



Spring has Sprung

Spring is finally in the air! With the hint of warmer days to come, we feel a shared sense of renewal, hope and optimism.

We are developing some wonderful projects to support student learning and to nurture the joy and energy that comes with Spring.

In collaboration with the City of St. Albert, several classes will be painting large metal garbage cans that will then be placed throughout the city. This project serves as a good reminder for students to keep our parks clean, by putting garbage where it belongs. Classes will also begin planting seeds so that these seedlings can be transplanted into our container garden as soon as it's warm enough.

Kindergarten registration is underway and there are still some spaces available in our English, Logos and French Immersion classes. If you haven't already done so, please submit your Kindergarten registration soon so we can begin planning for next year. Kindergarten Experiences have been scheduled for April 5th, 6th, 9th, 10th and 11th. During these times, our future Kindergarten students will experience a snippet of a typical school day while their parents meet with Mme Nowell, Mrs. Schepens and Mr. Samuel, and receive a tour of the school.

Also planned this Spring is another edition of Leo Nickerson's Got Talent! If your child has dreams of performing, the first round of auditions will take place in homerooms and the second round is scheduled during the lunch hours on April 10th, 11th and 12th. The Leo Nickerson's Got Talent assembly will take place on May 2nd at 9:30am.

Leo Nickerson will be hosting a very special assembly for the Hair Massacre on April 23rd. Information on how to become part of this event can be found on the school's website. With your support, we can once again make this event a success in support of the Alberta Cancer Foundation and the Children's Wish Foundation.

And lastly, a reminder that with the quickly melting snow, many large puddles appear in our playground. Please send your child with extra pants and socks in the unfortunate event that they get attacked by one of our fierce puddles!

Have a fun and restful Spring Break everyone!

Helen





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| <ul style="list-style-type: none"> 4 Back to School! Early Dismissal @ 12:25pm No Kindergarten 5-6 Pinking at Marvel College 5-6, 9-11 Kindergarten Experiences (tours) 9 Truth & Reconciliation @ Muriel Martin School @ 6:30-8:00pm 10-12 2nd Round LNGT Auditions @ lunch 16 No School - Staff PD | <ul style="list-style-type: none"> 18 Friends Fun Lunch (healthyhunger.ca) 19 Assembly @ 1:30pm 20 SGS concert @ 1:25pm 21-28 Space Camp 23 Artwalk Change LN Hair Massacure event School Council @ 7:00pm 25 EFAN Chili Cookoff @ 5:30-7:00pm 27 Unitheatre presentation @ 9:30am |
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EDUCATION WEEK: APRIL 30 - MAY 4

- April 30 School Yard Clean-up**
- May 1 Read In**
- 2 Hats On for Mental Health Assembly @ 9:30am - LNGT**
- 3 Jump Rope for Heart**
- 4 Star Wars Day Volunteer Cafe**

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| <ul style="list-style-type: none"> 1 Friends Fun Lunch (healthyhunger.ca) Celtic Performance @ 1:30pm 2 Early Dismissal @ 12:25pm No Kindergarten 7-8 Grade 5 at Birch Bay | <ul style="list-style-type: none"> 8 Grade 6 PAT (FLA partie A) 10 Grade 6 PAT (ELA part A) 14 Artwalk Change Truth & Reconciliation @ SAM School @ 6:30-8:00pm 18 Triathlon (pm) 21 No School - Victoria Day 24 Grade 5 Immunizations (am) 25 Grade 4 at Drumheller Grade 6 TWOSE at LN for review 28 School Council @ 7:00pm |
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| <ul style="list-style-type: none"> 5 Grade 6 TWOSE at LN for review 6 Early Dismissal @ 12:25pm No Kindergarten 11 Artwalk Change 12 Arbor Day 15 Grade 6 PAT (FLA partie B) 18 Grade 6 PAT (ELA part B) 19 Grade 6 PAT (Math) | <ul style="list-style-type: none"> 20 Grade 6 PAT (Social Studies) 22 Grade 6 PAT (Science) 26 Fun Field Day! 27 Last Day of Kindergarten Grade 6 Farewell 28 Last Day of classes grades 1-6 29 Report Card pick up from 8:55-9:25am Bus pick up as usual; depart starts at 9:30am |
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For more detailed information, please check out the calendar on the school website at lnem.spschools.org

COMMUNITY NEWS

NEWS & EVENTS IN ST. ALBERT AND SURROUNDING AREAS



Thank you so much for supporting the Scholastic Book Fair at Leo Nickerson School. With the profit the school will be able to select from Scholastic \$3939.33 in books and resources for the library and classrooms. The winner of the Book Fair Door Prize draw was Jack in Room 151, he picked out \$25 worth books for himself and Mr. Sherwin selected \$25 worth for the classroom.



Summer Soccer Camps

For more information, go to www.royalsoccer.com.



Run, Jump & Throw!

Website: mustangstrackclub.com.

For registration, go to www.trackiereg.com/mustangs.



St. Albert Rotary Music Festival

Registration closes Friday, January 26, 2018

April 4-14

April 16 Dance

April 25 Encore!

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



**SHARE
& WEAR**

COME SHOP FOR FREE

SATURDAY, APRIL 28TH 10 AM – 12 PM
@ ST. ALBERT ALLIANCE CHURCH
(1 KM WEST OF WALMART ON VILLENEUVE RD.)

For more information, go to www.staalliance.org or call 780.458.5335.



Children's Programs

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



NAIT Summer Camps

For more information, go to www.nait.ca/summercamps or call 780-471-7713.



**St. Albert
PUBLIC SCHOOLS**

Academic Challenge Program

Bring out the best in your gifted child!

Is your child intellectually gifted? Are you seeking a more challenging learning environment for him/her?

For more information, contact SAM principal John Strembitsky at 780-459-4467 or john.strembitsky@spschools.org.



Truth & Reconciliation Parent Series

BLANKET EXERCISE

January 22, 6:30-8:00 PM

Leo Nickerson Elementary School
10 Sycamore Avenue

The Blanket Exercise (kairosblanketexercise.org) is a participatory workshop in which parents will experience over 500 years of history by taking on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they will walk through time and explore the impacts of colonization, treaty-making and modern legislation. The Blanket Exercise is concluded by a facilitated debriefing in which participants have the opportunity to discuss the experience as a group.

FILM NIGHT AND DISCUSSION

February 26, 6:30-8:00 PM

Sir George Simpson Junior High School
50 Grosvenor Boulevard

Deepen your understanding of the current push towards reconciliation through the documentary Journey Towards Reconciliation. Following the Truth and Reconciliation Commission, a group of Indigenous youth and documentary film makers explored and documented their own personal journey towards reconciliation. Through the lens of the camera they held, you'll learn about the history of the residential schools and the personal connection tied to their legacy. Beginning with the creation of an Edmonton LRT station mural, the documentarians explore intergenerational trauma and Indigenous resistance and resilience. This deeply moving, honest documentary gives an intimate look into the hearts and minds of Indigenous youth as they prepare for a future they will lead.

BLANKET EXERCISE

April 9, 6:30-8:00 PM

Muriel Martin Elementary School
110 Deer Ridge Drive

The Blanket Exercise (kairosblanketexercise.org) is a participatory workshop in which parents will experience over 500 years of history by taking on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they will walk through time and explore the impacts of colonization, treaty-making and modern legislation. The Blanket Exercise is concluded by a facilitated debriefing in which participants have the opportunity to discuss the experience as a group.

UNDERSTANDING THE IMPACT OF RESIDENTIAL SCHOOLS - WORKSHOP

May 14, 6:30-8:00 PM

Sir Alexander Mackenzie Elementary School
61 Sir Winston Churchill Avenue

This workshop will examine the history, impacts and legacy of residential schools including the effects of intergenerational trauma. Tools, resources and strategies that contribute to the development of mutually respectful relations between Indigenous and non-Indigenous Canadians will be explored. Participants will leave honouring the TRC's Calls to Action and consider a personal commitment to action.

Parenting & Technology:

Recognizing the Alarming Signs in your Junior High Teen



Did you know?

- ⇒ 39% of teens on social networks have been cyberbullied in some way
- ⇒ 70% of pre-teens admit to hiding online activities from their parents
- ⇒ 28% of teens partake in deliberately inflicting hatred, bigotry, racism and misogyny online
- ⇒ 23% of teens reported to have been bullied by someone they don't know online
- ⇒ 21% of teens believe it is safe and harmless to post personal information, including photos
- ⇒ 47% of youth said they looked up a site their parents would disapprove



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

Please email feedback on this newsletter to stalbertfwg@gmail.com

In today's world, technology is unavoidable. This series of nine newsletters will give parents practical tools to encourage a balance between screen time and time away from electronics for their family.

Screen Time: Any exposure to an electronic screen (television, smart phone, tablet, hand-held video game player, or computer)

Here are some tips that may allow you to pick up on the signs that your teen could be using social media as an outlet for their problems offline

A Change in their Presence at Home

Is your teen retreating to their room for long periods of time to go on the computer or use their phone in complete privacy? Are they skipping dinner and homework to play on their video game console all evening? Although these may be *normal behaviors* for teens in society, these are *not healthy behaviors*. The distinctiveness between these behaviors is important to be aware of.

A Noticeable Shift in their Mood

As we said before, junior high is hard for a lot of kids. Most parents have had their child come home from school in tears or visibly upset from something that was said or done to them whether online or in real life. This is where the fine line between healthy and unhealthy technology usage requires our attention. If your child is leaving their technology device upset or uneasy, it is important to have a conversation about cyberbullying and make sure they know that although it is common, it is not okay.

A Change in their Real Life Friendships

If your child is using technology to make online friends because they are losing real life friends, or if they are seeking refuge on online chat rooms or from strangers via Facebook or a video game, it is important to monitor who they are speaking to and what the nature of their conversations are about. We want to promote presence in the offline world more than in the online world. There have been far too many chat rooms and forums promoting dark material that teens have been known to frequent.

For more information check out:

<http://www.phonesheriff.com/blog/the-pros-and-cons-of-teens-on-social-media/>

<https://childmind.org/article/how-using-social-media-affects-teenagers/>

http://www.huffingtonpost.com/suren-ramasubbu/influence-of-social-media-on-teenagers_b_7427740.html