



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER – SEPTEMBER 2021

Principal's Message

Wow! Summer is over and a new school year is upon us! I am so excited to be back at Chamberlain and ATL. This is a wonderful place and I look forward to the year ahead. We already have a number of activities planned for students this month. There will be spirit activities throughout the first week of school, a welcome BBQ on September 9th, and the Terry Fox Walk on September 28th to name a few.

Many things this year are looking like business as usual, including assemblies, teams, and student participation in Diploma Exams and Provincial Achievement Tests. So far there are no restrictions or COVID-19 protocols for schools. However, we will continue to encourage students to practice good hand hygiene by sanitizing and washing their hands often, and also coughing and sneezing into their elbows, but the most important thing is to keep them at home if they are not feeling well. COVID-19 immunization consent forms are going home with students in grades 7-12. If you do not want your child to receive the vaccination do not return the form. Immunizations will take place in the Arden T. Litt building and AHS nurses will not be going into the Chamberlain building. Parents will be notified when AHS nurses are at ATL.

I am so happy to be able to announce that we have a new German instructor. Ms Nelly Dyck will be taking over the program and has been busy planning and preparing for students. We also have two new learning assistants joining us this year. Ms Maria Wiebe and Ms Susy Neufeld will be working in the Elementary wing.

You may have noticed that there has been some construction happening at the school this summer. Picnic tables are being installed in front of the school and we will also be getting a Gaga Ball Pit for students to play. A huge thank you to the Community Foundation of Lethbridge and Southwestern Alberta and to the Chamberlain PAC for their support of these projects.

If you have any questions about events or other things going on at the school please feel free to call (403-655-2211) or visit.

Mrs. Van Ham

Staffing for the 2021/22 School Year:

Principal:	Mrs. J. Van Ham
Kindergarten & Grade 1:	Ms. 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. T. Gutfriend
Grade 10, 11 & 12	Ms. M. Johnson
Grade 10, 11 & 12	Mr. B. Baker
Early Learning:	Mrs. S. Jonker
Secretary:	Ms. C. Crooymans
Librarian/Assistant:	Mrs. N. Nelson
German Teacher:	Ms. N. Dyck
Assistant:	Ms. M. Guenther
Assistant:	Ms. M. Wiebe
Assistant:	Ms. S. Neufeld
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

Warning Bell:	8:25
Announcements:	8:30
Dismissal	3:10

	Grades K - 5	Grades 6 - 9	Grades 10 - 12
Morning Recess	10:05 - 10:20		
Lunch	11:50 - 12:05	11:30 - 11:45	11:30 - 12:05
Lunch Recess	12:05 - 12:20	11:45 - 12:10	
Afternoon Recess	1:50 - 2:05		

Welcome Back BBQ

We are having a Welcome BBQ lunch on **Thursday, September 9 starting at 11:30.** We would like to invite all families to please come and enjoy lunch with all students and staff.

Terry Fox Run/Walk

We are having our annual Terry Fox Run/Walk on **Tuesday, September 28 at 2:00 pm.** Any students who collect donations will be entered in a draw to win a Terry Fox tshirt. Family and friends are welcome to join as we walk on a designated path in Grassy Lake.

Picture Day

School Picture Day is on **Thursday, October 21** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Breakfast Program

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

Parent Advisory Council

The Chamberlain School/ATL Parent Advisory Council is looking for new members and people to fill certain executive positions, including president. The first meeting will take place after the Welcome BBQ on September 9th. Come by and hear what being in the PAC is all about.

The Chamberlain/ATL PAC is part of what makes our school special. It provides opportunities for students to grow, learn and engage in ways that would not be possible without the support of an active PAC. We need parents and guardians to be involved. It makes Chamberlain/ATL a better place!

Family Connections

Hi! I'm Amanda Andrew and I am Chamberlain School's Family Connections Wellness Coach. I am part of the Family School Liaison Program and work closely with the school's counsellor, Hollie Kimmins. I am at Chamberlain School on Mondays and Tuesdays. My main role is to provide health and wellness promotion services to all students. I give a lot of presentations on topics such as stress, how to control our emotions, how to deal with conflict, and how to live a healthy and happy life! I look forward to working with the students at Chamberlain School again this year.

Social Media

We are excited to announce that Chamberlain School has Facebook and Instagram! Check us out:

Facebook [@chamberlainschool/ATL](https://www.facebook.com/chamberlainschool/ATL)

Instagram [@chamberlainschoolatl](https://www.instagram.com/chamberlainschoolatl)

Library

A message from our librarian, Nancy Nelson

Library Hours: Monday-Thursday 8:30am-3:45pm

Everyone Welcome

Bookfair October 14-October 19

More information to come



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 1**

Name: _____

Grade: _____

Phone Number: _____

Quantity: _____ x \$20 = \$ _____

Horizon School Division - 2021 Trustee Election



THE HORIZON SCHOOL DIVISION 2021 TRUSTEE ELECTION

Election Day: October 18, 2021

Nomination Day: Nominations are now open for School Board Trustee Elections. Nominations will not be accepted after 12:00pm on September 20, 2021.

Eligible persons must return Form 4 “Nomination Paper and Candidate’s Acceptance” and Form 5 “Candidate Financial Information” to the Returning Officer, Philip Johansen, Secretary Treasurer at:

**The Horizon School Division
6302 56th Street
Taber, AB T1G 1Z9**

For more information, please contact **Philip Johansen** at **403-223-3547 ext 10124**.

Important Documents for 2021 Trustee Election

[ASBA Trustee Election Guide](#)

[Electoral Wards](#)

[Election 2021 Facts Sheet](#)

[Eligibility Requirements](#)

[Form 4 - Nomination Paper and Candidate's Acceptance](#) (must use Firefox or Microsoft Edge as your browser)

[Form 5 - Candidate Financial Information](#) (must use Firefox or Microsoft Edge as your browser)



Chamberlain School 2021-2022 School Year Calendar



Aug-21					
M	T	W	T	F	
	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
♥	23	♥	24	♦	25
♥	30	🌊	31		

Instructional Days 1 M-Th 1 F 0

Sep-21					
M	T	W	T	F	
			1	2	3
H	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	11
	27	28	29	30	

Instructional Days 16 M-Th 16 F 2

Oct-21					
M	T	W	T	F	
					1
	4	5	6	7	8
H	11	12	13	14	15
	18	19	20	21	22
●	25	26	27	28	29

Instructional Days 17 M-Th 14 F 3

Nov-21					
M	T	W	T	F	
	1	2	3	4	5
	8	9	10	H	11
	15	16	17	18	R
	22	23	24	25	26
	29	30			

Instructional Days 19 M-Th 17 F 2

Dec-21					
M	T	W	T	F	
			1	2	3
	6	7	8	9	10
	13	14	15	16	17
H	20	H	21	H	22
H	27	H	28	H	29
H		H	30	H	31

Instructional Days 10 M-Th 10 F 0

Jan-22					
M	T	W	T	F	
H	3	4	5	6	7
	10	11	12	13	14
	17	18	19	20	21
◁	24	◁	25	◁	26
◁		◁	27	◁	28
	31				

Instructional Days 17 1st Sem. M-Th 15 F 2
1 2nd Sem. M-Th 1 F 0

Feb-22					
M	T	W	T	F	
		1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
H	21	H	22	H	23
♦		♦	24	♦	25
	28				

Instructional Days 14 M-Th 12 F 2

Mar-22					
M	T	W	T	F	
		1	2	3	4
♦	7	8	9	10	11
	14	15	16	17	R
	21	22	23	24	25
	28	29	30	31	

Instructional Days 20 M-Th 18 F 2

Apr-22					
M	T	W	T	F	
					1
	4	5	6	7	8
	11	12	13	14	H
H	18	H	19	H	20
H		H	21	H	22
	25	26	27	28	29

Instructional Days 15 M-Th 12 F 3

May-22					
M	T	W	T	F	
	2	3	4	5	6
◁	9	10	◁	11	12
	16	17	18	19	20
H	23	24	25	26	27
	30	31			

Instructional Days 19 M-Th 17 F 2

Jun-22					
M	T	W	T	F	
			1	2	3
	6	7	8	9	10
	13	14	15	◁	16
◁	20	21	◁	22	23
◁	27	◁	28	◁	29
◁		◁	30	◁	31

Instructional Days 17 M-Th 14 F 3

	Sem. 1	Sem. 2	Total
Instructional Days	82	86	168
Non-Instructional Days	17	15	32
Total Days			200

1st Sem.	82
Elementary 2nd Sem.	86
Total Instructional Days	168

Jr. High (enter manually):	168
Total Instructional Days	168

Symbols Legend:

- 🌊 First Day of School (1-12)
- 📅 Last day of 1st Semester
- 📅 First day of 2nd Semester
- 📅 Last Day of School (Elem.)
- 📅 Last Day of School (Jr. High & Sr. High)
- ◁ PAT Grades 6, 9
- R Report Card
- 11 Planning for Student Support Day - no students

- H Division Wide Holiday - no students, no staff
- ♥ Division Wide Time Free From Instruction (TFFI) - no students
- ♦ Division Wide Teacher PD Day - no students
- Division Wide Teacher/Support Staff PD Day - no students
- ♦ Division Wide Unassigned Teacher Time - no students, no staff
- 📅 School Based Time Free From Instruction (TFFI) - no students
- 📅 School Based PD Day (All Schools) - no Students
- 📅 School Based PD Day. 1/2 day - No Students
- 📅 School Based Unassigned Teacher Time - no students, no staff
- 📅 School Based Parent/Teacher Interviews - no students
- 📅 School Based Parent/Teacher Interviews - after school

Achievement Exams	Gr. 6*	Gr. 7*	Gr. 8*
English Language Arts Part A	Jan 11	May 9	May 11
English Language Arts Part B	Jan 21	June 16	June 18
Science	Jan 24	June 23	June 23
Social Studies	Jan 25	June 20	June 20
Mathematics Part A	Jan 26	June 17	June 17
Mathematics Part B	Jan 27	June 22	June 22

Date	Holidays & Observances
September 6, 2021	Labour Day
October 11, 2021	Thanksgiving Day
November 7, 2021	Daylight Savings Ends
November 11, 2021	Remembrance Day
December 25, 2021	Christmas Day
December 26, 2021	Boxing Day
January 1, 2022	New Year's Day
January 6, 2022	Epiphany
February 21, 2022	Family Day (Alberta)
February 24-25, 2022	Teachers Convention
March 12, 2022	Daylight Savings Begins
April 15, 2022	Good Friday
April 18, 2022	Easter Monday
May 23, 2022	Victoria Day
May 28, 2022	Ascension
June 5, 2022	Pentecost
June 21, 2022	National Indigenous Peoples Day
July 1, 2022	Canada Day

IMPORTANT BUS INFORMATION WILL NOW BE DELIVERED BY SCHOOL MESSENGER

Our transportation department will now use the School Messenger system to deliver text messages, straight to your mobile phone with important information about bus delays and cancellations.

If you are a bus family from Horizon School Division or Holy Spirit School Division, it will be very important to opt-in to this service. This is a free service* that is activated by texting a message of “Y” or “Yes” to our school’s short code number:

For **CANADA-BASED** numbers: text **978338**.

You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.

Opt-In from your
mobile now



Text “Y” or “Yes”
to **978338**

(For Canada-based numbers)



*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel.

Mobile carriers are not liable for delayed or undelivered messages.

See schoolmessenger.com/txt for more info.

Date: August 20, 2021

RE: COVID-19

TO: Horizon Parents/Guardians, Students, and Staff

On August 13, 2021 the Minister of Education in conjunction with Dr. Hinshaw released public health guidelines to support school divisions with a successful return to school.

On July 28, 2021, the province communicated that there would be a return to normal on August 16, 2021. After closely monitoring COVID-19 in Alberta for the previous two weeks and reviewing emerging evidence from other jurisdictions, the Alberta government has made the decision that some health measures will continue until September 27, 2021.

To reduce the spread of COVID-19 and other respiratory illnesses, schools will use good health practices such as outlined in the [Guidance for Respiratory Illness Prevention and Management in Schools](#) and follow the [2021–22 School Year Plan](#). This includes a return to mandatory grade six and nine provincial achievement tests and grade 12 diploma exams.

The safety of children, students, and staff remains our top priority. We are looking forward to resuming in-person learning and seeing our students return to school. As we start the new year schools may continue with many activities as they normally would. These include activities and services such as, but not limited to:

- School wide assemblies
- Field trips
- Performance activities
- Physical activities including extracurricular events
- Visitors to the schools
- Food services
- Student transportation
- Ceremonies and celebratory events

While many routine school activities will no longer have any restrictions, we continue to implement a number of health measures based on the August 13, 2021 provincial requirements.

As we start the new school year:

- Students, families and school staff will continue to screen daily for symptoms using the [Alberta Health Daily Checklist](#). It will help you determine how to stay home from school and whether to arrange for testing.

do so by Alberta Health. We remain committed to communicating when health measures are adjusted.

Alberta Health Services (AHS) will be providing the opportunity for students and staff to get a COVID vaccine while at school. This will be a temporary new in-school vaccination program like routine school immunizations that occur in Gr. 6, 7, and 9 where Public Health normally offers tetanus, measles, mumps, rubella and varicella vaccines. Vaccination clinics will be available in schools some time between September 7 and October 15 for eligible students in Grades 7-12, who have parental consent (students are not able to provide consent). Nurses will most likely only be in schools for 1 day per school during this time period. Staff in those schools will also be able to access vaccinations, if desired. A parent letter from AHS and parent consent forms are attached to this communication and we ask that those parents who wish to have their child(ren) vaccinated return the consent form at the start of the school year. Parents will be notified when health professionals will be in the building to provide vaccinations, should parents with vaccination concerns wish to keep their children home on that day. The choice to get a vaccine is an individual one; one that we respect. It is important to recognize that when those who are eligible to get vaccinated opt to do so they are reducing the risk to those who are unable to receive the vaccine at this time, such as younger children.

Schools have a history of working with Alberta Health Services when school absence due to illness is above 10%. Should schools see such an increase in absence due to illness, AHS may recommend additional measures such as temporary masking and cohorting requirements, enhanced cleaning and disinfecting, and limiting larger gatherings and extracurricular activities to manage an outbreak and prevent more widespread transmission of a respiratory illness. Should enhanced measures be put in place, we will communicate that with parents, students, and staff.

I encourage you to read the [parent letter from the Chief Medical Officer of Health](#) and [parent guide](#) produced by Alberta Education as both provide helpful information for parents, students, and staff as they prepare for the return to school.

Students, parents/guardians, staff and visitors are encouraged to assess their personal risk factors and/or the risk factors for their families and take precautions that make sense in their situations. Whether it's choosing to wear a mask or maintaining additional space between themselves and others in certain situations, schools will support these personal choices, whenever possible.

Sincerely



Dr. Wilco Tymensen
Superintendent

Date: August 31, 2021

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

Sincerely,

Jaimie Van Ham
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⁺
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.

Head Lice

What Are Head Lice?

Head lice, or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life. Most often infestations occur in children 3 to 11 years of age.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person. Having dirty hair does not cause head lice.

Head lice cannot fly or jump and you cannot get them from your pets.

While they may be *found anywhere on the head*, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Do I Know If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

It can take up to 4-6 weeks for a person to experience itching.

The only way to be sure a person has an active case of lice is to find live lice.

Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.

Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.



Head louse



Louse egg (nit) on hair

How Do I Check for Lice?

Detection combing is the recommended method to check for head lice.

Detection combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations

Please see Head-Lice-Detection Combing handout

For a demonstration on detection combing:
www.youtube.com/watch?v=je-cWdTrhFQ

Can My Child Attend School?

Once children are treated they can return to school because:

- Head lice do not spread disease
- Children can have head lice for several weeks with no symptoms.
- The presence of nits indicates a past infestation that may not be currently active
- Cases of head lice are often misdiagnosed

How can you prevent the spread of head lice?

- Teach your children how head lice are spread (by direct contact with the head of someone with an infestation) and to avoid this kind of activity.
- It is a good idea to teach your children not to share brushes, combs or head gear such as hats, bandanas etc.
- Check your child's head for live lice once a week all year long and daily during an outbreak.
- Head-to-head contact may be less if long hair is braided or tied back.

SEPTEMBER 2021

FREE ONLINE EVENTS | YOUTH 13 - 18



@kaleido_fcsc



@kaleido_fcsc



@kaleidoscopefcsc

YOUNG WRITERS CLUB

Friday, Sept 24th
@ 6 - 8 PM

ARTIST TALK (ACTING)

Saturday, Sept 18th
@ 2:00 - 3:30 PM

Learn how to ace an audition from a professional actor & writer!

DUNGEONS & DRAGONS

Friday, Sept 3rd
@ 2 - 4 PM
Friday, Sept 17th
@ 2 - 4 PM

POETRY & LYRICS WORKSHOP

Thursday, Sept 9th
@ 5:30 - 7:00 PM

Contact Jamie Lewis at 403-795-2963 or jamie.lewis@fcsc.ca to register!



KALEIDOSCOPE
INCLUSIVE YOUTH PROGRAMMING

FCSS
Family & Community Support Services
www.fcsc.ca



ARTIST TALK ✨

LESLI BROWNLEE, ACTOR & WRITER

Born in small town B.C., Lesli Brownlee is now a Vancouver based actor and writer. Her fiction, essays and poetry have appeared in *The Liar*, *Bread Magazine* and *SADMAG*. Her play *The Long Distance Between* premiered in the 2019 *Revolver Festival Reading Series* and the ten minute comedy she wrote during lockdown was a part of the virtual *Or Festival 2*. Recent acting credits include *Fool for Love* (ABB Collective), *Rabbit Hole* (Dramatic Works) and *Project Blue Book* (History Channel).



SEPT 18, 2021
2:00 - 3:30 PM
YOUTH 13 TO 18
ONLINE & FREE



KALEIDOSCOPE
INCLUSIVE YOUTH PROGRAMMING

FCSS
Family & Community Support Services
www.fcsc.ca

Contact Jamie Lewis at 403-795-2963 or jamie.lewis@fcsc.ca to register!

Nutrition Times

September 2021 Nutrition Services



Back to School Lunches

With a new school year quickly approaching, many families are preparing for busy schedules and new routines. With a bit of meal planning and preparation scheduled into your week, we can build long lasting, healthy and positive habits for ourselves and our families. Set yourself up for success by having effective and efficient routines to ease the stress of meal prepping and packing lunches.

First, encourage the whole family to get involved and brainstorm lunch ideas together using the [AHS weekly meal planner](#). Involve kids with planning, shopping, preparing and packing their lunches as kids are more likely to eat their lunch when they help plan and prepare it. Being hands on in the kitchen also helps children and youth to develop food skills.

Start with the three building blocks of a balanced meal: Vegetables and fruit, Whole grains, and Protein. A healthy lunch does not need to be time consuming to prepare, expensive, or complicated. A simple lunch can be a nutritious and delicious.

Prepare lunch items at times that work best for you and your family. Batch meal prep on a Sunday before the busy week or in the evening so that you are not rushed in the morning. Try these time saving ideas:

- Wash and peel enough fruits and vegetables for several days. Store in the fridge to be packed quickly for snacks and lunches.
- Make extra fish, poultry or meat during supper and slice it up for sandwiches, wraps, salads, or a bento box for lunch.
- Purchase individual containers of items such as yogurt or hummus to easily pack them on the go.
- Make extra portions of soups, chili, or pasta at supper. Keep leftovers in the fridge up to 3-4 days or freeze single servings. Thaw and warm up a single portion for a thermos for a school lunch or microwave at work.

Sunny Energy Bites Ingredients

Ingredients

Large flake oats: 1 cup (250 mL)
Ground flax: 1/2 cup (125 mL)
Dark chocolate chips: 1/2 cup (125 mL)
Sunflower seed butter or other nut butter substitute: 1/2 cup (125 mL)
Honey: 1/3 cup (75 mL)
Dried cranberries: 1/3 cup (75 mL)
Vanilla: 1 tsp (5 mL)

Instructions

In a bowl, stir together oats, flax, chocolate chips, sunflower butter, honey, cranberries and vanilla until well combined. Using a tablespoon (15 mL) of dough, roll into balls and place on plate. Cover and refrigerate for up to 2 weeks

Crispy Chickpeas & Pumpkin Seeds

Ingredients

Chickpeas, rinsed and well drained, 2 cans (16 oz)
Canola oil: 2 tbsp
Smoked paprika: 2 tsp
Cumin: 1 tsp
Garlic powder: 1 tsp
Hulled pumpkin seeds: 1/2 cup
Grated zest lime: about 2 Tbsp

Instructions

Preheat oven to 425 °F (220 °C). In medium bowl, combine chickpeas, canola oil, paprika, cumin and garlic powder. Toss until well coated. Spread mixture on large baking sheet in single layer. Bake 30 minutes or until beginning to brown. Stir every 10 minutes. Sprinkle with pumpkin seeds, stir and bake 5 minutes more or until chickpeas are crispy, being careful not to burn them. Remove from oven and toss with lime zest. Let stand on baking sheet 30 to 45 minutes for crisp texture and peak flavors. When completely cooled, store in airtight container at room temperature for up to 2 days.

Homemade Snackable Mix & Match



Fruit

- Unsweetened applesauce
- Orange slices
- Strawberries
- Grapes
- Melon

Vegetables

- Baby cucumbers
- Baby carrots
- Snap peas
- Peppers
- Celery

Protein

- Sliced chicken breast
- Pan-roasted deli meat
- Hard boiled eggs
- Yogurt
- Nut butter
- Trailmix
- Hummus
- Cheese
- Crunchy chickpeas*

Whole Grains

- Whole grain Pasta salad
- Whole grain quesadilla
- Wholegrain pita bread
- Wholegrain tortilla strips or crackers
- Homemade muffin
- Low sodium pretzels
- Energy bites*

*Recipes on page 1

Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating, Virtual Grocery Store Tour and more. Access the class guide [here](#).

To register call: **Lethbridge and area 1-866-505-6654** or **Medicine Hat/Brooks and area 1-866-795-9709**.

Please Note: Due to COVID-19, all nutrition classes are now being offered online via Zoom.

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



September 2021

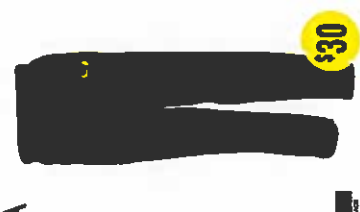
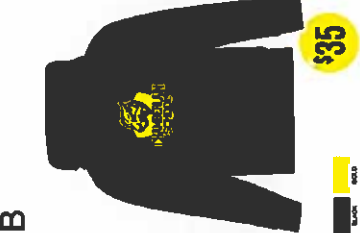





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 First Day of Early Learning & Orientation 12:30 pm	2 First Day of Kindergarten School Assembly 1:20 pm	3	4
5	6 Labour Day - NO SCHOOL Read a Book Day	7	8 Literacy Day	9 Welcome Back BBQ 11:30 am	10	11
12	13	14	15	16	17 NO SCHOOL	18
19	20	21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

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 World Smile Day Yearbook Order Forms Due	2
3	4	5 World Teacher's Day	6	7	8 NO SCHOOL	9
10	11 Thanksgiving Day - NO SCHOOL	12	13	14	15 Kindergarten Day	16
17	18	19	20	21 Picture Day	22 NO SCHOOL	23
24	25 NO SCHOOL	26	27	28	29 Early Learning Day 12:30 pm	30
31						

CHAMBERLAIN SCHOOL *Spirit Wear*

2021 SCHOOL APPAREL OPTIONS

<p>A</p>  <p>\$30</p> <p>GILDAN® HEAVY BLEND™ SWEATPANTS. 1820 Adult: S, M, L, XL, 2XL 182B Youth: S, M, L, XL</p>	<p>B</p>  <p>\$35</p> <p>ATC™ EVERYDAY FLEECE HOODED SWEATSHIRT. ATCF2500 Adult: S, M, L, XL, 2XL, 3XL, 4XL ATCY2500 Youth: S, M, L, XL</p>	<p>C</p>  <p>\$16</p> <p>ATC™ EVERYDAY COTTONTEE. ATC1000 Adult: S - 6XL ATC1000Y Youth: XS - XL ATC1000L Ladies: XS - 4XL</p>	<p>D</p>  <p>\$21</p> <p>ATC™ EVERYDAY COTTON LONG SLEEVE TEE ATC1015 Adult S - 4XL ATC1015Y Youth XS - XL</p>	<p>E</p>  <p>\$25</p> <p>ATC™ PRO TEAM BASEBALL JERSEY S3526 Adult S - 4XL Y3526 Youth S - XL</p>	<p>F</p>  <p>\$25</p> <p>ATC™ PRO TEAM SHORTS. S355 Adult: XS - 4XL Y355 Youth XS - XL</p>	<p>G</p>  <p>\$15</p> <p>ATC™ SANDWICH BILL CAP C140 One Size. Hook & Loop Closure.</p>
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\$13

ATC™ CINCH PACK.
B120 One Size.

LOGO OPTIONS

1	2	3	4	5	6	7	8

Arden T. Litt logo option is available only if there are a minimum of 20 items ordered with these logos.

SPECS FOR ALL CLOTHING ITEMS CAN BE VIEWED AT SANMARCANADA.COM TYPE STYLE NUMBER INTO THE SEARCH FIELD.



2021 ORDER FORM

Please note all clothing is printed with screened transfers*. All prices include GST.
 Any questions please call Dean at 403-416-0055. All orders must be paid in full.

NOTE: 2XL-6XL add \$5.00. *Optional Embroidered Logo add \$8.00.

ITEM	LOGO	SIZE	QTY	Price	TOTAL
TOTAL ITEMS ORDERED				ORDER TOTAL	