

# Nicholas Sheran News



## Principal's Message

I would love to start our newsletter with a moment of gratitude and appreciation for the incredible support staff we have in our school. I hope you agree that it is important to highlight how wonderful these people are! From our Educational Assistants to our Office Admin Staff, and from our Student Support and Family Support Workers to our Caretaking Team, it truly takes a caring and compassionate 'village' to support our students each day. We appreciate the motivated, enthusiastic, and determined mindset that our support staff bring to our school each day. We would be so lost without each one of them!

From our recent Book Fair and Family Literacy Night to Candy Grams and Pink Shirt Day, we appreciate all the ways that our parents and guardians stay engaged in our school. We will have our Celebration of Learning and our term two report cards going 'live' this month, and we would love to continue the parent and guardian engagement with those two events. Please engage with PowerSchool to see the report cards that teachers work so hard to prepare.

Over the next few weeks in Makerspace, students will be creatively collaborating on making dioramas. These exciting projects will also be on display for you all to see at our Celebration of Learning night, which is yet another reason to attend. Please mark your calendars for Saturday, March 15 at 6:00pm which is the evening that our Senior Choir will be singing O! Canada at the Lethbridge Hurricanes hockey game – so exciting! Thank you to Mr. Sheedy, Mrs. Britton, and our incredible parents and staff volunteers who make our Music Program special each year. We appreciate you. As always, please reach out with your questions and ideas!

Take care,  
Aaron Fitchett, Principal



Come support our Nicholas Sheran Sr Choir as they sing the national anthem on Saturday, March 15<sup>th</sup> at the Lethbridge Hurricanes Game! Doors open at 5:00PM and we will be singing 'O' Canada' before the puck drop at 6:00PM.

Sr Choir students will receive one free ticket as well as information on how to purchase tickets for family members near the choir seats.

For anyone else that would like to come watch the game, please use the code SHERAN24 and follow the instructions below to buy tickets:

Go to the website: [visitlethbridgearena.ca](http://visitlethbridgearena.ca)

Click on Events -> Lethbridge Hurricanes

Click Promotions and enter the promotional code SHERAN24



FOLLOW US ON  
FACEBOOK!

@ [NICHOLAS  
SHERAN  
ELEMENTARY  
SCHOOL](https://www.facebook.com/NicholasSheranElementarySchool)



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



## March Wellness....

March is National Nutrition Month. This is a great time to think about what we have been eating at home and what we send with our children for school lunches. It can be difficult to always eat healthy meals but we can likely all increase the amount of healthy foods in our meals. They recommend that half of our plates consist of fruit and veggies. It might be a good time to try out some different kinds! Look up a new recipe with your child. Maybe even have them help you make it. The other thing to consider is what you are drinking on a regular basis. Many sodas and juices have a lot of added sugar. Drinking water is a great choice. Try adding some fruit to your water for some added flavor. Even little steps towards healthier eating habits can make a big difference.

~Jennifer Robinson, Student Support Worker



## Alberta Education Assurance (AEA) Survey

The Alberta Education Assurance (AEA) survey is an annual survey that gathers feedback on behalf of schools and school authorities to understand what works well and what needs improvement. Schools and school authorities use this information to understand how they are doing and plan for the future.

The AEA survey is sent to parents or guardians of students in Grades 4, 7 and 10. In schools with fewer than 120 students in Grades 4 to 12 and most charter and private schools, survey are sent to parents or guardians of students in Grades 4 and above. Teachers and students complete the survey online at school.

This year, there are some changes as to how parents and guardians will complete this important survey. Parents or guardians will receive an invitation from their child's school to complete the survey online using a Random Access Code (RAC). The RAC is provided by their school on behalf of Alberta Education. Parents or guardians with more than one student in an eligible grade will receive a separate RAC for each child.

Only parents or guardians of students in participating grades will receive a RAC to complete the survey.

Responding to the survey is voluntary and anonymous. The AEA survey asks the same questions each year so we can measure how schools are performing over time.

All responses are anonymous. Results are calculated at the provincial, school authority and school level and provided back to schools and school authorities for the purposes of their planning and reporting. For further information about the school or school authority results, please contact the school or school authority directly.

Results for groups with fewer than 6 responses are not reported. For more information, please see this website:

[Alberta Education Assurance \(AEA\) survey | Alberta.ca](https://www.alberta.ca/alberta-education-assurance-survey)

## Alberta Education Assurance Survey



**REGISTER TODAY**  
for the 2025-26 School Year

## 2025/26 School Year Registration

Kindergarten (child must be 5 years old on, or before, Dec. 31, 2025) to Grade 5 Registrations are now hosted on SchoolEngage. To register your student, please click the link below then choose 'create a new account'. Once an account has been created, choose to add a new student and complete the form.

<https://lethsd.schoolengage.ca/#/login>

For more information on how to use the SchoolEngage platform, please check out the SchoolEngage Parent User Guide here: <https://www.lethsd.ab.ca/download/439797>

To help select the appropriate school for registration, please use this link to use the Lethbridge School Division School Locator Tool: <https://mybaragar.com/index.cfm?event=page.SchoolLocatorPublic&DistrictCode=AB51>

Please register in a timely manner as our staffing depends on student registration numbers.



### March Parent Teacher Interviews

Kindergarten - No classes for PTIs all day Wednesday, March 12 & Thursday, March 13 - Teachers will reach out to set up appointments.

Grades 1-5 - Early Dismissal on Thursday, March 13 at 12:35pm for PTIs in the PM. These are by teacher or parent request only - please contact your child's teacher if you would like to meet with them.

### 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).



### 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, March 18th 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





# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 *Grade 4 Handbells @8am *Gotgilf Swimming @1:30pm	4 *Jr Choir @8am	5 *Grade 5 Handbells @8am	6 *Sr Choir @8am *Grade 5 Field Trip to the Yates @10:50am *Grade 3 Skating @1:15pm	7 *PM Kinder *Report Cards OPEN on the Parent Portal 	8
9	10 *Subway Hot Lunch Orders DUE on SCO by 8am *Grade 4 Handbells @8am *Grade 5 Skating @1pm	11 *Jr Choir @8am	12 *Grade 5 Handbells @8am *Erickson Swimming @1:30pm *Kinder PTIs ~ NO SCHOOL FOR KINDER	13 *Sr Choir @8am *Kinder PTIs ~ NO SCHOOL FOR KINDER *Grade 1-5 ~ EARLY DISMISSAL @12:35pm for PL/PTIs *Celebration of Learning @5:30pm	14 *NO SCHOOL Staff PL	15 *Sr CHOIR Sings O' Canada at the Hurricanes Game
16	17 *NO SCHOOL Staff PL	18 *Jr Choir @8am *School Council Meeting in the NS Community Room @6:30pm	19 *Grade 5 Handbells @8am *Chudobiak Swimming @1:30pm *Subway Hot Lunch Day! 	20 *Sr Choir @8am *Grade 3 Skating @1:15pm *Holmes Swimming @1:30pm *CHOIR Sing for the Soup Kitchen @6:30pm	21 *AM Kinder	22
23	24 *Grade 4 Handbells @8am	25 *Jr Choir @8am *Project Fair Day Parents Welcome from 1-3:30pm Awards Presented @3:15pm 	26 *Grade 5 Handbells @8am *Digital Wellness Day	27 *Sr Choir @8am	28 *PM Kinder	29
30	31 *Grade 4 Handbells @8am *Grade 5 Skating @1pm					

# Child, Youth and Family Mental Health and Addiction Walk-In Services



Walk-In Services provides timely mental health and addiction services for children, adolescents and their families in a compassionate and convenient environment.



## Location:

Child, Youth and Family Addiction and Mental Health Clinic  
Melcor Centre - Suite 120A  
200 - 4<sup>th</sup> Avenue South  
Lethbridge, Alberta  
T1J 4C9  
Ph. 403-381-5278

## Parking:

Parking is free for a 90 minute time slot in The Bay parking lot by entering your license plate # in the machine.

## Directions:

Enter through the AHS doorway on the south side of Melcor Centre. Walk down the long corridor into the main mall area. We are located on the main floor, Suite 120A.

## When:

**Thursdays: 11:30-4:30**

- **11:30-Registration starts.**
- **12:00-4:30-Therapists will see clients.**
- **No new clients will be accepted past 3:15.**

Our wait times can change with little warning over the course of the afternoon. If you are concerned about potential wait times or want to make sure we are not full for the current day, you can call us. We will not take names for the waitlist over the phone.



## About services

Offers a no-cost service in the form of a single session therapy for children, youth and families.

- Therapy supports for children and youth ages 7-17.
- Parenting supports for parents of children ages 0-17.

Walk-In Services provides mental health and support in a single session or "one at a time" service model.

Children and youth aged 7-17 and/or their families or guardians may come to the walk-in to meet with a therapist for one hour to discuss concerns regarding the child or youth's mental health and collaborate in creating a support plan for those issues.

Clients may re-present at the walk-in after their initial visit, by may or may not be connected to the same therapist depending on scheduling.

Clients may be offered a single session connection with nursing, mental health therapy, addiction counselling or family mobile.

There is no limit to the number of times that you can access the Walk-In.

Ph. 403-381-5278



## For your walk-in session:

### Things to bring:

- Alberta Health Care Card
- Identification (for older youth and parents/guardians of children).
- A list of other therapists you are seeing (if any and if you have this available).
- Any relevant custody orders.

### Other considerations:

- A parent or legal guardian must accompany anyone under the age of 14.
- If you are between the ages of 14 and 17 you may request services without the consent of your parents. The counsellor will assess if you meet mature minor criteria, which means you are able to give informed consent for services for that day. Not all youth qualify for mature minor status. If you do not, you must have your parent/guardian give consent for treatment. We encourage you to come in and we can work with you to figure this out.

## What is a session like:

We offer single session therapy. The goal is that you leave with a clear plan of support and strategies to address the concern that brought you in.

### Step 1: Complete Introductory Questionnaire

Walk-In starts with filling in some forms in the waiting room. This will:

- Provide background information about you for your counsellor.
- Help identify your concerns and goals for the session.

### Step 2: Meet with a Counsellor

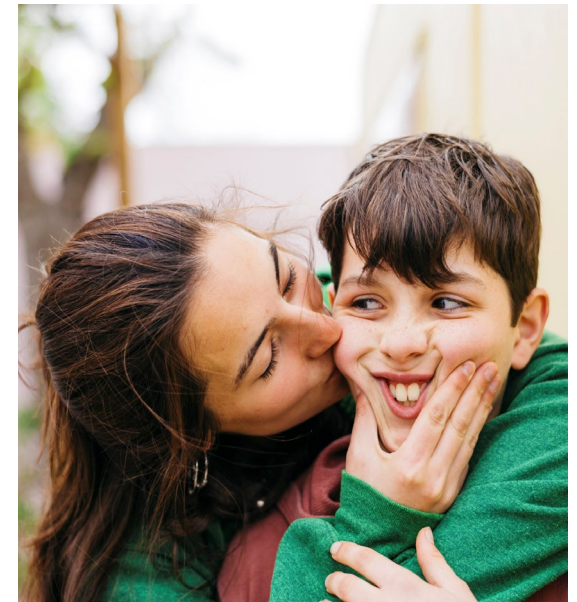
You will meet with a counsellor for 30-40 minutes. You and the counsellor will talk about your concerns, things you have tried in the past and how you will know if you are successful in addressing your concerns.

### Step 3: Leave with a Clear Plan

After your conversation, the counsellor will leave the room for about 10 minutes to talk with another clinical team member and create a plan to help you to address the concerns that brought you to the walk-in. Then, the counsellor will spend about 10 minutes reviewing and revising the plan with you to make sure that it meets your needs.

### Other Recovery Alberta supports:

- If you are in crisis situation where you need immediate support, please go to your local emergency room.
- If you are wanting longer term support for therapy or parenting support and would like to attend regular sessions with a professional, please call ACCESS Addiction and Mental Health: 1-888-594-0211



# **LETHBRIDGE ORCAS**

## **SUMMER SWIM CLUB**

### **2025 Registration**

**Returning Swimmer Registration Begins March 1st**  
**New Swimmer Registration Begins March 10th**

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially

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

Swim Meets are encouraged but optional

Come check out our registration evenings for more information or the 2025 parent handbook on our website

**Monday March 10th - 5:00 - 7:00pm**

**Tuesday March 11th - 5:00 - 7:00pm**

**@Nicholas Sheran Arena Lobby**

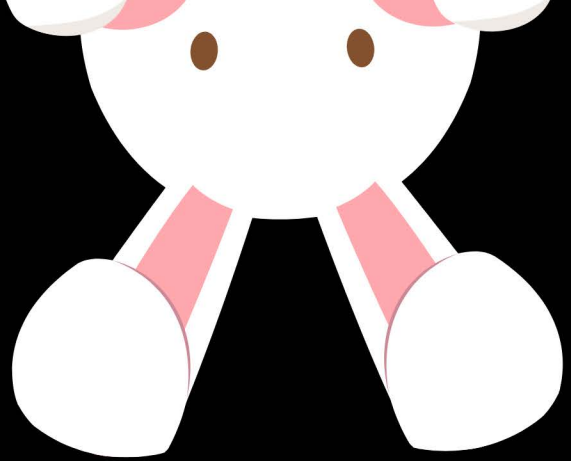
**Suitable for swimmers ages 5+**  
**Paraswimmers Welcome**



**For more information, please email [orcasecretary@gmail.com](mailto:orcasecretary@gmail.com)**



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COACH CODY



COACH CHRIS



STARS  
Volleyball



# EASTER CAMP

APRIL 21-25

7-9U 10-NOON 10-12U 1-4 PM

LIMITED SPOTS!

Register at [STARSVBALL.CA](http://STARSVBALL.CA)

