



Nicholas Sheran News

December 2023

Principal's Message

Hello to our Nicholas Sheran Elementary School community, and welcome to the month of December! There is so much to celebrate at our school each day, just by virtue of our role is an incredible community-minded elementary school; in fact, our school was built in 1980, and we have been serving a hub for the community and our neighbourhood for over 4 decades. If you have stories about our school from the past, please reach out and share!

Thank you to everyone who attended our November Family Numeracy Night. The event was a huge success, and we appreciate all our families who took time out of their busy night to attend our school. The teachers and support staff worked hard to plan for the evening of family engagement around numeracy, and we hoped you enjoyed it. Thanks as well to our engaged School Council for their volunteerism, and for sponsoring the prizes as well as the take-home numeracy gift bags.

In the spirit of giving, if you would like to donate to our school community, you are always welcome to reach out to our Admin Assistant, Mrs. Jeanine Miklos, who will guide you through the process. Tax receipts are available through our school division, and your thoughtful contributions are always welcome. Our Admin Team can work with you to tailor a donation to fit both our school needs and your family or business giving priorities. Reach out to us, and let's see how we can collaborate to support our students!

If you need support, we are just a phone call or email away. Having trouble accessing our recent report cards? Wondering how to see our upcoming events? Hoping to get involved in our vibrant School Council? We can help. Reach out to our office, check out our Facebook page, scan our website, and stay connected. On behalf of our school, I wish you a happy and healthy month of December, a restful holiday break when it comes, and a safe and wonderful New Year.

-Aaron Fitchett, Principal

December Wellness

Although December can be a very busy month and it can be easy to feel overwhelmed, please take some time for yourself and your families. Your child(ren) want to be connected to you and their loved ones. It doesn't have to cost money or be difficult to connect. Head outside for a winter walk, noticing what animals are around and what sounds you hear. How about doing some baking together? Decorate those cookies with sprinkles and share them with your friends and families. Children love to make things with their special people. Get out the craft supplies and let your imagination run wild. An afternoon of board games or cards is sure to bring smiles and laughter into your household. Give the gift of your time this holiday season.



Remember to be grateful all that you have this holiday season!! Wishing you all the best!

Jen Robinson, Student Support Worker

The weather is unsure if it will be cold or temperate. We encourage our families to work with children to dress for both the expected (and unexpected) weather. We do a lot of learning and playing outdoors, and we want students to enjoy their time in the fresh air. Please dress for the weather. If you require assistance with winter clothing, please get in touch with Mrs. Jen Robinson, our Student Support Worker. You can call Jen through the school number (403-381-1244) or email her at jennifer.robinson@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. **There is no meeting in December.**

The next meeting will be held on **Tuesday, January 16th 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



FOLLOW US ON
FACEBOOK!
@
NICHOLAS
SHERAN
ELEMENTARY
SCHOOL



Multi-Culture and Diversity Newsletter

Dec 2023



LETHBRIDGE SCHOOL DIVISION INDIGENOUS EDUCATION NEWS

Isstááato's
'Cold Month'

Ákaisstoyiwa
'It's Winter''

Misámiko'komiaato's
'Long night month'



December 7th & 14th: FREE Jig lessons- 7:30 @ the Crossings Public Library

December 10th: Indigenous Holiday Market @ Sik Ooh Kotoki Friendship Society

11am-5pm

Winter Count

In the Blackfoot tradition, every winter saw a new year. Each winter, while reflecting and telling stories of the year that had passed, an elected community member would draw a symbol/picture on their hide that described the year. This tradition, turned time capsule, is a unique way of reflecting on major moments and documenting time. Check out these winter count resources to learn more!



December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 M/W Kinder	2
3	4 Gr 4 Handbells	5 Gr 5 Handbells	6 Jr Choir Bootsma Donut Day!	7 Sr Choir Values Assembly @9:30am	8 T/Th & AM Kinder	9
10	11	12	13	14	15 M/W Kinder	16
17	18	19 NO Parent Council Mtg	20 Grade 3 Center Day	21 Grade 5 Skating @2:30pm	22 T/Th & AM Kinder Red/Green Dress Up Day!	23
24	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break	28 No School Winter Break	29 No School Winter Break	30
31	 <p>Have a GREAT Winter Break! School resumes on Monday, January 8th, 2024!</p>					

SPELLING BEE



DATE & TIME:

Mini Bee (Grade 1-3):

Jan. 27/24

Big Bee (Grade 4-6):

Feb. 10/24

LOCATION:

Lethbridge Public
Library

Main Branch - Theatre
Gallery

810 5 Ave S

TO REGISTER:

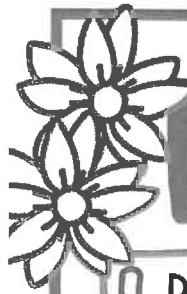
<https://ow.ly/VA5y50Q>

8xJT











Lethbridge
Public Library

CONNECTING
YOU



DECEMBER MINDFULNESS CALENDAR

<p>1 Do a puzzle or brain teaser</p> 	<p>2 Practice deep breathing</p> 	<p>3 Sit quietly</p> 	<p>4 Do mindful coloring: focus on each color and stroke you make</p> 	<p>5 Practice listening. Notice the sounds around you</p>	<p>6 Hug something soft and squishy</p> 	
<p>7 Practice yoga</p> 	<p>8 Make hot cocoa and notice how it smells</p> 	<p>9 Spend time reading</p> 	<p>10 Describe in detail something you ate</p> 	<p>11 Take a bath or shower to relax</p> 	<p>12 Write 3 positive things about yourself</p>	<p>13 Spend some time observing nature</p> 
<p>14 Take a rainbow walk; try to find something of every color of the rainbow</p> 	<p>15 Listen to your favorite music</p> 	<p>16 Help someone around the house</p> 	<p>17 Bake cookies</p> 	<p>18 Tell yourself "I am awesome!"</p> 	<p>19 Get some exercise</p> 	
<p>20 Thank 3 people for something they did</p> 	<p>21 Name 3 smells you smelled today</p> 	<p>22 Have a dance party</p> 	<p>23 Make a list of your favorite books</p> 	<p>24 Sing your favorite song</p> 	<p>25 Spend time with a loved one</p> 	
<p>26 Clean and declutter your room</p> 	<p>27 Write down 2 things your are grateful for</p> 	<p>28 Play with a toy that makes you happy</p> 	<p>29 Be creative and make a craft</p> 	<p>30 Watch your favorite movie with a loved one</p>	<p>31 Reflect on the month and celebrate how much you've grown</p> 	