



Values for the New Year

With the start of a new year, many of us feel compelled to make resolutions to improve ourselves in order to live better, healthier, and more authentic lives. It is easy to get excited by the challenges we set for ourselves. By the end of the month, however, many of us have lost our motivation, and our resolutions become impossible to keep or are forgotten entirely.

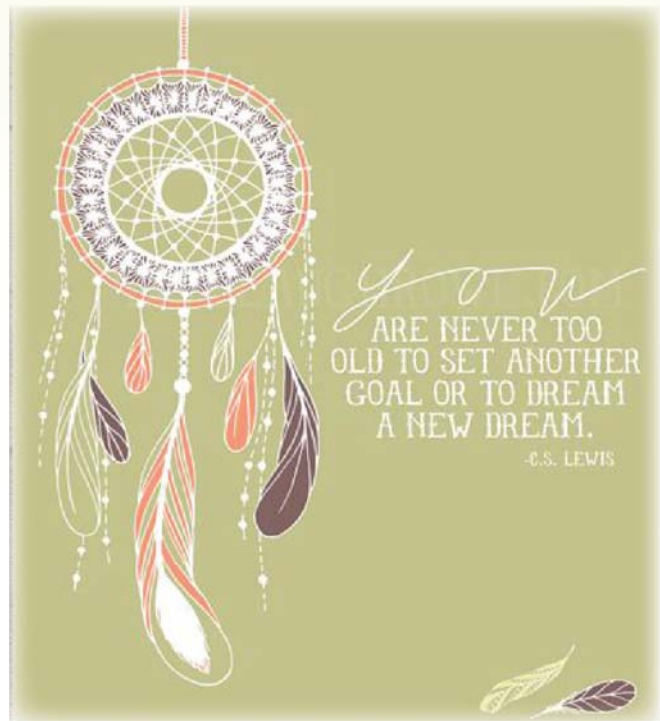
C.S. Lewis reminds us that “you are never too old to set another goal or to dream a new dream”, however, perhaps the goals aren’t what matter most for deep and lasting change? Don’t get me wrong. As an educator, I believe that goal setting is a great way to commit to a new path, to be intentional about learning, and to sustain hard work needed to realize a dream. But, what really gets us through challenging times and can lead us towards healthy changes, is knowing what your values are, and then acting in ways that support those values.

As a staff, we began the school year exploring our values, in an attempt to understand *what matters most*. We worked with Danielle Reed, a teacher, life coach and workshop facilitator, to identify what values form the foundation for who we are, for how we relate to others, and shape the things we do, such as our work at Leo Nickerson and our own family traditions. Exploring our values and then sharing them with each other, allowed us to connect with one another and understand what matters most and why we do the things we do. Many teachers then brought this work to their students where they identified and shared their values, which allowed greater understanding of one another and set a positive and hopeful tone for the school year.

Instead of setting resolutions or goals this year, my attention will be focused on being clear about the values that matter most and then acting in ways that support my values. It is my desire to live my best life by acting in ways that honour my values rather than simply professing them.

As you and your family make resolutions, set goals, focus on values, faith or blessings, all of us at Leo Nickerson wish you the best toward a happy and fulfilling 2018!

Helen





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|----|---|----|---|
| 8 | Back to School! | 19 | French Film Night 6:00-8:00pm |
| 10 | Early Dismissal @ 12:25pm
No Kindergarten | 21 | Logos Fun Swim @ 4:00-6:00pm |
| 11 | Assembly @ 9:30am
Friends Meeting @ 7:00pm | 22 | School Council @ 7:00pm: Truth & Reconciliation |
| 13 | District Kindergarten Fair @ Bellerose | 23 | Mila's Cake Walk |
| 16 | Logos Steering Committee Mtg. @ 7:00pm | 24 | Friends Fun Lunch (healthyhunger.ca) |
| 17 | Ski Club 2 of 3 | 29 | Artwalk Change |
| 18 | EFAN Skating 6:00-8:00pm | 30 | Friends Fun Lunch (healthyhunger.ca) |
| | | 31 | LN Kindergarten Open House |



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| 5 | 100th Day of School! | 19 | No School - Family Day |
| 6 | Assembly: Opening Olympic Ceremony | 22 | Kindergarten Grad Photos |
| 7 | Early Dismissal @ 12:25pm
No Kindergarten
Ski Club 3 of 3 | 23 | Winter Olympics Extravaganza |
| 8-9 | No School - Teachers' Convention | 25 | Oil Kings Family Night |
| 10 | Friends Chuck-a-Puck | 26 | Artwalk Change
Truth & Reconciliation @ SGS
School Council @ 7:00pm |
| 14 | Friends Fun Lunch (healthyhunger.ca) | 27 | Friends Fun Lunch (healthyhunger.ca) |
| 15 | Grade 5 Immunizations | 27-Mar 1 | Book Fair |



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| 1 | Assembly @ 1:15pm | 16 | Progress Reports go home |
| 7 | Early Dismissal @ 12:25pm
No Kindergarten | 19 | Artwalk Change |
| 8 | Friends Meeting @ 7:00pm | 20 | Friends Fun Lunch (healthyhunger.ca) |
| 14 | Friends Fun Lunch (healthyhunger.ca) | 22 | Logos Easter Rotation |
| | | 23-Apr 3 | No School - Spring Break & Easter |

COMMUNITY NEWS

NEWS & EVENTS IN ST. ALBERT AND SURROUNDING AREAS



Teachers' Convention & Spring Break Camps

For more information, go to stalbert.ca/rec/servus-place/programs/childrens-programs.



Corinne Eckert Child & Adolescent Psychology

Training in Core Social Skills for Parents
Date: January 27, 2018, 9:00am-12:00pm

For more information, go to www.eckertchildpsych.ca.



Registration closes Friday, January 26, 2018

April 4-14
April 16 Dance
April 25 Encore!

For more information, go to st-albertmusicfestival.com.

St. Albert Public Schools

Kindergarten Fair

Do you have a child who will be starting Kindergarten in the fall?

Please join us for the St. Albert Public Schools Kindergarten Fair, where you can find out more about our programs, full and half-day Kindergarten, yellow busing, school boundaries, speech and occupational therapy, and much more!

Free admission and free parking!

Bellerose Composite High School
49 Giroux Road

January 13, 2018

Doors open at 9:30 am

Enjoy some refreshments, visit our displays, have your questions answered by district staff

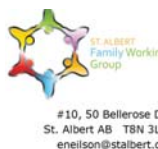


Friends of Leo Nickerson Hockey Night

Join the students of Leo Nickerson as they perform the national anthem on ice at Rogers Place!

Date: Sunday, February 25, 2018 at 4:00pm

For more information, or to purchase tickets, contact Denise at 780-318-2059



#10, 50 Bellerose Dr.
St. Albert AB T8N 3L5
eneilson@stalbert.ca

For more information check out:

<https://journal.thriveglobal.com/will-technology-ruin-your-childrens-development-663351c76974>

<http://www.care2.com/greenliving/children-and-technology-should-you-be-concerned.html>

<http://www.cps.ca/en/documents/position/screen-time-and-young-children>

With the arrival of colder weather, our intention to be good neighbours can often take a backseat to convenience. Please do not block driveways or garbage bins.

How will you be a good neighbour?

We are often reminded to love our neighbors as ourselves. Neighbours can be whomever we come into contact with: our co-workers, people in the restaurants we eat in, people in the grocery store line, a student in the next desk or people living in the area around our school.

So, what does loving your neighbour mean or look like?

Loving your neighbour might mean having a selfless concern for the well-being of the people around you. Do you take the extra time to: clean up garbage that might be on the ground, say thank you, tell people you love them, really listen, or respect others and their property by not blocking their driveways, cutting across their lawns or running into their garbage bins. To get some other ideas on how to be a good neighbour, I thought I would go to the experts, the students of Leo Nickerson. Here are a few of their thoughts:

“Talk to them, even if they don’t have kids.”

“If you have a pet, show it to them or let them pet it.”

“Be friendly and do something nice for them; my dad once mowed my neighbour’s lawn without them knowing.”

“Talk nice to them.”

“Show kindness and respect.”

“Be generous.”

“Lend them a hand.”

“Help them out.”

So families of Leo Nickerson, can you do it? Can you be a good neighbour?

Living the Golden Rule

Everyday, we ask the students of Nickerson to live the “Golden Rule”. ***Wouldn’t the world, and our small part of it, our neighborhood, be a better place if we treated others the way we wanted to be treated and loved our neighbour as ourselves?*** Before you block a driveway, illegally park, let your dog run free or encourage your child to run unsafely across the street to your car, ask yourself – am I living the “Golden Rule”, am I being the kind of neighbor I would want? If we all work together, we can make sure that our neighbourhood is the safe and caring place we all want for everyone.

