



Nicholas Sheran Elementary School

Nicholas Sheran News

September 2025

Principal's Message

Dear Students and Families,

OKI and welcome to the 2025/2026 school year to all our Nicholas Sheran Elementary School community.

My name is Aaron Fitchett, and I am honoured to serve as the principal of the school. This summer I spent a lot of time with family and friends in and around Lethbridge. I also got to spend a lot of time with my two pets, Enzo and Friday, who are probably ready for me to go back to work full-time! Returning to the school alongside me are the rest of our incredible office team: our Vice Principal, Mr. Steve Woodcock; our Admin Assistant, Mrs. Jeanine Miklos, and Mrs. Daja Woods (Learning Commons Facilitator), who will be spending a bit more time in the office this school year. We are a welcoming and enthusiastic group of humans, and we look forward to working with you.

Our amazing staff have been preparing for the first days of school with care and attention. We have wonderful teachers, support staff, caretakers, and educational assistants. While most faces will be familiar to you, some will be new. Please introduce yourself to our friendly and caring staff, and we will start building the connections and relationships that our school is recognized for. If you have any questions, concerns, or amazing ideas, please reach out to our staff.

Please enjoy our monthly newsletters that our school team invests a lot of time into creating for your students and families. Each month you will find important information about our school, our community, and our values as a community of learners. I know that I can speak on behalf of our entire staff when I say: Welcome. Whether you are returning to a place you know very well, or this is your first day with our school, you belong here. All are welcome, and we look forward to learning and growing together.

For more information about our school, please visit our website where you will find links to our staff contact pages, and so much more.

<https://ns.lethsd.ab.ca/>

-Aaron Fitchett, Principal



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

Values

COLLABORATION
RESPONSIBILITY
COMPASSION
RESILIENCE

Vision Statement

We are respectful, lifelong learners that are ready for the challenges of the future.

Mission Statement

Nicholas Sheran School is an inclusive and collaborative community, where students build resiliency by embracing challenges with innovative and critical thinking.



FOLLOW US ON
FACEBOOK!

@ [NICHOLAS
SHERAN
ELEMENTARY
SCHOOL](#)

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



June Wellness....

Welcome back!! The Nicholas Sheran School community is so excited to welcome all our students and families! We are looking forward to an amazing 2025-2026 school year!!

As your Wellness Team, we would like to introduce ourselves to you. Kevan Lomness is our Teacher Counsellor and Jen Robinson is our Student Support Worker. We will be a collaborative Wellness Team that supports both Nicholas Sheran and Dr. Probe Elementary Schools this year. We are excited to join forces and meet all of you. We are here to offer support and direction to students and their families. This could be done in the classroom, in small groups and/or one on one with students. We also connect families with various community supports in terms of mental health, food and clothing, community resources, etc.

Families may access Wellness Support by teacher referral, recommendation from School Administrators, following learning team meetings as well as by connecting to Kevan or Jen directly. Please reach out if you have any questions.

Kevan Lomness & Jen Robinson

Kevan.lomness@lethsd.ab.ca & Jennifer.robinson@lethsd.ab.ca

(403)381-1244



Learning Commons Request

Our amazing Learning Commons Facilitator, Mrs. Woods, is always looking for bottle caps! If you have some through out the year, please send them to school for the Learning Commons. Thank you!



October 22, 27-31 Book Fair
November 17-28 MakerSpace
February 23-27 Book Fair

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).

The next meeting will be held on **Tuesday, September 16th at 6:30pm**. Please feel free to join as all parents and guardians are welcome!

Check out our page on the school's website at: <https://ns.lethsd.ab.ca/parents/school-council> to see the Council members, meeting minutes and more.

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



2025 SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Staggered Entry Last Names A-K First Day!	3 Staggered Entry Last Names L-Z First Day!	4	5	6
7	8	9	10 Meet the Staff @6pm	11 Picture Day! 	12	13
14	15	16 School Council Mtg @6:30pm	17	18	19	20
21	22 Treaty 7 Day	23 Jr. Choir @8am	24	25 Sr. Choir @8am	26 Terry Fox Walk 	27
28	29 Orange Shirt Day EEP PL Day	30 No School Truth & Reconciliation Day 				

Notes From the Music Room

Welcome back to another school year at Nicholas Sheran Elementary School!

I hope that you have had a wonderful summer and are excited for what this year has in store. I am happy to be back at Nicholas Sheran for my 8th year of teaching music and I can't wait to get started!

This year, our school enters its fourth year of a four year performance rotation:

Year 1 (2022/23) - Christmas Concert
Year 2 (2023/24) - Talent Show
Year 3 (2024/2025) - Spring Concert
Year 4 (2025/2026) - Talent Show

Permission forms for our before-school musical groups will be sent home this month.

Jr. Choir (Grades 1 & 2) will begin on Tuesday, September 23rd.
Sr. Choir (Grades 3, 4 & 5) will begin on Thursday, September 25th.
Grade 4 Handbells will begin on Monday, October 6th.
Grade 5 Handbells will begin on Wednesday, October 8th.

The date for this year's talent show is Friday, June 19th
More information to come!

Looking forward to a great year of music!

Mr. Owen Sheedy
owen.sheedy@lethsd.ab.ca

2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

www.lethbridgesoccer.com // 403-320-5425 (KICK)

ONLINE ONLY:

August 1 - September 8, 2025

INDOOR SOCCER SEASON STARTS: October 2025 - March 2026 ALL SESSIONS HELD AT THE SERVUS SPORTS CENTRE **INDOOR LEAGUE IS BASED ON TOTAL NUMBER OF SESSIONS FOR THE SEASON**

Register your player in their BIRTH YEAR (all age groups are from birth dates January 1 - December 31 of specified year)

Players will remain playing in their age groups no movement up or down an age group

Player Request Fee \$40.00 - 2 PLAYERS ONLY!

If there are not enough registrants per gender in U12 age group - Will be combined CoEd

Age Group	Birthyear	Fee	# of games	Days Playing	**ESTIMATED START TIMES**
U5 CoEd	2021	\$275.00	17 (40 min. sessions)	Monday	5:00pm
U6 CoEd	2020	\$275.00	17 (40 min. sessions)	Wednesday	5:00pm
U8 Boys	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U8 Girls	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U10 Boys	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U10 Girls	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U12 Boys	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U12 Girls	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U14 CoEd	2012 & 2013	\$400.00	27 (55 min. sessions)	Wednesdays and Saturdays	Wed 6:00pm* - Sat 5:00pm*
U16 CoEd	2010 & 2011	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings
U18 CoEd	2008 & 2009	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings

****Start times are subject to change due to registration numbers and are provided as a guideline only****

PLAYER EQUIPMENT:

U5 & U6, Timbits Jersey, shorts & socks will be provided for each player to keep.
U8 - U18, Full Kit Jersey, Shorts & Socks will be provided for each player to keep.

Soccer Shoes or Soccer Cleats are acceptable, Shin Guards are MANDATORY - Not included in player fees

PROGRAM DESCRIPTION:



U5 & U6 TIMBITS: This is our introductory level, where all sessions are run by our CSA Certified Coaches who will help your child build a love for the ball.

U8 - U12 FUNDAMENTAL: At this stage, individual player development is paramount. Developing soccer creativity skills in a fun environment.

U14 & U16 LEARN TO TRAIN: Golden Age of Learning, that learnt technical skills are introduced to the beginning of the tactical environment.

U18 LEARN THE GAME Combining previously developed technical and tactical skills, into a more mature game setting.



NS Breakfast Program

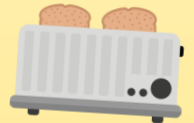
Our school is the recipient of important funding for a school nutrition program. This funding, along with the support of families, community agencies and partnerships, allows us to run a breakfast program, snack program, and supplemental lunch program.

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).



SEND BEFORE 6



SUPPORTING WELL-BEING FOR STAFF, STUDENTS AND FAMILIES IN LETHBRIDGE SCHOOL DIVISION

KEEPING OUR EVENINGS AND WEEKENDS FREE FROM
NON-EMERGENCY EMAILS AND TEXTS



LETHBRIDGE SCHOOL DIVISION IS COMMITTED TO ALL STAFF HEALTH AND WELL-BEING. WE HONOUR YOUR PERSONAL TIME AND THE IMPORTANT ROLES THAT YOU PLAY OUTSIDE OF THE WORK DAY.

THE WHY:

OUR HOPE IS THAT **SEND BEFORE 6** WILL SUPPORT EVERYONE IN LETHBRIDGE SCHOOL DIVISION TO ENJOY HEALTHY WORK/LIFE BALANCE ALLOWING EVENINGS AND WEEKENDS TO BE SPENT ON ACTIVITIES THAT BRING RENEWAL AND REST.

WHAT IT MEANS:

SEND BEFORE 6 MEANS THAT ALL NON-EMERGENCY EMAILS AND TEXTS WILL ONLY BE SENT BEFORE 6 PM ON WEEKDAYS. AFTER HOURS AND WEEKENDS CAN WAIT UNTIL REGULAR WORK HOURS.
(NOT BEFORE 7 AM OR AFTER 6 PM).

TOGETHER
IN
WELLNESS





LETHBRIDGE BOOK & MAGAZINE FESTIVAL

15TH ANNIVERSARY

September 20, 2025 | 11 a.m. - 5 p.m.

Lethbridge Public Library - Main Branch

Featuring Authors

Linda Bailey | Crave Bakery | Maggie Helwig
Ryan North | Jessica Waite | Kevin Van Tighem |
and more!

Live Music | Food Trucks | Workshops | Author Signings | Marketplace

Celebrating Reading. Advocating Literacy.

For full events details visit thewordonthestreet.ca/lethbridge



Lethbridge
Public Library

CONNECTING
YOU



Nutrition Times

South Zone Healthy Eating Newsletter

September 2025 Nutrition Services

Spend less, stress less, nourish more



Your Guide to Fuel Healthy Futures

Canada's Food Guide is a fantastic tool for creating nutritious meals and snacks. This snapshot shows the proportions and types of foods that we can incorporate into our diets to ensure we are fueling our bodies well.



**Make water
your drink
of choice.**

For more ideas for kid-friendly recipes, tips for safely storing food, information on reading food labels, and more, check out the Canada's Food Guide [website](#).



When shopping for pre-packaged foods like granola bars, crackers, or cereals, check the nutrition facts table or look for [front-of-package labelling](#) and choose options that are lower in saturated fat, sodium, and sugar.

Fueling our children with the right kind of foods and drinks is essential for both mental and physical health and can have a direct impact on their immune system and their ability to learn and play.

With grocery costs on the rise, the balance between nourishment, time, and cost can become increasingly challenging. So, what can we do to shift the balance in our favour?



Shopping Seasonally

Taking advantage of seasonal produce is a great way to stretch your budget. When your favourite veggies and fruits aren't in season, utilize frozen or canned options!

Try these items this fall:

- **Squash and pumpkins**
 - Try these freezer-friendly [no bake bites!](#)
- **Apples, grapes, and pears**
 - Nature's fast food, easily packed in a lunch.
- **Carrots and potatoes**
 - Carrot sticks are a great crunchy addition to lunches!
 - Use leftover potatoes to make [potato pancakes](#) to freeze and use for lunches.
- **Cabbage, kale, and broccoli**
 - Add kale to this [creamy smoothie recipe](#).
 - Bake and freeze these [savory broccoli and cheese muffins](#).
 - Shred your cabbage and add to wraps, salads, bowls, and more!

Time-saving Tips



Just like our grocery budget, our time is a valuable resource. These tips can help balance your time, budget, and nutrition.

Ingredient Prepping

Ingredient prepping follows the same idea as meal prepping, but it allows for more meal variety. By washing and chopping vegetables like lettuce and peppers, and cooking and slicing chicken in advance, putting together wraps, salads, and sandwiches can be done with ease.



Get the Kids Involved



Giving children the chance to help prepare their own lunch and snacks saves you time, encourages them to try new foods, and teaches them new cooking skills

- Have fridge/pantry bins with [healthy snack options](#) for them to choose from.
- Let them build their own lunches from prepared ingredients using the [Lunch Generator](#) tool.
- Find more lunch and snack ideas in our full [resource list](#) for parents of school-aged kids.

Frugal Fares



Eating well doesn't have to break the bank. These tips can help you maintain a balanced plate on a balanced budget.



Plant-based Proteins

Plant-based proteins like lentils and beans are nutritious, cost-effective, and great on their own or mixed with meat to cut costs.

One easy way to incorporate more plant-based protein into your diet is through making this [Beans & Rice Master Mix](#) which can be made into a variety of dishes like these freezer-friendly [bean burritos](#).



Plan Ahead



Save more by utilizing the same ingredients across multiple meals. Choose recipes with fewer or overlapping items, like these ["10 ingredients or less" recipes](#).

Repurposing leftovers for lunches is a great way to reduce your costs and food waste. Visit [here](#) for a variety of ideas.

Buying in bulk, freezing day-old whole grain breads, batch baking and freezing homemade muffins, purchasing generic brands or discounted products, and looking for "imperfect" produce are all strategies to remember when creating your grocery list.

Upcoming Events & Classes

We offer classes on a variety of topics like [Healthy Eating for Pregnancy](#), [Feeding your baby \(0-12 months\)](#), [Feeding your child \(1-5 years\)](#), and [Preventing or managing chronic disease](#). For a complete list of workshops that are available anywhere in the province, click [here](#).

Contact

Have questions? Contact your local Registered Dietitian at Community Health Services:

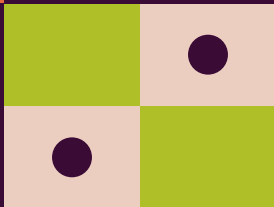
Medicine Hat 403-502-8200
Brooks 403-501-3300
Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to:

www.healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca



FIND YOUR **GROOVE** AT THE LIBRARY

Sign up for a free library card (or renew your existing one) during the month of September and you might just score a funky sweatshirt or nifty tote bag



lethlib.ca/join



Lethbridge
Public Library

CONNECTING
YOU