



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - MAY 2022

Principal's Message

Spring Break is over and May is here.

We are very quickly running out the clock on the 2022/2023 school year with only eight weeks remaining. In May we have a number of exciting things happening here at Chamberlain and ATL, beginning with Education Week and Mental Health Week activities in the first week:

- Tuesday, May 3 - Rock painting and community walk
- Wednesday, May 4 - Hats on for Mental Health Day - wear a hat!
- Thursday, May 5 - Three Hat Circus sponsored by the Library. All are welcome.
- Thursday May 5 - Family Movie Night - Spies in Disguise. All are welcome. There will be a concession available. We will be having another movie night on May 27th, so mark that on your calendar as well!

We also have the Westwind Thunders dancing troupe scheduled for May 12th and all are welcome to attend that event as well. It will be an amazing time to check out some traditional indigenous dancing and hear a great message.

We are also beginning to plan for PATs, Diplomas and final exams, so keep an eye out for the schedule coming up in the June newsletter.

Thank you so much to the community member who donated two laptop computers and all the necessary components to our school. We don't know who you are, but we appreciate you more than you can know. Your gift will have a huge impact on our students.

Finally, a huge congratulations goes out to William Nakashima, Peter Neufeld, Tina Froese and Susie Frose for winning first in badminton divisionals, and also congratulate all the other students who won other placements. I am so proud of our student athletes!

I hope to see many of you in the building for our upcoming events!

Mrs. Van Ham

Mental Health Week

May 2 - 8 is Mental Health week. Our Family Connections Wellness Coach, Amanda, will be doing a few activities with students at Chamberlain to help promote mental health week.

We've made **Wednesday, May 4**, Hats on for Mental Health Day, so please wear a cool hat!

There are also some great activity ideas at <https://www.mentalhealthweek.ca/>

We want to remind everyone of the importance of taking care of your own mental health. Remember to take time to relax, exercise, eat healthy, take a break from social media and to have fun.

Bottle Drive

We are collecting bottles until **June 2**. Money goes directly to the school field trips. You can drop bottles off at the school during school hours or there is an account set up at the Taber Bottle Depot if you choose to take them yourself. The account name is Chamberlain School Fundraising Society. Thank you!

Grade 2/3

The Grade 2/3 class received a Mantis Hatchlings Kit (Praying Mantis). Included in the kit are 3 mantis nymphs in 3 rearing containers. The class is feeding them fruit flies. The mantis will grow to be 4 inches long.

Parent Council

Greetings from the Parent Council! It's hard to believe there's only less than 2 months until school is done for the year. We have a few more fun events planned before the year is out. May 27 will be another family movie night. We had a great turnout for the last one and we know the kids really look forward to them! Our year end Barbecue will be on June 9. The Parent Council will be serving hot dogs and hamburgers to the students and we hope you will join us as well! Thank you to everyone who participated in the Kernels popcorn fundraiser. We were able to raise a good amount of money to help students pay for their year end field trips. Our next Parent Council meeting will be **May 11**. Hope to see you there!

Westwind Thunder Dancers

We are so excited to host the Westwind Thunder Dancing Group at Chamberlain School this month. This group will be performing Indigenous and Hip Hop dancing that will be fun for all ages. Come and enjoy the energy and excitement.

All are welcome to attend!

Thursday May 12, 2022

Performance will begin at 10:50

Hope to see you there!

FAMILY MOVIE NIGHT

THURSDAY, MAY 5

DOORS OPEN AT 6:00

MOVIE STARTS AT 6:30

CONCESSION AVAILABLE



*****MAY 27 FAMILY MOVIE NIGHT – MOVIE TO BE ANNOUNCED*****

YEARBOOK

Cover contest



We are printing a yearbook for 2021-2022 and we need your help to design a cover! All grades and age level entries welcome!



Requirements

- Submit art on 8.5 x 11 sheet of paper.
- Vertical orientation
- Name of the school (Chamberlain School) and school year (2021-2022) on the front
- Your first and last name (written in pencil) on the back of your submission

Tips For a Good Entry

- Not a lot of white space. Lots of colour!
- Neatness and details count.
- Be creative!
- Keep your paper wrinkle free.
- Use any media tools! (Paint, crayon, marker, digital, etc!)



The winner will receive a free yearbook when they are available in the fall. All entries will be featured inside of the yearbook.

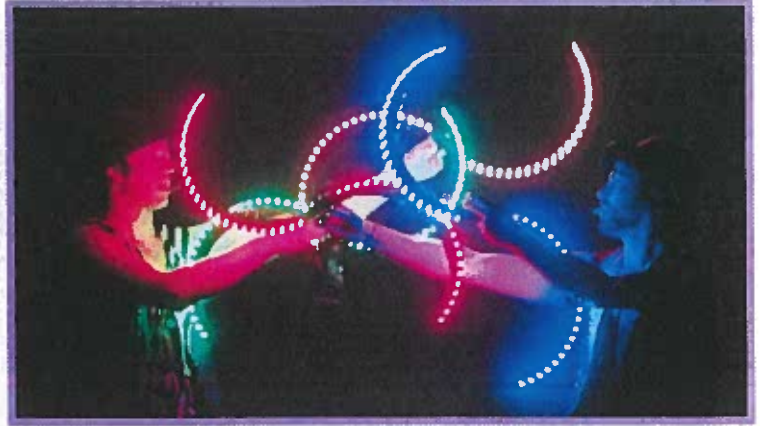
For more information, please email Ms. Wong (tina.wong@horizon.ab.ca).

Deadline is Fri, June 3, 2022.



Three Hat Circus

Three Hat Circus is an all-star circus duo consisting of master performers Joey Vedres and Noah Weigel. Together they have performed at hundreds of schools, children's festivals, fairs, and family focused community events over the last number of years. Their exciting new school presentation entertains and inspires students with amazing circus skills and their message of co-operation and believing in yourself.



Click here for video & more info:

www.canadianschoolpresenters.com/indigo-circus



"Excellent! The message was good and this was one of the best shows we've had for appealing to all ages. A great mix of visual, comedy, and 'oh my, how did they do that' moments. Great value!"

- Sally McIntosh, Lynnwood Elementary

"Three Hat Circus offered amazing entertainment while teaching the messages of teamwork, goal setting, and the benefit of practice."

- Sara-Jane Leslie, Colonel Sanders School

Variety Circus Show

Two talented circus artists take the stage, amazing your students with a fun variety of circus skills. Throughout the show the performers discuss the hard work & practice that was needed, how they relate and communicate with each other, how mutual respect and teamwork play a huge role in their performance, and how they've dealt with adversity as they've pursued an 'out of the box' career.

Quick Facts

Presentation Themes: Cooperation, Creativity, Problem Solving, Teamwork, Physical Literacy

- Exciting and fun duo-performer circus show including skills such as staff spinning, partner balancing acts, crystal ball juggling, LED-lit props, and more!
- Great student involvement including on-stage volunteers and crowd participation.
- Strong message throughout the show as the performers discuss all of the hard work, communication, and co-operation needed to develop the show and perform together.
- Workshops and Artist-in-Residence programs are also available.

Workshops / Artist in Residence

With tried and true lesson plans that will get students laughing and learning, workshops and residencies are a great combination of physical activity, fun, and education. Daily workshops are structured to include demonstrations, icebreakers, interactive games, and skill challenges including Contact Juggling, Balancing, Prop spinning, and more. All props and supplies included. \$1600-\$6000 for 1-5 Days.

Visit our website to fill in our brief Artist Survey:

Rank the top three presentations you'd like to see tour to your area – this automatically registers your school to qualify for any available discounts, and we can then let you know about any tours coming to your area.

If your school is facing severe budget challenges please do inquire about qualifying for our **Assistance Program**.

The poster features a border of colorful LEGO bricks in shades of blue, red, yellow, green, and grey. The text is centered on a white background.

LEGO CLUB

TUESDAYS 3:15 PM - 4:00 PM

MAY 3 - JUNE 21

**COME JOIN US AFTER SCHOOL TO
CREATE AND PLAY WITH LEGO!**



JOIN US AT
THE LIBRARY FOR

FAMILY STORY TIME



Mondays from 10:30am - 11:30am

May 2 - June 20

Join us for this fun and free program, open to everyone with young children! Enjoy stories, songs, crafts, and movement activities together.



GRASSY LAKE
PUBLIC LIBRARY

Library Hours

Monday - Thursday

8:20am - 3:40pm

**NEED HELP FINDING A JOB, MAKING A
RESUME, WRITING A COVER LETTER or
INTERVIEW HELP?**

**VISIT THE TABER ADULT LEARNING OFFICE TODAY
FOR HELP WITH RESUMES, RESUME UPDATES AND
COVER LETTERS.**

8:15 AM – 4:30 PM MONDAY – FRIDAY

5011 49 AVE - TABER PROVINCIAL BUILDING

DROP IN OR APPOINTMENTS WELCOME

PHONE: 403-223-1169



In Partnership with Alberta Works – Workforce Development



Job Search Help

Find yourself out of work or just looking for a change?

FREE SERVICES AVAILABLE

Our experienced coaches are available to help you create quality resumes and cover letters sure to get you noticed by potential employers. Don't underestimate the value of a good resume. You only have one chance to make a good impression.

We can also help you prepare for interviews, on-line job search and applications and more.

8:15AM - 4:30PM

Monday-Friday

Drop In or Appointments Welcome

Taber Adult Learning
Provincial Building
5011 - 49 Avenue, Taber
403-223-1169



Nutrition Times

Summer Sipping

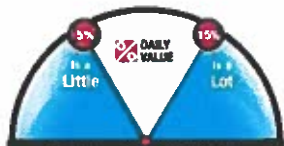
Summer is in the air! With warmer days ahead to bask in the sunshine and enjoy the beautiful weather, proper hydration is essential.

Keep things fresh, fruity, and fun with refreshing drinks that not only taste good, but are packed with nutrition. Summer doesn't last long, so enjoy it while it's here, while keeping cool and healthy!



Tip 1: Be attentive to the serving size. Be mindful of the serving size as certain drinks can be very high in added sugar. Keep water nearby as your go-to drink. For drinks with added sugar, aim to limit how frequently you have these, and when you do, have a smaller amount.

Tip 2: Check the sugar and saturated fat content. When selecting a drink, scan the Nutrition Facts table for the sugar and saturated fat content. Look at the serving size first. Based on the serving size, choose a drink where the sugar and saturated fat content is less than 15% Daily Value (DV).



Tip 3: Where possible, choose drinks that are fruit-based.

There are a slew of popular summer drinks, however to keep cool and healthy, choose drinks that are fruit-based. For example, instead of a slushy from the convenience store, have a fruit smoothie instead. Not only will you be enjoying a refreshing drink, but you'll also be getting many nutrients in your day, like vitamins A, C, and fibre. Other healthy swaps are as follows:

Instead Of:	Try:
Milkshake or blended iced coffee	Fruit smoothie
Iced coffee or sugar sweetened pop	Water flavoured with fresh fruit, cucumber, or mint
Sweetened Lemonade or Iced Tea	Sparkling water or cooled tea, with sliced lemon

May 2022 Nutrition Services

Coffee Shop Sugar Shocker

We all have our favourite café iced drinks, and while delicious, the sugar content can be staggering. So why not become your own barista? On top of expanding your kitchen skills, you'll have more control over what's in your drink. Plus, as an added bonus you'll save money. It's a win, win, win!

Café Drink	Sugar Content
Medium Iced Coffee	8g 
Medium blended iced coffee drink	16g 
Medium Milkshake	32g 



Did You Know?

4g of sugar = 1 tsp or 1 sugar cube

For best health, it's advised we have no more than **10-12 tsp** of added sugar daily.

3-Ingredient Banana Oat Smoothie



Enjoy this creamy smoothie that tastes just like a milkshake! Adding oats makes it thick without the need for ice cream. Plus, it adds a boost of fibre!

- ½ cup rolled oats
- 1 frozen banana
- 1 cup of milk or unsweetened soy beverage

1. Add dry oats to blender and blend until fine and powdery.
2. Add banana and milk. Blend until smooth.
3. Enjoy in your favourite glass!



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 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



May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Hats on for Mental Health	5 3 Hat Circus Performance 10:30 am Family Movie Night - Spies in Disguise 6:00 pm	6 NO SCHOOL	7
8	9	10	11 PAC Meeting 1:00 pm	12 Westwind Thunder Dancers 10:45 am	13 Kindergarten Day	14
15	16 LA PAT Gr. 9 Part A	17	18 LA PAT Gr. 6 Part A	19 Hot Lunch	20 NO SCHOOL	21
22	23 Victoria Day - NO SCHOOL	24	25	26 Ascension	27 Early Learning Day 12:30 pm Movie Night 6:00 pm	28
29	30	31				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Yearbook Cover contest deadline	4 ATL Graduation
5 Pentecost	6	7	8	9	10 NO SCHOOL	11
12	13 Last Day of Early Learning 12:30 pm	14 Social Diploma Part A Sports Day	15	16 LA PAT Gr. 6 & 9 Part B	17 Math PAT Gr. 6 & 9 Part A	18
19	20 Social PAT Gr. 6 & 9	21 K- 5 Field Trip - Lethbridge National Indigenous Peoples Day (regional holiday)	22 Math PAT Gr. 6 & 9 Part B Social Diploma Part B	23 Science PAT Gr. 6 & 9	24 Last Day of Kindergarten Last Day of School K- 9	25
26	27 Last Day of School Gr. 10 - 12	28	29	30		

Healthy Snack - May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Apples & Dip	3 Chicken Noodle Soup	4 Omelet	5 Leftovers	6 NO SCHOOL	7
8	9 Veggies	10 Caesar Salad	11 Chili	12 Salad	13 Leftovers	14
15	16 Roll-Ups	17 Fruit & Cheese	18 Banana Muffins	19 Leftovers	20 NO SCHOOL	21
22	23 NO SCHOOL	24 Veggies	25 Quesadilla	26 Caesar Salad	27 Leftovers	28
29	30 Veggies	31 Roll-Ups	1	2	3	