



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER – APRIL 2022

Principal's Message

Happy April! Spring is officially here and staff and students at Chamberlain and ATL are excited to have more opportunities for outdoor learning. The 2/3 class have already created solar ovens for Science and several classes have spent time outside for Phys Ed.

We just finished with report cards and parent teacher conferences. If you were unable to attend, please feel free to call the school anytime and a phone call or meeting can be scheduled. We are always happy to see parents and want to keep you in the loop about student learning!

Planning is underway for next year, which includes planning for teachers, support staff, and the classes we will be able to offer. To do this we need to have student numbers be as accurate as possible for this planning, so if you or someone you know is thinking of registering students in Early Learning or if there are new students in Kindergarten-Grade12, please register as soon as you can.

We are so happy to be able to present a Community Movie Night on April 1st. The show is Sing 2 and doors open at 6:00 with a PAC concession. This is an event that both school and non-school families can attend.

Another event happening in April is the German Class Easter Concert. Ms. Dyck has had her students practicing their songs and getting ready for quite some time. The concert is at 7:00 with Faspa to follow.

Teachers are also busy planning field trips, which look like they will go ahead as they did before 2020. I have seen plans for swimming, museums, and more already!

Finally, students are encouraged to wear green for Green Shirt Day on April 7th to for organ donor awareness.

Mrs. Van Ham

3 Hat Circus Performance

We are excited to announce 3 Hat Circus will be performing at our school on **Thursday, May 5 at 10:30 am.** A huge thank you to the Grassy Lake Community Library for sponsoring this event. We invite all school families and community members to attend.

Highway Cleanup

Highway Cleanup will be held on **Saturday, May 7.** We really need Junior High and High School students and parent drivers to sign up and volunteer to help participate with this large fundraiser.

Parent Council

Hello from the parent council! I hope you are enjoying this beautiful spring weather we're having. Summer will be here before we know it! We met as a parent council this month and discussed all the things we are able to do now that things are getting back to normal. It feels good not to have so many restrictions on what we're able to do and planning is a bit more exciting.

Our first "back to normal" event will be the movie night this Friday, April 1 at 6:30. There will be a concession with popcorn and the usual snacks that the kids love. We hope to see you there with your families.

We have had a couple of fundraisers, Purdy's chocolate and Kernel's popcorn, and have another idea of a bake sale. We'd love to hear any ideas that you may have or, if you like to bake, let us know if you'd like to be involved.

The gaga pit has been a bit hit and I see the kids enjoying it when I drive by the school. We'd also like to fund the end of the school field trips for the kids, so the more money we raise, the more options they will have in choosing.

We still raise money with our hot lunches. We have been holding one a month this year when we are able to. We still have May and June open and would really appreciate a couple of volunteers to help with that.

Our next parent council meeting will be April 13 at 1pm, hope to see you there!

Michelle Willms Secretary for Parent council.

Early Childhood Services

If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. 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.

Nutrition Times



Salt. CC BY-NC

Find the Salt

Each day, Canadians eat twice as much salt as they need. Eating too much salt over time may lead to high blood pressure and heart disease. As most of the salt we eat comes from highly processed and packaged foods, making a few changes can have a big impact. Try the tips below to help you lower your salt intake.

Step 1: Identify sources of salt

Look for terms such as “salt,” “sodium,” and “soda” on food labels. You can check the nutrition facts table (seen on the right of the page) and the ingredient list for nutrition information. The ingredients in packaged foods are listed by weight from most to least. Choose foods that do not list salt in the first three ingredients to lower your salt intake. Some examples of high salt foods are condiments, canned foods, and processed meats such as sausages.

Step 2: Find ways to cut back

“Sodium free” or “no salt added” foods are good choices. “Sodium reduced” or “lower sodium” may not be helpful terms as these foods are often still high in salt.

Try to avoid adding salt at the table and when cooking. For example, you don’t need to salt the water for pasta, rice, potatoes, and hot cereal.

Step 3: Keep the flavour!

Many of us use recipes to prepare meals or to get ideas. However, you can change the recipe to enhance other flavours you might like.

If a recipe includes a lot of salt, substitute some basil, lemon zest, garlic, or dill for flavour. You can make your own spice mixes without salt as well. Over time, your taste buds will adjust to eating less salt. Soon, you will notice high salt foods and restaurant food will taste very salty.

Check out the [Cooking Without Salt](#) handout for more ideas!



Karolina Grabowska, Various types of spices.... CC0

April 2022 Nutrition Services

Reading Nutrition Facts Tables

The nutrition facts table uses the term “sodium” for salt. Choose foods with a lower Percent Daily Value (% DV) for sodium. The [% DV](#) is a guide to show you if the serving size has a little or a lot of a nutrient:

- 5% or less is a little
- 15% or more is a lot

Nutrition Facts	
1 Serving size	125 mL
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
2 Sodium 200mg	9% 3
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 9g	18%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1. Look at the serving size, the numbers below tell you how much of each nutrient there is per serving size. You can compare two products’ amount of sodium by their serving size. If you eat more or less than the serving size, you need to adjust for the amount you eat.

2. Look for sodium on the label.

3. Look across to the % DV. Is this a little or a lot?

Here, in 125 mL of the food, the % DV for sodium is 9%. This is a moderate amount of sodium.

Tips & easy swaps to lower your salt intake

- Look for “no salt added” canned vegetables, beans and lentils. You can also drain and rinse regular canned foods to remove some salt.
- Swap pasta or pizza sauce for strained tomatoes (passata) and add your own spices.
- Ready-to-eat and pre-cooked frozen foods can be high in sodium. Eat these less often and read food labels.
- Swap processed and pre-seasoned meats for lean meats with a homemade marinade.
- Be aware that many condiments are very high in salt so use in small amounts. Examples: Pickles, Soy Sauce, Hot Sauce, BBQ Sauce, Ranch Dressing, packaged spice mixes such as taco seasoning.



White beans. CCO



French Fries. CC BY-NC

- Try making your own spice mix or marinade instead. Example: BBQ spice mix could include chili powder, paprika, cumin, and garlic or onion powder.
- Instant noodles (ramen), pasta or rice mixes, muffin mixes, and ready-to-eat canned soups are high in salt so cook from scratch more often. You can make homemade pasta sauces, soups, and pasta dishes with less salt.
- Use the Health Canada Sodium Detector found at <https://bit.ly/3JFzwhM> to find out how much salt is in processed foods or added at home.



Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

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

Mockup Graphics, Isolated bunch, CCO

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 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



April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fools Day NO SCHOOL Grades 10 - 12 Community Movie Night - Sing 2 6:30 pm	2
3	4	5	6	7 Green Shirt Day World Health Day	8 Kindergarten Day	9
10	11	12	13 PAC Meeting 1:00 pm	14 Hot Lunch German Easter Concert 7:00 pm	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

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 3 Hat Circus Performance 10:30 am	6 NO SCHOOL	7
8	9	10	11	12 Hot Lunch	13 Kindergarten Day	14
15	16 LA PAT Gr. 9 Part A	17	18 LA PAT Gr. 6 Part A	19	20 NO SCHOOL	21
22	23 Victoria Day - NO SCHOOL	24	25	26 Ascension	27 Early Learning Day 12:30 pm	28
29	30	31				