



Chamberlain School

Arden T. Litt Centre for Learning

Website: *chamberlain.horizon.ab.ca*

Facebook: *@chamberlainschool/ATL*

Instagram: *@chamberlainschoolatl*

NEWSLETTER - JANUARY 2022

Principal's Message

Happy New Year! We are into 2022 and are so excited to have students back with us. I hope that everyone was able to enjoy family time over the break and that students can come back excited to learn again!

We want to be able to continue learning in person if at all possible, so it is very important to ensure that parents are going over the daily checklists with their kids and keeping them home if they are not feeling well or have any COVID19 symptoms. You can find the checklist in this newsletter.

The school will be ensuring student safety by continuing to follow the protocols in place for schools in Alberta. We will also be getting medical grade masks for students and rapid test kits that can be taken home and used if parents wish.

So far we are still able to participate in basketball and other extracurricular activities, which is wonderful. Students benefit from all of these things so it's great to still be able to provide activities. However, due to the prolonged winter break, diploma exams have been cancelled. Students at ATL will still be writing final exams, beginning on January 19th, but no provincial tests for grade 12 students.

Thank you to those families who filled out the survey in December. It was great to hear from you about your ideas. We appreciate all of the input and welcome suggestions for making our school better! Soon the provincial Accountability Surveys will be released as well, which are another opportunity for parents and students to share their thoughts, so keep an eye out for those.

Mrs. Van Ham

Please remember to check our website to keep up to date with what is happening in and around Chamberlain School and Arden T. Litt Centre for Learning.

<https://chamberlain.horizon.ab.ca/>

Early Learning Programs

We are taking registrations for Early Learning and Kindergarten for 2022-2023.

If your child is 3 on or before September 1, they are eligible to be enrolled in Early Learning.

If your child is 5 on or before December 31, it is time to register for Kindergarten.

Please see attached poster for more details.

Christmas Donations

Thank you to everyone that donated to the Safe Haven Family Shelter and the Taber Food Bank.

"We make a living by what we get. but we make a life by what we give"

Winston Churchill

Family School Liaison Program (FSLP)

Is your child in need of a counsellor? The counselling services provided by the program are free of charge and are provided to students and their families within the Horizon School Division. The program is designed to offer support for children, youth, families and school staff with the general goal of improving the student's personal, social and academic success. The program provides a link between home and school for the student and family.

FSLP also has a Facebook page called **Mental Health in Horizon School Division**. This page updates and informs parents and students about mental health issues. You can also click on this link for more information about the FSLP:

<https://www.horizon.ab.ca/programs/family-school-liaison-program2>

If you have any questions, please call the school at 403-655-2211

Presidents Choice Children's Charity

A big thank you goes out to Presidents Choice Children's Charity for the School Nutrition Grant we received in the amount of \$3050 for the 2021-22 school year! This money is being used to help support our Breakfast and Healthy Snack Program. We are so thankful to Presidents Choice for their generosity.

Remembrance Day Contest

Congratulations to Remembrance Day Contest Winners!

The Royal Canadian Legion partners with schools across Canada to promote remembrance through the annual poster and literary contests. Students are invited to submit their creative works through their local school to be entered into Legion Branch contests.

Many Chamberlain and ATL students wrote an essay or created a poster that reflected their respect and appreciation for the sacrifices made during times of conflict. Their impressive and meaningful pieces were then submitted to the contest. I would like to congratulate all of our students for the sincere and thoughtful work they produced.

Please join me in applauding the following students who won cash awards for their exceptional written and artistic work. Well done to each and every one of you!

Essay - Grade 7, 8, 9

Mya Willms - 2nd place

Lena Wieler - 3rd place

Poster - Grade 10, 11, 12

Pancho Dyck - 3rd place

Congratulations to you all!



horizon
school division

**Register
Now**

EARLY CHILDHOOD SERVICES

REGISTER NOW FOR 2022-2023

EARLY LEARNING

If your child is **3 on or before September 1**, they are eligible to be enrolled in Early Learning.

Funding *may* be available for children who are learning English as a second language or identified with a developmental delay.

KINDERGARTEN

If your child is **5 on or before December 31**, it is time to register for Kindergarten!

Registration forms are available online at horizon.ab.ca or at your designated school. Bring your child's Birth Certificate or Canadian Citizenship status card and Alberta Health card.

If you require clarification of your designated school, please contact Horizon School Division office at 403-223-3547 ext. 10145.

www.horizon.ab.ca

Date: January 7, 2022

COVID-19 Update for Parents/Guardians and staff

Dear Parents/Guardians and staff,

As students return to school following the holiday break, I want to wish everyone a happy new year and thank you for your ongoing support as we work to keep our students and staff safe. We know that in-person learning is best for our students and your help is very much appreciated as we strive to maintain student learning and keep our schools open.

Over the Christmas break there have been numerous provincial announcements related to COVID health restrictions. The attached letter describes some of these changes and provides answers to some common questions. To lower the risk of in-school transmission of the Omicron variant and provide an additional layer of protection, the Government of Alberta will be supplying rapid tests and masks to schools. Masks and rapid tests are just two ways to maintain safety and we continue to implement numerous strategies to mitigate the spread of COVID.

Although, individuals exposed to sick people (e.g. close contacts of COVID cases are not legally required to quarantine, we continue to ask staff and students to stay home and away from others when they are sick (until they feel better), even if they test negative for COVID. Furthermore, this is a reminder that vaccination is not mandatory for students and school authorities may not deny students access to learning based on vaccination status.

The following are some specific updates:

Horizon rapid screening program (unvaccinated individuals working with kids)

Horizon implemented a COVID harm reduction policy that requires staff and volunteers working with kids in our schools to provide proof of vaccination or proof of a negative COVID test. While parents may continue to enter the school to drop off and pick up kids, and meet with staff, parents wishing to spend time in classrooms are required to show proof of vaccination or a negative COVID test.

Government provided rapid tests for all students and staff

Alberta Education is providing all Horizon students and staff with a box of rapid tests by January 14 (our intent is to disperse these as soon as they arrive). Testing is recommended to be done twice a week, meaning one box of 5 tests will allow individuals to test for 2.5 weeks. These are voluntary and results do not need to be reported to anyone. It is recommended that individuals test twice per week. Staff can test themselves at home if they wish. Schools will not be testing students. Parents can test their own child at home if they wish. Instructions on how to use these voluntary tests can be found at <https://www.youtube.com/watch?v=S0HISLuBeAg>. A [how-to video](#) for parents and a [rapid test program fact sheet](#) translated into multiple languages offers tips on how to use the rapid test kits. Both are available online at <https://www.alberta.ca/k-12-learning-during-covid-19.aspx>. Detailed information about isolation when positive is available [here](#), but a summary can be found below.

If you test positive:

- You must isolate immediately.
- 24 hours after the initial positive result, you should take a second rapid test.
 - If the second test is positive, you must stay isolated as follows.
 - Fully vaccinated:
 - Isolate for 5 days from the start of symptoms or until they resolve, whichever is longer, plus for 5 days following isolation, wear a mask **at all times** when around others outside of home.
 - Not fully vaccinated:
 - Isolate for 10 days from the start of symptoms or until they resolve, whichever is longer.
 - If the second test is negative, and you are not sick, they can resume regular activities while continuing to follow all public health guidelines.

Masks

To lower the risk of in-school transmission of the Omicron variant and provide an additional layer of protection, the Government of Alberta will be supplying medical grade masks to schools. Schools have been providing twenty masks for each student and staff member.

Students, teachers, staff and visitors must follow provincial requirements for [masks](#).

- Masks should be well-constructed, well-fitted and properly worn.
- If non-medical masks are worn, they should be constructed of at least three layers: two of breathable tightly woven fabric, such as cotton, and an additional effective middle filter layer, such as non-woven polypropylene.

The province is strongly recommending mask use for all individuals (early learning to gr. 12) and strongly recommending that they be worn at all time. Masks however only remain mandatory for gr.4-12 and mandatory for all students on buses.

Although now strongly recommended, masks are not required while students are seated in the classroom during instruction if students are working quietly and desks are arranged so students are not facing each other and students are able to maintain social distancing. If close contact between students, or students and teachers/staff is going to occur, masks should be used for the duration of the class or activity.

Ventilation In Horizon School Division Buildings

The Mechanical Ventilation Systems in the buildings are designed to bring in fresh air from outside into building spaces and rooms and extract air from those same spaces and rooms. The design of mechanical systems for ventilation is completed by a Mechanical Engineer and based on North American standards.

Horizon School Division building Mechanical Ventilation Systems use pleated air filters that remove dust, pollen, mold, bacteria, and airborne particles. There are several kinds of filters that can be used in buildings to filter the air. A HEPA filter is an acronym for "high efficiency" filter, and basically means good quality. However, a better measure for the effectiveness of a filters is its Minimum Efficiency Reporting Values, or MERVs, which is a filter's ability to capture air borne particles. Horizon School Division has increased the MERV rating of our filters to that of hospital laboratories where possible. We always match the filters to the design of the equipment to ensure proper functioning of the system. Putting filters that do not meet the flow rating of the machinery will end up staving the ventilation system of clean outside air and cause worse indoor air quality as sufficient clean outside air is not delivered to the classrooms.

Horizon School Division follows the manufacturer's recommendations on maintenance and we replace the filters approximately every 3 months. Horizon School Division utilizes a Building Management System to monitor ventilation systems to ensure they are functioning properly. We have increased the flow of air in all of our ventilation systems and a HVAC Technician monitors and routinely checks systems as well as school caretaking staff who check daily for any concerns that need to be addressed.

Shifting to at-home learning

In light of the changes to available data from AHS, Horizon will no longer be sending letters home to parents about school-based cases as AHS is no longer informing us of such cases. The province will no longer be reporting school based outbreaks on their websites and the previous directive to shift to at-home learning based on AHS case numbers no longer applies.

Should we encounter situations where we can no longer keep our schools open, the decision to shift to at-home learning will be based on our ability to have staff available to operate in-school classes, and large student absences. We will communicate such decisions as quickly as possible. We will strive to limit shifts to at-home learning to classrooms as opposed to entire schools and limit such shifts to the minimum number of days possible (e.g. less than 2 weeks).

e-Tutoring Hub

An e-Tutoring Hub is being launched next week to help students catch up on skills and learning they may have fallen behind on because of the pandemic. Initially, students in Grades 4 to 9 will be able to access pre-recorded video tutoring sessions online anytime to build their literacy and numeracy skills.

Extra-Curricular Events

Given the more transmissible Omicron variant schools have been instructed where possible, to avoid large gatherings of students and staff. As such, school events such as school wide assemblies, performances, field trips, and school community events will be postponed for the time being.

Schools will be allowed to continue with extra-curricular school-based athletic practices and intra-school-based games, but we will be suspending opportunities for spectating at school performance and sporting events to reduce potential exposures to COVID-19 at this time

Inter-school games, competition, and tournaments will be suspended for the next week to allow us to determine the extent of impact of Omicron. We will review this on a weekly basis to see if we are able to resume some of these practices.

General Health Guidelines and daily screening

The Government of Alberta website has being updated <https://www.alberta.ca/k-12-learning-during-covid-19.aspx> and we will continue to share updated information as it becomes available.

An updated daily screening tool for parents and staff is available at

<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>.

I have included some Q&A in the attachment for further information.

The safety of students and staff remains our main concern. If you have further questions, please contact your school.

Sincerely,



Superintendent

Resumption of student learning – January 2022

Question and answer guide for school authorities

General Guidance Documents

What are expectations of schools to provide masks and rapid?

Students will return to in-person learning with the added safety of access to rapid tests and millions of medical-grade masks. These will be distributed to schools to lower the risk of in-school transmission of the Omicron variant of COVID-19. Masks are required for grades 4-12 and recommended for ECS-gr. 3. Rapid tests and masks will be provided for all ECS-12 students and staff. Rapid test use is optional. Rapid tests are to be administered at home.

What data will be available regarding COVID-19 in schools?

COVID-19 case data will no longer be available to support the previous approach to public reporting on COVID-19 in schools. However, the departments of Health and Education are working together to determine what might be feasible.

Has there been an update to the guidance for schools regarding extra-curricular activities and field trips?

The guidance documents have been updated and extra-curricular activities and field trips are not being recommended at this time.

Masks

Will the provision of masks result in changes to mask guidance for K-3 students? Are there changes to in class/school wearing of masks such as wearing masks at all times or can they be removed when facing forward, for example?

Masks are strongly recommended for K-3 students. Due to transmissibility of Omicron, it is recommended for students and teachers to wear masks at all times, including when seated or facing forward. Masking along with physical distancing will help reduce transmission.

Is there a requirement to use the medical-grade masks that are being supplied to schools?

There is no requirement to use the medical masks and reusable non-medical masks are also protective, but if the medical masks are available they should be used as well. It is important that the mask fits well to be protective. Masks for K-3 are strongly recommended.

Is there information about the types of masks that will be distributed? What do the levels mean?

Adult masks are Level 3 and child masks are Level 2. Level 3 masks have greater than 98% filtration efficiency and protect against heavy levels of aerosols, spray and/or fluids. Level 2 masks have greater than 98% filtration efficiency and protect against low to

medium levels of aerosols, spray and/or fluids. Students up to gr. 6 will get child masks, students grade 7-12 will get adult masks.

Rapid Tests

Is there guidance on how often to use the rapid test?

The rapid test should be used twice per week, 72 hours apart (e.g. Sunday and Wednesday or Monday and Thursday). Additional information is available [online](#).

Is there a requirement to report rapid test results to Alberta Health or employers?

Is this different for staff vs students?

There is no requirement for parents/students to report a positive rapid test result, although they are required to stay home. Staff with positive tests are required to enter the absence in our absence management system

How will the rapid tests be packaged when they come to schools? Will they be packaged for individual distribution to students and staff? How many tests will be in each box?

The rapid tests come in a box of five. Each ECS-12 student and staff will be given one box for each

distribution that will provide them with enough tests for 2.5 weeks.

Is there a video or instructions on how to use rapid tests?

A how-to video and a rapid test program fact sheet translated into multiple languages offers tips on how to use the rapid test kits. Both are available online at <https://www.alberta.ca/k-12-learning-during-covid-19.aspx> and may be useful for your school communities.

Mask and Rapid Test Shipments

Are there specific storage requirements for rapid tests?

Rapid tests should be stored between 2 degrees and 30 degrees Celsius. The BTNX tests should not be frozen. If they are accidentally frozen they can be thawed for 30 minutes to room temperature and then can still be used.

School Shifts

Why did you change the shift period to 10 calendar days?

The shift to at-home learning will be due to operational reasons, not due to an individual positive case. A 10-day shift reduces the need to have extensions to the length of shifts which results in uncertainty for students, parents and staff. This also aligns with the maximum isolation period

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case⁴ of COVID-19 or if your child has tested positive on [a rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <ul style="list-style-type: none">Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none">If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) ORIf they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer ORUntil symptoms resolve³ if they receive a negative PCR COVID-19 test ORUntil symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

- They can use an [at-home rapid test if available](#) or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:		
Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:

- Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

New Year. Same You



Image credit: www.pexels.com by Rakicevic Nenad

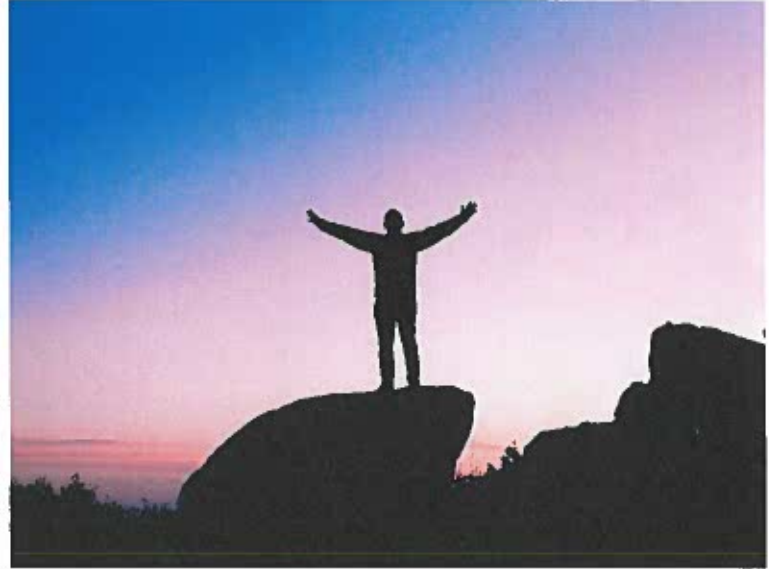


Image credit: www.pexels.com by Snapwire

The start of the new year is usually synonymous with New Year's resolutions. No matter where you go in January, you will often hear weight loss messaging on social media or from friends or colleagues talking about the next diet, as well as gyms promoting membership sales, stores advertising supplements, "health" magazines claiming the next big weight loss product or diet trend. These messages get exhausting. Not only will these diets not help accomplish your goals, they will leave you blaming yourself for this "failure." It's vital to remind yourself that you haven't failed and you are not to blame. These diets were never designed for the individual to succeed, rather they were designed to make money for companies.

Many individuals have experienced and/or are entrenched in diet culture. Diet culture is dangerous because it teaches people to listen to outside food rules when fueling their body. Food rules are problematic, often leading to feelings of stress, shame, anxiety, and unhappiness as well as disordered eating behaviours. Food should not hold morality, nor should there be guilt in what you eat. Fad diets regularly come and go, but the relationship we have with our body and with food stays with us forever.

Ask yourself, do you honour your hunger? Diet culture has branded hunger as something bad. But this is simply not true! Your body is communicating with you that it needs food! When we don't eat consistently or enough food we are more likely to overeat and this can lead us to lose trust in our bodies. When we learn to honour our hunger, we can heal our relationships with food and regain trust in our body and listen to its hunger cues. Believe it or not, all foods can fit into a healthy and balanced diet. By allowing yourself permission to have all foods in your diet, the urgency and scarcity of any one particular food fades away.

May you nourish your body and mind with delicious and satisfying food this New Year!

RECIPES FOR A COLD WINTER DAY

Spiced Chia Pudding

Ingredients

Milk/plant-based beverage: 2 cups (500 mL)
Honey: 3 tbsp (45 mL)
Ground ginger: 1/8 tsp (0.5 mL)
Ground cardamom: 1/8 tsp (0.5 mL)
Vanilla: 1/4 tsp (1 mL)
Ground cinnamon: 1/4 tsp (1 mL)
Black or white chia seeds: 1/3 cup (75 mL)
Vanilla yogurt: 1/3 cup (75 mL)
Strawberries or seasonal fruit: 1/2 cup (125 mL)

Instructions

In a saucepan, heat milk, honey, vanilla and spices over medium heat until milk is steaming. Transfer mixture to a bowl and let sit for 10 minutes. Stir in chia seeds. Refrigerate 12 hours or more.

Divide pudding into portions best for you. Add yogurt, fruit or other toppings.

[Spiced Chia Pudding \(cookspiration.com\)](http://cookspiration.com)

Hearty Chicken Noodle Soup

Ingredients

Chicken thighs: 6 (575 g)
Water: 8 cups (2 L)
Whole wheat egg noodles: 1 cup (250 mL)
Frozen peas: 1 cup (250 mL)
Grated Parmesan cheese: 1/4 cup (75 mL)
Chopped fresh basil: 2 tbsp (30 mL)
2 sprigs fresh parsley
1 chopped onion
1 chopped carrot
1 minced garlic clove

Instructions

In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.

Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

[Hearty Chicken Noodle Soup \(cookspiration.com\)](http://cookspiration.com)

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



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL Basketball game @ CHA (Barnwell) - CANCELLED 4:00 pm	6 Epiphany NO SCHOOL	7 NO SCHOOL	8
9	10 Basketball Practice 3:15 pm	11	12 Basketball Practice 3:15 pm Postponed: Basketball game @ TMS 4:00 pm	13 Hot Lunch - CANCELLED	14 NO SCHOOL	15
16	17 Basketball Practice 3:15 pm	18	19 Basketball game @ CHA (TCS) 4:00 pm	20	21 Kindergarten Day Early Learning Day 12:30 pm	22
23	24 Basketball Practice 3:15 pm	25	26 Basketball game @ CHA (Barnwell) 4:00 pm	27 Family Literacy Day in Canada Last Day of Semester 1	28 Bell Let's Talk Day First Day of Semester 2 NO SCHOOL	29
30	31 Basketball Practice 3:15 pm					

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day Basketball game @ CHA (DAF) 4:00 pm	3	4 NO SCHOOL Grades 10-12	5
6	7	8	9	10 Hot Lunch	11 Kindergarten Day	12
13	14 Valentine's Day	15 Flag of Canada Day	16	17 Random Act of Kindness Day	18 NO SCHOOL	19
20	21 Family Day NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27	28					

Healthy Snack - January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL	7 NO SCHOOL	8
9	10 Veggies & Dip	11 Chicken Noodle Soup	12 Caesar Salad	13 Leftovers	14 NO SCHOOL	15
16	17 Turkey/Ham Roll Ups	18 Fruit Salad	19 Chili	20 Omelette	21 Leftovers	22
23	24 Veggies & Dip	25 Cheese & Fruit	26 Taco Salad	27 Leftovers	28 NO SCHOOL	29
30	31 Veggies & Dip					

Jaunewoa 10, 2022

Liebe Ellren,

Bie Jaunewoa 14, Alberta Schoolunk woaren de Schoolen jenuach Kausten met rapid tests (tests daut kaunnen fekjs wiesen wan de COVID han) jäwen fa jieda Schoolkjint. De rapid tests sennen friewellich, en jie brucken kjeenem sajen woat daut wiest. De Chamberlain School woat NICH de Schoolkjinje testing. Wan jie wellen daut han daut de Chamberlain School woat een Kausten met rapid tests ooda masks ne Huse schekjen met jun Schoolkjint, lot onns weeten. Jie kjenn dit doonen met disse papia utfellen, dan daut trigjbrinjen to de Liera.

Wan jie mea wellen weeten, bitte jie sellen de School foonen 403-655-2211.

_____ Jo, schekj een Kausten met de rapid tests ne Huse met mien Kjint

_____ Jo, schekj masks ne Huse met mien Kjint.

NOMEN _____

GROD _____

January 10, 2022

Dear Parents,

Alberta Education is providing all Horizon students with a box of rapid tests and masks by January 14. The rapid tests are voluntary, and results DO NOT need to be reported to anyone. Chamberlain School WILL NOT be testing students. If you would like Chamberlain School to send home a box of rapid tests and/or masks with your child, please let us know by completing this form and returning it to your teacher.

If you have any questions, please do not hesitate to contact the school at 403-655-2211.

_____ Yes, please send home a box rapid tests with my child

_____ Yes, please send home masks with my child

NAME _____

GRADE _____