



# CHAMBERLAIN SCHOOL

## ARDEN T. LITT CENTRE FOR LEARNING

### NEWSLETTER – MARCH 2022

#### Principal's Message

I hope that everyone had a restful family week break and that you were able to rest, reconnect and take time with your family and friends. We are excited to start the month of March. COVID regulations have changed; masks are no longer required in the school buildings and building limits have been removed. We will continue to ensure that personal hygiene and building cleanliness is a focus as we move forward.

Assurance Surveys, which used to be known as Accountability Pillar Surveys, have been mailed to parents of students in certain grades and have been done by students in those grades. This is an opportunity for parents to have a say and let the school know their thoughts on school priorities. Of course, parents are always welcome to call or come in at any time as well! Surveys need to be completed by March 25th.

This month will see the beginning of Bible classes for students in Early Learning to Grade 9 who have received parent permission. The major focus of this year will be the parables of Jesus and the lessons students can learn from them. Students in German classes have also begun preparing for their Easter concert. We will be holding this concert in person as long as regulations allow.

Report cards will come out on March 18th and parents will be able to sign up for parent teacher interviews, which will occur on March 24th and 25th. These will be held in person or on the phone, depending on parent preference.

March is also the month for badminton. Students in grades 6-12 will have the opportunity to participate. Sign up sheets are up now and practice will start the week of March 7.

Parent council will be meeting on Thursday, March 10th and are inviting all parents to attend. This is a great chance for parents to get involved in the school. Parent council is involved in discussions of school planning, finance, and day to day activities. They make our school a much better place and provide support for students in many ways.

Finally, this week we are celebrating our 100th day of school! Students have been collecting boxes of kraft dinner for the food bank. We are trying to get to 100 boxes by March 3rd and will celebrate with the school gathering to set them up and knock them down like dominoes!

Mrs. Van Ham

## **Staff Appreciation Week**

A huge thank you to Michelle Willms for delivering donuts for all staff as well as Kim Fletcher for the coffee and snacks. Your kindness and support is greatly appreciated.

## **Early Childhood Services**

If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. We need to know how many children will be attending Kindergarten to complete our staffing for the 2022/2023 school year. Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

If your child is 3 by September 1, they can be enrolled in Early Learning.

To learn more about your child's developmental progress, as well as the benefits of early childhood programming, please book an appointment for **Thursday, March 24**. Please call the school office at 403-655-2211.

## **Report Cards & Parent Teacher Interviews**

Report cards will be sent home with students on Friday, March 18.

**\*\*INTERVIEWS ARE IN PERSON OR BY PHONE\*\***

Parent/Teacher Interviews will be held as follows:

**Thursday, March 24** from 3:30 – 7:00 pm

**Friday, March 25** from 8:30 – 12:00 noon

**\*\*If either of these days do not work, please let us know and we can reschedule for another day and time\*\***

Please return the attached interview request form on or before Wednesday, March 23. You can also phone the school at 403-655-2211 or send an email to [caroline.croymans@horizon.ab.ca](mailto:caroline.croymans@horizon.ab.ca) to request a time. You will receive a confirmation email or phone call Wednesday, March 23.

## **Badminton**

Are you a fan of Badminton? Then come out and represent Chamberlain School by registering for the team. The sign up sheet is posted outside of the gym till next week so get your name in ASAP. Practices will start following the long weekend and will run Tuesday/Thursday at lunch with Mr. Bijl and either Monday or Thursday after school with Mr. Baker. Looking forward to seeing you come out and here's to a GREAT season!! Cost is \$25 per player. There will be an additional small fee for anyone attending a tournament.

## **Parent Council Report**

Happy almost spring!

It's hard to believe there are only 4 more months left in the school year. I feel like we have had a really great year so far despite some temporary setbacks. I really need to give a shout out to the staff and teachers at Chamberlain for working so hard to make school a positive and fun experience for all the students. As a parent council we are hoping and anticipating that the future will be brighter and that more fun activities will be able to resume.

We look forward to bringing back movie nights and maybe even the Turkey dinners we have enjoyed so much in the past. That being said, we would really need more parent involvement to get back to these fun events. Our parent council is small and, although we love to be involved, we certainly don't want to burn out by doing all the work ourselves. We would love to have any parents attend our meetings, the more the merrier!

We are looking forward to doing a Kernels popcorn fundraiser for March with the popcorn being sent home before Easter break. We need your help to make it a success and hopefully raise money for some great field trips for the students at the end of the year.

Hot lunch resumed in February with the pizza hot lunch raising money for the basketball team. March will be a taco in a bag hot lunch which we know the students will enjoy. Please feel free to reach out to me or any of our parent council members or at the office if you would like to help out in any way. Right now our greatest need would be hot lunch helpers. It's a fun way to be involved!

Our next meeting is planned for Thursday March 10 at 1pm.

# Healthy Snack - March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Subs	2 Chicken Noodle Soup	3 Leftovers	4 NO SCHOOL	5
6	7 NO SCHOOL	8 Turkey/Ham Roll Ups	9 Fruit Salad	10 Omelette	11 Leftovers	12
13	14 Veggies	15 Fruit & Yogurt	16 Cheese & Crackers	17 Caesar Salad	18 Leftovers	19
20	21 Smoothies	22 Turkey/Ham Roll Ups	23 Chili	24 Leftovers	25 NO SCHOOL	26
27	28 Veggies	29 Fruit Salad	30 Caesar Salad	31 Italian Sausage & Tomato Soup	1 Leftovers	

**KERNELS POPCORN FUNDRAISER**

**PLEASE SUPPORT OUR PARENT  
COUNCIL FUNDRAISER**

**LAST DAY TO ORDER IS:  
THURSDAY, MARCH 31**

**THANK YOU FOR YOUR SUPPORT!**



# Nutrition Times

March 2022 Nutrition Services

## Nutrition Month 2022

### 'Ingredients for a Healthier Tomorrow'



### Food Literacy

Food literacy is knowing about food and nutrients and how to make healthier food choices. It means knowing how to grow or buy food and how to safely store, handle and prepare food. Things we can all do to build food literacy are:

- Grow a garden
- Visit local farms to learn about where our food comes from
- Cook with your kids
- Try new foods
- Attend (or host) a workshop on topics such as composting, batch cooking, and canning.
- Advocate for food literacy activities and sustainable food systems.
- Want to learn about food labelling? See Health Canada's [Nutrition Labelling Online Course](#)

### Food Security

Food security is when a person always has access to enough healthy food to meet their needs and preferences.

**Did you know?** [1 in 10](#) Alberta households are food insecure. And 80% of food insecure households are employed but do not earn enough to cover basic needs such as food. Some who are at highest risk are newcomers, low-income households, single parents, people who rent rather than own a home, those with a disability or facing racial discrimination, and more. But food insecurity affects the whole community.

And dealing with food insecurity goes beyond emergency food supports. Learn about your community. Work together to address the gaps in the health, food, social and economic systems to create a healthier tomorrow.

During Nutrition Month, dietitians will be exploring the key ingredients needed to change our food systems for a healthier tomorrow. These ingredients can be actions that may improve an individual's health or systemic changes that can be made. Read on to discover what some of these key ingredients could be and how you can be part of the change for a more sustainable food system.

### Food Sovereignty

Food sovereignty is the right to define and control our own food and agriculture systems, including how food is produced, transported, and sold. However, this is not what we are seeing in our current food system.

Today, large corporations and global markets have too much control. We are seeing the effects of this with rising food prices and more profits going to the corporations (while farmers and local growers' shares are getting smaller). What can we do to take back control? Start by paying attention to the food you eat, where it comes from, and how it is produced so you can make decisions based on what food means to you. Support smaller scale local producers and regional processing. Help put the control of the food systems and policies back with the people who actually produce, distribute and consume the food.

### Food Justice

Food justice focuses on questions of land ownership, agricultural practices and distribution of technology and resources. A timely example is indigenous peoples' struggle to ensure access to the land and water their food comes from. Food justice can also include programs such as Good Food Clubs and mobile grocery stores or advocating for everyone to have access to healthy food.



**Moving toward a sustainable food system** means understanding how all the different parts of a food system work together. It means working at all levels: Individual, Community/ Organizational, and Systemic. However, no one stakeholder can work in isolation. To find community solutions that work, we must collaborate with partners. Some great places to start with are:

1. Make sure everyone has equitable and just access to healthy foods. Food is not just a commodity. It is a human right.
2. Reduce plastic use. Promote cloth grocery bags, refillable water bottles and reusable plates/ cutlery instead of disposable. Reduce or change packaging where possible.
3. Reduce food waste. If you have more than you can use, share it with others. About 1/3 of fruits and vegetables are rejected by stores because they are not perfect enough to sell. 'Imperfect' produce is just as tasty and healthy. The [Root Cellar](#), [Mustard Seed](#), [Lethbridge Food Bank](#) and [Prairie Gleaners](#) are some of the Southern Alberta groups that take donations.
4. Promote locally grown and produced foods. This reduces transportation costs, increases access, and puts control over sustainable practices back in the hands of smaller scale producers.
5. Build food knowledge and skills that can be passed on to future generations.



Photo by [Markus Spiske](#) on [Unsplash](#)

Let's work together to identify our Ingredients for a Healthier Tomorrow.

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To find out more about Dietitians of Canada Nutrition Month 2022 campaign go to [NutritionMonth.ca](#)  
UnlockFood.ca has this article on [How Can I Eat a More Sustainable Diet?](#)

Ingredients can also be actions you take to improve your own health. AHS nutrition resources can be accessed for free.

- Handouts on various topics can be downloaded from <https://albertahealthservices.ca/nutrition/Page11115.aspx>
- A list of group classes that Alberta Healthy Living Program offers is found at: <https://bit.ly/2022AHLPL>
- To make an appointment with a Registered Dietitian to discuss personal changes you would like to make. <http://www.ahs.ca/nutrition>.
- To register for free online Prenatal Nutrition classes visit [bit.ly/onlinenutritionclasses](http://bit.ly/onlinenutritionclasses), go down to 'Healthy Eating for Pregnancy'
- To register for our free classes on Feeding Babies or Mealtime Struggles (Picky Eating) please visit [szonenutrition.eventbrite.com/](http://szonenutrition.eventbrite.com/)

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## 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](http://www.healthyeatingstartshere.ca)





# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	
6	7 NO SCHOOL	8	9	10 Hot Lunch - Taco in a Bag PAC Meeting 1:00 pm	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 Last Day to Order Kernels Popcorn		

# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fools Day NO SCHOOL Grades 10 - 12	2
3	4	5	6	7 Green Shirt Day Hot Lunch World Health Day	8 Kindergarten Day	9
10	11	12	13	14	15 Good Friday - NO SCHOOL	16
17	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 Earth Day NO SCHOOL	23 World Book Day
24	25	26	27	28	29	30

# PARENT/TEACHER INTERVIEW REQUEST

Our Parent/Teacher Interviews for Grades K – 12 are being held on **Thursday, March 24** from 3:30 – 7:00 pm as well as **Friday, March 25** from 8:30 – 12:00 noon. Please return the form below or contact the school by email at [caroline.crooymans@horizon.ab.ca](mailto:caroline.crooymans@horizon.ab.ca) or telephone 403-655-2211 before Wednesday, March 24 for your requests.

**In Person Interview:** \_\_\_\_\_ **Phone Interview:** \_\_\_\_\_

Family Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**\*\*German Translator: Yes** \_\_\_\_\_ **No** \_\_\_\_\_ **\*\*SEE BELOW\*\***

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**Please check off as many times that work for you on March 24. Each interview is 15 minutes long. If you require more than 15 minutes, please let us know.**

3:30 – 4:30 \_\_\_\_\_ 5:30 – 6:30 \_\_\_\_\_

4:30 – 5:30 \_\_\_\_\_ 6:30 – 7:00 \_\_\_\_\_

**Please check off as many times that work for you on March 25. Each interview is 15 minutes long. If you require more than 15 minutes, please let us know.**

8:30 – 9:30 \_\_\_\_\_ 10:30 – 11:30 \_\_\_\_\_

9:30 – 10:30 \_\_\_\_\_ 11:30 – 12:00 \_\_\_\_\_

**\*\*A LOW GERMAN TRANSLATOR WILL BE AVAILABLE**