



Nicholas Sheran News

November 2023

Principal's Message

Hello everyone – welcome to the month of November at Nicholas Sheran Elementary School. Our school and community have experienced many important events in the first two months of school, and it is a true privilege to be part of it all! The last full week of October we hosted Parent/Teacher Interviews at the school, but if you didn't have an opportunity to connect with your student's teachers, please reach out to them to schedule a conversation. We appreciate your engagement in our school, so please pay attention to our school website, our Facebook page, emails from the school, and of course reminders from your classroom teacher.



We had many exciting events in October. Our junior and senior choirs became fully up and running, as did our Grade 4 and Grade 5 handbell groups. Early in the month we accepted the Heap the Jeep challenge (thank you to everyone who donated to the Food Bank and our school breakfast program), as well as the Indigenous Family Bingo night at Mike Mountain Horse School. Our Book Fair was a huge success (the third largest in recent years!), so thank you to parent volunteers and of course Mrs. Daja Woods for all the support. The proceeds of the Book Fair support our Learning Commons, so thank you! Take Me Outside Day was a huge success on October 19, and we accumulated 2000+ minutes of learning outdoors as a school – what a great day!

Thank you to our friends at AgeCare Columbia (senior and assisted living facility) who are working with our teachers to connect our school to the senior residents. AgeCare Columbia has invited our Grade Two classes to do a walking field trip to their facility to "trick-or-treat". In return, our school is hosting residents who would like to participate in our Remembrance Day Assembly on November 9.



The month ahead will prove to be another busy and engaging time for our learning community, so please keep your eye on our school calendar for the important events to come. From Indigenous' Veterans Day and Remembrance Day to Rock your Mocs Week, Grade 5 Skating, Report Cards, and the Kids Choir performance on November 29...we have a lot on the go. Thank you for being part of the community!

Take care and reach out with any questions.

-Aaron Fitchett, Principal

Save the Date!

Thursday, November 23rd from 6-7pm in the NS Gym will be the NS Numeracy Night!



November Wellness

We have been talking about Gratitude in some of our Mindful Morning announcements with our students. Focusing on and practicing gratitude has been shown to have a positive impact on our physical health, mental well-being and even on our relationships.

Here are just some ways gratitude can be beneficial.

Gratitude can boost your ability to learn and make smart choices.

Gratitude can balance out negative emotions. People who often feel grateful are happier, less stressed and less depressed. Rather than focusing on what you don't have, notice what you do have.

Gratitude can lead to caring actions. When you are grateful for someone's kindness, you may be more likely to be nice in return. Your gratitude can also have a positive effect on someone else's actions. It spreads!

Gratitude can help you build better relationships. When you feel and express heartfelt gratitude and respect to people in your life, it creates positive bonds. It can build trust and helps you feel closer.

Start making gratitude a routine in your homes. Talk with your family about things you are grateful for and ask for their feedback. The more we practice gratitude, the more it becomes part of our lives.

Please reach out if you are in need of support with winter clothing, shoes, groceries, etc.

Jen Robinson, Student Support Worker
(403)381-1244 jennifer.robinson@lethsd.ab.ca



 **Registration now open!** 

PLEASE VISIT WWW.LFSFAMILY.CA FOR FURTHER INFORMATION ON HOW TO ASSIST OR TO REGISTER



REGISTRATION CLOSES NOVEMBER 30, 2023



Lethbridge
School Division
Multi-Cultural
and Diversity
November
Newsletter



Check out our
Website for all
updates!

www.ns.lethsd.ab.ca

Phone: (403) 381-1244
Email: 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, November 21st 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 on FB - Nicholas Sheran Parent Council



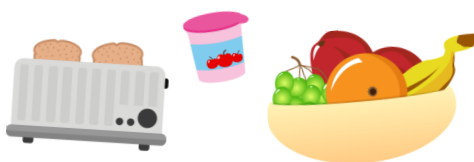
NS Breakfast Program

Our school is the recipient of important funding for a school nutrition program. This funding, along with the support of families, 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!



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C	
10°C	
0°C	
-10°C	
-20°C	

Supporting Outdoor Play Year Round

www.getoutsideandplay.ca

www.befitforlife.ca

FOLLOW US ON FACEBOOK!

@ NICHOLAS SHERAN
ELEMENTARY SCHOOL



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Jr Choir	2 Sr Choir	3 AM & T/Th Kinder	4
5	6 Grade 4 Handbells	7 Inuit Day Grade 5 Handbells EEP, K & Gr 1 Oral Health	8 Indigenous Veterans' Day Jr Choir EEP, K & Gr 1 Oral Health	9 Sr Choir Remembrance Day Assembly @10:45am NS Gym	10 NO SCHOOL Remembrance Day 	11
12	13 NO SCHOOL - Staff PL Rock Your Mocs Week	14 Grade 5 Handbells 	15 Jr Choir 	16 Sr Choir 	17 M/W Kinder 	18
19	20 Grade 4 Handbells	21 Grade 5 Handbells Parent Council Mtg @6:30pm in NS Staff Room	22 Jr Choir	23 Sr Choir Grade 5 Skating @2:30pm NS Numeracy Night @6pm	24 AM & T/Th Kinder Report Cards Open on the Parent Portal @9am	25
26	27 Grade 4 Handbells	28 Grade 5 Handbells	29 Jr Choir Kids Choir @7pm Southminster Church	30 Sr Choir		

* THE TRUTH ABOUT YOUTH:

CULTIVATING DIGITAL WELLNESS ✨

DATE

* November 15, 2023 *

TIME

* 7:00 PM - 8:00 PM *

LOCATION

* YATES MEMORIAL THEATRE *

SCAN
HERE!



SUBMIT YOUR EXPRESSION OF INTEREST AND INQUIRY QUESTION(S) BY SCANNING THE ABOVE QR CODE!

LET'S HELP OUR YOUTH THRIVE ONLINE!



SCAN ME

WELLNESS BYTES

“NO SCROLL November”

MINDFUL TECH-CONSUMPTION

Digital Wellness

No Scroll NOVEMBER

HABITS

Set Screen Time Limits

Use your device's screen time feature to set daily limits for social media and other time-consuming apps.

Mindful Moments

Replace your scrolling habit with mindfulness exercises of quick mental health check-ins. Take a moment to reflect on your emotions, feelings, and moments in your days.

Embrace the Present

Use the time you'd normally spend scrolling to connect with friends or family in person or through a phone call.

Tech-Time Out

Dedicate certain times of our days in November to go completely screen-free. Engage in activities you enjoy, like hobbies or outdoor adventures.

Embrace Progress

Champion your commitment to transformation as you face the challenge of changing a habit that's proven to be tough to break, demonstrating your unwavering dedication, persistent efforts, and the courage to travel down a road less travelled could lead to a greater discovery of oneself and joy!

Embrace change,

be resilient!

be persistent,



PARENT NIGHT




**QUESTION
SUBMISSION
AVAILABLE ON THE
LETHBRIDGE SCHOOL
DIVISION WEBSITE**



**Yates Memorial
Theatre**

November 15th 2023

7:00pm-8:00pm



**HOSTED BY THE
LETHBRIDGE SCHOOL
DIVISION IN
COLLABORATION
WITH HOLY SPIRIT
CATHOLIC SCHOOL
DIVISION**



THE TRUTH ABOUT YOUTH: CULTIVATING DIGITAL WELLNESS

The Lethbridge School Division and Holy Spirit Catholic School Division would like to warmly welcome parents, students, and staff to an evening of insight and collaboration. A collection of panel members with multidisciplinary viewpoints will be offering perspectives about youth and digital wellness. This event is intended to deliver guidance and support for families and individuals who are navigating parenting in the digital age. The panel members will be answering questions that have been submitted by parents (using the attached QR Code), and delivering their professional insights.

FOR MORE INFORMATION ABOUT DIGITAL WELLNESS: [CLICK HERE](#)



— LETHBRIDGE
DENTAL SERVICES
— SOUTH

ENTER TO WIN
A PIZZA & MOVIE PARTY
FOR YOU
AND 4 FRIENDS!

HALLOWEEN CANDY BUY BACK

BRING YOUR LEFTOVER HALLOWEEN
CANDY TO OUR CLINIC AND WE WILL
BUY IT BACK

WE PAY YOU \$1 PER
POUND

NOV 1 – 7:45 AM–5:00 PM

NOV 2 – 7:45 AM–5:00 PM

**2810 FAIRWAY ST S #50,
LETHBRIDGE, AB**





FOR
AGES
4-12

JUNIOR PRONGHORNS WRESTLING

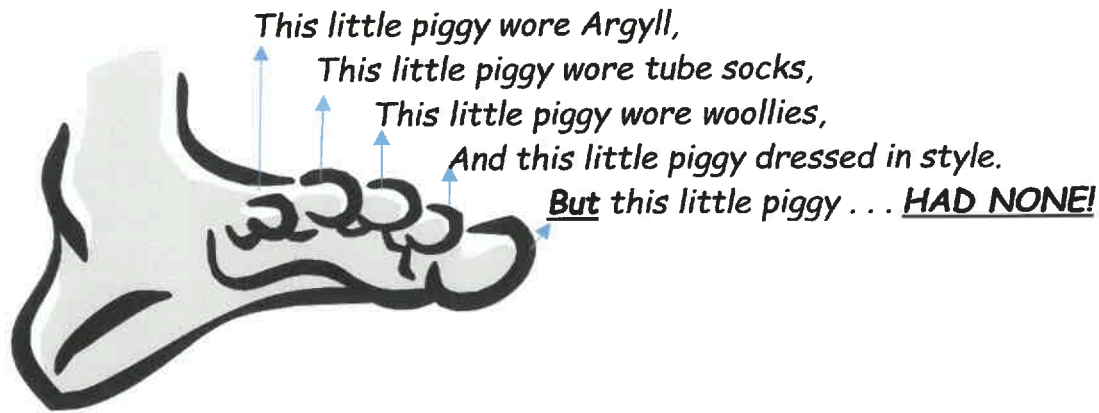
REGISTER
TODAY!!



[FACEBOOK.COM/LETHBRIDGE
WRESTLING/](https://facebook.com/lethbridge_wrestling/)



902-225-1305



It's time for
**23rd ANNUAL
OPERATION:**

SOCK IT TO 'EM

From November 1 to December 13, 2023

**Nord-Bridge Seniors Centre, the Caretakers,
Maintenance & Support staff in Lethbridge & Area
schools are collecting *NEW SOCKS* to be
donated to local charities and those less
Fortunate for Christmas.**

***Please* join them and make Someone's Christmas
a little bit warmer!**

**To donate, contact any Custodial staff at
your local school.**

QUESTIONS?

Call Gail Petrie (403) 327-6520

Charlene Kocken (403) 329-3222

-Nord-Bridge Seniors Centre

-Lethbridge School District #51

-Holy Spirit School

-Palliser Regional School