

Nicholas Sheran News



Principal's Message

Hello everyone – welcome to the month of November at Nicholas Sheran Elementary School. 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 are now fully up and running, as are our Grade 4 and 5 handbells groups. Mid-month we accepted the Cram the Car challenge (thank you to everyone who donated), as well as the Indigenous Family Bingo night at Dr. Probe Elementary School. Our Book Fair has been an exciting time here at the school, 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, and we appreciate your support very much!

[School Travel Plan Signing](#)
[Handbell Clinician at Nicholas Sheran](#)

Thank you to our Grade 2 teachers and our friends at AgeCare Columbia (senior and assisted living facility) who worked together to connect our school to the senior residents. AgeCare Columbia hosted our Grade Two classes for their walking field trip to their facility to "trick-or-treat". As always, our school is open to hosting residents who would like to participate in our Remembrance Day Assembly on November 8.

The month ahead will prove to be another busy and engaging time for our learning community. From Indigenous' Veterans Day and Remembrance Day, Rock your Mocs Week, Field Trips, Report Cards, and the Kids Choir performance on November 21...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



FOLLOW US ON
FACEBOOK!

@ [NICHOLAS
SHERAN
ELEMENTARY
SCHOOL](#)

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



On November 8, we will have our Remembrance Day Assembly at 10:30am. We are looking for students in Guides, Brownies, Sparks, Cadets, etc. to participate in the Colour Guard. Please message Mrs. Britton (nadia.britton@lethsd.ab.ca) or Mr. Sheedy (owen.sheedy@lethsd.ab.ca) if you have any questions.



November Wellness....

We are introducing a universal program to all of our students at Nicholas Sheran this year. Second Step is a Social



SOCIAL
EMOTIONAL
LEARNING

Emotional learning program which includes 4 main topics: Growth Mindset & Goal Setting, Emotion Management, Empathy & Kindness, and Problem-Solving.

We are just nearing completion of the first unit at Nicholas Sheran. Students from Kindergarten-Grade 5 have learned various knowledge and skills in the area of Growth Mindset and Goal Setting. Learning about mistakes being okay as well as how to change negative self talk into positive self talk are important skills in developing a Growth Mindset. Older students have learned about goal setting and the importance of setting attainable but challenging goals for themselves as well as for classes as a whole.

I can't wait to get on to the second unit and to continue to learn with all of the Nicholas Sheran students!

~ Jennifer Robinson, Student Support Worker

Southern Community
Food Security

Food Distribution

Located at Nicholas Sheran School,
Come to Our Food Distribution!



FRIDAY

Nov 1, 2024

Some items we will be giving
away will are:



START AT

2:30pm till 5pm

Breads, Microwave meals,
Lunch items, Non-parashable items



380 Laval Blvd W,
Lethbridge

Gluten-free; breads, Pizza crust,
Assortment of other Gluten-free
items, potatoes, etc...

We please ask for a
minimum \$15
per household donation,
to help cover associated
Expenses.

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 19th 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



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 Friday, November 22nd. 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 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.



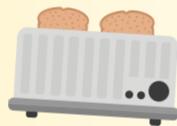
NS Breakfast Program

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).



PLEASE VISIT WWW.LFSFAMILY.CA/REGISTER
FOR FURTHER INFORMATION



REGISTRATION CLOSES NOVEMBER 18, 2024

NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 -PM Kinder -Book Fair from 7:30am-noon	2
3	4 -Gr 5 V-ball @Davidson	5 -Jr Choir	6 -Gr 5 V-ball @NS	7 -Sr Choir	8 -AM Kinder -Remembrance Day Assembly at 10:30am	9
10	11 -No School 	12 -No School -Staff PL	13 -Gr 5 V-ball @NS	14 -Sr Choir	15 -PM Kinder 	16
17	18 -Gr 5 V-ball @Probe	19 -Jr Choir -LC Market Day	20 -LC Market Day -Gr 5 V-ball @NS	21 -Sr Choir -Jr & Sr Choir Perform with the Symphony at 7:00pm	22 -AM Kinder -Report Cards OPEN on the Parent Portal	23
24	25 -Kinder, Grade 1 & Grade 2 Dental Visits -Gr 5 V-ball @NS	26 -Jr Choir -Kinder, Grade 1 & Grade 2 Dental Visits	27 -Gr 5 V-ball @NS	28 -Sr Choir -Family Numeracy Night 	29 -PM Kinder -V-ball Bonanza @TBD	30



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

In Person ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This closed group consists of five ninety-minute sessions on these topics:

- What is ADHD and how to talk to you child/teen about it
- How medication, nutrition, exercise, and sleep impact ADHD
- How ADHD impacts self-regulation and the importance of co-regulation
- Tools for parenting a child/teen with ADHD
- Navigating school systems and community services

Upcoming Dates and Location

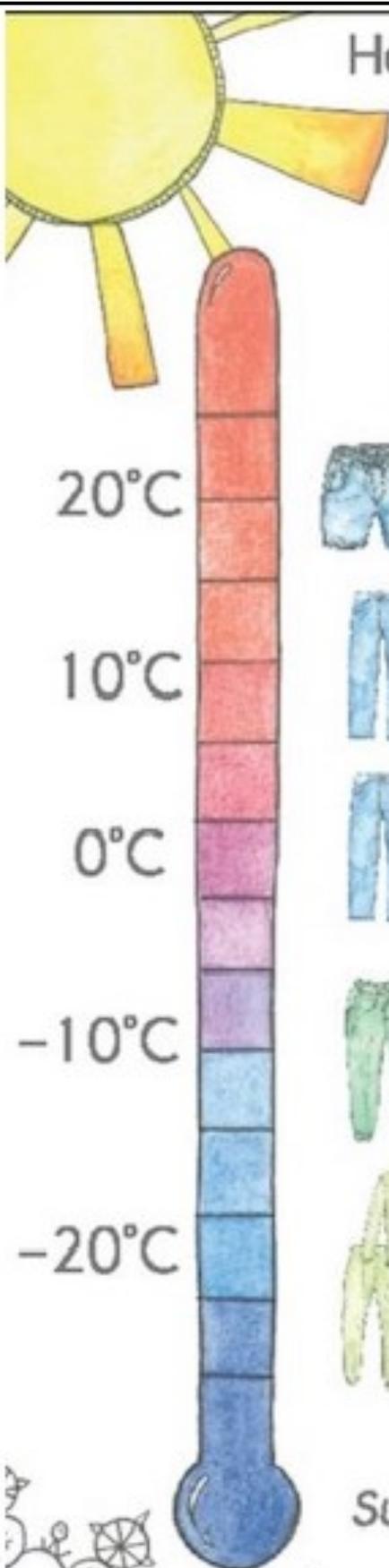
Tuesdays, November 5 – December 3, 2024, from 6-7:30 p.m.

Child, Youth and Family Addiction and Mental Health Clinic
Melcor Centre (Suite 120A 200 - 4 Ave. So.)

**To register, call Access Addiction & Mental Health
1 888 594 0211**

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!



Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca



LFS Angel Tree Christmas Campaign



Eligibility:

Children 0 - 18 years old are eligible to receive gift bundles.
Families requiring assistance at Christmas, living in Lethbridge and area.

Registration Is Open
October 1 - December 4, 2024
Register online at www.lfsfamily.ca



Contact:

Lethbridge Family Services
Val Wingerter
Phone: 403-320-9119
Email: AngelTree@lfsfamily.ca

About LFS Angel Tree Christmas Campaign: Lethbridge Family Services' collects new, unwrapped toys during November and December and distributes them to children and youth in Lethbridge and area, 0 - 18 years old, whose families need help at Christmas.





ESPORTS DAY AT THE GALT

November 8, 2024

Join us for an exciting day dedicated to the world of Esports! Whether you're a seasoned video gamer or just curious about the Esports phenomenon, we have something for everyone.

INTRODUCTION TO THE WORLD OF ESPORTS

Time: 1:00 PM - 2:00 PM

Who Should Attend: Anyone interested in discovering and learning more about the world of esports. There will be time for open questions regarding what esports is and why it has become so popular.

SUPER SMASH TOURNAMENT



Time: 6:00 PM - 9:00 PM
(Walk in Registration 6:00 PM-6:30PM)

Who Should Attend: Anyone who loves to play Smash is welcome. No registration or fee is required—just show up and we will play. Open to all skill levels and players.

FREE PLAY AREA AND CHALLENGES

Time: 6:00 PM - 9:00 PM

Who Should Attend: Anyone interested in learning about speed runs or just playing some classic or current video games is welcome. We will have a Princess Peach speed run.

ROCKET LEAGUE: WATCH, LEARN, & PLAY

Time: 6:00 PM - 9:00 PM

Who Should Attend: Anyone who wants to learn about what Rocket League is and watch a live tournament. Also do some free play.

NOV 1 8:00 AM-7:00 PM

HALLOWEEN *Candy Buy Back*

DOOR PRIZE DRAW
WIN OUR SPOOOOOKY
PRIZE BASKET!



WE WILL PAY YOU
\$1.00 PER POUND!

Lethbridge Dental Services South
#50 2810 Fairway St. S





Lethbridge
SCHOOL DIVISION

NAVIGATING TECHNOLOGY TOGETHER

**UPDATE ON DIVISION PERSONAL
MOBILE DEVICE AND SOCIAL MEDIA
USE IN SCHOOLS PROCEDURE**

ENGAGE IN
LEARNING AND
DISCUSSION
REGARDING
EDUCATIONAL
GUIDELINES FOR
TECHNOLOGY USE

PLEASE JOIN US

SCAN ME



WEDNESDAY, NOVEMBER 13TH

REGISTRATION REQUIRED

PLEASE REGISTER ONLINE BY OCTOBER 31ST

EVENT FROM 6:00-7:30PM

G.S. LAKIE MIDDLE SCHOOL FOYER

LETHBRIDGE
SCHOOL DIVISION

DIGITAL
WELLNESS TEAM

