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SPREAD KINDNESS

# Nicholas Sheran News

June 2024

## Principal's Message

Dear Families of Nicholas Sheran,

Oki and welcome to the last month of our school year! We have had a busy, exciting, and engaging school year. As we reflect on this year, I hope each one of us can find moments of both success and challenge; and that we are able to celebrate our learning no matter what. As a parent, grandparent, or family guardian, you might wonder how you can help your student(s) look back on the year. Here are some questions that might help you to start those conversations:

- \* What was your biggest accomplishment this year, and how did you achieve it? (Responsibility)
- \* What challenges did you face, and how did you overcome them? (Resilience)
- \* What was the nicest thing someone in your class, or in the school, did for you? (Compassion)
- \* What did you learn about working with others, and how have you grown? (Collaboration)

The summer season presents fantastic opportunities to spend as much time outdoors as possible. Please stay curious, inquisitive, and engaged in exploring the world around you. Do lots of reading, spend as much time with your loved ones as possible, and practice your numeracy skills! Maybe you can help make a budget for grocery shopping or track how many minutes you spend outside.

On behalf of Mr. Woodcock and our entire staff, I wish you the very best to come in the summer months. We look forward to celebrating our Grade Five students as they prepare for middle school, and we have nervous excitement alongside our incoming Kindergarten and Grade One students. Life is full of transitions, and we each have our own growth and transitions to come. Thank you for learning and living alongside us this school year. Have a joyful summer, and we will see you when the new school year starts!

-Aaron Fitchett, Principal



**2024**  
**2025** School Year Start-Up Info is on our website at <https://ns.lethsd.ab.ca/>

## June Wellness

Welcome to June!

I always like to remind myself and others to focus on GRATITUDE and GROWTH at the end of a school year. With our busy lives, it is easy to just go, go, go and not take a moment to stop and reflect on things. Although it may be tough to find the time, it is so beneficial to acknowledge all that we have and the changes we have made.



Noticing what we have – family, health, home, food, shelter, love...is important! Being grateful improves our positive outlook and encourages us to continue to be kind. We all have things as well as people who are positive and support us. We are always learning new skills and improving ourselves. Noticing this and making goals to work towards gives us direction and motivation.

I wish you all many fun adventures this summer with all your favorite people. Remember to explore and try new things. You don't need to travel far to find new places to walk, investigate and enjoy!!

Jen Robinson, Student Support Worker

*Please be sure to update the office ([sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca)) with any demographic and/or emergency contact changes throughout the summer and school year!*

**Report Cards...** Kindergarten to Grade 5 Report Cards will be available through the Parent Portal at <https://ps.lethsd.ab.ca/public/home.html> on June 26th. If you are a new family to NS and require log in info or if you need help resetting your account, please email [sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca) and we will do our best to assist you asap. Please take some time to review the report cards as teachers put a lot of time and attention into creating them for you.



Lethbridge School Division  
Multi-Cultural and Diversity Newsletter  
& Indigenous Education Newsletter



## 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, September 17th 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



All 2024/25 Nicholas Sheran Elementary School Kindergarten families are welcome to join us on Thursday, June 6th from 5:30-6:30pm!



All families of students attending Grade 1 at Nicholas Sheran Elementary School for the 2024/25 school year are welcome to join us for a Welcome to Grade 1 Event on Thursday, June 6th from 6:00-7:00pm!

PLEASE JOIN US  
**TO CELEBRATE**  
and bid  
*farewell*  
to our  
**GRADE 5 STUDENTS**

FROM NICHOLAS SHERAN SCHOOL  
— Class of 2024 —

**MONDAY, JUNE 24, 2024**  
At 2:00 in the afternoon  
**NICHOLAS SHERAN GYMNASIUM**

SLIDESHOW WITH  
CERTIFICATE PRESENTATION



# JUNE 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 -Grade 1 (Jacob/Bingham) Field Trip to the Galt Museum & Fort Whoop Up	4 -Grade 5 Field Trip to the Zoo - Departing at 7:15am	5 -Values Assembly @9:30am in the Gym -GS Lakie Music Tour @11:50am in the Gym -Chudobiak Swimming @2pm	6 -Grade 2 Field Trip to the Galt Museum & Fort Whoop Up -Erickson Swimming @10am -KinderCare Q&A in the LC @5pm -Welcome to Kinder @5:30pm	7 -AM & M/W Kinder	8
9	10	11 -Niven Swimming @1:30pm -T/Th Kinder Celebration @2pm	12 -Grade 3 Field Trip to Writing On Stone - Departing at 8:30am -Grade 4 Field Trip to Frank Slide - Departing at 7am -AM & M/W Kinder Celebration @10:30am	13 -Grade 3 Niven Swimming @1:30pm	14 -T/Th Kinder -Talent Show @9:30am in the Gym	15
16	17	18 -Sports Day & Colour Run	19 -Sprots Day & Colour Run Back-Up Day	20 -Grade 5 Field Trip to Park Lake -Grade 3 Niven Swimming @1:30pm	21 -AM & M/W Kinder 	22
23	24 -Grade 5 Farewell Celebration @2pm in the Gym	25 -Last Day of School for EEP & Kinder	26 -Last Day of School for Grade 1-5 Students - Dismissal at 12:35pm -Report Cards available on the Parent Portal	27  -School Resumes Tuesday, September 3rd!	28	29

NICHOLAS SHERAN'S

# Colour Run

1:00pm–3:00pm Sports Day  
3:15pm Colour Run (by grade)

Volunteers are needed to help run sports day centers and throw powder for the colour run.

Email [Stephen.woodcock@lethsd.ab.ca](mailto:Stephen.woodcock@lethsd.ab.ca)  
if you are interested!

Sunglasses  
provided

Wear a light coloured shirt  
that you can get messy!

TUESDAY JUNE 18, 2024

# 2024 BACK TO SCHOOL READY SET GO AND STUFF THE BUS



AGAIN THIS YEAR, THE READY SET GO FAIR AND MYCITYCARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN  
ATTEND SCHOOL IN  
LETHBRIDGE

IF YOU ARE NOT SURE  
YOU WILL BE ABLE TO  
AFFORD SCHOOL  
SUPPLIES

THEN THIS PROGRAM IS  
FOR YOU



YOU CAN REGISTER :

In Person @ Interfaith  
Food Bank

In Person @  
Lethbridge Food  
Bank



Online:



Registration  
Is Open

May 21, 2024

Pick Up is 12pm-6pm



Aug 21- YMCA (74 Mauretania Rd W)

Aug 22- CASA (230 8th Street S)

\*Just a reminder. Supplies provided will be a standardized set of initial supplies that may or may not correspond with the specific school class supply lists. Some supplies may still be required.

FREE  
**SUMMER DROP-IN**  
SPORT AND RECREATION PROGRAM  
**FOR YOUTH AND FAMILIES**

May 21 thru June 26

Monday - Thursday 4-7 PM

Starting in July

Monday - Thursday mornings



Nicholas Sheran Leisure Centre  
parking lot - 401 Laval Blvd West



LEARN MORE ON OUR WEBSITE



THIS PROGRAM IS FUNDED BY JUMPSTART AND PARTICIPACTION



PRESENTED BY





# MHCB'S SUMMER FUN CALENDAR



## Park Pop Up's

### July 2024

### August 2024

Tue	Wed	Thu
2	3 Henderson Lake Park 10AM-2PM	4 Gyro Park 1507 10a Ave S 10AM-1PM
9 Our Lady of Assumption 10AM-1PM	10 Our Lady of Assumption 2PM-5PM	11 Legacy Park 10AM-1PM
16 St Paul's School 10AM-1PM	17 St Paul's School 2PM-5PM	18 Chinook Lake Park 10AM-1PM
23 Nicholas Sheran School 10AM-1PM	24 Nicholas Sheran School 2PM-5PM	25 Nicholas Sheran Spray Park 10AM-1PM
30 Lakeview Elementary 10AM-1PM	31 Lakeview Elementary 2PM-5PM	

Tue	Wed	Thu
30 Lakeview Elementary 10AM-1PM	31 Lakeview Elementary 2PM-5PM	1 Henderson Park 10AM-1PM
6 Senator Buchanan School 10AM-1PM	7 Senator Buchanan School 2PM-5PM	8 Westminster School 10AM-1PM
13 Coalbanks School 10AM-1PM	14 Coalbanks School 2PM-5PM	15 Crossings Park 10AM-1PM

**FREE AND FUN OUTDOOR ACTIVITIES!**

Tuesdays & Wednesdays MHCB will be joining our community partners for a larger event. Check out [buildingbrains.ca/events](https://buildingbrains.ca/events) for updates on these days.

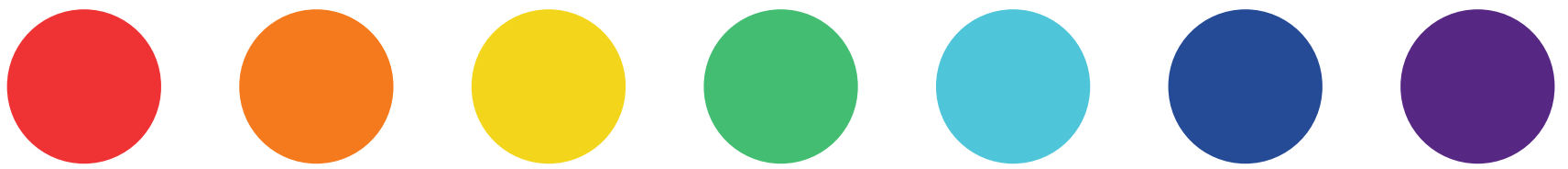
On Thursdays you will find the MHCB team & Building Brains offering hands-on activities with some fun goodies to take home. Find us on Facebook for updates!



# SUMMER SENSORY CHALLENGE

- GO FOR A WALK OUTSIDE AND LOOK AT ALL THE DIFFERENT COLORS AND SHAPES YOU SEE. DRAW OR TAKE PICTURES OF WHAT YOU FIND.
- TRY TO FOCUS ON ONE OBJECT FOR A LITTLE WHILE AND THINK ABOUT HOW IT LOOKS AND FEELS.
- CLOSE YOUR EYES AND DRAW A PICTURE USING ONLY YOUR SENSE OF TOUCH.
- LISTEN TO THE SOUNDS AROUND YOU WHEN YOU GO FOR A WALK AND WRITE A POEM OR STORY ABOUT WHAT YOU HEAR.
- MAKE A PLAYLIST OF SONGS THAT MAKE YOU FEEL DIFFERENT EMOTIONS AND WRITE ABOUT HOW EACH SONG MAKES YOU FEEL.
- SIT QUIETLY AND LISTEN TO THE DIFFERENT SOUNDS YOU CAN HEAR. WRITE DOWN WHAT YOU THINK ABOUT THEM.
- RECORD THE SOUNDS YOU HEAR OUTSIDE AND WRITE ABOUT ALL THE DIFFERENT SOUNDS YOU NOTICE.
- TASTE DIFFERENT FOODS WHILE BLINDFOLDED AND WRITE ABOUT HOW THEY TASTE AND FEEL IN YOUR MOUTH.
- TRY DIFFERENT FOODS AND DRINKS AND WRITE ABOUT WHICH ONES YOU LIKE BEST.
- MAKE A NEW RECIPE AND WRITE ABOUT HOW IT TASTES.
- VISIT A MARKET AND TRY SOME NEW FOODS. WRITE ABOUT THE ONES YOU ENJOY.
- TRY FOOD FROM A DIFFERENT CULTURE AND WRITE ABOUT THE FLAVORS AND SPICES.
- CLOSE YOUR EYES AND FEEL DIFFERENT TEXTURES IN YOUR HOME. WRITE ABOUT HOW THEY FEEL.
- TOUCH DIFFERENT THINGS OUTSIDE LIKE TREE BARK AND LEAVES. WRITE ABOUT HOW THEY FEEL.
- FEEL DIFFERENT FABRICS WITHOUT LOOKING. WRITE ABOUT HOW THEY FEEL.
- PLAY WITH THINGS LIKE CLAY AND SAND AND WRITE ABOUT HOW THEY FEEL IN YOUR HANDS.
- SMELL DIFFERENT SCENTS LIKE ESSENTIAL OILS AND SPICES. WRITE ABOUT HOW THEY MAKE YOU FEEL.
- TAKE A WALK OUTSIDE AND SMELL ALL THE DIFFERENT SCENTS. WRITE ABOUT HOW THEY MAKE YOU FEEL.
- VISIT A STORE AND SMELL DIFFERENT PERFUMES. WRITE ABOUT HOW THEY SMELL.
- SMELL DIFFERENT THINGS IN NATURE LIKE FLOWERS AND TREES. WRITE ABOUT HOW THEY MAKE YOU FEEL.





**Saturday, June 22**

# Pride Parade

- Parade will begin at 11:00am
- The Division/DEHR Float will make its way from the Civic Track, following the parade route and ending at Galt Gardens across from Miro's (typically we finish by noon)
- All are welcome to join the float and walk together

# Pride in the Park

- Starting at noon, we invite all staff, students, families, etc. to come out and enjoy the festivities in Galt Gardens
- This is a multi-age event, free of charge and open to everyone
- The Lethbridge School Division and the DEHR Committee of the ATA Local 41 will have a booth present and will be sharing information about some of the great work and supports available in schools. Students will have made buttons to share and stickers will be available as long as supplies last 😊



**The Future is Inclusive**