



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER - OCTOBER 2021

Principal's Message

Here we are in October already! We have had quite a busy month of September, with the Welcome back BBQ, Terry Fox Walk, Orange Shirt Day activities, and other events able to go ahead. We have been lucky to have such great weather so that we could gather outside. When the weather gets cold we will not be able to have as many large activities, so we're making the most of it while we can.

We are also ensuring that students in grades 4-12 are masking in common areas and that all students are practicing good hand hygiene and respiratory etiquette. Staff are also taking extra care with cleaning shared equipment and resources. The most important thing that can be done though is to keep students home if they aren't feeling well. Parents have been doing an excellent job of this so far and I thank you for it! Thank you also for your continued support as we navigate through the unknowns of the current moment.

In October the library will be hosting the book fair, which was missed last year, so we're very excited to have it back. We are also very excited about our literacy (and future numeracy) room. Teachers and other staff have been working to create a literacy space that we will be able to use to help students reach literacy goals as needed. We're hoping to have it up and running this month.

We will also have at least one high school volleyball game. Unfortunately, spectators are limited, but it is exciting to see sports back in the building.

Keep learning and growing!

Mrs. Van Ham

PAC Update

There will be a PAC Meeting on October 19th at 1:00 p.m. so please plan to attend. Our school is so much better when we have support and input from parents!

Terry Fox Walk

Chamberlain School's annual Terry Fox Walk on September 28 was a huge success. This year marks the 18th year that Chamberlain School has raised funds for the Terry Fox Foundation. Our students raised a total of \$773.65. FANTASTIC JOB EVERYONE!! 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 Michael Redecop. Also, grade 8/9 are the winners of a pizza party for collecting the most money. 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 2020/2021 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 1**. Please return the attached order form to the office as soon as possible.

The yearbook cover contest winner is Tina Froese in Grade 11. Her artwork will be featured on the front cover of the yearbook.

Picture Day

School picture day is set for **Thursday, October 21** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Save The Date!



Dear families,

Mark your calendars! The fun and excitement of a **Scholastic Book Fair** is coming to our school!
THIS IS A SCHOOL FUNDRAISER !!
ALL PURCHASES BENEFIT OUR SCHOOL BY PROVIDING NEW BOOKS FOR THE LIBRARY.

So save the date! Our **Scholastic Book Fair** will take place on:

DATES:

THURSDAY, OCTOBER 14 @ 8:30am-4:00pm
FRIDAY, OCTOBER 15 @ 8:30am-4:00pm
MONDAY, OCTOBER 18 @ 8:30am-4:00pm
TUESDAY, OCTOBER 19 @ 8:30am-4:00pm

FAMILY EVENT

TUESDAY, OCTOBER 19 @ 4:00pm-7:00pm
Enter for a chance to win \$25 in books for your family!!

For parents, friends and family that can't join us in the school, be sure to join us online with our **Virtual Book Fair Extension!** Our online shop will be open on the first day of our Fair, and you can view a selection of the books you'll find here:

SCHOOL'S VIRTUAL BOOK FAIR LINK:
<https://virtualbookfairs.scholastic.ca/pages/5159690>

Watch for news leading up to our **Scholastic Book Fair!**

Happy Reading!

Mrs. Nelson
Book Fair Chairperson





Horizon School Division No.67
Family School Liaison Counselling Program

horizon.ab.ca
P: 403.223.3547
6302 56 Street,
Taber, AB T1G 1Z9

Hello families,

Recently we have been notified of an event that is taking place in Taber. My City Care is an organization that helps our community with needs such as clothing, food and hygiene. An event will be taking place in Taber on Friday, October 15, 2021 from the times of 11 AM to 2 PM. MyCityCare will be set up outside of the main WR Myers front doors, on the grass. MyCityCare will be setting up tables and racks with clothing, shoes and winter gear along with some other possible items.

When families arrive they will be able to grab a bag and fill up with whatever items they need for free, families are not limited to one bag as they can enquire with staff. MyCityCare might also provide food hampers and hygiene items.

This event is open to the public so family members and those in the rural school will be able and are welcome to attend the event.

If you are unable to attend on October 15, 2021. MyCityCare has a clothing room at Taber Victory Church that enables families to pick up items at no cost. Hours of operation are from 9 AM to 2:30 PM. Alternatively, they can call MyCityCare Taber at (403) 634-9530 to arrange for alternate times.

Thank you,

Amanda Andrew
Family Connections Wellness Coach
amanda.andrew@horizon.ab.ca

Chamberlain School
403-655-2211



CAREER CORNER

October 2021

Virtual Open Houses

University of Calgary

Saturday, October 2 - 10am-2pm

Pre-registration is required

<https://www.ucalgary.ca/future-students/undergraduate/events/open-house>

University of Alberta

Saturday, Oct 16 - 9am-4pm

Pre-registration is required

<https://www.ualberta.ca/admissions/undergraduate/tours-and-events/open-house/index.html?>

Concordia University in Edmonton

Saturday, October 16 - 10am - 2pm

Pre-registration is required

<https://concordia.ab.ca/future-students/open-house-2021/>

Bow Valley College

Saturday, October 16 - 10am-2pm

Pre-registration is required

<https://bowvalleycollege.ca/admissions/visit-bow->

University of Saskatchewan

October 23 - 1-4m

<https://admissions.usask.ca/tours-and-events/open-house.php>

SAIT

October 27 - 9am -8pm

Pre-registration required

<https://www.sait.ca/future-students/>

Lethbridge College Open House

October 28 10am - 4pm

Pre-registration required

Sign up to with one of three \$500 tuition credits!!

<https://explorelc.ca/>

NAIT

Saturday, October 30, 9am - 4pm

Pre-registration is required

<https://www.nait.ca/nait/admissions/tours-events-and-info-sessions/open-house>

McEwan University in Edmonton

November 6

<https://www.macewan.ca/wcm/MacEwanEvents/OpenHouse/index.htm>

ELAA

Educational Liaison Association of Alberta



Over 1,800 certificates, degrees, diplomas, and trades are available in Alberta.
Let us help you discover the right match for you.

elaalaunch.6connex.us/event/VirtualELAA/student/register

Alberta University of the Arts	Grand Prairie Regional College	Norquest College	St. Mary's University
Ambrose University	Keyano College	Northern Lakes College	The King's University
Athabasca University	Lakeland College	Olds College	University of Alberta
Bow Valley College	MacEwan University	Portage College	University of Calgary
Burman University	Medicine Hat College	Prairie College	University of Lethbridge
Canadian Forces Recruiting Centre Calgary	Mount Royal University	Red Deer College	
Concordia University of Edmonton	NAIT	Royal Canadian Mounted Police	
		SAIT	

YOUR CONNECTIONS TO POST-SECONDARY OPPORTUNITIES IN ALBERTA!

Register now for virtual events:

- October 5, 5-7pm
- October 14, 11-1pm
- October 20, 5-7pm
- October 28, 5-7pm

elaalaunch.6connex.us/event/VirtualELAA/student/register

Or you can see Garth or Kristin to get registered too!!

LORAN SCHOLARSHIP—Up to \$100,000

Due: October 13

Character, service and leadership are the selection criteria for the Loran Scholar program. Loran Scholars are people of strong moral character who have demonstrated commitment to service and potential as leaders.

The Loran Scholar program is open to every graduating high school student from coast-to-coast. Renewable for up to four years, and valued up to &100,000, it includes an annual tuition waiver and a stipend of \$9,000, access to funding and internships through our summer program, invitations to annual gathering and forums, and one-on-one mentorship. To be eligible, applicants must have earned a minimum cumulative average of 85% in the previous three academic years and be a Canadian citizen or permanent resident. For more information on the application process:

<http://www.loranscholar.ca/becoming-a-scholar/>

HORATIO ALGER—\$5,000

Deadline Oct 25

There are 160 \$5,000 Scholarships available funded through the generosity of the Members of the Canadian Association. Must meet financial need criteria. Visit the following link for more info: <https://www.horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/>

TD Scholarships for Community Leadership - Up to & 70,000

Deadline Nov 15

Unique in Canada, the TD Scholarships for Community Leadership are designed to recognize the achievements of youth who are making a difference and help them realize their educational goals. After all, today's community-minded students are tomorrow's leaders. Have you made your community a better place? Then we want to hear from you. You may qualify for one of our Community Scholarships.

https://portal.scholarshippartners.ca/welcome/td_en

Planning for Post-Secondary Grade 12 Checklist

October

- Check your calendar...are any of your admission application deadlines comping up?
TIP: Most of these application forms can be completed and submitted online. Apply Alberta is a great place to start. It is an online application system that will let students apply to one or more post-secondary institutions and authorize transcript transfers between participating institutions in the province.
- Continue to check and apply for scholarships from both public and private sources such as churches, community groups, the government or minority organizations.
- To get financial aid, you have to apply for it. Visit the Student Aid website to apply for financial aid, or talk with your high school guidance counsellor for more information.
TIP: Some post-secondary schools have separate financial aid application forms called institutional aid applications. Do some research and find out if this is an available option for you!

You Should Know....

- Your transcript must be sent with your admission application, so keep working hard on your grades!
- If you have to move away from home, start researching possible places to live or contact the housing office at the post-secondary school you plan on attending for more info.
- Check to see if you school of choice is hosting an Open House-many do in the fall, so this is a great opportunity to visit the campus and learn more about your program options.

<https://alis.alberta.ca/explore-education-and-training/plan-your-education/planning-for-post-secondary-grade-12-checklist/>

GRADE 12 CREDITS

Links to items in Careers presentation



Items discussed

- Credits, DAR and Mypass
- Uni, college general admissions and guidelines
- Scholarships
- Trades and technologies
- Common Career Directions

High School Graduation Basics

The Minimum Formula

High School Diploma Minimum Requirements

- ☑ Earn 105 Credits (min is 100)
- ☑ English 30 (1 or 2)
- ☑ Social 30 (1 or 2)
- ☑ CALM
- ☑ PE 10
- ☑ Math 20 (1, 2 or 3)
- ☑ Science 20 (Sci 20, Bio 20, Chem 20, Phy 20 Sci 24)
- ☑ 10 Credits from CTS, Fine Arts (art drama mus:c), Second Language, PE 20 or 30, RAP
- ☑ 10 Other Grade 12 Credits options **may** include Work Experience, RAP Green Certificate, CTS Credits at the 30 level (example HCS 3000) any core course

Because a course meets diploma requirements does not mean it meets post-secondary requirements



Certificate of Completion

- Not as many requirements but often needs diligent checking to make sure credits are completed correctly.



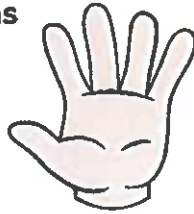
Reminder

It is important to research options for after high school! There are many avenues but each has differences in admissions, costs, and time spent. It is ok to research many options as your needs may change over time.



Five Common Career Directions

- 1) Post Secondary
- 2) Apprenticeship
- 3) Armed Forces
- 4) GAP Year
- 5) Direct Work Entry



GAP years also require research!



If you are unsure of anything, please ask your Career Team!

Home • Help • System • Contact Us • Information • Register • Search

tudentid.alberta.ca

2021-2022
All scholarship and award applications
and the Alexander Rutherford Scholarship
NOW AVAILABLE



myPass

<https://public.education.alberta.ca/Pass/myPass/Welcome>

View diploma exam marks

Register to write or rewrite diploma exams with online payment

View and print Detailed Academic Reports (DAR)

View progress towards a credential (diploma or certificate)

Order additional copies of an awarded credential in English or French

Receive notifications for important messages

SCHOLARSHIPS!

For more information visit
<https://careerwiki.weebly.com>

- Application dates-
OPENING VERY SOON
- Scholarship info
- Links
- Updated News
- Career Newsletter
- Upcoming Events

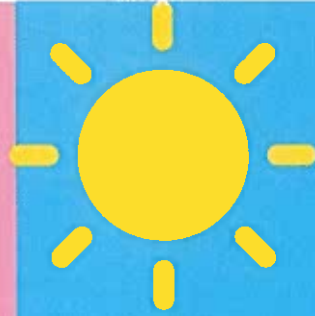
careerwiki.weebly.com



YOUTH BOWLING CLUB



\$200.00



4pm - 6pm



**September 28 -
March 15**

Ages 5 - 18



**The Pin Taber
5411 64 Ave, Taber AB
403 223 8822**



Nutrition Times

Oct 2021 Nutrition Services

Fall for Squash

Fall is in the air, and with it brings an abundance of squash. Embrace the fall season and these beautiful sweet gems in both savoury and sweet applications. Fall squash comes in many varieties including: pumpkin, acorn, butternut, spaghetti, and kabocha.



Photo: Pumpkin pancakes

Health Benefits of Squash:

- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Fibre

Other Reasons to Eat Squash?

- ✓ Taste – delicate & sweet, great for sweet & savoury dishes
- ✓ Adds beautiful colour to your plate
- ✓ Economical vegetable that is easy to store and cook.

Types of Squash and Ideas to Enjoy Them



Pumpkin: The true 'classic' squash. Note: pumpkins for cooking or baking are 'sugar pumpkins', and aren't to be confused with pumpkins used for carving (which are watery in flavor). Cooked and pureed pumpkin makes a great addition to pancakes (*pictured above*). For a beautiful fall-hued smoothie, blend pumpkin puree with banana, orange juice and milk or non-dairy beverage. Pumpkin puree is also an excellent addition to oatmeal.



Acorn: With a delicate sweet flavor, acorn squash is best roasted. Also try it stuffed.



Butternut: Sweet and slightly nutty in flavor, with a deep yellow-orange hue. Great in pureed soups or as a complementary flavor to balance spicy curries.



Spaghetti: As the name implies, this type of squash is a perfect substitute for spaghetti! Its mild not particularly sweet flavour pairs well with different sauces.



Kabocha: Also called 'buttercup' squash. Kabocha has a dark orange hue and is more starchy. Its firmer texture holds up well in curries, or roasted and added to salads.



Around the World with Squash

Did you know many countries have staple dishes featuring squash? Travel around the world from the comfort of your kitchen, with the recipes below. *To get the full recipe, click on the recipe name.*



Philippines – [Ginataang Kalabasa](#)
(kabocha squash cooked in a savory coconut milk broth). Served with rice.



Mexico – [Pumpkin empanadas](#)
(pastry filled with a sweet, lightly spiced filling)



Brazil – [Camarao na Moranga](#)
(shrimp stuffed pumpkin). A main dish enjoyed year round in Brazil. Made by roasting a whole squash, then filling with a layer of cheese, and a tomato-spiced shrimp stew.

Zimbabwe – [Nhopi](#)

(savory porridge made with pumpkin, peanut butter, and cornmeal). A traditional Zimbabwean snack, that can also be served for breakfast.



Japan – [Oyaki](#) (Japanese Stuffed dumplings). Savoury dumplings with a unique cooking method – they are first pan-fried, then steamed or broiled.



Afghanistan – [Kaddo Bowrani](#)

(Spiced pumpkin with yogurt sauce). The spicy and cooling flavours in this dish balance perfectly.



Korea – [Hobakjuk](#) (pumpkin porridge with sticky rice balls). A popular dish in Korea, this comforting porridge is typically served for breakfast or dessert.



Italy – [Pumpkin gnocchi](#) (flour dumplings made with cheese and pumpkin puree). With a small ingredient list, mostly pantry staples, this dish can be easily prepared.



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 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, 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



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 PAC Meeting 1:00 pm	20	21 Picture Day	22 NO SCHOOL	23
24	25 NO SCHOOL	26	27	28	29 Early Learning Day 12:30 pm	30
31						

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Early Learning Day 12:30 pm	6
7 Daylight Savings Ends	8	9 Swimming Gr. 8-12 1:00 - 2:30	10	11 Remembrance Day - NO SCHOOL	12 NO SCHOOL	13 World Kindness Day
14	15	16 Swimming Gr. K - 3 1:00 - 2:30	17 Swimming Gr. 4-7 1:00 - 2:30	18	19 Kindergarten Day Report Cards go home	20 Children's Day
21	22	23	24	25 Parent Teacher Interviews after school 3:30 pm	26 NO SCHOOL Parent Teacher Interviews 8:30 am	27
28	29	30				