



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

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

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

NEWSLETTER - DECEMBER 2021

Principal's Message

Happy December Everyone! November was a busy month here at Chamberlain School and ATL. The ATL volleyball team had some great exhibition games, and the Tier II basketball team started practicing. We are so excited to have sports back in the building. For basketball, team parents and their dependent children are able to come and watch the games. Unfortunately we are still not able to welcome everyone as spectators. We also had our first P.E field trips, with all students able to participate in swimming at the Taber Pool.

Thank you to everyone who supported the PAC Purdy's Chocolate fundraiser. The PAC has a huge impact on the school and we appreciate everything that they do for us, from helping guide the direction of the school to providing delicious hot lunches. The PAC is very important and we are hoping to have an evening meeting in January to get more parents who are able to come. Keep your eyes open for the date in the January newsletter!

Also in November, report cards went home and parent teacher conferences were scheduled. If you missed having a conference with your child's teacher and would still like to, please call the school and an update can be arranged.

This month brings us to the Twelve Days of Christmas activities and students are enjoying getting into the holiday spirit. They are encouraged to bring food items for the food bank and toiletry items for Safe Haven throughout this time.

We are also continuing to practice for our German and English Christmas concerts. Due to current restrictions, we will be sending out the concerts as video links. Watch for them to come home during the last week of school before break.

Have a wonderful month, and I wish you all the blessings of the season.
Mrs. Van Ham

12 DAYS OF CHRISTMAS

As part of our 12 Days of Christmas Events, we will be collecting items to donate to the Safe Haven Family Shelter in Taber and Taber Food Bank. Deadline for donations is **Monday, December 13**. Thank you in advance for your generosity and helping those in need.

Please do not donate expired food items. They cannot be used and will be thrown in the garbage.

See attached "12 Days of Christmas Calendar" for other events happening in and around the school.

BASKETBALL

We are very excited to have a Tier 2 Basketball Team. Thank you to all our players who have joined the team. A huge thank you goes out to Pancho Dyck who is the coach and Aganetha Guenther who is the assistant coach. Good luck to our Basketball Team this season and we wish them all the best as they play against different schools. We can't wait to see what you accomplish through teamwork and hard work.



KALEIDOSCOPE
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Family & Community Support Services
www.fcss.ca

DECEMBER 2021

FREE EVENTS | YOUTH 13 - 18



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ONLINE

YOUNG WRITERS CLUB

FRIDAY, DEC. 3
@ 6:00 - 8:00 PM

DUNGEONS & DRAGONS

SATURDAY, DEC. 11
@ 2:00 - 4:00 PM

YOUNG WRITERS CLUB

FRIDAY, DEC. 17
@ 6:00 - 8:00 PM

DUNGEONS & DRAGONS

SATURDAY, DEC. 18
@ 2:00 - 4:00 PM

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

ACTING & AUDITIONING WORKSHOP (ONLINE)

SATURDAY, DEC. 4
@ 2:00 - 3:30 PM

An artist talk, Q&A, and workshop with a professional actor and writer in Vancouver.

HOLIDAY MOVIE & CARDMAKING (COALHURST)

FRIDAY, DEC. 10 | REGISTER BY DEC. 8
@ 12:30 - 4:00 PM

Enjoy pizza, goodies & a holiday movie while we make cards for Coalhurst community members.

WATERCOLOUR MOSAIC PAINTING (TABER)

WEDNESDAY, DEC. 22 | REGISTER BY DEC. 18
@ 2:00 - 4:00 PM

Practice watercolour painting while creating a beautiful mosaic of your work. Free supplies.

NOW OFFERING IN-PERSON PROGRAMMING

NUTRITION FOR LITTLES

Brought to you by South Zone Population & Public Health Dietitians

Dec 2021

SET the Table for Success!

Sit Together, Eat Together, Talk Together!
Support positive mealtimes for children.



Healthy eating is more than the foods you eat. Making meal times relaxed and pleasant is worth the commitment! Pleasant meal and snack time create a positive eating environment. Caregivers can sit and eat together with the children, role model healthy eating behaviours, and talk pleasantly with the children. The early years are important for healthy growth and development, and learning healthy habits that can continue into their adult years. Follow the child's lead and respond to what they are talking about.

Sit Together

People of all ages eat better when they share a meal with others. They tend to eat more fruits and vegetables and other nutrient-rich foods. Sitting together also provides a sense of security for children, and lets them know that they are valued and important.

Eat Together

Meal and snack times are a great time to connect with children and build relationships. Eating together provides a chance for adults to role model eating healthy foods. The benefits of eating together are greatest if you don't eat in front of the TV and other screens like tablets or phones.

Talk Together!

Children are learning at mealtimes – about language and social skills, food and eating skills. Eating together gives young children the chance to learn more words and how to communicate better. Focus on each other. Talk about their day, what they love and enjoy; talk about fun and happy things.

Learn more about *Supporting Positive Mealtimes* [here](#).

Join AHS Dietitians on Wednesday, January 26, 2022 from 2:00 PM - 3:00 PM for an interactive, one hour online session to explore positive mealtimes for child care programs and to support families at home. We'll discuss the purpose of mealtimes and share practical ideas and resources for programs and families. You will have time to think about strengths, opportunities and next steps for yourself or your program. Register for FREE at the Southern Alberta Professional Development Consortium (SAPDC) here: <https://www.sapdc.ca/program/7978>

Share with Parents:

- Ellyn Satter's, *Mastering meals step by step*, for information on how to make family meals healthy, positive experiences for all family members: <https://www.ellynsatterinstitute.org/how-to-eat/mastering-meals-step-by-step/>
- BC Dairy's *Positive Mealtimes: Promote happy, healthy eating with children*: [https://bcdairy.ca/wp-content/uploads/2021/09/Positive Mealimes.pdf](https://bcdairy.ca/wp-content/uploads/2021/09/Positive_Mealimes.pdf)

For more information or support, email us at:
publichealthnutrition.southzone@ahs.ca



Nutrition Times

December 2021 Nutrition Services

What Do You Want To Eat For Christmas Dinner?



Most families have their favorite Christmas food traditions that everyone looks forward to. No doubt, with great anticipation - as food and eating are not only necessities for life and satisfy hunger, but also a source of enjoyment and celebration.

In Alberta, celebration foods often include turkey or other meat or fish-based meals (with all the trimmings) and many dairy-based foods like pumpkin pie, shortbread cookies, etc. While delicious, and often-wonderful reminders of years gone by and important people in our lives, some of these favorite foods may no longer fully align with our day-to-day eating patterns. If you, or other family members, have been choosing more plant-based foods in recent times, you may want to change things up a bit for special occasions also. But, you may not be sure where to start without upsetting tradition.

Helpful Tips for Creating New Food Traditions:

- Simply add an alternative plant-based main course or sides to your traditional menu that everyone can eat, expanding their food choices as well as your own.
- Don't eliminate or significantly change cherished traditional foods, but do substitute ingredients within common side dishes or recipes so everyone can eat many of the same foods (see pg. 2 for substitutions).

These are great ways to support your changing eating pattern - or that of other family members or guests. With a little extra effort and planning, you don't have to forgo your new eating habits and can still enjoy many traditional foods.

What is plant-based eating?

A plant-based diet is made up of mostly plant foods: vegetables, fruits, whole grains, legumes (lentils, dried beans, and peas), nuts, and seeds. These foods provide the body with fibre, vitamins, minerals, and phytochemicals while usually being lower in calories than other types of foods. Animal foods like skinless poultry, lean meat, and low-fat dairy may make up a smaller amount of the foods eaten in a plant-based diet. (REF: [PEN handout plant based eating.pdf \(pha.ab.ca\)](#))



Main Course Alternatives or Add-ons

*Nut Roasts are a great way to provide a hearty entrée alternative to meat or poultry

[The Best Nut Roast Recipe For Celebrations! - thinlyspread.co.uk](#)

*Mushroom Pie

<https://www.unlockfood.ca/en/Recipes/Main-courses/Country-Style-Mushroom-Pie.aspx>

*Tofurkey – store bought or homemade

[Homemade Vegan Tofu Turkey With Stuffing Recipe \(thespruceeats.com\)](#)

Plant-based Recipe Ideas

Note: ** indicates AHS does not endorse the nutrition information that may be provided.

- **Health Canada**
[Recipes - Canada's Food Guide and Adjusting recipes to meet your needs](#)
- **Dietitians of Canada**
[Recipes - Unlock Food](#)
- **Alberta Pulse Growers Association ****
<https://albertapulse.com/>
- **Real Good Eats **** (Canadian Dietitian)
[Vegetarian Recipes Archives - \(realgoodeats.ca\)](#)
- **Transformative Nutrition **** (Canadian Dietitian)
[Plant-Based Recipes - Desiree Nielsen \(desireerd.com\)](#)
- **A Little Nutrition **** (Canadian Dietitian)
[Free Pulses Recipes Guide \(alittlenutrition.com\)](#)
- **Jamie Oliver**** (UK Chef)
[Vegan Christmas recipes by Jamie Oliver](#)

Ingredient Substitutions

EGGS

- For moisture: 1 egg = 1/4 cup applesauce
- For binding : 1 egg = 1 tbsp ground flaxseed + 3 tbsp water
- For quiches & pies : 1 egg = 1/4 cup silken tofu

MILK

- Replace cow or goat milk with fortified almond, soy or coconut milk.

BUTTERMILK

- Replace 1 cup milk with 1 cup soy milk +2 tbsp lemon juice

CREAM

- Replace 1 cup of cow's milk cream with 1 cup coconut cream OR 3/4 cup soy milk + 1/4 cup vegan margarine

HONEY

- Replace honey in equal quantities with agave syrup, maple syrup, or rice syrup

BUTTER

- Replace butter with equal quantities of coconut, olive, or avocado oil, or, vegan margarine

Meal Planning Ideas:

Visit Dietitians of Canada's [Cookspiration](#) for ideas and grocery store lists. Other ideas include meal apps like www.mealime.com/ and www.yummly.com/

Nutrition Counseling: If you would like to make a free appointment with a dietitian to discuss healthy eating during pregnancy or breastfeeding go to <http://www.ahs.ca/nutrition>.

Classes:

- ➔ To register for free online **Prenatal Nutrition** classes visit bit.ly/onlinenutritionclasses, go down to 'Healthy Eating for Pregnancy'.
- ➔ To register for our free classes on **Feeding Babies** visit szonenutrition.eventbrite.com/.

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



Twelve Days of Christmas Events 2021 December

Monday	Tuesday	Wednesday	Thursday
<p>29 <u>Introduce Stuff the Bag</u> (Deadline: December 13) -Stuff the Bag with supplies for Safe Haven and Taber Food Bank</p> <p><u>Healthy Christmas Snack</u> -Fruit will on the plates for healthy snack for students to assemble a Grinch</p>	<p>30 <u>Find the Chocolate Santa</u> -Each teacher will be given about 4 prizes per class. Teachers will hide them around the classroom and whatever students find them first, get a prize or just the pride in finding it first</p>	<p>1 <u>Bulletin Board Decorating Begins</u> (Deadline: December 14) -Each class will have a section of a bulletin board by the gym or in the main foyer to decorate.</p>	<p>2 <u>Pajama Day</u> -Wear your comfiest PJs! <u>Christmas Tree Ornament Day</u> -Create an ornament with your class to hang on our Christmas trees -Teachers can find their own craft ideas</p>
<p>6 <u>Colouring Contest</u> (Deadline: Dec. 15) -Contest pages will be given to each class to colour and complete</p>	<p>7 <u>Cookie Decorating</u> -Cookies will be delivered to your class as well as all the supplies to decorate -8/9 CTF to make cookies in advance -6/7 to make icing during PE</p>	<p>8 <u>Red/Green Day</u> -Wear either red or green <u>Guess the Candy Amount</u> -The person who guesses the correct amount will share the candy amount with their class. -We will do one jar for K-5 -Another jar for 6-12</p>	<p>9 <u>Pancake Breakfast for Lunch</u> <u>Winter Walk (2:45 pm)</u> -Walk in the community</p>
<p>13 *Stuff the Bag Deadline <u>Right/Left Game</u> -Gift will be passed around in a circle (as per the story script) until the last person gets to open the gift for the whole class to enjoy</p>	<p>14 *Bulletin board deadline <u>Christmas Sweater Day</u> -Wear a Christmas Sweater <u>Photo Scavenger Hunt</u> -The photo scavenger hunt will be made in advance and handed to teachers -Students will use ipads to take photos of their scavenger hunt adventure</p>	<p>15 *Colouring pages deadline <u>Card Making/Gift Tag Craft</u> -Create a holiday card with your class -Teachers can find their own craft ideas</p>	<p>16 <u>Christmas Movie (afternoon)</u> -Students gather in the gym for a Christmas movie or they can choose to watch a movie in their classroom at 1:00 pm -The Star (?), Arthur Christmas (?) <u>Pajama Day, Hot Choc and Popcorn</u> -Wear your comfiest PJs! -Hot Chocolate and Popcorn during the movie in the gym</p>

Healthy Snack - December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 Grinch & Snowman Snack	30 Turkey/Ham Wraps	1 Banana Cranberry Muffins	2 Corn Salad	3 NO SCHOOL	4
5	6 Italian Wedding Soup	7 Flatbread Pizzas	8 Caesar Salad	9 Pancake Breakfast	10 NO SCHOOL	11
12	13 Veggies & Dip	14 Fruit Salad	15 Pigs in a Blanket	16 Hot Turkey Buns & Sweet Potato Fries	17 NO SCHOOL	18
19	20	21	22	23	24	25 MERRY CHRISTMAS!
26	27	28	29	30	31	

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Basketball Practice 3:15 pm	2 Hot Lunch - Enchiladas	3 NO SCHOOL	4
5	6 Basketball Practice 3:15 pm	7	8 Basketball Game @ DAF 5:15 pm	9	10 NO SCHOOL	11
12	13 Basketball Practice 3:15 pm	14	15 Basketball Game @ Lomond 4:00 pm	16	17 NO SCHOOL	18
19	20 NO SCHOOL	21 First Day of Winter NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL	4	5 Basketball game @ CHA (Barnwell) 4:00 pm	6 Epiphany	7	8
9	10 Basketball Practice 3:15 pm	11 English Diploma Part A	12 Basketball game @ TMS 4:00 pm	13 Hot Lunch	14 NO SCHOOL	15
16	17 Basketball Practice 3:15 pm	18	19 Basketball game @ CHA (TCS) 4:00 pm	20	21 English Diploma Part B 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					