



Nicholas Sheran Elementary School

# Nicholas Sheran News

October 2025

## Principal's Message

Dear Students and Families,

As we predicted, our school year is exciting and super busy so far, but it is wonderful to be together during this first month. It's hard to believe it's already October! Although we are all working on routines in structure, it's important to give yourself patience and acceptance. Learning new things is hard. We've had a great time participating in our Meet the Staff night, Terry Fox Run, Picture Day, Orange Shirt Day, the start of both Junior and Senior Choir, and of course Grades 4 and 5 handbells. Thank you for joining us at our engagement events whenever it works for you!

Last week we welcomed many Education 2500 student volunteers from the University of Lethbridge to our school, 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! We have eight Ed 2500 students, and they are loving working in our classrooms.

Thank you to all the parents and guardians who joined us for our first School Council and Friends of Nicholas Sheran School Society meetings. We appreciate you so much. Please get involved and join in the parent/guardian opportunities for supporting our school. We would love to have you, and all are welcome! 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



Please be sure to update the office ([sheran@lethsd.ab.ca](mailto:sheran@lethsd.ab.ca)) with any demographic and/or emergency contact changes throughout the 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.



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SHERAN  
ELEMENTARY  
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& Indigenous  
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Newsletter](#)



# October Wellness....

What a fantastic start to the school year! It was so nice to see our students back in our school. In September, we had the opportunity to visit all the classrooms and read the book "In My Heart" to start discussing feelings. This year, Jen Robinson (Student Support) and Kevan Lomness (Teacher Counsellor) are working collaboratively at the school. We are able to support students and families in a variety of ways. We often help students with regulation, social skills, and problem solving and families to access necessary resources. Please reach out with any questions or to connect. Mrs. Lomness will be meeting with each class monthly using the "Little Spot" program to teach social-emotional learning adapted to each grade level. Social-emotional learning is an educational approach that focuses on developing the social and emotional skills necessary for personal and academic success.

## October Wellness Tips

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.

Create a saying, motto or mantra that feels special to your family and signifies the start of a new school day. For example, "Today will be as great as I make it".

At drop off, let your child walk away from you and into the school to foster independence and confidence.

It may take some practice and a bit of time but once routines become more solidified, everything tends to run much smoother.

## Angel Tree

If your family accesses Angel Tree, the deadline to register is November 17! Please use this link to register (or reach out to the Wellness Team if you need assistance with this):

[Apply for Angel Tree – Lethbridge Family Services](#)



## 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, October 21st at 6:30pm.**

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

**Discussion items: Budget & Wishlist**

**Following School Council, there will be a Special Resolution School Society Meeting to amend bylaws.**

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**



## Learning Commons Request

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

Thank you!



## West Elementary BINGO

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

## YOU ARE INVITED!

**Where?** Coalbanks Elementary (230 Coalbanks Boulevard West)

**When?** October 2<sup>nd</sup>, 2025 @ 5:30pm

**Come enjoy some food, BINGO, and win prizes!**



**GRAND PRIZE PS5**





# Parent Teacher Conferences



At Nicholas Sheran Elementary School, Parent Teacher Conferences are a key part of our communication strategy regarding your child's progress. Please plan on booking and attending a Parent Teacher Conference with the applicable teacher(s) for each child you have attending at the school. We are using the web-based scheduling application through our website <https://ns.lethsd.ab.ca/parents/parent-teacher-interviews>.

**\*\*Fujikawa AM & PM Kindergarten PT Conferences: Tuesday, October 21st from 8:45AM-3:45PM & Wednesday, October 22nd from 1:00PM-3:45PM**

**\*\*Steinkey AM Kindergarten PT Conferences: Tuesday, October 21st from 8:45AM-3:45PM**

**\*\*Grades 1-5 PT Conferences: Wednesday, October 22nd from 1:00PM-8:00PM**

**Registration opens Monday, October 13th at 8:00AM and closes at 8:00AM on Tuesday, October 21st at 8:00AM for Kindergarten and Wednesday, October 22nd at 8:00AM for Grades 1-5.** We encourage parents to book their own appointments. If you miss the booking deadline, please call the school at 403-381-1244 during regular office hours. If you are unable to attend Parent Teacher Conferences, please contact your child's teacher by phone or email to set up another time. You can visit the Staff Directory page on our website to access staff email addresses - <https://ns.lethsd.ab.ca/about/staff-directory>.

EEP will also be having their Celebration Of Learning on Wednesday, October 22nd. Miss Angie will be reaching out to families and will be booking 1 hour time slots for each family.



Mrs. Woods will have the Book Fair open on Wednesday, October 22nd from 1-8pm, Monday, October 27th to Thursday, October 30th from 8:30am-4:30pm and Friday, October 31st from 8:30am-1pm!

There will be a Spring Book Fair February 23rd-27th as well!



# October 2025



| Sun  | Mon  | Tue  | Wed  | Thu   | Fri  | Sat |
|--|--|--|--|---|--|-----|
|  |  |  | 1<br>Handbell Field<br>Trip @1pm   | 2<br>Sr Choir @8am<br>Westside<br>Elementary<br>BINGO Night at<br>Coalbanks<br>(see page 3 for<br>more info!) | 3<br>PM<br>Kindergarten  | 4   |
| 5  | 6<br>Gr 4 Handbells<br>@8am  | 7<br>Jr Choir @8am   | 8<br>Gr 5 Handbells<br>@8am<br>Values<br>Assembly<br>@9:30am                                     | 9<br>Sr Choir @8am  | 10<br>AM<br>Kindergarten   | 11  |
| 12   | 13<br>No School -<br>Thanksgiving<br> | 14<br>Jr Choir @8am  | 15<br>Gr 5 Handbells<br>@8am   | 16<br>Sr Choir @8am   | 17<br>PM<br>Kindergarten   | 18  |
| 19   | 20<br>Gr 4 Handbells<br>@8am   | 21<br>No<br>Kindergarten/<br>KinderCare -<br>PTIs<br>Jr Choir @8am<br>School Council<br>Mtg @6:30pm                                  | 22<br>No School - PL<br>& PTIs<br>EEP Celebration<br>of Learning - PM<br>Book Fair<br>OPEN 1-8pm | 23<br>No School - PL  | 24<br>No School - PL   | 25  |
| 26<br>Book<br>Fair:<br>M-Th<br>8:30am-<br>4:30pm<br>F 8:30am-<br>1pm | 27<br>Gr 4 Handbells<br>@8am<br>      | 28<br>Jr Choir @8am<br>Picture Retake<br>Day!<br> | 29<br>Gr 5 Handbells<br>@8am   | 30<br>Sr Choir @8am   | 31<br>AM<br>Kindergarten<br>Halloween<br> |     |

# NS Breakfast Program

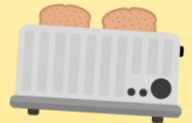
Our school is the recipient of important funding for a school nutrition program. This funding, along with the support of families, community agencies and partnerships, allows us to run a breakfast program, snack program, and supplemental lunch program.

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







# Nicholas Sheran

# KINDERCARE

## **Program Times:**

Children attend KinderCare during regular school hours when they are not in their kindergarten class, including Fridays.

## **What programming is provided?**

Early Learning staff will engage children in purposeful play-based activities designed to encourage exploration, foster creativity, problem solving skills and language expression to support learning and well-being.

## **Transportation**

Children enrolled in KinderCare who meet eligibility can access the school bus to and from school Monday to Friday.

## **Fees**

The cost for KinderCare is \$275 per month.

## **Registration**

Please contact the school office to register.

<https://www.lethsd.ab.ca/programs/kindercare>





We still have a few openings in  
the 12-13 (Born 2012-2013) age  
group!

Contact us using the form on our  
website if you are interested!

**Interested in hockey but don't want the significant time or  
financial commitment that often comes with this great sport?**

**We offer an organized non-checking recreational hockey league  
for all genders aged 5-17. All skill levels are welcome.**

**One hour, once a week. Season runs from October to March.**

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