

Nicholas Sheran News



Principal's Message

Dear Students and Families,

Our school year is off to a busy and exciting start for everyone! I hope everyone was able to give themselves grace and patience as well 'fall' into our new routines and our new school year. We also participated in our Meet the Staff night, Terry Fox Run, Picture Day, Orange Shirt Day, and the start of both Junior and Senior Choir. Thank you for joining us at our engagement events whenever it works for you!

Our Travel Safety Plan DRAFT was finalized this month and shared with the community at a special meeting. This document was also emailed out to families to gather feedback! Our Board of Trustees has made a preliminary decision about the West Lethbridge Elementary Boundaries for the 2025/2026 school year, and community engagement on their initial decision is open until October 18.

We have welcomed many Education 2500 student volunteers from the University of Lethbridge 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!

Thank you to all the parents and guardians who joined us for our school Council AGM on the evening of September 17. The School Council elected another 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 Facebook page. I know there is always room for more perspectives and representation in this group. You can find school council updates [here](#).

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 reminders from your classroom teacher. We sincerely appreciate the 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.

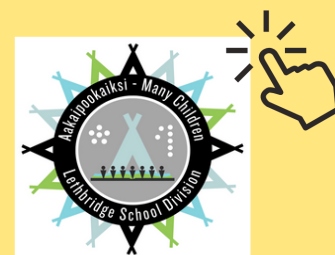
-Aaron Fitchett, Principal



FOLLOW US ON
FACEBOOK!

@ [NICHOLAS
SHERAN
ELEMENTARY
SCHOOL](#)

Lethbridge
School Division
[Multi-Cultural
and Diversity
Newsletter
& Indigenous
Education News-
letter](#)



October Wellness....

What a fantastic start to the school year!! It has been so nice to see our students back in our school and settling into our building. I have had the opportunity to visit all the classrooms and introduce myself to the students. I am able to support our students and families in a variety of ways. Please reach out to me if you have any questions about support I may be able to provide for you and your family.

A new school year generally means getting back to some routines as a family that we often relax 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. If you ran out of time, we provide breakfast at Nicholas Sheran from 8:25-8:45 for our students.
- 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.

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, October 15th at 6:30pm.**

Please feel free to join as all parents and guardians are welcome!

We also have a Facebook page! Follow us on FB @ Nicholas Sheran Parent Council



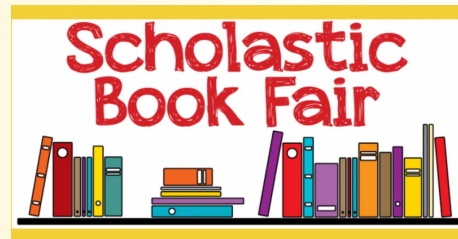
NS Breakfast Program

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!

We are always accepting donations (nut free food products or cash/cheque/online donations).



The Fall Book Fair at NS will be happening at the end of the month!

The Book Fair will be open during Parent Teacher Interviews from 9:30am-3:30pm on Thursday, October 24th and from 9:30am-12:30pm on Friday, October 25th.

It will then be open to classes and families from Monday, October 28th-Thursday, October 31st from 8:30am-4:30pm and Friday, November 1st from 8:30am-1:00pm.

Please email daja.woods@lethsd.ab.ca if you are able to volunteer some time to the Book Fair. Thank you!

The will also be another Book Fair in February!

WEST ELEMENTARY BINGO

Indigenous families and students of Dr. Gerald B. Probe, Nicholas Sheran, Coalbanks, and Mike Mountain Horse

YOU ARE INVITED!

FREE DINNER AND REFRESHMENTS!

5:30-6:00PM

**October 3rd, 2024
Dr. Probe Elementary School
120 Rocky Mountain Blvd W,
Lethbridge, AB
6-7pm**



WIN 1 OF 4 GIFT BASKETS

GRAND PRIZE





OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	No School National Truth & Reconciliation Day	1 Jr Choir @8am	2	3 Sr Choir @8am Elementary Indigenous BINGO Night @5pm	4 AM Kinder Cram the Car	5
6	7	8 Jr Choir @8am	9 Values Assembly @9:30am	10 Sr Choir @8am	11 PM Kinder	12
13	14 No School Thanksgiving 	15 Jr Choir @8am	16	17 Sr Choir @8am	18 AM Kinder	19
20	21	22 Jr Choir @8am Kinder PTIs from 8:45am-3:45pm/ No School for Kinder Only	23 No School AM Staff PL PTIs from 1pm-8pm	24 No School Staff PL PTIs from 8:45am- 3:45pm (if needed) Book Fair from 9:30am-3:30pm	25 No School Staff PL PTIs from 8:45am- 12:30pm (if needed) Book Fair from 9:30am-12:30pm	26
27	28 Book Fair from 8:30am-4:30pm	29 Jr Choir @8am Picture Retake Day! Book Fair from 8:30am-4:30pm	30 Book Fair from 8:30am-4:30pm	31 Sr Choir @8am Halloween! Book Fair from 8:30am-4:30pm		

SEND BEFORE 6

Overview

Send before 6 is not a new practice, nor is it a policy. We believe this approach is in the best interests of our Lethbridge School Division students, staff and families, as we continue to support well-being. It means non-emergency emails and texts will only be sent before 6:00 p.m. on weekdays.

This initiative aims to respect the personal time of staff, families, students and parents. We hope it promotes a healthy work-life balance, allowing time in the evenings for loved ones and other activities.

Late-night emails and texts can be problematic for all of us. Fatigue can lead to poor decision-making, and too much screen time, especially exposure to blue light in the evening, can be harmful. Society is moving towards unplugging from technology after work hours.

Lethbridge School Division wants our staff to be at their best each day. While many staff work in the evenings to prepare, **Send Before 6** ensures that this work doesn't include sending emails or texts, which, like in any business, will be addressed during business hours.

We understand that evenings are often the best time for teachers and parents to connect, so phone calls may still happen as usual. **Send Before 6** only applies to emails and texts. While teachers and staff may still work in the evenings if needed, most emails and texts will be sent or responded to before 6:00 p.m. We ask parents to support next-school-day responses for non-emergency messages.

We recognize that **Send Before 6** is a change for our division, and we appreciate everyone's cooperation as we adapt. We care about the well-being of our students, staff and families, and aim to reduce the unrealistic expectation that people should be available to respond to emails and texts at any hour.



QUESTIONS?

1. What would be considered non-emergency vs. emergency?

Non-Emergency Situations: These involve issues that are important but not time sensitive. Examples include routine questions, updates, requests for information, or concerns that can wait until the next school day. Responding during regular hours allows for thoughtful and measured responses without the stress of urgency.

Emergency Situations: These are critical issues that require immediate attention. They might involve safety concerns, urgent health matters, or situations that could significantly impact a student's well-being or the school environment if not addressed right away. In these cases, rapid communication is necessary to ensure timely support and intervention.

2. Won't all emails now be scheduled to send first thing in the morning, flooding our inboxes?

Send Before 6 aims to create healthier communication habits by encouraging non-emergency emails and texts to be sent during business hours, before 6:00 p.m. This approach can reduce inbox overload in the morning by:

Discourages After-Hours Sending: By setting the expectation that messages should be sent during the day, fewer emails and texts are sent late at night, minimizing the bulk of messages piling up overnight.

Creates a Balanced Flow of Communication: With most communication happening during business hours, the number of messages is spread out more evenly throughout the day, reducing the chance of a morning rush of emails that need immediate attention.

Encourages Thoughtful Communication: Knowing that messages sent late may go unread until the next day, senders are more likely to pause and reflect on whether the communication is necessary or if it can wait, naturally leading to fewer but more relevant emails.

Ultimately, **Send Before 6** encourages a manageable flow of communication, promoting a healthier and less overwhelming inbox each morning.

3. How will this work for parents?

For parents, **Send Before 6** means:

Structured Communication Times: Non-emergency emails and texts sent after 6:00 p.m. will generally be addressed the next school day.

Encourages Balance: Parents can use the evenings to focus on family time and personal activities without feeling pressured to check or respond to school-related messages outside of business hours.

Clear Expectations: Knowing that urgent issues can still be communicated and addressed promptly helps parents understand when it is appropriate to use immediate communication channels and when to wait for a response during regular hours.

Overall, **Send Before 6** aims to create a more balanced communication routine that respects everyone's time while ensuring that urgent matters are handled efficiently. Thank you for your support!





\$130 per player

All sessions led by
head coach Ian
Bennett

Grades 2-4: Age
appropriate intro

Grades 5-6: Transition
towards full game



Fall Youth Camp

Registration open:

www.locomotivevolleyball.ca

Sundays: October 6, 20, 27

November 3, 10

Grades 2-4: 930am-11am

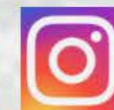
Grades 5-6: 11am-1230pm

U of L Gymnasium



*Youth ages 5 - 18
Recreational to Competitive Levels
Season runs September to March
Affordable Equipment Rental Available
FREE "TRY B4U" join sessions
Learn to Skate Programs*

Join **LETHBRIDGE
SPEEDSKATING**



lethbridgespeedskating.ca
[leth_bridge_blades](https://www.instagram.com/leth_bridge_blades)
contact Issa.sk8r@gmail.com

GALAXY BOWLING & PIZZA **BOWLING** FUNDRAISER

A GALACTIC GIVING EVENT

**FREE
POP AND
SNACKS**

**COSMIC
BLACKLIGHT
BOWLING**

**SILENT
AUCTION**

100% OF PROCEEDS PROUDLY SUPPORTING



**CHINOOK CHILD AND YOUTH
ADVOCACY CENTRE**

A Specilized Program of the Chinook Sexual Assault Centre.

**OCT
26
2024**

DROP - IN
2pm - 6pm
GALAXY BOWLING & PIZZA
1702 - 23 St. N. Lethbridge

**TICKETS
\$25
PER PERSON**



PURCHASE TICKETS AT THESE LOCATIONS

Galaxy Bowling
1702 23 Street N.

Scotiabank Locations:
3730 Mayor Magrath Drive S.
550 University Drive W.

Eventbrite



**100% tickets sold at their locations will
be matched by Scotiabank up to \$3000**



HEAD-TO-HEAD COMPETITION

Rev up your "rival" company, service provider, department or team to compete in a head-to-head challenge where the Winning Team earns bragging rights and the Losing Team makes a donation of \$10 per player to the Chinook Child and Youth Advocacy Centre.

LETHBRIDGE BULLS

CITY CONNECT JERSEY DESIGN CONTEST!

The Lethbridge Bulls are hosting a contest with local schools & organizations for kids to design a new "City Connect" Jersey & Hat for the 2025 Bulls Season!

**THE CONTEST WILL RUN FROM
SEPTEMBER 30TH, 2024 - JANUARY 15, 2025**

CONTEST RULES:

- Design front and back of a jersey
- Design front and back of a hat
- Team name change is PERMITTED
- Ages 17 and under can participate
- Enter as many times as you would like
- Entries can either be digital or by hand

**THE WINNER WILL RECEIVE A
JERSEY WITH THEIR DESIGN, 2
SEASON TICKETS, a "DAY WITH THE
BULLS" & WILL HAVE THEIR DESIGN
WORN BY THE 2025 BULLS TEAM!**

Digital submissions can be emailed to customer.service@underthelights.ca
By hand submissions can be dropped off at our office; 2425 Parkside Dr. S
or scanned and sent to our email customer.service@underthelights.ca