



# Nicholas Sheran News

October 2023

## Principal's Message

The month of September was certainly exciting, busy, and for many students...completely exhausting (please don't worry, it does get easier!). As a school community we understand that the transition back from summer holiday is a big deal for most students, and of course our Early Education Program (EEP) and Kindergarten students are doing their best to learn the new routines. We also participated in the our Meet the Staff night, Terry Fox Run, Picture Day, the Run for Reconciliation, Orange Shirt Day, and the start of our Senior Choir. No wonder we are tired!

Thank you to all the parents and guardians who joined us for a very special School Council AGM on the evening of September 20<sup>th</sup>. The School Council elected a fantastic group of Executive Officers and they have already started their planning for the year. Please join us at the next School Council meeting and engage with the group through their newly formed Facebook page. I know there is always room for more perspectives and representation in this group. You can find school council updates [here](#).

We are working to understand traffic safety, parking lot safety, and student transportation to and from our school. You can help us by ensuring that when students are independently able to walk up to the building, please park on Laval Boulevard or Columbia Boulevard, and allow your student(s) to use the sidewalks and pathways to make their way to and from the school each day. The City of Lethbridge has worked with our school and our division to add a second access point to our field along Columbia Boulevard. We hope this means that parents can use the drop off points along Columbia to give students access to the field.

We have welcomed many Education 2500 student volunteers to our school this past week, and they will be with us in several classrooms (mornings only) until about the first week of December. These student teachers are just learning how to work in a school and are excited to have them!

There are so many exciting events coming up in the month of October, so please pay attention to our [school website](#), our Facebook page, emails from the school, and of course Class Dojo reminders from your classroom teacher. We sincerely appreciate your engagement you give to our school community, and your commitment to the important learning we do each day at Nicholas Sheran Elementary School.

Take care and reach out with any questions.

-Aaron Fitchett, Principal

Jr. Choir (Grades 1 & 2) will be on Wednesdays and

Sr. Choir (Grades 3, 4 & 5) will be on Thursdays.

Both choirs will run before school from 8:00–8:40am in the Music Room. Dates are posted on the school website calendar.



## September Wellness

What a fantastic start to the school year!! It has been so nice to see our students back in our schools and settling into our school year. I have had the opportunity to visit most of the classrooms and introduce myself to the students.

A new school year generally means getting back to some routines as a family that we may have relaxed in the summer. Kids thrive when there is predictability and structure. Building routines as a family can empower your kids and make the return to school easier on you all. Here are some ideas:

- Involve your kids in packing lunches and getting school supplies packed and ready. Do as much as you can the night before so your mornings are calmer.
- Set a regular time for bed and a bedtime routine for school nights. This might include bedtime stories, yoga, and/or cuddles.
- Set a consistent wake up time in the morning that gives everyone time to get ready slowly and calmly.
- Get some breakfast. Choose foods that will provide your body and brain fuel for the day.
- Create a saying, motto or mantra that feels special to your family and signifies the start of a new school day. Ex) "Today will be as great as I make it"
- At drop off, let your child walk away from you and into the school. They get to take the lead and they feel in control and ready for the day. A big hug and off they go.

It may take some practice and a bit of time but once routines become solid, everything tends to run much smoother.

Jen Robinson – Student Support Worker



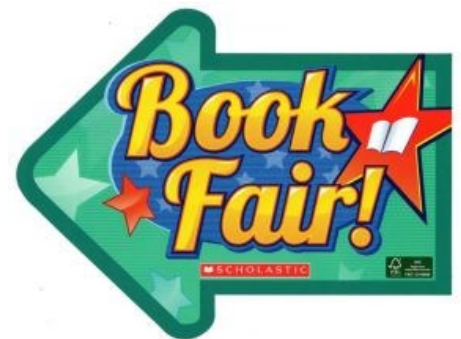
### Heap the Jeep

Help our school "Heap the Jeep" with donations to the Lethbridge Food Bank and to the NSES Breakfast Program from October 2nd to 6th!

We are collecting non-perishable, non-expired food and toiletry items. Some great ideas would be: apple sauce, oatmeal, fruit cups, low sugar cereal, cereal bars, crackers, jam, and disposable plates/bowls/cups/cutlery. Let's see how much we can gather for a great cause!



The Scholastic Book Fair will be held from October 16th-20th in the NSES Learning Commons. Students will have their Library and Learning Common times to browse and purchase books. Parents are welcome to reach out to their child's teacher to find out what these days/times are if they are wanting to shop with their child. Proceeds from the Book Fair go towards purchasing more books for our Learning Commons.



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)

## Council Corner

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). Meetings are held on the third Tuesday of every month. The next meeting will be held on Tuesday, **October 17th at 6:30pm in the NS Staff Room.**

Please feel free to join as all are welcome!

We also have a new Facebook page!

Follow us - Nicholas Sheran Parent Council



## Parent Teacher Conferences

At Nicholas Sheran Elementary School, Parent Teacher Conferences are a key part of our communication strategy regarding your child's progress. Please plan on booking and attending a Parent Teacher Conference with the applicable teacher(s) for each child you have attending at the school. We are using the web-based scheduling application through our website <https://ns.lethsd.ab.ca/parents/parent-teacher-interviews>. This application allows you, as a parent, to use the Internet to check our teachers' conference schedules and book appointments quickly and easy. With this web-based application, you do not need to create an account. Simply enter your information and sign up to book an interview.

AM Kindergarten PT Conferences: Tuesday, October 24th from 8:45AM-12:00PM & Friday, October 27th from 8:45AM-12:00PM

M/W & T/Th Kindergarten PT Conferences: Tuesday, October 24th from 8:45AM-4:00PM & Thursday, October 26th from 1:00PM-4:00PM

Grades 1-5 PT Conferences: Thursday, October 26th from 1:00PM-8:00PM

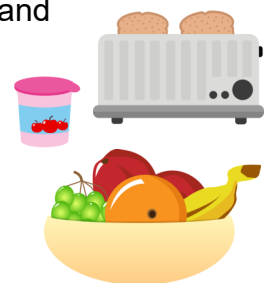
**Registration opens Monday, October 16<sup>th</sup> at 6:00AM and closes at 8:00AM on Tuesday, October 24th at 8:00AM for Kindergarten and Thursday, October 26th at 8:00AM for Grades 1-5.** We encourage parents to book their own appointments. If you miss the booking deadline, please call the school at 403-381-1244 during regular office hours. If you are unable to attend Parent Teacher Conferences, please contact your child's teacher by phone or email to set up another time. You can visit the Staff Directory page on our website to access staff email addresses - <https://ns.lethsd.ab.ca/about/staff-directory>.

EEP will also be having their Celebration Of Learning on Thursday, October 26th. Miss Angie will be booking 1 hour time slots for each family and will be reaching out to families.

## 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. If you have any questions, please reach out!

Thank you to Mrs. Amanda King for running the program last year and thank you to Mrs. Angie Vallee who has taken over this year!





# October 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
1	2	3	4 Jr. Choir @8am	5 Sr. Choir @8am Indigenous Family BINGO Night 5:30pm @MMH	6 M/W Kinder Heap the Jeep 	7	
8	9 NO SCHOOL 	10	11 Jr. Choir	12 Sr. Choir	13 AM & T/Th Kinder	14	
15	16 Scholastic Book Fair	17 Scholastic Book Fair	18 Scholastic Book Fair Jr. Choir Assembly @9:30am	19 Scholastic Book Fair Sr. Choir	20 Scholastic Book Fair M/W Kinder	21	
22	23	24 No School for Kindergarten ONLY Kindergarten PT Interviews	25 No School for EEP to Grade 5 AM Staff PL PM Assessments	26 No School for EEP to Grade 5 AM Staff PL PM PT Interviews & EEP Celebration of Learning	27 No School for Kindergarten to Grade 5 Staff PL	28	
29	30 Picture Retake Day	31 	<p><b>FOLLOW US ON FACEBOOK!</b></p> <p><b>@ NICHOLAS SHERAN ELEMENTARY SCHOOL</b></p> 				

# NICHOLAS SHERAN PIZZA FUNDRAISER


Dominos West Lethbridge  
684 Columbia Blvd W

Use code 'NSMUSIC' from Oct 2nd to Oct 6th.

2 Medium, 3 Topping Pizzas + Cheesy Bread  
for \$26.99

\$5 from every order will go directly to the  
Nicholas Sheran music program and help with  
the cost of running our before school choir and  
handbell groups.

## INDIGENOUS FAMILY BINGO NIGHTS ELEMENTARY







The Lethbridge School Division Indigenous Education Team invites Indigenous families and school staff to a night of BINGO, prizes, food, & fun!

**West Side BINGO:**  
October 5th 5:30 @ Mike Mountain Horse Elementary  
Families from Mike Mountain Horse, Nicholas Sheran, Coalbanks, & Probe

**North Side BINGO:**  
October 12th 5:30 @ Park Meadows Elementary  
Families from Park Meadows, Senator Buchanan, Westminster, ICES, & Galbraith

**South Side BINGO:**  
October 17th 5:30 @ Dr. Robert Plaxton Elementary  
Families from Dr. Robert Plaxton, Fleetwood Bawden, Agnes Davidson, General Stewart, & Lakeview



Chinook Arch Regional Library System and Lethbridge Public Library would like to invite Southern Alberta artists of all ages who live in the Chinook Arch Regional Library System to design our next library card! Visit <https://ow.ly/q27E50PH10j> for more details.

**Cubs to Kodiaks**

**STARS Volleyball**

**LVC**  
LETHBRIDGE VOLLEYBALL CLUB

**U9 (Grades 1-3) & U12 (Grades 4-6)**

**Intro to volleyball**

**LIMITED SPOTS!**

**Starting October 7**

**Register at [Lethbridgevolleyballclub.com](http://Lethbridgevolleyballclub.com)**

# BOO BASH IS COMING!!

Candy  
Games and Prizes

Free Admission!

Saturday, Oct 28

10 am - 3 pm

COR VAN RAA YMCA

West side

Boo!



# LET'S GLOW

TRICK OR TREAT

TUESDAY OCTOBER 31ST

6-8PM

JOIN US FOR

GAMES SNACKS  
PRIZES

WESTSIDE COMMUNITY CHURCH

480 MCMASTER BLVD. W.

REGISTER: [MYWESTSIDE.CA](http://MYWESTSIDE.CA)

Sponsored by



Sponsored by



CITY OF

Lethbridge



2023

36TH ANNUAL

RUN FOR  
THE

PUMPKIN

SEPTEMBER 23, 2023

2K - 11 AM START

4K - 12 NOON START

REGISTER LINK:





# Prairie Baseball Academy



## 14 Week Winter Camp

### Nov 13th- Mar 8th (early bird pricing until Sept 30th)

### About Our Camp

The Prairie Baseball Academy is excited to once again be offering our Winter Camp to youth baseball players in the Lethbridge and surrounding areas. This will be the 13th year PBA runs their Winter Camp, and our coaching staff is striving to continue to provide the best instruction possible for your children. Every night, we will provide at least one current PBA coach and 6-8 current players in the program to provide instruction. Our goal as a coaching staff is to work on improving all necessary baseball skills while maintaining a fun and safe learning environment. Baseball in Lethbridge continues to grow year after year, and we want to make sure PBA does it's part to help continue that growth. The hard work campers have put in during the winter months over the last 13 years has directly correlated to the success Lethbridge has had at the national level.

### Camp Focus

- Efficient Warm Up** → Ladder / Agility / Footwork / Speed
- SAFE Indoor Throwing Program** → Builds arm strength (Radar Gun)
- Proper Hitting Technique** → For all ages and skill levels
- Infield/Outfield Technique** → Emphasis on footwork/Glove action
- Introduction to Pitching** → Starts after winter break. Used as a complete introduction for some. More experienced campers will receive more advanced pitching instruction.
- Games** → Our staff likes to conclude most camp sessions with some sort of competitive game. These games force kids to use the skills they're learning in camp.

### Coaches

- TODD HUBKA**  
Head Coach PBA Varsity
- RYAN MACDONALD**  
Assistant Coach PBA Varsity  
Assistant Coach Lethbridge Bulls
- RHETT FESER**  
Pitching Coach PBA
- AIDAN GEHRING**  
JV Head Coach PBA
- JOSH BURGMANN**  
Pitching Coach PBA  
PC Lethbridge Bulls
- TATE PEARCE**  
JV Assistant Coach

### Camp Times

- Mon/Wed**  
6:00-7:30pm Ages 9-12  
7:45-9:15pm Ages 13-17
- Tues/Thurs**  
6:00-7:30pm Ages 9-12  
7:45-9:15pm Ages 13-17
- Friday**  
6:00-7:30pm Ages 5-8

	Early Bird Until Sept 30th	Regular Price After Sept 30th
1 Night/Week 21 Hrs Instruction	\$420	\$498.75
2 Night/Week 42 Hrs Instruction	\$551.25	\$630
Beginner Camp 19.5 Hrs Instruction	\$236.25	\$315

All prices include GST

Please etransfer [pba@telus.net](mailto:pba@telus.net)  
Email [pba@telus.net](mailto:pba@telus.net) if you have any questions

### Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 19, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
October 3, 2023, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
October 17, 2023, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
October 31, 2023	<b>Halloween – NO SESSION</b>
November 14, 2023, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
November 28, 2023, 6-7 p.m.	Navigating School Systems & Community Services
December 12, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
December 26, 2023	<b>Christmas Break – NO SESSION</b>
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services
<b>To Register: Please call Access Addiction &amp; Mental Health at 1-888-594-0211</b>	

### Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 21, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
October 5, 2023, 6-7 p.m.	Building Communication Skills with Our Children/Teens
October 19, 2023, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
November 2, 2023, 6-7 p.m.	Understanding Anger and How to Manage Conflict
November 16, 2023, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
November 30, 2023, 6-7 p.m.	How to Balance Technology in Your Family
December 14, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
<b>December 28, 2023</b>	<b>Christmas Break – NO SESSION</b>
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
<b>To Register: Please call Access Addiction &amp; Mental Health at 1-888-594-0211</b>	