



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 - JUNE 2022

Principal's Message

June 2022 Principal's message

Here we are in June. The last month of school. We had a busy May, with education week and mental health week kicking things off. Students got to enjoy circus performers and indigenous dancers, students in Sr. High participated in Track and Field, and many people came out for the movie nights.

In June things will speed up even more. The yearbook cover contest is due on June 3rd, our parent council year-end BBQ and walk/run is scheduled for the 9th, and K-9 sports day is on June 14th. We then get into exams, field trips, and other year-end activities.

Chamberlain students' last day of school is Friday, June 24th, and buses will be arriving at 12:00 for an early dismissal. We will also be having our annual awards ceremony on the 24th at 10:30 a.m.

I will be sending home a note before the end of June to introduce our school community to the new teachers that we will have replacing those who are leaving us.

Thank you so much to Nakashima Farms and an anonymous donor who sponsored our badminton banners. Now William, Peter, Susie and Tina's names will be up on the gym wall!

Finally, a huge thank you to our parent council. There were many new members this year, and they are doing an amazing job continuing to provide our school with support and input. Anyone who would like to join parent council or attend meetings is welcome! It is our parents and community that help to make our school the best it can be.

Always,
Mrs. Van Ham

Field Trips

As the end of the school year quickly approaches, several field trips are planned for our students.

- **Grades K/1/2/3/4/5 - Tuesday, June 21**
Lethbridge - Fort Whoop-Up & swimming at YMCA
- **Grades 6/7/8/9 - Tuesday, June 21**
Echo Dale
- **Grades 10/11/12 - Thursday, June 9 & 10**
Lethbridge - mini golf, lunch @ mall, bowling, park camping overnight at the school

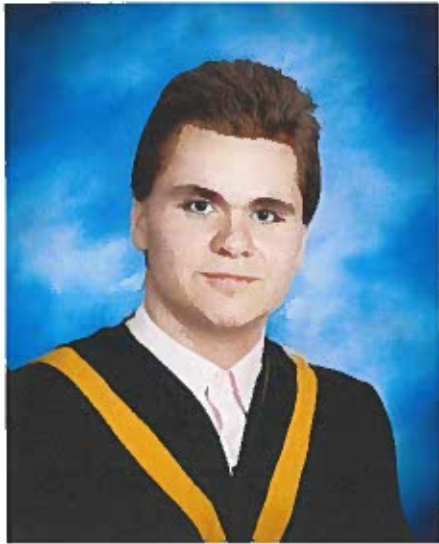
Early Learning & Kindergarten Registration

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 or 4 by December 31, they can be enrolled in Pre-Kindergarten.**

CONGRATULATIONS TO THE GRADUATING CLASS OF 2022!

We are so proud of you and all your accomplishments!



Pancho Dyck



Jennifer Fehr



Olivia Friesen



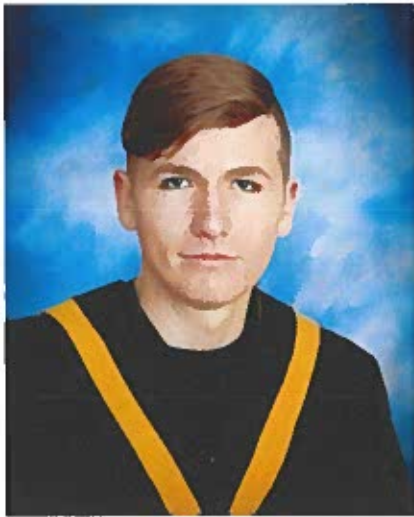
Judy Froese



Susie Froese



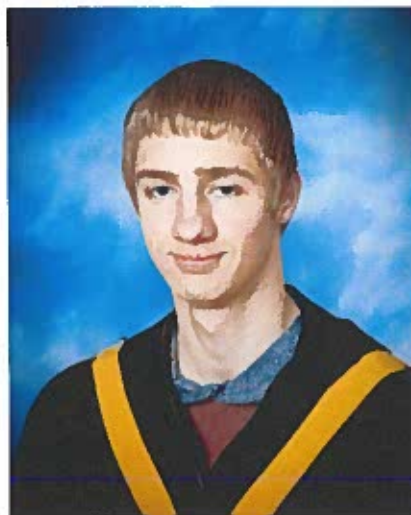
Agatha Guenther



James Klassen



Rosanna Loewen



Jacob Redekop

Mr. Bijl Mrs. Matz

Ms. Johnson

Ms. DeRoche Mrs. Van Ham

Jr. High Exam and Study Schedule June 16-24, 2022

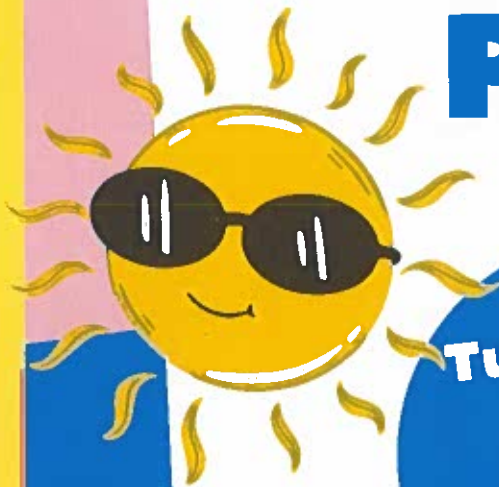
Time	Thursday June 16	Friday June 17	Monday June 20	Tuesday June 21	Wednesday June 22	Thursday June 23	Friday June 24
8:30-9:30	5 - LA PAT part B 7 - LA Final B 8 - LA Final B 9 - LA PAT part B	5 - Math PAT A 7 - Math Final A 8 - Math Final A 9 - Math PAT A	6 - Social PAT 7 - Social PAT 8 - Social Final 9 - Social Final	Field Trip to Echodale 6-9	5 - Math PAT B 7 - Math Final B 8 - Math Final B 9 - Math PAT B Mr. Baker- Soc DiplomB	6 - Science PAT 7 - Science Final 8 - Science Final 9 - Science Final	Classroom Cleaning, locker clean-up, Desk moving Homeroom Classes
9:30-10:30	Mr. Baker - Soc 10/20 B						
10:30-11:30	6 - Math review 7 - Gym 8 - Gym 9 - Gym 4/5 Math	6 - Gym 7 - Gym 8 - Social Review 9 - Social Review 4/5 Math	6 - Math Review 7 - Gym 8 - Gym 9 - Gym 4/5 Math		6 - Gym 7 - Gym 8 - Science Review 9 - Science Review 4/5 Math	6 - Gym 7 - Gym 8 - Gym 9 - Gym 4/5 Math	Awards Ceremony
11:30-12:10	Lunch Regular Supervision						
12:10-1:10	6 - Gym 7 - Math Review 8 - Foods 9 - Foods	6 - Science Review 7 - Science Review 8 - Foods 9 - Foods	6 - Gym 7 - Math Review 8 - Foods 9 - Foods		6 - Science Review 7 - Science Review 8 - Foods 9 - Foods	Party, year-end activities, movie, etc. Teachers may combine classes as they wish and will collaborate on an afternoon plan.	Buses come at 11:50 Summer break starts!!
1:10-2:10	6 - Social Review 7 - Social Review 8 - Math Review 9 - Social Studying	6 - Social Review 7 - Social Review 8 - Math Review 9 - Math Review	6 - Science Review 7 - Science Review 8 - Math Review 9 - Science Studying		6 - Foods 7 - Foods 8 - Bible 9 - Bible		
2:10-3:10	6/7/8 - Learning Table Games 9 - Math Review	6 - Math Review 7 - Math Review 8 - Gym 9 - Gym	6/7/8 - Reading Buddies with 1/2/3 - until 2:40 -then table games 9 - Math Review		6 - Capture the Flag 7 - Capture the Flag 8 - Capture the Flag 9 - Capture the Flag		

All students writing exams should bring a book to read for when they have finished writing. They will not be allowed to use their phones in the examination room and they will stay in the examination room until at least 10:30



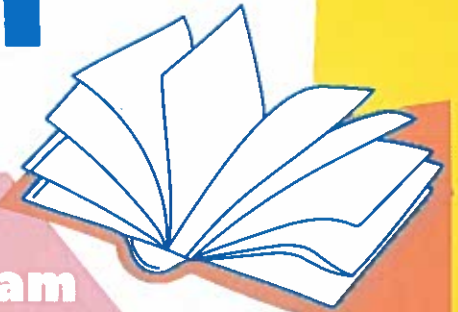
GRASSY LAKE
PUBLIC LIBRARY

Summer Reading Program



Tuesdays in
**JULY
&
AUGUST**

10:00 am
to
11:30 am



**JOIN US FOR STORYTIME, CRAFTS,
GAMES, AND PRIZES!**

OPEN TO THOSE 5 AND OLDER.

Summer Reading Program will not take place on July 5,
July 26, or August 23, as the library will be closed those days.



600 3 ST S
help@grassylakelibrary.ca



Contact us for more information
403-655-2232

www.grassylakelibrary.ca

Nutrition Times

June 2022 Nutrition Services



Get Outside!

Whether you're out for a hike, having a picnic lunch in the park, or camping with friends or family, there are lots of ways to eat well when you're enjoying the great outdoors. While roasting a hot dog over an open fire is a campfire classic, there are many other foods that can be made while camping.

A portable camp stove or grill makes almost any meal possible outside. Or bring some aluminum foil to make packets of meats, vegetables, and pulses to roast over the fire.

Try these other healthy recipes on your next trip:

- [Hot Apple and Almond Porridge](#)
- [Breakfast Burritos](#)
- [Mexicana Chili](#)
- [Pita Pizza](#)
- [Grilled vegetable, bean and avocado tacos](#)

Backpacks and Cougars and Bears – Oh My!

Be sure to clean your camp or picnic site well after you're done, and store your food safely to avoid attracting wildlife – especially bears and cougars! Store food and the clothes you wore cooking or fishing in bear-resistant containers, a bear-proof locker, or at least 100m away from where you're sleeping. If you're in Bear Country, check out Alberta's [Bear Smart](#) safety guide to learn more.



No Bake Trail Mix

This trail mix is easy to make ahead for a healthy snack on the go. Create your own mix using your favourite cereals, dried fruit, nuts and seeds.

- 2 cups (500ml) whole grain wheat squares cereal
- 2 cups (500ml) oat ring cereal
- 1 ½ (375ml) cups raisins or other dried fruit
- ½ cup (125ml) unsalted almonds, pumpkin seeds, or sunflower seeds
- 1 ounce (30g) unsalted pretzels

1. Add all ingredients to a large bowl.
2. Stir together.
3. Store in an airtight container or portion into 6 small zip top bags for grab and go snacks.

Makes 8 servings (175mL/ ¾ cup/ 60g)

Nutrition Facts	
Per 1/8 of recipe (175mL/¾ cup)	
Calories 220	% Daily Value*
Fat 6 g	9 %
Saturated 0.0 g	0 %
+Trans 0 g	
Carbohydrate 43 g	
Fibre 4 g	16 %
Sugars 18 g	6 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 70 mg	3 %
Potassium 350 mg	15 %
Calcium 51 mg	4 %
Iron 2.6 mg	14 %
*5% or less is a little, 15% or more is a lot	

Food Safety Tips for Camping

Cleaning

- Wash your hands before and after preparing food
- Clean your work surfaces and your grill or camp stove

Avoid Cross-contamination

- Use separate cutting boards, utensils, and plates for raw and cooked meats, and vegetables
- Cook all raw meats to a safe internal temperature (minimum internal temperature of 74°C for 15 seconds)

Keep Hot Food Hot (above 60°C)

- Keep food outside the food temperature “danger zone” (4°-60°C) to avoid getting sick
- Discard any food that’s been in the “danger zone” for more than 2 hours – when in doubt, throw it out!

Keep Cold Food Cold (below 4°C)

- Take food in a cooler that keeps food cold at or below 4°C
- Use freezer ice packs which drip less
- If you use loose ice, store everything in sealed containers to prevent cross-contamination
- Keep the cooler out of the sun and closed as much as you can
- Consider bringing a second one for drinks that can be opened more often

Learn More

- Learn more about food safety tips while picnicking and Camping from [Health Canada](#)

Upcoming Events & Classes

The ParticipACTION Community Better Challenge

This June, fuel your body with nutritious foods and get moving to help your community get crowned Canada’s Most Active Community. Find out more and sign up here to track your activity here:

<https://www.participaction.com/en-ca/programs/community-challenge>

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, 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.**

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

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 High School Field Trip & campout Year-end BBQ/Walk Run	10 NO SCHOOL	11
12	13 Last Day of Early Learning 12:30 pm	14 SPORTS DAY Social Diploma Part A	15	16 LA PAT Gr. 6 & 9 Part B	17 Math PAT Gr. 6 & 9 Part A	18
19 Father's Day	20 Social PAT Gr. 6 & 9	21 Gr. 6 - 9 Field Trip - Echo Dale K- 5 Field Trip - Leithbridge 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 Awards Ceremony 10:30 am	25
26	27 Last Day of School Gr. 10 - 12	28	29	30		