

Nicholas Sheran News

Principal's Message

Hello to our community, and welcome to a New Year! It is the month of January, and we are looking forward to hearing all about the adventures your family had while you were away from school. 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. Miklos for managing our social media accounts. We appreciate you, Mrs. Miklos!

The month of December was a busy one as we celebrated many different events. We had fabulous performances from our choirs and handbells groups at our December Values Assembly. It was exciting for our Senior Choir to perform at the 31st Annual Mayor's Christmas Concert alongside the talented musicians of the Lethbridge Community Gold and Silver Bands. 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 the school division BOOST program that will target supports to students based on assessment data. These interventions will be prepared toward the end of the month, with programming to start in early February. Our Grade One teachers are working to complete their second round of government-mandated assessments this month, and our Kindergarten teachers will embark on their first round of these assessments this month, too.

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



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ELEMENTARY
SCHOOL](#)

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School Division
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Education
Newsletter](#)



January Wellness....

Happy 2025!! January can be a time of reflection of all of our growth in the past year as well as a time for excitement as we decide how we want to challenge ourselves going forward. We often forget to celebrate how far we have come and all that we have accomplished. Take some time as a family to discuss everyone's successes as you decide what goals you'd like to make for the new year.



Bell Let's Talk Day is January 22, 2025. This is a campaign created by Bell Canada in an effort to raise awareness and stop stigma surrounding mental illness in Canada. This year, they are highlighting the need to prioritize youth mental health.

One part of Bell's main strategies is Care and Access. There is a 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



2024/25 School Year Registration

Kindergarten registration begins on January 20th, 2025 and Spanish Bilingual registration for West Coulee Station Elementary School begins on January 13th, 2025. Visit the [Lethbridge School Division](https://www.letshsd.ab.ca) website for all of the details! **Nicholas Sheran Elementary School will also be completing Grades 1-5 registrations at this time to help the new school determine what their student numbers will be.**

Please note, students must be five years old as of **December 31, 2025** to register for Kindergarten. Lethbridge School Division prides itself on offering Kindergarten programs with an early-intervention and child-centered 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 Elementary-aged children to register soon as our staffing depends on student registration numbers!

PROJECT FAIR 2025

What: Canadian Heritage or Science Project Showcase

Where: Nicholas Sheran School Gymnasium

When: March 25th, 2025

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 Friday, February 14th.



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 21st 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



In person ADHD parent group

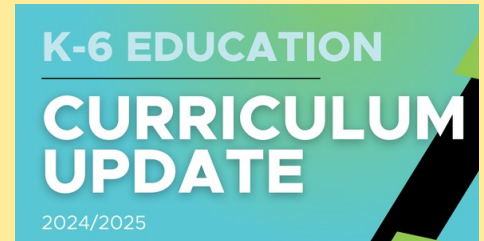
An educational group offering introductory information on ADHD to parents and caregivers. Participants are asked to register in advance for the five sessions covering:

- 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

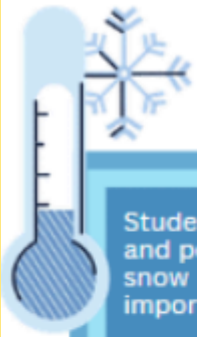
Tuesdays from 6 to 7:30 p.m., February 25 to March 25, 2025.

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

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



Our school has been implementing new curriculum as it is shared by the Alberta Government. Over the next two newsletters, please take a look at the At-A-Glance documents (pages 6-10 of this newsletter) that were specifically created for parents! We will be discussing new curriculum and the new elementary report cards as School Council meetings continue this school year.



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.

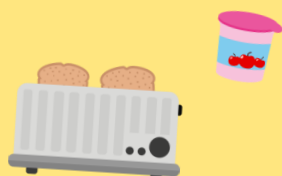
Families should ensure they have back-up care arrangements if transportation is delayed. Children should have a warm place to stay before and after school.

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

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).

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Years Day 	2	3	4
5	6 School Resumes	7 KFC Hot Lunch Orders Posted on SCO	8	9 Ribbon Skirt/Shirt Day 	10 PM Kinder	11
12	13	14	15	16	17 AM Kinder KFC Hot Lunch Orders DUE by 8am on SCO	18
19	20 2025/26 Kindergarten to Grade 5 Registrations Begin	21 School Council Mtg @6:30pm	22	23	24 PM Kinder	25
26	27	28 Grade 5 Basketball KFC Hot Lunch Day! 	29	30 Grade 5 Basketball	31 No School Staff PL Day	



Introduction

Kindergarten is a wonderful way for your child to discover what school is like and to have fun while learning new things. In this exciting new community, children's natural curiosity and eagerness to learn are structured through organized activities and purposeful play. Your child will interact, imagine, experiment, and explore to add to their knowledge, learn new skills, and practise what they've learned.

English Language Arts and Literature

A is for apple. Your child will begin to understand that letters have sounds and that together those sounds form words and carry meaning. Your child will have fun sharing their ideas and experiences, forming letters, printing their name, and playing with the new words they learn.

Mathematics

I'm learning numbers and creating patterns. Your child will solve problems with quantities, investigate shapes, and begin to learn about time.

Physical Education and Wellness

A healthy body is part of a healthy life. Your child will begin to develop a love for physical activity through movement, games, and activities. They will use a variety of equipment and see that they have the power to make healthy food choices and play safely.

Science

What do I see, feel, and smell? In Kindergarten Science, your child will explore the properties and movement of objects while learning about their environment.

Social Studies

For the 2024–2025 school year, the draft Kindergarten to Grade 6 social studies curriculum will be optionally piloted in classrooms. To find out if your child will be in a piloting

classroom, contact your child's school. For more information about the new curriculum, visit [K to 6 curriculum renewal](#).

Resources to Help Your Child

A variety of digital and print resources developed by publishers, Alberta Education, or Alberta teachers are available to help children learn. Teachers may select and bring into the classroom numerous innovative and creative resources to create rich learning experiences for your child.

In September 2024, students across Alberta will learn from finalized curriculum in

- K–6 Français langue première et littérature
- K–6 French immersion language arts and literature
- K–6 science
- K–6 English language arts and literature
- K–6 mathematics
- K–6 physical education and wellness

To learn more about the resources your child may encounter in these finalized subjects, visit [Explore Resources](#). To view resources for all other subjects, visit [LearnAlberta.ca](#).

Where can I get more information?

Learn more about your child's education by visiting <https://curriculum.learnalberta.ca/parents/>.



Introduction

Look at me—I'm in Grade 1! In Grade 1, all students take the following required subjects: art, English language arts and literature,* mathematics, music, physical education and wellness, science, and social studies. Students in Francophone schools or French immersion programs take a mandatory French language course.

***Note:** English language arts and literature may have different points of entry in Francophone schools or French immersion programs based on a school authority's decision and/or policy.

Art

How do I create things? In Grade 1, your child will create visual art by using a variety of media and techniques and will begin to think about what visual symbols mean. Through the four major components of the art program, they will explore form and function and develop decorative styles.

English Language Arts and Literature

What are words and how can I use them? How can I speak well with others and know I am using the right words? Grade 1 students see why words are important and how words can be used to create beautiful stories. Your child will experience the fun of communicating, learning, and expressing themselves.

Physical Education and Wellness

Staying active keeps my body healthy and strong! Your child will see the importance of establishing healthy habits and building friendships. They will grow to appreciate the importance of physical activity, while discovering essential life skills, such as cooperation, leadership, fair play, and teamwork.

Mathematics

I'm learning addition and subtraction facts. Your child will

learn to compare quantities and solve problems using addition and subtraction. They will gather data, identify and sort shapes, and learn about cycles of time.

Music

Let the music move you! Your child will explore and describe the sounds around them, noting whether they're high or low. They will echo rhythms and express their feelings by using action songs, singing games, and rhythm instruments.

Science

Do you know why fall is my favourite season of the year? Grade 1 Science will foster your child's natural sense of wonder about their world while they learn about the seasons and living things.

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Optional Subjects

At the elementary school level, programming may include one or more optional subjects. Some schools may offer additional optional subjects not listed below.

- Drama
- First Nations Languages
- International Languages
- Locally Developed Courses

How Your Child Is Assessed

Your child's learning is assessed using a variety of tools and strategies within the classroom. Ask your child's teacher what methods they are using. The different assessment methods tell you and your child's teacher about your child's strengths, areas in which your child requires support, and how well your child is doing throughout each course. Your



child's teacher can then change or refine their teaching plans to ensure that learning activities better meet the needs of your child. At the end of each course, your child is assessed and their achievement is reported so that you know if they have achieved the expected learning outcomes for their grade.

Students in Grade 1 will complete provincial literacy and numeracy screening assessments. These assessments provide important information about how students are learning and what they need help with. The assessments make sure that students who are struggling get the help they need sooner. For more information about literacy and numeracy screening assessments, view the [Parent/Guardian Question and Answer Sheet](#).

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Introduction

New ideas are everywhere. In Grade 2, all students take the following required subjects: art, English language arts and literature,* mathematics, music, physical education and wellness, science, and social studies. Students in Francophone schools or French immersion programs take a mandatory French language course.

***Note:** English language arts and literature may have different points of entry in Francophone schools or French immersion programs based on a school authority's decision and/or policy.

Art

Look what I made! In Grade 2, your child will create visual art by using a variety of media and techniques and communicating with visual symbols. Through the four major components of the art program—reflection, depiction, composition, and expression—they will explore form and function and develop decorative styles.

English Language Arts and Literature

What can I share with my classmates? What interesting things can my classmates share with me? By further developing skills in listening, speaking, reading, writing, viewing, and representing, your child will create their own stories and add excitement by saying certain words louder or with a different pitch.

Mathematics

I'm using mathematics to solve problems. Your child will count money and learn to estimate. They will measure and compare lengths, analyze shapes, and construct and interpret graphs.

Music

I'm making music! Your child will create their own music for poems and songs. They will see how melodies rise and fall

and understand that a rhythm can be paired with a melody. They will sing a variety of songs; move to music, poetry, and stories; and read simple printed symbols.

Physical Education and Wellness

I feel energized when I move my body! Your child will learn how to eat based on food guidelines, learn how to be as active as they can, and discover how to strengthen personal relationships. They will grow to appreciate the importance of physical activity, while discovering essential life skills, such as cooperation, leadership, fair play, and teamwork.

Science

I am discovering the world around me! Grade 2 Science will foster your child's natural curiosity about their environment and our planet. They will learn about light and sound, and plants and animals.

Social Studies

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