



# CHAMBERLAIN SCHOOL

## ARDEN T. LITT CENTRE FOR LEARNING

### NEWSLETTER – SEPTEMBER 2020

#### Principal's Message

We are so excited to welcome everyone back for the 2020 / 21 school year. It has been nearly 6 months since students were last in our school. I am so happy that our classrooms and school are open to our community!

We have worked hard to develop routines and procedures to ensure the safety of everyone within our school community. I would like to thank all of our teachers and support staff for the hard work and compassion they put forward at the end of last year and the beginning of this one. We would not have had such a smooth opening without their dedicated efforts.

In order for us to open again, there are guidelines that we have been asked to follow by the provincial government. We have put these regulations into our re-entry plan. I would encourage you to read it if you have not had an opportunity to do so. An important new regulation is that anyone older than grade 3 needs to wear a mask to enter the school. This includes all adults entering the building (staff, guests, parents...). All adults must also sign in at the main office every time they enter the school.

I am pleased to announce that our Nutrition Program is up and running. We are open for both breakfast and lunch. We are grateful that Mrs. Kim Fletcher is again in charge of this program.

If any families know of an individual who would be interested in running our school's German program, please encourage them to contact me at the school. We are very interested in having this program up and running as soon as possible. This position allows someone to work full days on Tuesdays and Thursdays.

In last year's parent survey, several families mentioned that they would like to see us expand the Fine Arts programs available within our school. We have installed a kiln and look to incorporate pottery and glass fusion projects within school.

If you have any questions about our school or the programs we offer, I would encourage you to contact me via email or phone. I am also happy to coordinate a personal meeting with you. We are here to help!

I am looking forward to an excellent school year!

Scott Petronech

## Staffing for the 2020/21 School Year:

Principal:	Mr. S. Petronech
Kindergarten & Grade 1:	Miss T. Wong
Grade 2 and 3:	Mr. B. Clark
Grade 4 and 5:	Ms. D. DeRoche
Grade 6 and 7:	Mr. B. Carlsen
Grade 8 and 9:	Mrs. H. Cunningham
Grade 10:	Ms. M. Johnson
Grade 11 and 12:	Mr. B. Baker
Early Learning:	Mrs. S. Jonker
Secretary:	Ms. C. Crooymans
Librarian/Assistant:	Mrs. N. Nelson
German Teacher/Assistant:	TBA
Assistant:	Ms. M. Guenther
Assistant:	Mrs. M. Woodruff
Food Service:	Ms. K. Fletcher
Family Wellness Coach:	Ms. A. Andrews
School Liaison Counsellor:	Mrs. H. Kimmins
Custodians:	Mrs. L. Kraemer and Ms. J. Peters

## Bell Times

Bell times are as follows:

Warning Bell:	8:25
Announcements:	8:30
K – 5 morning recess:	10:05 – 10:20
6 – 12 Lunch	11:30 – 12:10
K – 5 Lunch & recess	11:50 – 12:20
K – 5 afternoon recess:	1:50 – 2:05
Dismissal:	3:10

## German Program

We are looking for a German Teacher. If you or anyone you know is interested, please call the school at 403-655-2211

### Job Description & Requirements

- Tuesdays and Thursdays 9:00 a.m. – 3:10 p.m.

We are looking for an enthusiastic individual who is able to fluently speak Low German and feels comfortable in a classroom setting. The assistant will implement a locally developed Low German Mennonite Culture course to grade 1-9 students.

The successful candidate will also work with classes to develop a Christmas and Easter concert.

Please feel free to contact the school if you have any questions about the position.

Scott Petronech – Principal

Benita Peters – Division-wide LGM Consultant.

## Terry Fox Run/Walk

We are having our annual Terry Fox Run/Walk on **Wednesday, September 23 at 1:00 pm.** Family and friends are welcome to join as we walk on a designated path in Grassy Lake.

## Breakfast Program

We serve breakfast every morning at 8:10 am for all grades. Everyone is welcome to enjoy breakfast before school starts.

## Picture Day

School Picture Day is on **Thursday, October 15** beginning at 8:45. Lifetouch photography will once again be taking our pictures. Picture Retake Day is on Tuesday, November 10



**COST IS ONLY \$20**

There will be a limited number of yearbooks ordered. In order to guarantee that you will receive a yearbook, you must **pre-order**.

**ORDER DEADLINE IS**  
**FRIDAY, OCTOBER 2**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Quantity: \_\_\_\_\_ x \$20 = \$ \_\_\_\_\_



# Wud mien Kjint vondoag sellen en de School sen?

Froag die selfst diese Froagen:

1.

Haft dien Kjint irjent eent von dise Tieekjens?

- Feeba / kolt sen / hubren
- Hoosten
- Schwoa Odmen
- Schlema Hauls
- Weedoag biem schlucken
- Schnoddaje NÄse / tooje NÄse
- Schlajcht feelen / sea med feelen
- Ommaklich / kolkjen / Derchfaul
- Nicht Apetiet
- Nicht rikjen oda schmakjen kjenn
- Muskel un Jelenkja wee donen
- Kopp Weedoag
- Schlemme Uagen



2.

Es doa irjentwÄa von bie junt tus en de latste 14 Doag buta Canada gewast?



3.

Es doa irjentwÄa von bie junt tus dichtbie eene Person jewast waut doa den Host oda Feeba haft en nicht haft eene "mask" oppjehaut?



4.

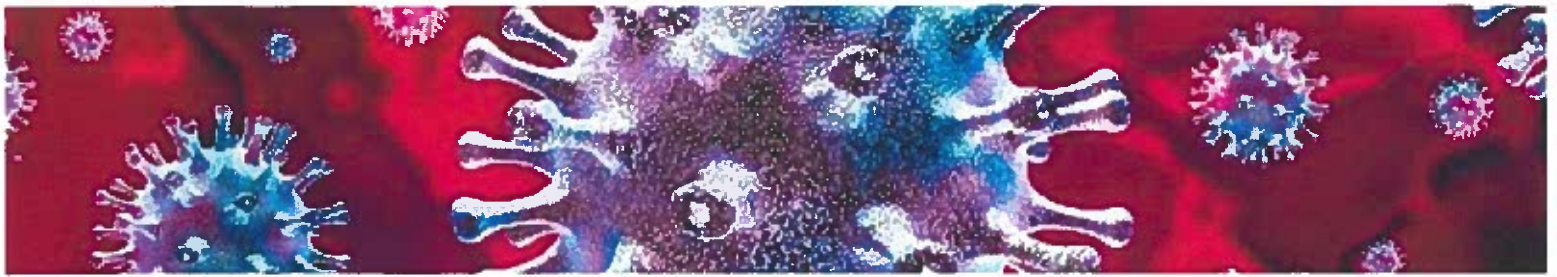
Es doa irjendwÄa von june Famielje dichtbie eene person jewast waut doa unjasocht woat fa COVID-19 oda waut doa COVID-19 haft, un nicht haft eene "mask" oopjehaut?



Wan du hast **"Jo"** jesajcht to eent oda mea von de Froagen **dan hol dien Kjint bitte leewa tus** un bruck den **"COVID-19 Self-Assessment Tool"** toom utfinjen aus du sust een test haben fa COVID-19.

Wan du hast **"NÄ"** jesajcht to aul de Froagen **dan kaun dien Kjint no de School komen.**





# SHOULD MY CHILD ATTEND SCHOOL?

Ask yourself these questions:

1.

Does your child have any of the following symptoms?

- Fever
- Cough
- Shortness of Breath/Difficulty Breathing
- Sore Throat
- Chills
- Painful Swallowing
- Runny Nose/Nasal Congestion
- Feeling Unwell/Fatigues
- Nausea/Vomiting/Diarrhea
- Loss of Appetite
- Loss of sense of taste or smell
- Muscle/Joint Aches
- Headache
- Conjunctivitis (Pink Eye)



2.

Has anyone in your household returned from travel outside of Canada in the last 14 days?



3.

Has anyone in your household been in close contact (without a mask) with someone who is ill with cough and/or fever?



4.

Has anyone in your household been in close contact (without a mask) with someone who is being investigated or confirmed to be a case of COVID-19?



If you have answered **“YES”** to any of the above questions, please **STAY HOME** and use the **COVID-19 Self-Assessment Tool** to determine whether you need to be tested for **COVID-19**

If you answered **“NO”** to all the above questions, you **may attend school**.

August 31, 2020

Dear Parent/Guardian:

Horizon School Division is committed to providing safe learning environments for all students, staff, school visitors and community members.

When students' behaviours pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment (VTRA) Protocol helps Principals take steps to protect students' well-being. The protocol helps schools respond quickly to worrisome behaviours and/or threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behaviour. The purpose of the VTRA protocol is to support students and their families in addressing these worrisome behaviours. We believe that students demonstrating such behaviours require a team to support them. Principals may first bring together a School Threat Assessment Team, which ideally includes the Principal/Vice-Principal, a school-based clinician/jurisdictional lead, and police. If the situation is serious, the Principal may also consult with the Superintendent of Schools, and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as local police, children's mental health organizations or Human Services. Parents and guardians will be notified as soon as possible in the Stage I-VTRA process. If parents/guardians cannot be reached, or if they choose not to provide consent, but a concern for safety still exists due to threatening behaviour, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

As always, student safety is our first priority. If you have any questions regarding Horizon School Division, Southwest Alberta Regional VTRA Protocol, please contact Angela Miller at 403-634-9767 or [angela.miller@horizon.ab.ca](mailto:angela.miller@horizon.ab.ca)

Sincerely,

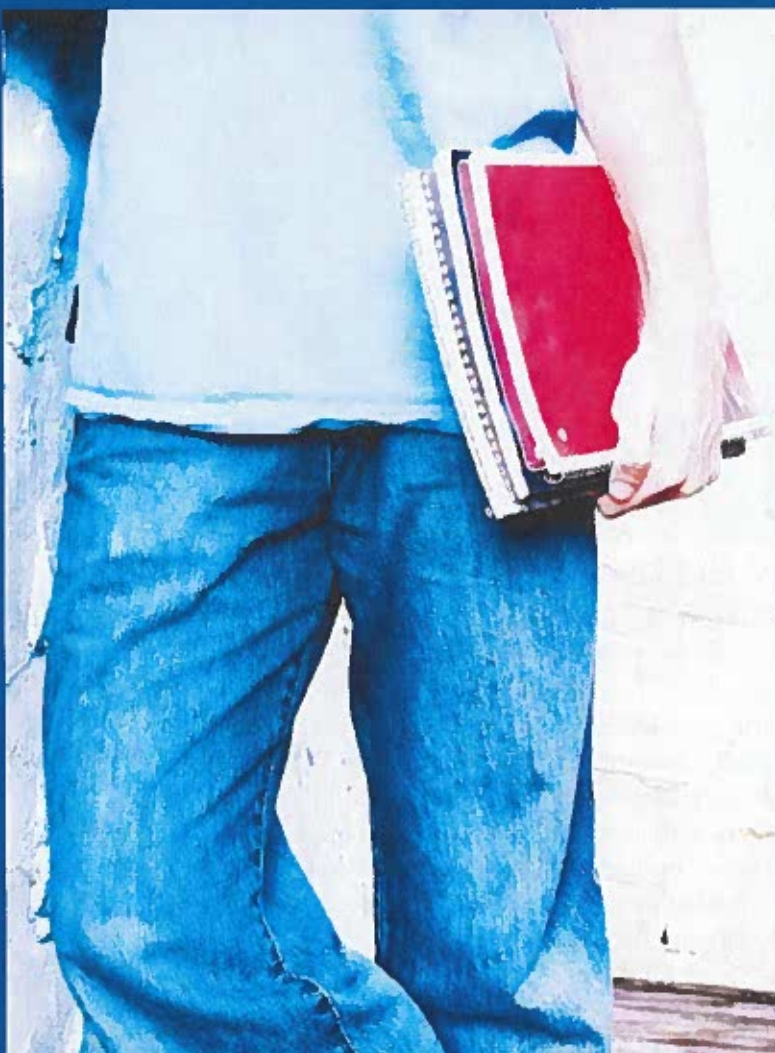
Scott Petronech  
Chamberlain School/Arden T. Litt Centre for Learning



The Horizon School Division is committed to creating and maintaining safe and caring school environments in which students, staff, parents, and others feel safe. Any threat of violence will not be tolerated by Horizon School Division schools.

# Student Threat Assessment

**Fair Notice and Process**



**horizon<sup>+</sup>**  
school division

6302-56 Street • Taber, AB • T1G 1Z9  
Phone: 403-223-3547 Fax: 403-223-2999

# Fair Notice and Process

## What is a Threat Assessment Team?

A threat assessment team is a multidisciplinary group of people which may include the Clinical Team Leader (CTL)/Psychologist, Principal, Family School Liaison Counsellor (FSLC) and Police. Other individuals may be included on this team as necessary.

## What is the purpose of a Student Threat Assessment?

The purpose of a Student Threat Assessment is to:

- Ensure the safety of students, staff, parents and others.
- Ensure a full understanding of the context of the threat.
- Begin to understand the factors that contribute to the threat makers' behaviour.
- Be proactive in developing an intervention plan that addresses the emotional and physical safety of the threat maker.
- Promote the emotional and physical safety of all.

## What happens in a Student Threat Assessment?

The Process:

- All threat making behaviour(s) by a student(s) shall be reported to the principal who will activate the protocol for the initial response.
- Once the team has been activated, interviews may be held with the student(s), the threat maker, parents and staff to determine the level of risk and develop an appropriate response to the incident.
- As part of the threat assessment process, information will be collected from online sources and obtained from open source sites.
- Intervention plans will be developed and shared with parents, staff and students as required.

**If you have further questions please contact our Threat Assessment Leader (CTL) Angela Miller at 403-634-9767**



## Can I refuse to be a part of the Student Threat Assessment process?

It is important for all parties to engage in the process. However, if for some reason there is a reluctance to participate in the process, by the threat maker or parent/guardian, the threat assessment process will continue in order to ensure a safe and caring learning environment for all.



# COVID-19 INFORMATION HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread of COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

**SAFELY PUTTING A MASK ON**

- 1** Wash/sanitize your hands.
- 2** Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3** Open fully to cover from the bridge of your nose to your chin.
- 4** Adjust the mask to your face so there are no gaps on the side.
- 5** If mask has stiff edge, pinch to close gaps between nose and mask.
- 6** Keep your nose, mouth and chin covered at all times. Avoid touching the mask.

**SAFELY TAKING OFF A MASK**

- 1** Wash/sanitize your hands.
- 2** Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3** Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4** Wash/sanitize your hands.

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

[alberta.ca/masks](https://alberta.ca/masks)





## Root, root, root for Root Vegetables!

What are root vegetables? Root vegetables grow underground to store nutrients to feed the plant in the colder months. Fall is the perfect time to try these in-season vegetables. Examples include onions, celery, carrots, parsnips, beets, sweet potatoes and rutabagas. Like other vegetables, they are low in calories and high in antioxidants, vitamins and minerals.

There are so many ways to eat root vegetables. You can eat them raw as quick snacks or as an interesting flavour addition to salads. Add grated beets or carrots to provide a huge color and flavour boost to salads. Boil root vegetables or add to soups and casseroles. They can also be mashed, baked, roasted, or grilled on the barbecue. Add herbs such as basil, dill or oregano to provide even more of a flavour profile to make the vegetables the star.

For more information on buying, using and storing them, visit [www.unlockfood.ca](http://www.unlockfood.ca) and search for root vegetables.

### Did you know?

You can also eat the tops or greens of many root vegetables. Young beet greens are amazing in salads and sandwiches. Fennel tops which have a bit of a black licorice flavour go great on fish. Turnip greens make for easy sitr fries.

### Roasted Vegetables

- 2 Tbsp (30 mL) olive or canola oil
- ¼ tsp (1 mL) pepper
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) garlic powder or minced garlic
- 1 Tbsp (15mL) fresh thyme chopped (or 1 tsp dried)
- 2 sprigs fresh rosemary chopped (or 1 tsp dried)
- 8 cups (2 L) diced vegetables such as beets, red onions, celery, butternut squash, sweet potato, carrots, or turnip.

Preheat oven to 400F (200C)

Cut vegetables into 1 inch squares. In large bowl, mix together oil and spices. Toss vegetables in the oil.

Spread in large greased baking pan and bake for 40 minutes until vegetables are tender.

Tip: Roasted beets will make other vegetables a little pink. Use golden beets or leave out if you prefer.

Tip: Switch up the herbs. Try basil or marjoram. Or add 1 tsp ground cumin.

Tip: Leftover roasted vegetables work well in creamed soups.



## Looking for some recipe ideas?

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-curry-squash-and-sweet-potato-soup.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-beet-salad.pdf>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Beet-and-Barley-Salad.aspx>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/My-Grandma's-Beet-Soup.aspx>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Hearty-Manitoba-Vegetable-Soup.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Grilled-Asparagus-and-Sweet-Potato-with-Curry.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Parsnips-with-Pears-and-Wild-Rice.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Maple-Carrots-And-Parsnips.aspx>

For more healthy eating resources and recipes visit [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide), [HealthyEatingStartsHere.ca](http://HealthyEatingStartsHere.ca) or [www.unlockfood.ca](http://www.unlockfood.ca)



CCO

For nutrition information visit [ahs.ca/nutrition](http://ahs.ca/nutrition). The Healthy Parents, Healthy Children website has information for expectant parents and parents of children on a variety of topics: <https://www.healthyparentshealthychildren.ca/>

## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 First Day of Kindergarten	4	5
6	7 Labour Day NO SCHOOL	8	9 First Day of Early Learning	10	11	12
13	14	15	16	17	18 NO SCHOOL	19
20	21	22	23 Terry Fox Walk/Run 1:00 pm	24 NO SCHOOL	25 NO SCHOOL	26
27	28	29	30 Orange Shirt Day			



# October 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Last Day to order Yearbooks	3
4		5	6	7	8	9 NO SCHOOL	10
11		12 NO SCHOOL Thanksgiving Day	13	14	15 Picture Day	16	17
18		19	20	21	22	23 NO SCHOOL	24
25		26	27	28	29	30	31