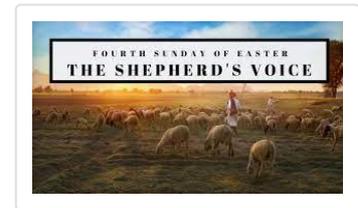


St. Nicholas Weekly News

May 1st-5th, 2023

Dear Families,



A friendly reminder that this Wednesday is an early dismissal day (2:14pm dismissal), and also our next school spirit day - "Hats on for Mental Health". On the first Wednesday in May, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Students are encouraged to wear hats on Wednesday to support this initiative.

Please note, Friday is a professional development day for staff (no school for students).

God Bless,

Peter Rachmistruk

Principal

Upcoming Important Dates

- **May 3** - Early dismissal (2:14pm)
- **May 5** - PD Day (no school)
- **May 19** - No School
- **May 22** - Victoria Day (no school)
- **May 26** - Spring Dance (Save the date!) - more information to follow

Information

- As the warmer weather approaches, we would like to remind parents and students about the importance of bike safety. With more students likely to be riding their bikes to school, we want to ensure that everyone arrives safely and without incident. Specifically, we would like to encourage parents to remind their children to dismount their bikes and walk them across crosswalks, especially those surrounding the school. This not only ensures the safety of the students themselves, but also promotes safe behavior and attentiveness from drivers in the area.

Inclusive Learning Services - Monthly Home Connections

- Inclusive Learning Teacher Consultant: Learn how your child approaches new things. Does your child love new experiences and participate right away? Or does he/she need to watch and listen first and is more careful with new experiences? Recognize your child's learning style. Is your child more hands on or do they learn best by looking and listening? How does your child react to change? Be prepared and help them prepare for changes. Is your child flexible or do they become upset with change? A child's activity level can affect

their preferences. Does your child prefer quiet activities or more active settings? Celebrate your child when they advocate and share their needs and what works best for them. We are all different and learn differently, no two brains are the same!

- Occupational Therapist (OT): Has your little one established a dominant hand? Do lots of 2 handed activities: have them help in the kitchen to open open containers (Ziploc bags, containers or jars), help with washing dishes or mixing. In the bathroom, have them open the toothpaste tube and play scoop and pouring games in the tub. Play puzzles and games or colour on tummies on the floor.
- Speech Language Pathologist (SLP): Play 'Simon Says' to practice following directions with more than one step. Example of 1-step direction: Simon says, clap your hands. Example of 2-step direction: Simon Says, touch your nose and turn around. Example of 3-step direction: Simon Says, stand up, spin around, and jump. You can take turns being "Simon" to practice following AND giving directions!

Faith Reflection

God of unity, You call us from all walks of life and all corners of the earth to praise you, to love you, and to follow you. You have blessed us abundantly and we come in gratitude. You call us to grow in your grace with hearts to love you, with souls open to you, and with minds to learn from you. God of wisdom, help us to see beyond distractions and keep our vision clear; a vision of your reign.

Amen



St.Nicholas Catholic School

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"Our Catholic School Family, embracing both English and Ukrainian Bilingual programs is dedicated to providing the best opportunities for learning while nurturing in our students' continuous personal growth."

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