



# Nicholas Sheran News

September 2023

## Principal's Welcome

Dear Students and Families,

Welcome to the 2023/2024 school year to all our Nicholas Sheran Elementary School community. For those students and families I haven't met yet, I want to introduce myself. My name is Aaron Fitchett, and I am honoured to serve as the principal of the school. Alongside me are the rest of our incredible office team: our Vice Principal, Mr. Steve Woodcock; our Admin Assistant, Mrs. Jeanine Miklos, and our Admin Support, Miss Tracy Wieler. We are a dedicated and enthusiastic group of humans, and we look forward to working with you this school year.

Our talented staff have been preparing for the first days of school with care and attention. We have amazing teachers, support staff, caretakers, and educational assistants. While most faces will be familiar to you, some will be new. Please introduce yourself to our friendly and caring staff, and we will start building the connections and relationships that our school is recognized for. If you have any questions, concerns, or amazing ideas, please reach out to our staff.

Please look at the dates in the calendar on Page 3 and contact your student's classroom teacher, or our front office, if you have any questions!

I know that I can speak on behalf of our entire staff when I say: Welcome. Whether you are returning to a place you know very well, or this is your first day with our school, you belong here. All are welcome, and we look forward to learning and growing together. For more information about our school, please visit our website where you will find links to our staff contact pages, and so much more.

[Home](#) | [Nicholas Sheran Elementary School \(lethsd.ab.ca\)](#)

I look forward to an important year of supporting the school community, and I'd be happy if you join us!  
-Aaron Fitchett, Principal

## September Wellness

**Welcome back!!** The Nicholas Sheran School community is so excited to welcome all our students and families! We are looking forward to an amazing 2023-2024 school year!!

Jen Robinson is our Student Support Worker who will be the main connection for the Wellness Team at Nicholas Sheran this year. She is excited to be here and is looking forward to meeting all of you!! She is available to offer support and direction to students and their families. This could be done in the classroom, in small groups and/or one to one. She can also connect families with various community supports in terms of mental health, food and clothing, community referrals, etc.

Families may access Wellness Support by teacher referral, recommendation from school administration, following learning team meetings, through the school psychologist and by inquiries to Jen directly. Please reach out if you have any questions.

**Jen Robinson (403) 381-1244 [Jennifer.robinson@lethsd.ab.ca](mailto:Jennifer.robinson@lethsd.ab.ca)**





Check out our Website for all updates!

[www.ns.lethsd.ab.ca](http://www.ns.lethsd.ab.ca)

Phone: 403 381-1244

Fax: 403 320-1438

Email: [sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca)

FOLLOW US ON FACEBOOK!

@ NICHOLAS SHERAN ELEMENTARY SCHOOL



## Breakfast Program

Our school is the recipient of important funding for a school nutrition program. This funding, along with the support of community agencies and partnerships, allows us to run a breakfast program, snack program, and supplemental lunch program. Our breakfast program will operate five days/week and students will be able to choose from a variety of prepared and ready to serve items. Our goal is to provide a low-barrier, and high-access nutritious start to our students' academic day! Any student may access breakfast or other food as needed throughout the day, and our thanks are extended to the Alberta School Nutrition grant alongside individual donations and community partners.

More information about the start of our daily breakfast program, snack programs, and lunch programs will come later in the month of September as we slowly ramp up service. If you have any questions, please reach out!

We will be collecting Toonies for Terry the week of September 18th-22nd or you are welcome to donate through the online donation link at <https://schools.terryfox.ca/30423>



THE TERRY FOX FOUNDATION

Thank you for your support to the Cancer Foundation.

## Council Corner AGM

We are in need of parents to join School Council. School Council offers an opportunity for parents to get involved in your child's education by volunteering in a school-wide activity or helping out in the classroom. Your involvement will help to ensure the best possible school experience for your child(ren).

Council representatives will be voted in and meeting dates and times will be determined at the first meeting on Wednesday, **September 20th at 6:30pm in the NS Staff Room**. Please feel free to join as all are welcome!

### 2023-2024 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 scheduled Friday's
T/Th Full Day Program	8:45am-3:48pm Tuesdays & Thursdays	8:45am-12:35pm scheduled Friday's
AM Half Day Program	8:45am-11:55am Monday to Thursday	8:45am-11:55pm scheduled Friday's

### 2023-2024 EEP Times

PM Program	Target Time (ESL/MM) 12:20pm-12:50pm	12:50pm-3:35pm Monday to Thursday
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# SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>No School for Labour Day</i>	5 Grades 1-5 Staggered Entry for Students with Last Names starting with A-L Kindergarten Staggered Entry - see below*	6 Grades 1-5 Staggered Entry for Students with Last Names starting with M-Z Kindergarten Staggered Entry - see below*	7	8 M/W Kinder	9
10	11	12	13 Meet the Staff Evening from 6:00-7:00pm	14	15 T/Th & AM Kinder	16
17	18	19	20 Parent Council AGM Mtg at 6:30pm in the NS Staff Room	21 Treaty 7 Day	22 M/W Kinder Terry Fox Walk at 10:00am	23
24	25 Class & Individual Picture Day	26 T/Th Kinder Class & Individual Picture Day	27	28	29 T/Th & AM Kinder Orange Shirt Day	30 Truth & Reconciliation Day

\*T/Th Full Day Kindergarten Program - last names starting with A-G from 8:45-11:45am and last names starting with H-Z from 12:48-3:48pm on Tuesday, Sept 5th

\*M/W Full Day Kindergarten Program - last names starting with A-F from 8:45-11:45am and last names starting with G-Z from 12:48-3:48pm on Wednesday, Sept 6th

\*AM Kindergarten Program - last names starting with A-H from 8:45-11:45am on Tuesday, Sept 5th and last names starting with I-Z from 8:45-11:45am on Wednesday, Sept 6th

*Kindness*  
STARTS WITH  
*you.*

## »»»» Why play badminton with us?

It's the fastest sport in the world!

Cheaper than Formula 1

Burns calories faster than lawn-bowling

Less injuries than cheese rolling

More normal than extreme ironing



## »» What we offer:

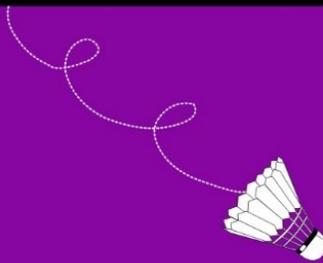


- Youth classes ages 7-19
- Recreational play for all ages
- Private coaching available
- Racquet restringing
- Swag



**2023/24**

[www.lethbridgebadmintonclub.ca](http://www.lethbridgebadmintonclub.ca)



[lethbadclub@gmail.com](mailto:lethbadclub@gmail.com)



[@Lethbridge\\_badminton\\_club](https://www.instagram.com/@Lethbridge_badminton_club)



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 17, 2023 - spots fill quickly so don't delay!

[www.lethbridgerechokey.com](http://www.lethbridgerechokey.com)



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lethbridgespeedskating.ca  
leth\_bridge\_blades

**Youth ages 5 - 18**  
**Recreational to Competitive Levels**  
**Season runs September to March**  
**Affordable Equipment Rental Available**

FREE "Try B4U" Join held throughout the year  
NEW "Learn to Skate" Program Tuesday Evenings

Contact [Issa.sk8r@gmail.com](mailto:Issa.sk8r@gmail.com)