

# ST. NICHOLAS WEEKLY NEWS

January 22nd-26th, 2024

## Dear Families,

We have exciting news to share! St. Nicholas will be offering a nature integrated kindergarten for the 2024-2025 school year at no cost! Students in both the Ukrainian and English kindergarten programs will have nature programming integrated into their schedules on Fridays next year.



Please note that Kindergarten registration will be open for online registrations on February 1. Children who are five years old on or before December 31, 2024, can be registered for Kindergarten. For the 2024-2025 school year, English Kindergarten will be offered on Mondays/Wednesdays (and alternating Fridays) and Ukrainian Kindergarten will be offered on Tuesdays/Thursdays (and alternating Fridays). Our nature based programming will occur on Fridays.

## Nature Integrated Kindergarten Program Philosophy:

Children have a natural curiosity about the world around them. Connecting children to nature fosters rich learning experiences, ecological literacy and healthy living. This supports their executive functioning skills, builds strong brain functioning, self regulation and life skills. Time spent in natural environments has been proven to be beneficial for both child development and for the physical and emotional health and wellbeing of all age groups. Outdoor learning and play are essential ingredients to a healthy childhood. A growing body of research indicates how learning and playing outdoors can improve cognitive functioning, reduce student and teacher stress, improve attention, boost mental health, raise test scores and ignite a sense of wonder.

We will be sharing more information at our kindergarten open house on Thursday, February 15th at 6:00pm. We look forward to seeing families at our kindergarten open house. Please help us spread the word about our new nature integrated program.

God Bless,

Peter Rachmistruk

[peter@eics.ab.ca](mailto:peter@eics.ab.ca)

Principal

**Upcoming Important Dates:**

- **January 25** - Hot Lunch (Nitza's Pizza)
- **January 30** - School Council meeting at 6:00pm at St. Nicholas
- **January 31** - PD Day (no school for students)
- **February 2** - Reports cards (emailed/available on Powerschool)
- **February 8/9** - Teacher's Convention (no school for students)
- **February 13** - Shrove Tuesday
- **February 14** - Ash Wednesday
- **February 15** - Kindergarten Open House at 6:00pm
- **February 19** - Family Day (no school)

#### **50th Anniversary of the Ukrainian Bilingual Program Zabava**

- The Ukrainian Bilingual Parent Advisory Society (UBPAS) invites the families of the Ukrainian Bilingual program in Sherwood Park to join them in celebrating the 50th anniversary of the Ukrainian Bilingual Program in Alberta! Since 1974, when the Ukrainian Bilingual Program was established as a pilot project within the Edmonton school systems (both Catholic and Public) as the first bilingual program in the province, which was later extended to Vegreville in 1978 and Sherwood Park in 1980.
- To commemorate this occasion, UBPAS (Ukrainian Bilingual Parent Advisory Society) and UBLA (Ukrainian Bilingual Language Association) together with the Edmonton Catholic School Board are excited to host a celebration banquet on February 10th, 2024 at the Meridian Banquets and Conference Centre. This will be a reunion of alumni, teachers, educators, community members, and supporters of the Ukrainian Program remembering our history and celebrating 50 years of significant accomplishments!
- Tickets are now on sale and available through Eventbrite-  
<https://50thAnniversaryUBPAS.eventbrite.ca>

#### **Fundraising with West Coast Seeds**

- Supporting St. Nicholas with West Coast Seeds is a great way to give back to your local community and help promote healthy living. By purchasing seeds from the fundraiser, you're not only supporting the school, but you're also investing in the health and well-being of yourself and your family! West Coast Seeds offers a wide variety of non-GMO, organic seeds for vegetables, fruits, herbs, and flowers that you can grow in your own backyard. Not only will you be able to enjoy the fruits of your labor, but you'll also be supporting the environment by growing your own food. So, why not support St. Nicholas students and promote healthy living by participating in the West Coast Seeds fundraiser?
- The WCS fundraiser will run until Saturday, February 3rd. Please visit <https://fundraising.westcoastseeds.com> to register an account! Upon checking out, please select St. Nicholas Catholic School as our organization (or we won't benefit from your purchase)! Please reach out to [st.nicholaspac@gmail.com](mailto:st.nicholaspac@gmail.com) if you have any questions or concerns about the fundraiser. Stay tuned to St. Nicholas' social media to follow our fundraiser! Thank you for your ongoing support, and happy shopping!

#### **Faith Reflection**

Heavenly Father, You are our ultimate source of strength. When we are weak, You are our strength. Thank You, God, for always raising us up with Your mighty hands.

Lord, we ask You to always be the center of our families. Let Your Spirit fill our hearts so we can love each other just as Christ loves us. In our times of trials and troubles, God, we look to You.

Life can hand us many different challenges that we know we cannot face on our own. But with You, nothing is impossible. You will always grant us the endurance to overcome any obstacle that may come our way. All these we pray in Your Name, Amen.

—  
Peter Rachmistruk  
Principal

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## St.Nicholas Catholic School

"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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## St.Nicholas Catholic school

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