



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 - FEBRUARY 2022

Principal's Message

As we begin semester two and reach the halfway point of our school year, I am so thankful for the experiences and learning that has taken place so far.

This month we will see the basketball season come to an end, and students will gear up to play badminton in March. Pink shirt day is taking place on February 15th, and students are encouraged to wear a pink shirt to show their stand against bullying. We will also hopefully be able to have another hot lunch this coming month, and the PAC is meeting via Zoom on February 3rd. We are hoping they will be back in person for the next meeting in March.

I am very excited to introduce our new junior high Science/PE/Social teacher as well. Mr Bilj will be taking over from Mrs. Gutfriend for the remainder of the school year. Mr. Bilj is a first year teacher, originally from Calgary, who has been teaching at WR Myers for the past semester. He recently graduated from the University of Lethbridge and he loves to participate in sports, especially badminton. We will miss Mrs. Gutfriend very much while she is on leave, but know Mr. Bilj will be able to bring his own strengths to make our school better!

Another staff member that we will greatly miss is our school librarian, Mrs. Nelson. Mrs. Nelson is retiring at the end of February after 22 years at Chamberlain school. We are so grateful to her for her many years of service both as a librarian and educational assistant. Many students and community members have benefited from her dedication to creating an amazing library and providing a place where people can learn, grow, and create. The staff and students at Chamberlain and ATL will be forever appreciative of each year she gave us! We are currently looking for a new librarian, and hope to fill the position very soon.

Mrs. Van Ham

Early Childhood Services

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

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

Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

****Please call the school at 403-655-2211 for more information.**

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.

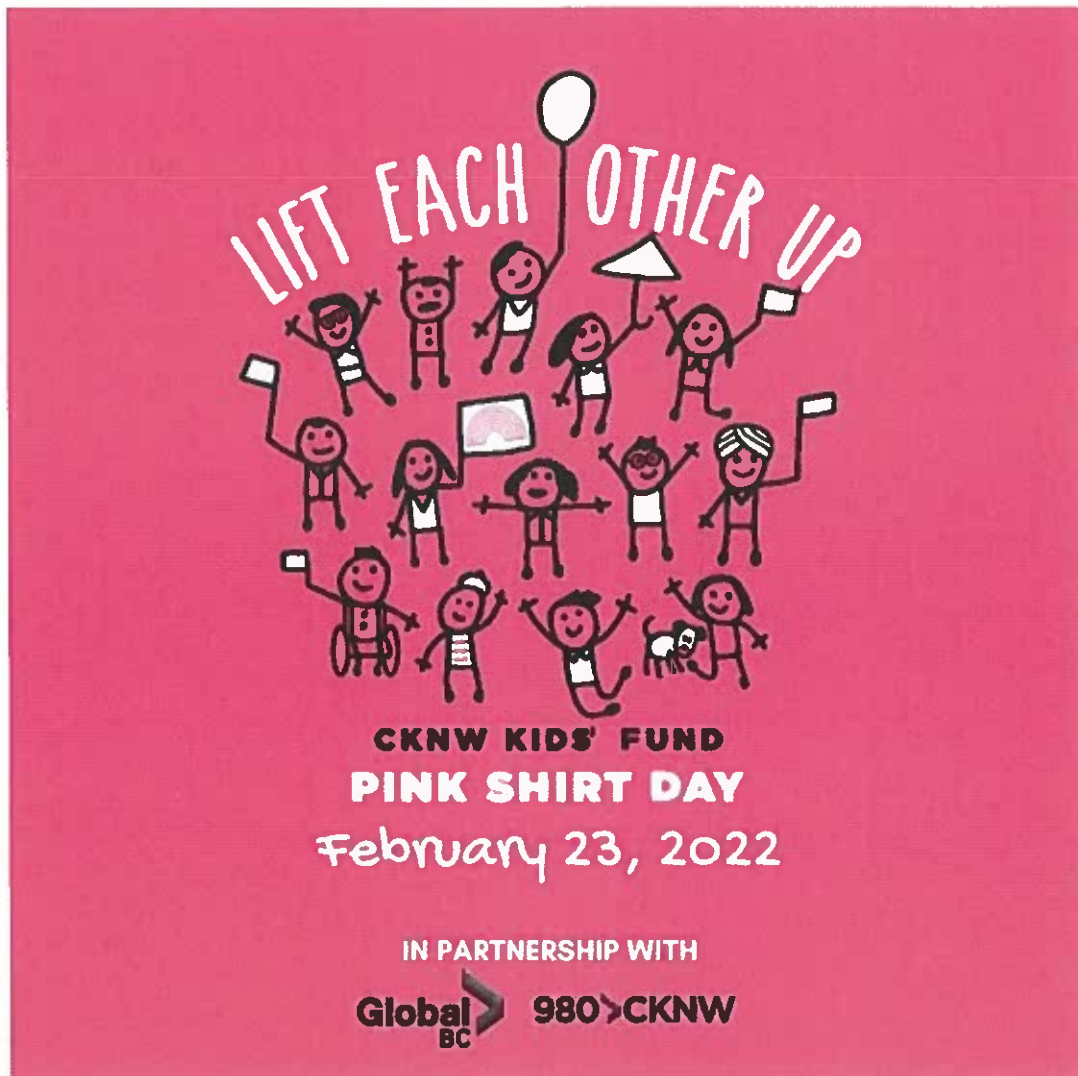
FSLP also has a Facebook page called **Mental Health in Horizon School Division**. This page updates and informs parents and students about mental health issues. You can also click on this link for more information about the FSLP:

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

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

Pink Shirt Day

Pink Shirt Day is on **Tuesday, February 15**. Bullying can be a major problem in our schools, workplaces, homes, and online. Bullying could be happening to someone you know and care about – join us in taking a stand against bullying, and letting your peers know that it is not okay. Show kindness, empathy, and compassion, and speak out!



Healthy Snack - February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Veggies	1 Turkey/Ham Roll Ups	2 Beef Barley Soup	3 Caesar Salad	4 Leftovers	5
6	7 Fruit Salad	8 Vegetable Soup	9 Banana Muffins	10 Quesadillas	11 Leftovers	12
13	14 Turkey/Ham Roll Ups	15 Fruit & Yogurt	16 Chili	17 Leftovers	18 NO SCHOOL	19
20	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27	28					

FEBRUARY 2022

ONLINE | FREE | YOUTH 13 - 18

▶ ONGOING

YOUNG WRITERS CLUB

FRIDAY, FEB. 4
@ 6:00 - 8:00 PM

DUNGEONS & DRAGONS

SATURDAY, FEB. 5
@ 2:00 - 4:00 PM

YOUNG WRITERS CLUB

FRIDAY, FEB. 11
@ 6:00 - 8:00 PM

DUNGEONS & DRAGONS

SATURDAY, FEB. 19
@ 2:00 - 4:00 PM

YOUNG WRITERS CLUB

FRIDAY, FEB. 25
@ 6:00 - 8:00 PM

▶ COSPLAY CLUB

Join our brand new monthly cosplay club. We will cover new topics every month like design, costuming on a budget, wigmaking, armour and more!

SATURDAY, FEB. 12
@ 2 - 4 PM

▶ IMPROV WORKSHOP

Join experienced improviser Solly Kryieger-Paine in this interactive online workshop to help develop your skills as an improviser and actor!

SATURDAY, FEB. 26
@ 2 - 4 PM

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



@kaleido_fcsc



@kaleido_fcsc



@kaleidoscopefcsc



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FCSS
Family & Community
Support Services
www.fcsc.ca

Nutrition Times

February 2022 Nutrition Services



Nutrition Misinformation on Social Media

Social media platforms such as Instagram, TikTok, Facebook, Twitter, and Pinterest can be great sources of information. These platforms help us learn new information about a variety of topics. However, a drawback of these social media platforms is that anyone can post information, even if they are not an expert on the topic. Over the years, this situation has increased and articles and links containing “fake news” have increasingly made their way into the picture. This is especially true when it comes to nutrition information. **Nutrition misinformation is false, inaccurate and misleading information that can be harmful to the public’s health and wellbeing.** According to Statistics Canada, up to six in 10 Canadians under 35 years use the Internet to keep up to date on health research and news. With a growing proportion of the population relying on social media for health information, it is important to be able to spot nutrition misinformation.

Why nutrition misinformation is harmful

There is a lot of nutrition misinformation on social media. Influencers on TikTok and Instagram may try a new nutrition-related trend (e.g. chlorophyll water). When these trends go “viral” and become very popular, many people view this misinformation and try the trend in the hopes of receiving the claimed benefits. Some commonly claimed benefits of these trends include weight loss, increased energy, clear skin, and cancer prevention.

Unfortunately, it is very unlikely that one food/supplement is able to “fix” all of these problems.

Some disadvantages of trying these trends include:

- Wasting money on new products that have not been proven to work
- Harming your own health
- Frustration from not seeing results
- Delay in seeking professional help

This is why it’s important to reach out to regulated health professionals, such as your Doctor or Dietitian when you are experiencing health problems or want to make a change.

How to Spot Nutrition Misinformation in the Media

- **Someone is trying to sell a product** - Companies will likely use fear tactics to help “solve” a problem or health issue you may be facing. However, their products have little to no evidence of being a safe and effective solution.
- **Claims that one food/supplement is the cure to multiple health issues** - If there were such a product then all health professionals would already know about it.
- **Online articles that don’t have credible references** (e.g. they reference blogs, other articles or posts written by someone who is not a regulated health professional). Doctors, Dietitians, Pharmacists, Physiotherapists, and other regulated health professionals are the best sources of information when it comes to your health.
- **Find credible nutrition information at** www.ahs.ca/nutrition www.dietitians.ca



Examples of Nutrition Misinformation

X Myth

✓ Fact

X The keto diet is a healthy way to lose weight.

✓ Any diet that encourages getting rid of whole food groups is a red flag. To have a balanced diet, it is important to include a variety of foods from all food groups. [Canada's Food Guide](#) is a great resource to help introduce a variety of healthy foods.

X Chlorophyll water will clear your skin, help you lose weight, and improve your general health.

✓ Weight loss is complicated and is not a one size fits all solution. Drinking enough water every day is good for overall health. There is not enough reliable information to show that adding chlorophyll to your water will have any benefits.

X Intermittent fasting will help prevent cancer, help you lose weight, and help you live longer.

✓ This is a trend that claims to fix a variety of issues. If you look at the studies supporting this claim, the majority of them are animal studies that are not suitable to apply to humans.

Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

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

Nutrition Workshop Series for Child Care Providers:

View upcoming workshops at <https://bit.ly/ELCCworkshops2022>

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Virtual Grocery Store Tour, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 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



Questions? Email us at publichealthnutrition.southzone@ahs.ca

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day Basketball game @ CHA (DAF) 4:00 pm	3 Parent Council Meeting - Zoom 1:00 pm	4 NO SCHOOL Grades 10-12	5
6	7	8	9	10 Hot Lunch - TBD	11 Kindergarten Day	12
13	14 Valentine's Day	15 Flag of Canada Day Pink Shirt 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					

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 100th DAY OF SCHOOL	4 NO SCHOOL	5	
6	7 NO SCHOOL	8	9	10 Hot Lunch	11 Early Learning Day 12:30 pm	12 Daylight Savings Begins
13	14	15	16	17 St. Patrick's Day	18 Kindergarten Day Report Cards go home	19
20	21	22	23	24 Parent Teacher Interviews after school 3:30 pm	25 NO SCHOOL Parent Teacher Interviews 8:30 am	26
27	28	29	30	31		