



# Nicholas Sheran News

January 2024



## Principal's Message

Hello everyone, and welcome to a New Year! It is the month of January, and we are looking forward to hearing all about the break that your families enjoyed. We loved sharing our school holiday photos with you through our Facebook posts in the weeks leading up the break, and we want to share a special shout out to Mrs. Catherine Stewart, an Educational Assistant in our school, who created those amazing photo collages for us. Thank you, Mrs. Stewart!

The month of December was a busy one as we celebrated many different events. We had a fabulous performance from our choirs and handbells groups at our December Values Assembly. It was exciting for our grade five choir students who also had the chance to perform at the Lethbridge Airport greeting passengers arriving to Lethbridge for the holidays. Lethbridge Family Services Angel Tree was setup in our school foyer, and our staff and families were incredibly generous with donations for our community. We also had a fun theme week with different activities and special events each day leading up the break, and I know our teachers and support staff worked hard to make those days special.

January will be a busy month as we start some literacy interventions through a new school division BOOST program that will target supports to students based on assessment data. Thank you to Mrs. Angie Smith who is our BOOST teacher until the end of the year. We have five intern teachers from the University of Lethbridge joining us from now until mid-April, so welcome to these eager and enthusiastic members of our teaching team. Our Grade One teachers are working to complete government-mandated assessments this month as well, so it will be a busy January for them as well.

January can feel like a short month, but also a difficult month. There is a lot of need in our community these days, and we encourage anyone who is struggling to reach out should you require supports. If we cannot immediately help, we will reach out to others to do our best to help you. Staying connected is the first important step.

Take good care,

-Aaron Fitchett, Principal



FOLLOW US ON FACEBOOK!

@ NICHOLAS SHERAN ELEMENTARY SCHOOL

## January Wellness

Happy 2024!! January is the month where we can look back to the past year and realize how much we have changed and grown while also thinking about what challenges we would like to take on in the new year. It can be a time of reflection as well as a time for excitement to see what is yet to come.

Bell Let's Talk Day is January 24, 2024. This is a campaign created by Bell Canada in an effort to raise awareness and stop stigma surrounding mental illness in Canada. This year, the theme is Creating Positive Change In Canada. This agency has been instrumental in raising awareness and funds for mental health support for the last 13 years.

One part of Bell's main strategies is Care and Access. There is a new three-digit helpline that provides urgent, live support by phone or text to people in every province and territory. You can now dial or text 9-8-8 toll free 24/7 and receive help if you are thinking about suicide, or worried about someone you know. Trained professionals will help support you and connect you to valuable resources. You are not alone.

Always feel free to reach out by email or phone if you would like any assistance from the Wellness Crew at Nicholas Sheran.

Jennifer Robinson, Student Support Worker

## 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, January 16th at 6:30pm in the NS Community 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



## PROJECT FAIR 2024

**What:** Canadian Heritage or Science Project Showcase

**Where:** Nicholas Sheran School Gymnasium

**When:** March 12th and 13th, 2024

**Who:** Anyone from Kindergarten to Grade 5 can join

**Why:** Do you often have many unanswered questions? Choose one question to study and research or test a theory and showcase your findings. The question could be about a Canadian topic or a scientific inquiry. You will receive wonderful feedback from helpful judges and may be eligible to enter the regional competition to see other amazing entries and even win prizes.



So, start brainstorming and let's have fun!

Permission Forms are in the Office and are DUE back to the school by Wednesday, January 31st.



## Lethbridge School Division

### Multi-Cultural and Diversity December

#### Newsletter

## 2024/25 Kindergarten Registration

Starting on **January 22, 2024**, Lethbridge School Division will be accepting registrations for Kindergarten. On **January 15**, the Spanish Kindergarten registration process begins for Coalbanks Elementary School.

Kindergarten is offered in each Division Elementary school, and no fees are charged. Please note, students must be five years old as of **December 31, 2024** to register for Kindergarten. Lethbridge School Division prides itself on offering Kindergarten programs with an early-intervention and child-centred focus.

Nicholas Sheran Elementary School will determine its programming based on the students numbers and class preference choices once registration forms start coming in. Please encourage families with Kindergarten aged children to register soon!



## Cold Weather Reminder

Students and parents are reminded that extra caution should be taken during the winter months and periods of extreme weather. Lethbridge weather can include cold temperatures, wind chill and snow that make getting to and from school challenging. Please take a moment and review this important information with your children.

Lethbridge School Division schools rarely close due to snow or cold temperatures. All Division schools will remain open to provide a safe, warm and secure environment for students.

Assume schools are open unless you hear otherwise from your school. Information regarding any school closures due to weather will also be posted on the Division website, on Twitter, Facebook and shared with local news media.

During the winter, roads may also be congested and slippery resulting in possible traffic and bus delays. Unusually cold or stormy weather can result in buses being delayed. Use the MyBusStop App or check My School Bus Monitor for messages on delays. Unexpected mechanical problems with the bus may also occur more frequently at this time of year. Children should be dressed appropriately for the colder weather as buses cool off very quickly.

Children should be well prepared for the weather and not left unattended at bus stops for any period of time, under any circumstances. They should have clear instructions on how long to await for the bus and what to do if the bus does not arrive. Never leave children at the stop without backup arrangements for an emergency.

Families should ensure they have back-up care arrangements if transportation is delayed. Children should have a warm place to stay before and after school.

Children will find it easier to walk through the ice and snow when their school books and lunches are carried in a back pack.

# JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School	6
7	8 School Resumes Little Caesars Hot Lunch Posted on SCO	9	10	11	12 M/W Kinder	13
14	15 Gr 4 Handbells Little Caesars Hot Lunch Orders DUE by 10pm	16 Gr 5 Handbells Transportation Safety Planning Committee Mtg @5:30 Parent Council Mtg @6:30pm	17 Jr Choir	18 Sr Choir Grade 3 Skating @1:15pm Grade 5 Skating @2:30pm	19 T/Th & AM Kinder	20
21	22 Gr 4 Handbells 2024/25 Kindergarten Registration OPENS	23 Gr 5 Handbells Little Caesars Hot Lunch Day!	24 Jr Choir	25 NO EEP Class Sr Choir Grade 3 Skating @1:15pm	26 M/W Kinder	27
28	29 Gr 4 Handbells	30 Gr 5 Handbells	31 Jr Choir Winter Walk Day Project Fair Permission Forms DUE			

January  
2024

OMAHKSIKI'SOMM  
(OLD MOON)

Ka'toyi (Kah-doi-yee) is another, more historical way to refer to this 4th winter lunar cycle. This Blackfoot word references the shortage of food and even stories of starvation that was experienced at this time of year.

## IMPORTANT DATES:

January 4 2nd Annual National Ribbon Skirt Day

January 11 Division Wide Ribbon Skirt and Shirt Day

January 17 Blackfoot Protocols @ Blackfoot Hub 12pm-3pm

January 25 Blackfoot Stories @ Blackfoot Hub 12pm-3pm

(Call Joey to register @ 403 360 1373)

Sik-Ook-Kotoki Friendship Society  
Archery session

Date: January 10, 2024      Location: Old Agency Hall

Facilitator:  
Kevin Healy

Time: 1:00pm - 4:00pm

Age category: 10 yrs +

Light lunch provided for the first 20 people

Please call 403-328-2414 for registration

KEEP YOUR  OPEN...

exciting things coming in February!  
Stay tuned for information regarding  
Kitsikakomimm!



Free Fiddle and Metis Jig lessons  
Thursday evenings in Feb-March  
Lethbridge Library Crossings Branch

I'TAAMIMAANSSTOYI!

Happy New Year



## Nutrition Services

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**FREE**  
Online workshop  
for parents and  
caregivers of  
children  
aged 6-12

## Mealtime Struggles in School Aged Children: Building trust, confidence, and feeding skills

### Join AHS dietitians via Zoom

- Explore the benefits of positive mealtimes and what gets in the way.
- Learn some practical ideas to build your child's trust, comfort, and confidence with more foods.
- Share ideas and learn about resources to build more positive mealtimes with your child.

Scan the QR code to register:



Or click here: <https://redcap.link/wciygxt8>

Questions? [Publichealthnutrition.centralzone@albertahealthservices.ca](mailto:Publichealthnutrition.centralzone@albertahealthservices.ca)



# ARTISTIC SWIMMING AQUAGO

**Come Try it Night!**

Friday January  
12th at 1:30pm

## LEVEL 1-2 (10 WEEKS)

Winter Session:  
Jan 12 - Mar 15 - Fridays  
1:30-2:30pm

**\$250**

## LEVEL 3-4 (10 WEEKS)

Winter Session:  
Jan 12 - Mar 15 - Fridays  
2:45-4:15pm

**\$350**



**REGISTRATION LINK**

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

University of Lethbridge Pool  
4401 University Dr. W, Lethbridge

More Information  
[lsssc.coach@gmail.com](mailto:lsssc.coach@gmail.com)





# **LETHBRIDGE** **LITTLE LEAGUE**

**HOUSE LEAGUE**  
**BASEBALL REGISTRATION**  
**JANUARY 15<sup>TH</sup> TO MARCH 1<sup>ST</sup>**

**REGISTER NOW AT:**

**[www.lethbridgelittleleague.com](http://www.lethbridgelittleleague.com)**





# 2024 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) - 403-320-5425 (KICK)

**ONLINE ONLY:**

Thursday February 1st - Sunday March 3rd

*\*all registration must be done online\* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

*\*payments must be made online using RAMP*



**IF YOU ARE USING KIDSPORT OR JUMPSTART**

IF YOU ARE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP - PLEASE APPLY ONLINE TO THOSE ORGANIZATIONS **FIRST**. THEN REGISTER YOUR PLAYER ONLINE:  
WWW.LETHBRIDGESOCCER.COM

**REGISTER:**

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

Request Fee - \$40.00 - Payable at office or over the phone

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Earliest Start Times***</u>
U4 - CoEd/ Parent & Tot	2020	\$125.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:15pm & 6:00pm
U5 - CoEd	2019	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00pm
U6 - CoEd	2018	\$125.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	6:00pm
U7 Boys	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U7 Girls	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U9 Boys	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U9 Girls	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U11 Boys	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U11 Girls	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U13 Boys	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U13 Girls	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U15 - CoEd	2009 & 2010	\$190.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2006, 2007 & 2008	\$190.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atsotawawa (West)/ Wilson Middle School (East)	6pm & 7:30pm

**\*\* Please note if U7, U9, U11 and U13 age groups do not fill for gender specific they will be CoEd\*\***

**\*\*\* START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON \*\*\***

**Sessions will be scheduled during the Victoria Day long weekend (Monday evening)**

**\*\*\* Days, Start times & locations are subject to change and are provided as a guideline only. Season to start on Monday April 22, 2024 and be complete by Saturday June 22, 2024\*\*\***

**U4-U6 Timbits:** An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

**U7-9 Fundamental:** Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

**U11-13 Learning The Game:** This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

**U15-U18 Excel In The Game:** Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



# LETHBRIDGE MINOR SOFTBALL PRESENTS:

## Winter Training Clinics with the U of L Pronghorns Women's Fastpitch Team & Coaches



Lethbridge Minor Softball and the U of L PRONGHORNS are excited to offer their first winter training clinics for minor softball athletes of all ages and abilities!

This camp will focus on sharpening both defensive and offensive skills, building confidence and applying practice to game situations for community-ball level athletes.

Athletes will have the opportunity to work with members of the University of Lethbridge Women's fastpitch team and coaches learning both general and position specific skills.

### DEFENSE/BATTING

#### 6 WEEK PROGRAM - \$250

Feb 11th - 2024

- U9-11-13 (2011-2016) @ 9:00-11:00am

- U15-17-19 (2005-2010) @ 11:15-1:15pm

Feb 25-Mar 24th - 2024

- U15-17-19 (2005-2010) @ 1:00-2:30pm

- U9-11-13 (2011-2016) @ 4:15-5:45pm



### PITCHING/CATCHING

#### 5 WEEK PROGRAM - \$100

Feb 25-Mar 24th - 2024

- U15-17-19 (2005-2010) @ 2:30-3:15pm

- U9-11-13 (2011-2016) @ 3:30-4:15pm

*\*Pitcher must ensure they have a catcher*

*\*\*Limited spots available (10 pitchers/10 catchers)*

**FOR MORE INFORMATION OR TO REGISTER VISIT:  
[WWW.LETHBRIDGEMINORSOFTBALL.COM](http://WWW.LETHBRIDGEMINORSOFTBALL.COM)**

*\*Discount will apply if registering in both clinics. \*Minimum #'s required to offer clinics.*

**All sessions will be held at the Orion Sports and Training Facility.**

*\*\*Orion Sports and Training Facility is located next to Airport Pick-A-Part. Take HWY 5 south, approximately 500m past the Airport, turn off, and take a left off HWY 5; you are now on Township Road 81A. Follow the road to the end; Orion will be on your right-hand side.*

# **Sock it to 'em 2023 update**

**Thank you to everyone who helped collecting and delivering socks for this years campaign. We collected approximately 5,500 pairs of new socks. The agencies that collected the socks tell us that these socks are very much needed in our community.**

**Once again, thank you for a total of 189,500 pairs of new socks in the last 23 years. We look forward to continuing our sock collecting in 2024.**

**Sincerely  
Gail Petrie and Charlene Kocken  
Sock it to 'em Organizers**