



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER - OCTOBER 2020

Principal's Message

As we head into October, I find myself reflecting on everything we have to be thankful for as a school community.

There was some understandable nervousness regarding the start of our school year. Students had been 6 months without being within our building and everyone was uncertain how things would 'work'. I am very happy to say that we have had a wonderful start-up. I want to sincerely thank our school community for everything they have done to ensure the success of our students.

There are some great things we have been able to accomplish with your assistance:

Terry Fox Run - As a school community, we raised \$2294.05. We were also pleased that several community members came out to support and participate in our walk/run.

Grassy Lake Community Library - I am grateful for the hard work of our Librarian Nancy Nelson and the support of our Grassy Lake Community Library Board. I am happy that our library has remained open to the public.

Parent Council – We had our first council meeting of the year in September and it was wonderful to welcome new families to our school as well as touch base with parents who have supported our school for years. I would encourage everyone to come to future meetings.

Volleyball Intermurals – Although we are unable to provide sports teams with games against other schools, we are able to offer our students the opportunity to play and practice as a group. Mrs. Cunningham is looking to organize after school times for Jr. High students to play volleyball. Look for info to be sent out soon.

I also want to make sure that our community is aware that we are still looking for an Educational Assistant to run our German program. If you know of anyone who may be interested in the position, please encourage them to contact the school. We are looking to interview potential candidates right away!

Best Wishes for a Great Autumn!

Scott Petronech

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 Walk

Chamberlain School's annual Terry Fox Walk on September 23 was a huge success. This year marks the 17th year that Chamberlain School has raised funds for the Terry Fox Foundation. Our students raised a total of \$2294.05. FANTASTIC JOB EVERYONE!! A special thank you to our top fundraisers, George and Elizabeth Ostrop in Grade 4. Everyone who brought in donations had their name entered for a draw to win a Terry Fox t-shirt. The winner of the draw was Peter Neufeld in Grade 6. Thank you to Mr. Clark for organizing this event. Thank you also to everyone who supported our students with monetary donations and/or walking with us. Your support is greatly appreciated.

Yearbooks

We are taking orders for the 2019/2020 Yearbooks. 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**. Please return the attached order form to the office as soon as possible.

The yearbook contest cover winners are Isaak Redekop in Grade 10 and Josh Harding in Grade 9. Their artwork will be featured on the front and back cover of the yearbook.

Picture Day

School picture day is set for **Thursday, October 15** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Library

Community Library Hours

Monday-Thursday

8:30am-3:45pm

Everyone Welcome!!

Horizon School Division No. 67

Deutsch Lehrerin 2020-2021 Schuljahr

Chamberlain School, Grassy Lake

- Deutsch Lehrerin – von ungefähr 11 Stunden per Woche (Dienstag und Donnerstag 9:00 a.m. – 3:10 p.m.)

Wir suchen nach eine person die gut Plattdeutsch sprechen kann und sich wohl fühlt im Klassenzimmer. Die Deutsch Lehrerin wird die Deutsche Klasse geben zu Studenten von grade 1-9. Sie wird auch verantwortlich sein für das Weihnachtsprogramm und das Osterprogramm.

Bitte meldet euch an der Schule wenn sie irgende Fragen haben über diese Arbeit.

Scott Petronech - Principal 403 655 2211 or scott.petronech@horizon.ab.ca

Benita Peters - Division-wide LGM Consultant 403 393 8038 or benita.peters@horizon.ab.ca

Die Arbeit ist für das 2020/2021 Schuljahr.

Bitte senden sie ihren "resume" mit "references" und den Reference Release Form dabei den sie an unsere website finden können. Wir werden uns die "resumes" anschauen und die personen anrufen für einen "interview" die wir finden wurden eine gut person sein für diese Arbeit.

Human Resources
Horizon School Division No. 67
6302 – 56 Street
Taber, AB T1G 1Z9
Phone: 403-223-3547 Ext. 123 Fax: 403-223-2999
E-Mail: deanna.killinger@horizon.ab.ca



WE ARE IN YOUR COMMUNITY

NEED SUPPORT?

We Offer:

- * **Parent/Caregiver Support**
Petra - 403.795.3328
- * **Counselling Support**
Mike - 587.370.3728
- * **Low German Support**
Margarita - 403.394.8983
- * **Indigenous Support**
Jessica - 403.915.7530
- * **Youth DO Crew**
Shannon - 403.332.0629
- * **Senior/Volunteer Support**
Cindy - 403.915.7063
- * **Tax Return Assistance**
Cindy - 403.915.7063



FREE

With support from your municipalities services are free of charge.

www.fcss.ca

Strengthening families in rural Alberta!



PARENTS!

Want To Help Angel Tree?

Drop Off a New, Unwrapped Toy:

- At your school, OR
- At any of our official Angel Tree drop-off locations (visit our website for all locations)

Are You In Need of Angel Tree Services?

- Beginning Oct. 5, you can register on our website **angel tree** to receive a Christmas bundle for your child (www.lfsfamily.ca)



CHRISTMAS CAMPAIGN

Lethbridge Family Services | Angel Tree Christmas Campaign

When do I keep my child home?

It's confusing. When should I keep my child home?

The new public health measures from COVID-19 mean students and staff who are showing any signs of illness, must stay home. To simplify the "Should I keep my child home?" and "How long does my child need to stay home?" process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

My child is sick. How long do they need to stay home for?

Core COVID-19 symptoms

- Fever (above 38 °C or 100.4 °F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Other Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

This is my child. Now what?

If your child has one of the "core" COVID-19 symptoms above, they must do the following before returning to school.

1. Receive a negative COVID-19 test result and no longer be presenting any symptoms, or
2. Stay home for a minimum of 10 days (or longer if they still have symptoms)

This is my child. Now what?

If your child has one of the "other" illness symptoms above, they must do the following:

1. A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better
2. Before returning to school, the sick person must be completely free of any illness symptoms. NO student with symptoms will be allowed at school

How do I get a COVID-19 test?

If your child has one or more of the COVID-19 symptoms above we strongly encourage booking them a COVID-19 test. This will speed up the return to school process, as the turn-around time for testing is faster than the required 10 day isolation period.

No official document is required for "proof" of a negative test result.

What does it mean to stay home and self-isolate

<https://www.alberta.ca/isolation.aspx>

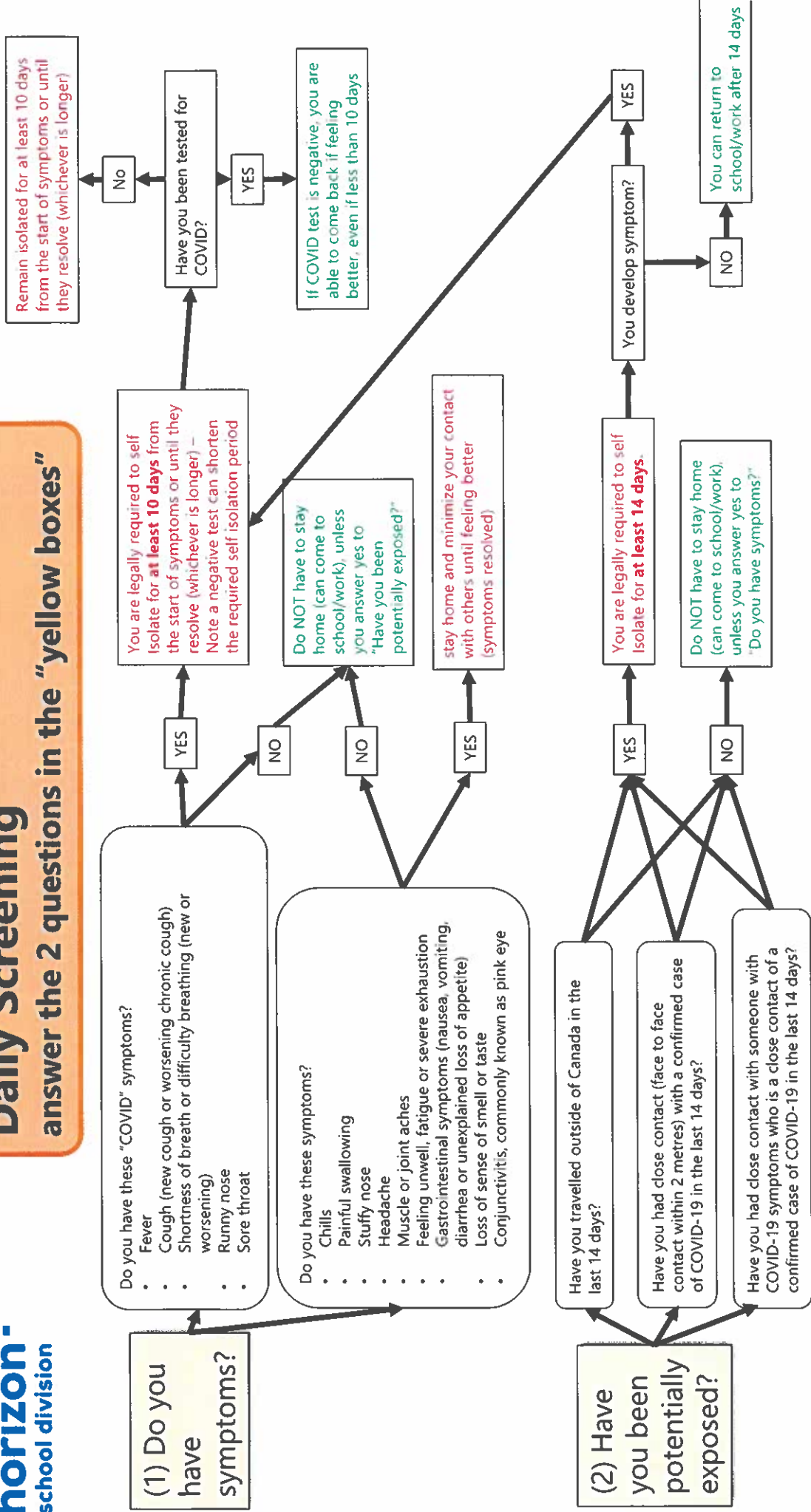
Take the COVID-19 self-assessment test and book an appointment

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

Information for the creation of this document was taken from: COVID-19 in schools (K-12) settings. Retrieved on Sept 4, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Learn more by visiting our website: www.horizon.ab.ca

Daily Screening
answer the 2 questions in the "yellow boxes"



Nutrition Times

Oct 2020 Nutrition Services

Nutrition & Covid-19: Keep Healthy at School

Although this school year may look and feel different, healthy eating continues to be important. While there are no single foods or health products that can fight against Covid-19, eating well helps to keep your immune system working its best.

Eating nutritious foods, such as **vegetables and fruits, whole grains** and **protein foods**, will also give your body the fuel it needs to focus in class and have energy throughout the day!



Use the **Eat Well Plate** from **Canada's Food Guide** to guide your food choices at meal and snack times.

Make time for Breakfast

There are many benefits to eating breakfast. In addition to giving your body the fuel it needs for the day, it can also help with your memory, concentration, and learning. Some quick and easy ideas are a fruit and yogurt parfait, oatmeal, or a whole grain muffin with milk.



Pack Lunch and Enjoy Mealtimes

Try to pack your lunch the night before so you have more time in the morning. This is a great way to get kids involved in the kitchen! Bring foods that can be eaten cold,

or if needed, use a thermos to keep food warm so you don't have to use the microwave. Some ideas are:

- ✓ Chicken and vegetable wrap (use leftover meats and veggies from dinner)
- ✓ Bean and veggie chili
- ✓ Lentil soup and whole grain bun
- ✓ Vegetable quiche

Quick and Easy Snack Ideas

Fuel your body with nutrient-dense snacks throughout the day. Try some of the snack ideas below to take along with you to school, or enjoy as an after-school snack:

- ✓ Baked pita chips and veggie sticks with hummus
- ✓ Fresh fruit
- ✓ Trail mix (nut free if needed)
- ✓ Milk and whole grain bread with peanut or seed butter



Keeping Safe

Proper hand hygiene and physical distancing are essential to fight against Covid-19. To protect yourself and others:

- ✓ Wash your hands for at least 20 seconds before and after eating food



- ✓ Maintain a distance of at least two metres between you and your classmates
- ✓ Avoid sharing food and drinks with your classmates
- ✓ Use hand sanitizer when unable to wash your hands



Whole Grain Snacking

Granola bars are a common item in school lunchboxes, however many are high in added sugar. With a handful of ingredients and pantry staples, you can easily make them at home. This recipe, from the new **Canada's Food Guide**, is a great recipe to get kids involved in the kitchen! The addition of oats and bran make them whole grain and a great source of fiber. As an added bonus, no baking is required!

No-Bake Toasted Oat Granola Bars

Yield: 12 bars

Ingredients

- 1 ½ cups rolled oats
- ½ cup chopped almonds (*optional*, can substitute with sunflower seeds if nut allergy)
- 1 cup bran flakes
- 1 cup Medjool dates, pitted (about 12 dates)
- ¼ cup honey
- ¼ cup nut butter or nut-butter alternative (e.g. peanut, almond, sunflower seed or soybutter)



Directions

1. In a skillet, toast oats and almonds (if using), over medium heat, for about 8 minutes or until light and golden. Transfer to a large bowl to cool slightly. Add bran flakes.
2. Add Medjool dates to food processor and pulse until finely chopped.
3. In a small saucepan or microwave, mix honey with nut butter over medium heat until melted and smooth. Add dates and stir to combine. Next, add oat mixture and stir until everything is coated well.
4. Line a 23cm (9") square pan with aluminum foil or parchment paper. Add mixture to pan and press to flatten evenly. Cover and refrigerate for 1 hr. until firm. Cut into bars. Store in fridge for up to 1 week.

Upcoming Nutrition Classes

Due to the ongoing COVID-19 situation, all in-person nutrition classes are now being offered online via Zoom.

To look for upcoming infant and toddler classes, please go to: szenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are offered virtually throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. To register call: **Lethbridge 403-388-6654, Medicine Hat 403-529-8969, Brooks 403-793-6659.**

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



October 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|---------|-----------|---|--|----------|
| | | | | 1 | 2 Last Day to order Yearbooks | 3 |
| 4 | 5 | 6 | 7 | 8 Virtual Post Secondary Fair 6:00 pm | 9 NO SCHOOL | 10 |
| 11 | 12 NO SCHOOL Thanksgiving Day | 13 | 14 | 15 Picture Day | 16 Kindergarten Day Early Learning Day 12:30 pm | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 NO SCHOOL | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

November 2020

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---------------------------|--------------------------|---|--|---|--------|----------|
| 1 | Daylight Saving Time ends | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 Picture Retake Day | 11 NO SCHOOL Remembrance Day (regional holiday) | 12 NO SCHOOL | 13 NO SCHOOL | 14 | |
| 15 | 16 | 17 | 18 | 19 | 20 Kindergarten Day Report Cards Go Home | 21 | |
| 22 | 23 | 24 | 25 | 26 Parent Teacher Interviews 3:30 pm | 27 NO SCHOOL Parent Teacher Interviews 8:30 am | 28 | |
| 29 | 30 | | | | | | |



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 = \$ _____

PARENTS

HOW DO **YOU** WANT NEWS
FROM **YOUR SCHOOL**?

CALLS? TEXTS? EMAILS? MOBILE APP?



If you would like to receive important messages from Chamberlain School via text message, please text **Y or **yes** to 978338. Please contact the school if you require assistance setting this up.**