SCHOOL DIVISION

www.letshdcommunityengagement.schoolsites.ca

Transportation



NEW



The Division is currently in the final stages of implementing a new registration system for student transportation.

Registration forms are scheduled to be available by early May for families that qualify for busing (+2.4 km) to register for yellow school bus for the 2023-2024 school year. Families will utilize PowerSchool to access the registration process. Notification will be sent out through *School Messenger* and Email when the registration process is available.

Changes to Transportation

Alberta Education announced in Budget 2023 that eligibility for transportation will be changing. Currently students are eligible for transportation when they reside 2.4 km or greater from the school in their designated boundary. These distances have been reduced to 1 km for kindergarten to grade 6 and 2 km for grades 7 to 12. **School divisions have until September 2024 to implement the new distance requirements.** The impact of these changes means many more busses on the road each and every day. To accommodate the change in requirements, the Division's transportation provider, Southland Transportation will need to purchase buses, hire and train drivers, attend to other logistics such as more bus storage space and other resources that support the transportation system. **Due to the complexity of the additional requirements and new routing required, the Division will continue to transport at 2.4 km for the 2023-2024 school year and implement the new distance requirements as required for the 2024-2025 school year.**

On April 13th, to assist with reducing the school bus driver shortage, the Government of Alberta removed the mandatory entry level training (MELT) requirement for new bus drivers. A Class 2 license with S endorsement is still required to make sure drivers are qualified to drive a school bus safely.



Distance Eligibility
to be in effect
September 2024

(no changes for the 2023-2024 school year)

Come Celebrate Mental Health Week

#MYSTORY MAKES ME WHO I AM!

Free Activity Day
@
YMCA



MAY 5, 2023

COME FOR ONE OR ALL

10:30AM-12:30PM: BOUNCY CASTLE/FREE PLAY
HEIGHT RESTRICTIONS 34-60" - CAPACITY LIMIT 40

12:30-2:30: FREE SWIM+WATERSLIDES
MAX CAPACITY 140

Stop by the **MHCB** booth for your
Entry Bracelets!

LIMITED SPACES AVAILABLE

18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID

140-74 MAURETANIA RD W, LETHBRIDGE, AB

NO MEMBERSHIP REQUIRED TO ATTEND

Free Access sponsored by Mental Health Capacity
Building



MHCB Wellness Team



Lethbridge
SCHOOL DIVISION

MAY 1-7, 2023

MENTAL HEALTH WEEK

MY STORY

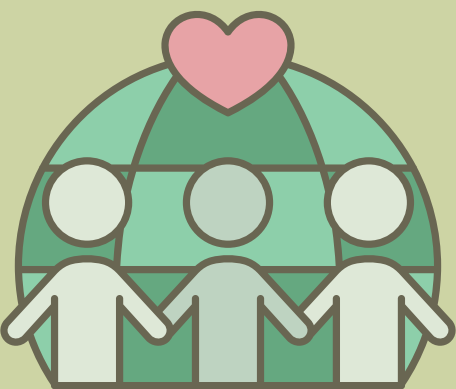
Stories Make Us Human

Stories are how we pass down information, culture and language. They connect us with our families..



Stories Build Empathy

Sharing personal experiences and stories promotes understanding - it can help us see the world from different perspective..



Stories Encourage Connection

When we connect with characters in a story, our brain releases oxytocin. Oxytocin is associated with empathy, the building block in helping us connect.



Stories Destigmatize

The more we share stories of the challenges and difficulties we've overcome, the easier it is to talk about such conditions and disorders.



Share Your Story!

By hearing, seeing and learning of others' experiences in the world through storytelling, we can destigmatize mental health and raise awareness of important issues, while encouraging individuals to seek help and support.

#mystory #mentalhealthweek

MENTAL HEALTH SUPPORTS



Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

Lethbridge Family Services

(403) 327-5724

Mental Health Help Line

1-877-303-2642

Addiction HelpLine

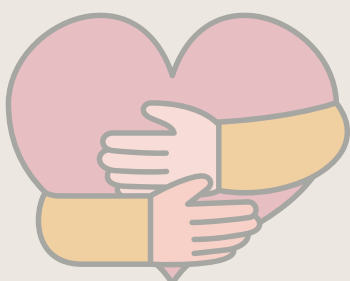
1-866-332-2322

Family Violence

(403) 310-1818

**Distress Line of
Southern Alberta**

(403) 327-7905



#MyStory #MentalHealthWeek



Scan me to register!

KAINAI DIABETES WALK/RUN 2023



Wednesday, May 10, 2023

At Red Crow Park

Free to Participate!

2K and 5K races

Both races chip timed

Cash Prizes for 5K and 2K categories

PLEASE PRE-REGISTER!

Online: www.btdh.ca/diabetes
or pickup registration form at
Standoff Health Unit, Blood
Tribe Recreation or Levern
Clinic.

***Register before April 8th to
get a T-SHIRT***

RACE DAY

Wednesday, May 10th

9:00-10:00 check in

10:15 opening ceremony

10:30 5K starts

10:40 2K starts

Lunch and prizes to follow

EVENT ORGANIZED BY BLOOD TRIBE DEPARTMENT OF HEALTH,
BLOOD TRIBE RECREATION & PARKS, BLOOD TRIBE POLICE.
CALL 403-737-3933 FOR MORE INFORMATION






Canada Homestay Network

AN EXPERIENCE MADE IN CANADA



Host International Students Across Lethbridge

-  Receive a generous allowance to offset expenses
-  24/7 emergency support
-  Host high school or university students; short or long term



CONTACT US