



Welcome to
Nelson Heights
School

Nelson Heights School

We are a Grade 4 - 6 School with about 265 students from Cold Lake North and surrounding areas.

Most of our students come from Cold Lake Elementary School and feed into Cold Lake Junior High.





Administrators

Principal

Mrs. MacLeod



Assistant
Principal

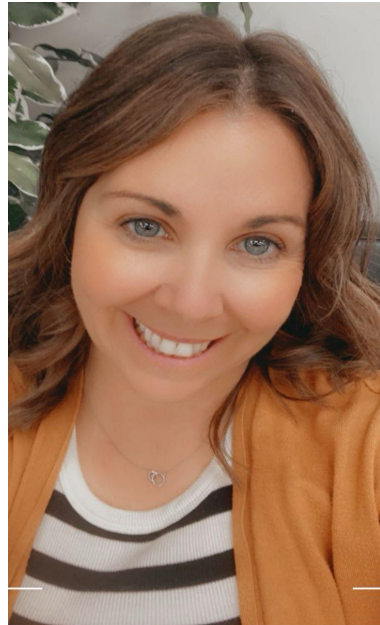
Mrs. Eagles

Support Staff



Mrs. Walsh

Admin Assistant
Office Help



Mrs. Goertzen

Inclusive Ed
Academic Support



Mrs. Strickey

Learning Commons
Library



Koua

Custodian



Student Advocacy Counsellor

1 on 1 Sessions through referrals
Coping Skills
Emotion Regulation
Connections with Outside
Agencies
Small Groups



Mrs. Peterson

Student Advocacy Counsellor



Bell Times

7:50 am

Doors Open at NHS

8:20 am

First Bell Rings, Announcements start at 8:21am

10:30-10:50 am

First recess - Outside

11:55-12:25 pm

Lunch Recess

12:25-12:55 pm

Lunch Eating Half

3:00-3:10 pm

Last 10 mins of the day in homeroom

3:10 pm

Dismissal



Grade Specific Doors

Each Grade has their own entrance and bootroom. Outdoor shoes are kept here.

Grade 5's are at the front of the school and the Grade 6's and Grad 4's are at the back side of the school.





Lockers

Students at NHS will get lockers to store their outdoor gear and indoor shoes when not using them.

These will have NO locks and backpacks will be in classes with lunch kits.





Playground/Recess

We have two playgrounds at NHS, a field to play in, swings, and even 2 basketball courts.

All students go outside for morning recess and for lunch recess.



Daily Phys Ed and Open Gym Times

You will have a gym daily; it could be on your own or combined with another class,

Each grade will also have a 30 minute recess where they will have open gym once a week.

Indoor shoes only, no crocs, boots or sandals. Water bottles allowed in gym.

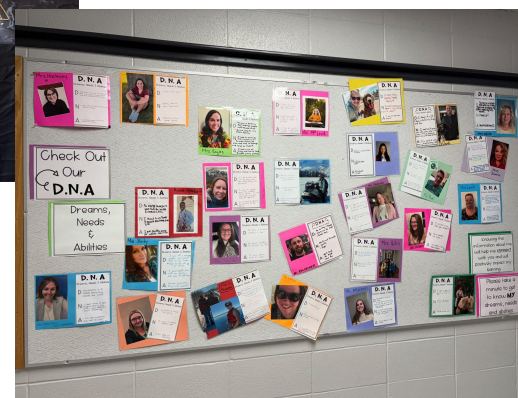
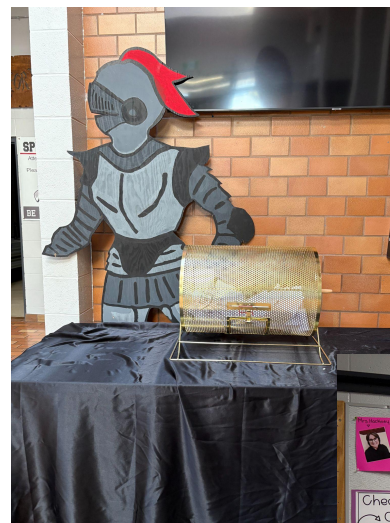




PBIS -Being a Knight

We work hard to make sure we are the best version of ourselves by showing respect to ourselves, others and spaces.

We have weekly draws after earning tickets and monthly assemblies where we honor our KNIGHTED students.





Little FREE Library

Just outside of the learning commons you will find a small lending library where you can find and take a new book home.

You can even bring a book from home and add to our library of you are done with it and think someone else would like it.





Hot Lunch Program

Hot lunch runs from Tuesday to Thursday and we order from a variety of places in Cold Lake.

We also have a booth you can come to if you forgot your lunch, need a spoon or even need a snack.





Hot Lunch Program





Cell Phone Policy

Here at Nelson Heights we have ZERO phone policy. There are phones in the classroom that students can use if needed and all messages can be given to the office and they will be given to students at breaks.

All cell phones are to be kept in backpacks on SILENT.





Universal Supports

We have so many great supports for you in and out of the classroom. Everything from wobble stools and mats, chair bands, fidgets and even bike desks.





Sports and Athletics



We offer a variety of athletics like:
Mountain Bike Race, Cross Country Run
Volleyball, Basketball, Badminton
Track and Field

Intramurals for Grade 5/6

Open Gym Weekly for each Grade



Student Clubs

We offer a variety of clubs for students like:

Board Game Club

Chill Club

Library Helpers

Running Club

Homework Club

Wellness Room

Battle of the Books

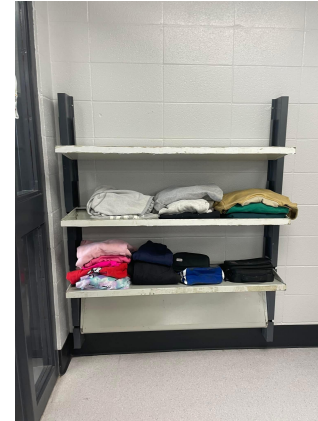




Lost and Found

We offer a safe place for students to bring items found around the school and on the playground.

This is also a place students can go to look if they can't find an item. This is a popular place for things to hang out at until they are found.





Wellness and Sensory Room

Our Wellness Room is one of a kind. You come here for wellness class and to hang out at lunch recess in Board Game Club or Chill Club.

This is also home to our Rabbit Everest and our many goldfish. We even hatch chicks and ducks in this room.

Our sensory room is also here and is used by many students throughout the day.



Parent Volunteers



School Council
Monthly Meetings



PAC - Monthly
Meetings and
Fundraisers for the
school/playground



Classroom Volunteers -
helping out in the
classroom or with prep
for materials for
classes



Field Trip Supervisors



Coaching sports - if
needed



Hot Dog Sales, Hot
Lunches and even
helping with special
school events.



Parent Volunteers

Parent Advisory Council Meetings
Second Tuesday of each month 6:30 - 7:30 pm
NHS Staffroom!
We hope to see you there!

**PARENT
ADVISORY
COUNCIL**





NHS Clothing

NHS Clothing Order

k3promotionsinc.itemorder.com

Office code: 96CFC

Get your Spirit Wear Now Items can be purchased online all year long and picked up at K3 Promotions. We have so many items to choose from! Tees, long-sleeves, jackets, toques, ball caps, and more! Get your NHS Spirit Wear today and rep the best school ever!



Helpful Apps for Parents

We use SchoolCash Online for all purchases and fees.



PowerSchool

All marks and grades are on powerschool. Parents will need a parent account, please contact the school if you do not have one.

District Code: HZHW

Reporting an absence, or your child being late, use the school messenger app OR call the school directly.





Drop Off & Pick up Times

Drop Off

Doors open 30 mins
before classes start
7:50am

Pick Up

Classes end at 3:10

Unless previous
arrangements have
been made by 2:00pm
to the office (not
teacher) students will
not be disrupted in
class



We understand that parking is limited during drop off and pick up times, but we ask that our families please respect the bus loading zone.

Safe Arrival/Students Absent from School

- Parents are asked to call the school, 780-639-3388, prior to the morning registration at 8:20 am if your child will be absent.
- If your child is ill, please call or go on your school messenger app and log the absence.
- Parents must register their child to ride the bus. Please contact the transportation department 780-826-6038

Late students must come through the front door.

Your child's safety is our #1 concern.
Thank you



Snow Days

How do I know when buses are cancelled?

When buses or classes are cancelled, there are a number of different ways we will inform parents and students.

- Bus drivers will attempt to contact parents/students.
- NLPS will post cancellations on our website
- Cancellations will also be posted in the Bus Status App.
- Parents may also receive a push notification through the School Messenger app.
- Cancellations may be shared on our Facebook page.

THE ROAD TO A SNOW DAY

with Northern Lights Public Schools



Are buses canceled? Is it a snow day? Are schools closed? When snow falls, here's what happens.



Our Transportation Department assesses travel safety by looking at:



Road conditions and visibility...



Temperature and wind chill...



as well as weather warnings and RCMP travel advisories.



Even if buses are canceled, schools remain open and classes are still held. Regular classes may be modified if a large number of students are absent.



All canceled or delayed buses are posted in the Bus Status App and the NLPS website. When many buses are canceled, we will also post cancellations on Facebook and SchoolMessenger.



Using this information, buses are canceled only when it is unsafe for drivers to transport students on buses.



When the temperature reaches -40 (or -45 with wind chill), classes are canceled. Schools are still open during this time but regular classes will not be held.



Parents always make the final decision whether or not to take their children to school when buses are canceled.



Meet your
TEACHER

**AUGUST 28TH-6:00-
7:00PM**

**AS THE 2025-2026
SCHOOL YEAR
APPROACHES, WE'RE
EXCITED TO GET STARTED.
WE INVITE YOU TO POP BY,
MEET YOUR TEACHERS AND
THE NHS STAFF, SNAP
SOME PHOTOS, DROP OFF
YOUR SCHOOL SUPPLIES,
AND HELP EASE THOSE
FIRST-DAY JITTERS.**

✉ stephanie.walsh@nlsd.ab.ca
☎ 780-639-3388

**BE THE BEST
VERSION OF
YOURSELF. BE A
KNIGHT!**

Website

www.nelsonheightsschool.ca

Facebook

Nelson Heights School – Northern Lights Public Schools AB





Thank

Contact us:

phone: 780-639-3388

Address:

#2035-5th Avenue
Cold Lake , AB T9M 1G7