



Principal's Message....

Dear Parents, Guardians, and Students,

As we near the end of the school year, I want to express my pride in the remarkable achievements and experiences at Nicholas Sheran Elementary. This year has been filled with growth, learning, and unforgettable moments. Our students have shown dedication and effort, reaching many goals in math, reading. Their hard work has paid off, and we commend them for their achievements. Our extracurricular programs have been exceptional. From Basketball to choir, art club to handbells, our students have participated enthusiastically, showcasing their talents. We thank the staff for their valuable support.

Community engagement has been key. We appreciate the involvement of parents, guardians, and local organizations. Family events such as Meet the teacher, Literacy Engagement Evening, Parent Council meetings, and conferences have fostered a vibrant and inclusive environment.

As summer break approaches, we encourage rest and exploration. Engaging in activities like reading, nature exploration, and summer programs can keep young minds active and curious.

As you know I will be retiring as the principal of Nicholas Sheran at the end of June. It has been an honor and a privilege to serve as the leader of this wonderful school community. There is a lot to be excited about for the new school year. Under Mr. Aaron Fitchett's guidance the school will remain committed to providing the best educational experience and a safe, inclusive environment.

Thank you for your support throughout this year and during my time here as principal. Wishing you a joyful summer with loved ones.

Warm regards,

Ms. Dawn Walmsley



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 in the NS Staff Room on Tuesday, September 19th, 2023. This will be the Annual General Meeting where positions will be available to be on the Council.



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



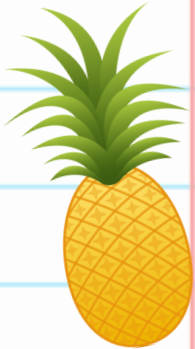
June Wellness....

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!!



Something to think about as we finish the school year and move into summer holidays is GRATITUDE. 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 get into a habit of noticing all the wonderful things that happen that you appreciate. Noticing what we are grateful for improves our positive outlook and 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! Spend some time with your families and friends and connect!

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

Mrs. Jen Robinson, Student Support Worker

Report Cards... Kindergarten to Grade 5 Report Cards will be available through the Parent Portal at <https://ps.lethsd.ab.ca/public/home.html> on June 28th. If you are a new family to NS and require log in info or if you need help resetting your account, please email sheran@lethsd.ab.ca and we will do our best to assist you asap. Please take some time to review the report cards as teachers put a lot of time and attention into creating them for you.



Please be sure to update the office (sheran@lethsd.ab.ca) with any demographic and/or emergency contact changes throughout the summer and school year!

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

2023/24 NSES Bell Times (No changes)

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 Mon & Wed	8:45am-12:35pm Scheduled Fridays
T/Th Full Day Program	8:45am-3:48pm Tues & Thurs	8:45am-12:35pm Scheduled Fridays
AM Half Day Program	8:45am-11:55am Mon to Thurs	8:45am-11:55am Scheduled Fridays

2023-24 School Supplies

All Kindergarten to Grade 5 students will have a supply fee attached in SchoolCash Online and the school will supply MOST of their supplies for the school year.

School supplied items can be purchased at <https://lethbridge.schoolcashionline.com> mid-September - December 1st. All fees not paid by December 1st will be considered late.

The supplies that will need to be provided from home:

- Backpack
- Pencil Case (fabric or plastic)
- Headphones (optional)
- Water Bottle
- Lunch Kit/Lunch
- 2 Boxes of Kleenex

Grade 1 ONLY - Please also provide:

- Last Names A-K- 1 pkg wet wipes/baby wipes
- Last Names L-Z- 1 pkg disinfecting wipes

Grade 3/4/5 - One-time purchase of a recorder will be added to SCO. The fee is posted every year. If you already have a recorder, please have it approved by Mr. Sheedy and the fee will be removed. It does not have to be paid yearly.

Some grades will have field trip fees posted later in the school year.

Hot Lunches and Parent Council fundraisers will be posted throughout the year - all optional and not required.

Returning families, please keep an eye on your emails near the end of August. School Start-Up Information will be emailed out to all families attending Nicholas Sheran School, including a NEW registration process for bussing.



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

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 M/W & AM Kindergarten
5	6	7 Values Assembly Subway orders for June 15th DUE on SCO	8	9 T/Th Kindergarten
12	13	14	15 Subway Lunch Day Talent Show Dress Rehearsal	16 Talent Show M/W & AM Kindergarten
19	20 Colour Run/Sports Day	21 National Indigenous Peoples Day M/W Kindergarten Family Celebration 2:40-3:40PM	22 T/Th & AM Kindergarten Family Celebration 10:45-11:45AM	23 T/Th Kindergarten Grade 5 Farewell at 11:00AM
26	27 Last Day for EEP & Kindergarten	28 Last Day for Grades 1-5 Student - 1/2 Day Dismissal at 12:35PM Term 3 Report Cards Open on the Parent Portal	29 Summer Holidays! School Resumes September 5th, 2023	30 

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

VALUES COLOUR RUN

JUNE 20TH 2023

1:00–3:00 SPORTS DAY

3:15 COLOUR RUN (BY GRADE LEVEL)

PARENTS ARE WELCOME TO COME WATCH THE COLOUR RUN

SUNGLASSES WILL BE PROVIDED FOR ALL STUDENTS TO WEAR BUT STUDENTS WILL NEED TO BRING THEIR OWN T-SHIRT TO WEAR DURING THE COLOUR RUN.

PLEASE BE PREPARED FOR YOUR CHILD TO COME HOME MESSY! THE POWDER IS NON-TOXIC AND WASHES OFF EASILY.

WE ARE STILL LOOKING FOR VOLUNTEERS TO HELP RUN SPORTS DAY CENTERS AND THROW POWDER FOR THE COLOUR RUN. EMAIL JEANINE.MIKLOS@LETHSD.AB.CA IF YOU ARE INTERESTED.





myc

music for young children

makes learning **FUN** for me

MITTEN'S PIANO STUDIO

Now accepting fall 2023 registrations

Mondays at 5:00pm
Tuesdays at 5:15pm
Wednesdays at 4:30pm



**SCHEDULE YOUR FREE
"TRY IT" CLASS
TO SEE WHAT MAKES
US DIFFERENT**

CONTACT:

Lauren Mitten
403-317-3878
mittenspianostudio@gmail.com

Follow us on:



myc.com



COMMUNITY

RESOURCES

A Summer Cheat Sheet

RECREATION

FEE ASSISTANCE

ALL APPLICATIONS AVAILABLE ONLINE

The City of Lethbridge Fee Assistance Program (Swim Passes/bus passes/activities)

YMCA Fee Assistance

Jumpstart

Kidsport



MENTAL HEALTH SUPPORTS

Access Addiction & Mental Health 1-888-594-0211

Lethbridge Family Services 403-327-5724

Mental Health Help Line 1-877-303-2642

Addiction Help Line 1-866-332-2322

Family Violence 403-310-1818

Distress line of South AB 403-327-7905

Chinook Sexual Assault Centre 403-694-1094



FREE THINGS TO DO

Community Park Pop-Up Events
mhcblethsd.com

Big Brothers, Big Sisters:
Ready, Set, Drive 403-328-9355

Youth One 403-380-4426

Boys and Girls Club 403-327-6423

BGC Youth Center 587-425-6777

Lethbridge Public Library 403-380-7310

Family Center 403-320-4232

YWCA Neighbourhood Play Program
(403) 329-0088



HOUSING SUPPORTS

Wood's Homes Emergency
Youth Shelter 403-317-1777

Home Base is accessed through
Community Links 403-328-5465

YWCA Harbor House 403-329-0088

Lethbridge Housing Authority
403-329-0556

FOOD SUPPORTS

Interfaith Food Bank
403-320-8779

Lethbridge Food Bank
403-320-1879

My City Care 403-942-1378

FINANCIAL SUPPORTS

Income Supports
1-866-644-5135

Regular EI
1-800-206-7218



EMPLOYMENT SUPPORTS

5th on 5th
Youth Services
403-329-3555

Saamis Employment & Training Association
403-320-7699

HEALTH SUPPORTS

Sexual and Reproductive Health, AHS 403-320-0110

McMan Mobile Addiction Outreach 403-328-2488

Supervised Consumption Service 403-892-2151

CLOTHING SUPPORTS

MyCityCare 403-942-1378

Salvation Army 403-328-8611

YWCA Hidden Treasures
403-329-0088 ext. 208

Streets Alive 403-320-1159



LETHBRIDGE ICA

For a list of helping agencies in Lethbridge check out LethbridgeICA.ca



2023 BACK TO SCHOOL READY SET GO AND STUFF THE BUS



AGAIN THIS YEAR, THE READY SET GO FAIR AND MYCITYCARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN
ATTEND SCHOOL IN
LETHBRIDGE

IF YOU ARE NOT SURE
YOU WILL BE ABLE TO
AFFORD SCHOOL
SUPPLIES

THEN THIS PROGRAM IS
FOR YOU



YOU CAN REGISTER :

In Person @ Interfaith
Food Bank

In Person @
Lethbridge Food
Bank

Online:

<https://tinyurl.com/43j6c4mv>



Registration
Is Open



May 15, 2023

Pick Up is 2pm-6pm



Aug 22- YMCA (74 Mauretania Rd W)

Aug 23- CASA (230 8th Street S)

Aug 24- Rotary Picnic Shelter North (2801
30th Ave N)

*Just a reminder. Supplies provided will be a standardized set of initial supplies that may or may not correspond with the specific school class supply lists

SOUTHLAND TRANSPORTATION LTD.



SATURDAY, AUG. 26 - 11 A.M. - 3 P.M.

3rd Annual First Ride
hosted by Lethbridge School Division,
Holy Spirit Catholic School Division
and Southland Transportation
Saturday, Aug. 26, 2023

11 a.m. to 3 p.m.

Hotdogs, hamburgers, chips
and ice cream treats will be available.
The event will include fun activities
for the kids and a bus ride too!

FOOD AND REFRESHMENTS
WILL BE AVAILABLE ON SITE



NICHOLAS SHERAN ELEMENTARY SCHOOL
380 LAVAL BLVD W

MHCB'S SUMMER FUN CALENDAR



Learn more about MHCBS:



MHCBS_LETHSD

MHCBLETHSD

WELLNESS51

July 2023

August 2023

Tue	Wed	Thu
4 Henderson Lake Park 10AM-1PM	5 Henderson Lake Park 3PM-6PM	6 Gyro Park 1507 10a Ave S 10AM-1PM
11 Wilson Middle School 10AM-1PM	12 Wilson Middle School 3PM-6PM	13 Legacy Park 10AM-1PM
18 Nicholas Sheran School Park 10AM-1PM	19 Nicholas Sheran School Park 3PM-6PM	20 SJF Middle School Skate Park 10AM-1PM
25 Lakeview Elementary 10AM-1PM	26 Lakeview Elementary 3PM-6PM	27 Nicholas Sheran Spray Park 10AM-1PM

Tue	Wed	Thu
1 Senator Buchanan School 10AM-1PM	2 Senator Buchanan School 3PM-6PM	3 Westminster Pool 10AM-1PM
8 Coalbanks School 10AM-1PM	9 Coalbanks School 3PM-6PM	10 Crossings Park 10AM-1PM

FREE AND FUN OUTDOOR ACTIVITIES!

Tuesdays & Wednesdays MHCBS will be joining our community partners for a larger event. Check out buildingbrains.ca/events for updates on these days. On Thursdays you will find the MHCBS team & Building Brains offering hands-on activities with some fun goodies to take home. Find us on Facebook for updates!



Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the fall!!



4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE
SOME CLUBS OFFER THE CLEVER KIDS PROGRAM - 6 - 8 YEARS OF AGE
NO EXPERIENCE REQUIRED

4-H is a dynamic program whose projects encompass everything from **active living, arts, science and technology, crafts, cooking, agriculture** and **so much more!**

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – greenacresdairy4h@gmail.com – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – 1daniels@telus.net or call/text 403-308-7191 – Kim Daniels
Project: beef – Check out their Achievement Day June 9th & 10th – Lethbridge Exhibition

Lethbridge Northern 4-H Beef - treenavh@gmx.com – Treena Van Hierden
Project: beef – Check out their Achievement Day May 31st

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, arts, crafts, cats, shooting sports – Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

TNT 4-H Multi Club – melanie.daniels84@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

Turin 4-H Club – turinalberta4H@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, beef, sewing – Check out their Achievement Day June 3rd 9 AM Picture Butte

Wild n Woolly 4-H – wnw.sheep@gmail.com or 403-634-7297 – Marina Grant
Project: sheep - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition



Learn To Do By Doing





Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 20, 2023 - spots fill quickly so don't delay!

www.lethbridgerechokey.com



Come TRY it! FEMALE Hockey

Discover what
GIRLS
HOCKEY is all
about
in a
FUN
1 hour
on-ice session.



Saturday June 17 @ 1:45 pm
Cavendish Farms Centre
(formerly ATB Centre)

Registration is **FREE**, participants will need skates, a helmet and stick which can be provided if needed.

Register at: <https://forms.gle/66xH6jTuitKCaKux7>



We have female teams at all age levels, in addition to our introductory *Future Olympian* program.

If you have any questions about the event or female hockey, please email us at governor@lethbridgecyclones.com



The sport where nobody
sits on the bench

LETHBRIDGE BMX

since 1979

FREE TRIALS

loaner equipment available

Stafford Dr. & 7 Ave N.

behind Lloyd Nolan ball field

Season runs May to September

info@lethbridgebmx.com

Facebook: Lethbridgebmx

www.lethbridgebmx.com

Come try BMX Racing

**Must wear pants, runners and a long
sleeve shirt. We have everything else
you need to try.**

**Message us on social media if you have
questions and to find the schedule.**

454 6 Ave North



Ladies' NIGHT

Friday June 2, 2023

6 - 8PM

Lethbridge BMX Club is hosting a Ladies Night!

All ages welcome

NO BOYS ALLOWED!

Invite your "girl" friends, moms, aunts, grandmas, little/big sisters & cousins to come and ride the track. Must sign a waiver and wear proper clothing & gear. We have loaner equipment. Come in pants, long sleeved shirt and closed toed shoes.

BMX GIRL
(noun)

**1. Just like a normal girl
but cooler**

Ride

like a
Girl

READY TO CREATE. READY TO EXPLORE. READY TO DISCOVER.



DO YOU HAVE A YOUNG ATHLETE, DANCER,
SCIENTIST, MOUNTAIN BIKER, CHEF, BUILDER
OR GAMER IN YOUR HOME?

**Now's the time to register them for the hands-on and fun-focused
summer camps for children and teens at Lethbridge College.**

From Claymation Creators to Forensic Explorers to Kodiaks Camps
and more, your kids will make new friends and make it a memorable
summer with a week or more at Lethbridge College's challenging,
creative and confidence-building summer camps.

GET ALL THE DETAILS AND REGISTER TODAY AT:

lethbridgecollege.ca/summercamps

