



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER – SEPTEMBER 2022

Principal's Message

Welcome to the 2022/2023 school year! I am so excited to start the year and see where it takes us. Teachers and staff have been busy getting ready for students to return and are looking forward to meeting their classes.

We have another couple of staffing changes from the end of last school year:

Ms. Dyer will be taking over the 2/3 teaching position. We are very lucky to have her! She has most recently been teaching in High Level and is excited to be down in Southern Alberta.

Ms. Guenther has resigned as a Learning assistant and will be moving to Greece, so we are looking for someone to fill that position.

Mrs. Fehr has been hired to take on the food services role so she will be the most popular person at the school when that gets up and running in the second or third week of school.

This year is looking like it will be "back to normal" as far as health regulations are concerned, however, we still ask that students stay home when they are sick and remember to practice good hygiene habits at school!

We are already planning the Welcome Back BBQ, which will take place on September 8 at 11:50. Everyone is welcome to attend for a free meal and a chance to meet all of our new staff and say hello to familiar faces.

We will be having a short parent advisory meeting immediately after the BBQ, so please plan to attend that as well. Parent involvement is so important in the school and we would love to have additional members join the PAC this year.

Please always feel free to call or visit the school throughout the year when you have questions, concerns, or just want to see what's happening!

Always,

Mrs. Van Ham

Staffing for the 2022/23 School Year:

Principal:	Jaimie Van Ham
Kindergarten & Grade 1:	Tina Wong
Grade 2 and 3:	Jill Dyer
Grade 4 and 5:	Jennifer Lucas
Grade 6 and 7:	Kendra Berg
Grade 8 and 9:	Mark Heshka
Grade 10, 11 & 12	Marsha Johnson
Grade 10, 11 & 12	Ben Baker
Early Learning:	Sheri Jonker
Secretary:	Caroline Crooymans
Librarian/Assistant:	McKell Woodruff
German Teacher:	Nelly Dyck
Assistant:	Maria Wiebe
Assistant:	TBD
Food Service:	Maria Fehr
Family Wellness Coach:	TBD
School Liaison Counsellor:	Kristen Suderman
Custodian:	Leona Kraemer (Chamberlain)
Custodian:	Judy Peters (ATL)

Bell Times

Warning Bell	8:25		
Announcements	8:30		
	Grades K - 5	Grades 6 - 9	Grades 10 - 12
Morning Recess	10:05 - 10:20		
Lunch	11:50 - 12:05	11:45 - 12:05	11:50 - 12:05
Lunch Recess	12:05 - 12:20	12:05 - 12:20	12:05 - 12:20
Afternoon Recess	1:50 - 2:05		
Dismissal	3:10		

Welcome Back BBQ

We are having a Welcome BBQ lunch on **Thursday, September 8** starting at **11:50**. We would like to invite all families to please come and enjoy lunch with all students and staff.

Terry Fox Run/Walk

We are having our annual Terry Fox Run/Walk on **Tuesday, September 27**. Any students who collect donations will be entered in a draw to win a Terry Fox tshirt. Family and friends are welcome to join as we walk on a designated path in Grassy Lake.

Picture Day

School Picture Day is on **Tuesday, October 25** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Breakfast Program

We serve breakfast every morning starting at 8:10 am for all grades. First day of breakfast will be Tuesday, September 6. Everyone is welcome to enjoy breakfast before school starts.

Parent Advisory Council

The Chamberlain School/ATL Parent Advisory Council is looking for new members and people to fill certain executive positions, including president. The first meeting will take place after the Welcome BBQ on **Thursday, September 8**. Come by and hear what being in the PAC is all about.

The Chamberlain/ATL PAC is part of what makes our school special. It provides opportunities for students to grow, learn and engage in ways that would not be possible without the support of an active PAC. We need parents and guardians to be involved. It makes Chamberlain/ATL a better place!

Social Media

Be sure to check out Chamberlain School's Facebook and Instagram as well as our school website.

Facebook	@chamberlainschool/ATL
Instagram	@chamberlainschoolatl
Website	<u>https://chamberlain.horizon.ab.ca/</u>

Yearbooks

We are taking orders for the 2021/2022 Yearbooks. Cost is only \$20. There will be a limited number of yearbooks ordered. In order to guarantee that you will receive a yearbook, you must **pre-order**. Order deadline is **Thursday, September 29**. Please return the attached order form to the office as soon as possible.

The yearbook cover contest winner is Janette Goertzen in Grade 11. Her artwork will be featured on the front cover of the yearbook. Thank you to all the students who submitted entries.



COST IS ONLY \$20

There will be a limited number of yearbooks ordered. In order to guarantee that you will receive a yearbook, you must **pre-order**.

ORDER DEADLINE IS THURSDAY, SEPTEMBER 29

Name: _____

Grade: _____

Phone Number: _____

Quantity: _____ x \$20 = \$ _____

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number.

For **CANADA-BASED** numbers: **978338**

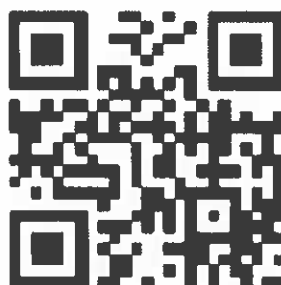
You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.



*if your number is Canada-based.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

**Opt-In from
your mobile
now!**



**Just send “Y” or
“Yes” to
978338.**

(For Canada-based numbers).

*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.



Chamberlain School 2022-2023 School Year Calendar



Aug-22				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
♥ 22	♥ 23	♥ 24	♦ 25	♥ 26
♥ 29	☀ 30			

Instructional Days 2 M-Th 2 F 0

Sep-22				
M	T	W	T	F
			1	2
H 5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	H 30

Instructional Days 18 M-Th 15 F 3

Oct-22				
M	T	W	T	F
3	4	5	6	7
H 10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

Instructional Days 18 M-Th 16 F 2

Nov-22				
M	T	W	T	F
		1	2	3
		7	8	9
14	15	16	17	H 18
21	22	23	24	25
28	29	30		

Instructional Days 19 M-Th 17 F 2

Dec-22				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
H 26	H 27	H 28	H 29	H 30

Instructional Days 13 M-Th 13 F 0

Jan-23				
M	T	W	T	F
H 2	H 3	H 4	H 5	H 6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

Instructional Days 15 M-Th 13 F 2

Feb-23				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
H 20	H 21	H 22	23	24
27	28			

Instructional Days 14 M-Th 12 F 2

Mar-23				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Instructional Days 19 M-Th 17 F 2

Apr-23				
M	T	W	T	F
3	4	5	6	H 7
H 10	H 11	H 12	H 13	H 14
17	18	19	20	21
24	25	26	27	28

Instructional Days 13 M-Th 12 F 1

May-23				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
H 22	23	24	25	26
29	30	31		

Instructional Days 21 M-Th 16 F 3

Jun-23				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Instructional Days 18 M-Th 13 F 3

	Total
Instructional Days	168
Non-Instructional Days	32
Total Days	200

Symbols Legend:

- First Day of School (1-12)
- Last Day of School (Elem./Jr. High)
- PAT Grades 8, 9
- Report Card
- Planning for Student Support Day - no students

- Division Wide Holiday - no students, no staff
- Division Wide Time Free From Instruction (TFFI) - no students
- Division Wide Teacher PD Day - no students
- Division Wide Joint Horizon/ATA PD day - no students
- Division Wide Unassigned Teacher Time - no students, no staff
- School Based Time Free From Instruction (TFFI) - no students
- School Based PD Day (All Schools) - no Students
- School Based PD Day, 1/2 day - No Students
- School Based Unassigned Teacher Time - no students, no staff
- School Based Parent/Teacher Interviews - no students
- School Based Parent/Teacher Interviews - after school

Achievement Exams	Gr. 5*	Gr. 6*	
English Language Arts Part A	Jan. 11	May 15	May 17
English Language Arts Part B	Jan. 20	Jun. 15	Jun. 15
Science	Jan. 23	Jun. 19	Jun. 19
Social Studies	Jan. 24	Jun. 20	Jun. 20
Mathematics Part A	Jan. 25	Jun. 16	Jun. 16
Mathematics Part B	Jan. 26	Jun. 22	Jun. 22

* Window periods approved by AB Education are draft.

Elementary

Total Instructional Days 168

Jr. High (enter in monthly):

Total Instructional Days 168

Date	Holidays & Observances
September 5, 2022	Labour Day
September 30, 2022	National Day of Truth & Reconciliation (non-statutory)
October 10, 2022	Thanksgiving Day
November 6, 2022	Daylight Savings Ends
November 11, 2022	Remembrance Day
December 25, 2022	Christmas Day
December 28, 2022	Boxing Day
January 1, 2023	New Year's Day
January 6, 2023	Epiphany
February 20, 2023	Family Day (Alberta)
February 23-24, 2023	Teachers Convention
March 12, 2023	Daylight Savings Begins
April 7, 2023	Good Friday
April 10, 2023	Easter Monday
May 18, 2023	Ascension
May 22, 2023	Victoria Day
May 28, 2023	Pentecost
June 21, 2023	National Indigenous Peoples Day
July 1, 2023	Canada Day

Chamberlain School

Arden T. Litt Centre for Learning

PO Box 790
512 - 3 Street South
Grassy Lake, AB T0K 0Z0

Principal: Jaimie Van Ham



Phone: 403-655-2211
Fax: 403-655-2259

August 30, 2022

Dear Parent/Guardian:

Your child is currently enrolled in a school or program where the Board of Trustees has directed the school to recite the Lord's Prayer as a part of the opening of the school day. Pursuant to section 11.1(2) of the Alberta Human Rights Act, as amended from time to time, or pursuant to any successor legislation, you as a parent/guardian may request that your child be excluded from the above-identified practice, without academic penalty, by having your child either:

- A) leave the classroom or place where the instruction is taking place or where the religious practice is undertaken for the duration of the practice; or
- B) Remain in the classroom or place where the religious practice is taking place without taking part in the religious practice.

We request confirmation of your desire regarding your child's involvement in this religious practice. In order to exercise this exemption option you must sign and return the attached exemption form to the principal of the school on a yearly basis. If this form is not returned, your child will be included in the religious practice.

If you would like additional information about the content of this notification, please contact Mrs. Van Ham by phone at 403-655-2211.

Sincerely,

Jaimie Van Ham
Principal

**STUDENT EXEMPTION UNDER SECTION 11.1 OF THE
ALBERTA HUMAN RIGHTS ACT**

TO: Principal of Chamberlain School

In response to the notice provided to me by the Horizon School Division dated August 25, 2021, indicating that my school or program recites the Lord's Prayer as part of the opening of the school day.

I, _____ (name of parent/legal guardian),
in accordance with section 11.1(2) of the Alberta Human Rights Act, as amended from
time to time, or pursuant to any successor legislation, hereby request that my child,

_____ (name of child),
be excluded from the instruction, exercise or the use of instructional material identified
in the notice.

I request that my child: (check relevant box)

(A) leave the classroom or place where the instruction is taking place or where the
religious practice is undertaken for the duration of the practice.

(B) remain in the classroom or place where the religious practice is taking place
without taking part in the religious practice.

I confirm that I am the legal guardian of

_____ (name of child)
and have chosen to exercise my option to have my child excluded from the religious
practice described in the notice from Chamberlain School. I also confirm that it is my
obligation to ensure that this form is returned to the school principal before my child is
exempted.

The child to who this exemption applies is:

_____ (name of child)

Grade: _____

Parent/Legal Guardian

Date

August 30, 2022

Dear Parent/Guardian:

Horizon School Division is committed to providing safe learning environments for all students, staff, school visitors and community members.

When students' behaviours pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment (VTRA) Protocol helps Principals take steps to protect students' well-being. The protocol helps schools respond quickly to worrisome behaviours and/or threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behaviour. The purpose of the VTRA protocol is to support students and their families in addressing these worrisome behaviours. We believe that students demonstrating such behaviours require a team to support them. Principals may first bring together a School Threat Assessment Team, which ideally includes the Principal/Vice-Principal, a school-based clinician/jurisdictional lead, and police. If the situation is serious, the Principal may also consult with the Superintendent of Schools, and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as local police, children's mental health organizations or Human Services. Parents and guardians will be notified as soon as possible in the Stage I-VTRA process. If parents/guardians cannot be reached, or if they choose not to provide consent, but a concern for safety still exists due to threatening behaviour, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

As always, student safety is our first priority. If you have any questions regarding Horizon School Division, Southwest Alberta Regional VTRA Protocol, please contact Angela Miller at 403-634-9767 or angela.miller@horizon.ab.ca

Sincerely,

Jaimie Van Ham, Principal
Chamberlain School & ATL

The Horizon School Division is committed to creating and maintaining safe and caring school environments in which students, staff, parents, and others feel safe. Any threat of violence will not be tolerated by Horizon School Division schools.

Student Threat Assessment

Fair Notice and Process



horizon⁺
school division

6302-56 Street • Taber, AB • T1G 1Z9
Phone: 403-223-3547 Fax: 403-223-2999

Student Threat Assessment:



What behaviours initiate a Student Threat Assessment?

A Student Threat Assessment will be initiated when behaviours include, but are not limited to: serious violence or violence with intent to harm or kill, verbal/written threats to harm/kill others, Internet website/MSN threats to harm/kill others, possession of weapons (any object that is used, or intended to be used, to threaten or harm another person, including replicas), bomb threats and fire setting.

Duty to Report

To keep school communities safe and caring, staff, parents, students, and community members must report all threat related behaviours.

What is a threat?

A threat is an expression of intent to do harm or act out violently against someone or something. Threats may be verbal, written, drawn, posted on the Internet or made by gesture. Threats must be taken seriously, investigated and responded to.



Horizon School Division Policy link:

<http://horizon.ab.ca/documents/general/IFC.pdf>

Go to www.horizon.ab.ca Click on "Board". Click on "Policy Manual." Click on "I-Students." Scroll down to policy code IFCI and click on this link to view the Threat Assessment Protocol.

Fair Notice and Process

What is a Threat Assessment Team?

A threat assessment team is a multidisciplinary group of people which may include the Clinical Team Leader (CTL)/Psychologist, Principal, Family School Liaison Counsellor (FSLC) and Police. Other individuals may be included on this team as necessary.

What is the purpose of a Student Threat Assessment?

The purpose of a Student Threat Assessment is to:

- Ensure the safety of students, staff, parents and others.
- Ensure a full understanding of the context of the threat.
- Begin to understand the factors that contribute to the threat makers' behaviour.
- Be proactive in developing an intervention plan that addresses the emotional and physical safety of the threat maker.
- Promote the emotional and physical safety of all.

What happens in a Student Threat Assessment?

The Process:

- All threat making behaviour(s) by a student(s) shall be reported to the principal who will activate the protocol for the initial response.
- Once the team has been activated, interviews may be held with the student(s), the threat maker, parents and staff to determine the level of risk and develop an appropriate response to the incident.
- As part of the threat assessment process, information will be collected from online sources and obtained from open source sites.
- Intervention plans will be developed and shared with parents, staff and students as required.

If you have further questions please contact our Threat Assessment Leader (CTL) Angela Miller at 403-634-9767



Can I refuse to be a part of the Student Threat Assessment process?

It is important for all parties to engage in the process. However, if for some reason there is a reluctance to participate in the process, by the threat maker or parent/guardian, the threat assessment process will continue in order to ensure a safe and caring learning environment for all.

Horizon School Division

Mission Statement:

Horizon is a 21st century inclusive learning community that engages and empowers all learners for success.

Vision

Passionately engaged learners who confidently pursue continual improvement now and in the future as contributing global citizens.

Beliefs

We believe in and support...

- Foundations of learning:
 - Parent and community engagement
 - Governance
 - Leadership
 - Professional learning
 - Research and evidence
- Essential learning conditions:
 - Effective teaching
 - Effective learning environments
 - Effective supports and services
- Inclusive education
- Passionately engaged learners

Statement of Values

We value...

- Safe, caring, and inclusive learning environments
- Student-centered decision making
- Purposeful collaboration and partnerships
- Quality staff and programs throughout our rural schools
- Commitment
- Accountability, sustainability, and fiscal responsibility
- Ethical, transparent practices



horizon^h
school division

6302-56 Street
Taber, Alberta T1G 1Z9
Phone: 403-223-3547
Fax: 403-223-2999
www.horizon.ab.ca



Plant-Based Beverages

There has been a growing interest in plant-based beverages for many years. Some people are trying to consume more plant-based foods as recommended by Canada's Food Guide. Others may be choosing plant-based beverages because of a milk allergy or lactose intolerance or for cultural, religious, environmental and other personal reasons. Read on to learn more about these drinks.



Things to consider:

For children under 2 years of age

Offer human milk, 3.25% cow's milk, or formula to children under 2 years of age.

Plant-based beverages are not recommended as the main milk to drink for children under 2 years of age because these beverages can be low in important nutrients like calories, fat, protein, calcium and vitamin D which are needed for proper growth and development. Plant-based beverages can be used in baking and cooking.

Children 2 years of age and older

If offering a plant-based beverage to a child 2 years of age and older choose a product that:

- Is fortified to provide at least 23% Daily Value of calcium and at least 10% Daily Value of vitamin D per 250 mL (1 cup)
- Provides at least 6 grams of protein per 250 mL
- Contains less than 15% Daily Value (less than 15 grams) of sugar per 250 mL

Plant-based beverages are made from legumes, cashews, almonds, macadamias, coconut, hemp or flax seeds, peas, soy, rice, and grains such as oats. Although these beverages may look like milk and are often marketed as milks, they do not have the same nutrition as cow's milk. Protein, which is an important nutrient for people of all ages, is very low in almost all plant-based beverages. Only soy and pea beverages have similar amounts of protein to cow's milk (8 grams of protein per 250 mL). [Canada's Food Guide](#) recommends an unsweetened fortified soy beverage as a healthy alternative to cow's milk.

Other ingredients in plant-based beverages

These beverages may have other ingredients added such as vitamins (such as calcium and vitamin D), sugars, thickeners and gums (to make the drinks creamier), emulsifiers (to keep the ingredients mixed together) and flavours. Anything added to the beverage will be found in the ingredient list.

Bottom Line

Vegetarian choices can be healthy for people of all ages. If you choose plant-based beverages, make sure they are fortified (have vitamins and minerals added) and look for plain or unflavoured versions for less sugar.



Helpful resources:

Alberta Health Services handout: [Plant-Based Beverages for Children](#)

Unilockfood.ca resource: [Facts on milk allergies](#)

Health Canada recipe: <https://food-guide.canada.ca/en/recipes/creamy-smoothie/>

Alberta Health Services recipes: ahs.ca/Recipes

Interested in speaking to a dietitian about plant-based options?

→ Call Healthlink at 811 and ask to speak to a dietitian



→ Or make an appointment with a Registered Dietitian. ahs.ca/nutrition.



Photo by Yilmaz Akin on Unsplash

Nutrition sessions available:

- To register for in-person or online infant feeding classes with a dietitian go to: szonenutrition.eventbrite.com
- To view a recording of the Feeding Babies or Mealtime Struggles (Picky Eating) sessions go to bit.ly/3ABKbbo
- To register for free online Prenatal Nutrition classes visit bit.ly/onlinenutritionclasses, scroll down to 'Healthy Eating for Pregnancy'

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 healthyeatingstartshere.ca



September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 First Day of Kindergarten	2	3
4	5 NO SCHOOL - Labour Day	6 First Day of Breakfast and Healthy Lunch Snacks Read a Book Day	7 First Day of Early Learning	8 Literacy Day Welcome Back BBQ 11:50 am	9	10
11	12	13	14	15	16	17
18	19	20	21	22 NO SCHOOL	23 NO SCHOOL	24
25	26	27 Terry Fox Walk	28	29	30 NO SCHOOL - National Day for Truth and Reconciliation Orange Shirt Day	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 World Teacher's Day	6	7	8
9	10 NO SCHOOL - Thanksgiving Day (regional holiday)	11	12	13	14 Kindergarten Day	15
16	17	18	19	20	21 NO SCHOOL	22
23	24	25 Picture Day	26	27	28 NO SCHOOL	29
30	31					

Healthy Snack - September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	
5	NO SCHOOL	6 Veggies	7 Turkey & Ham Roll Ups	8 Watermelon	9 Leftovers	
12	Veggies	13 Fruit Salad	14 Chicken Noodle Soup	15 Apples & Dip	16 Leftovers	
19	Chili	20 Caesar Salad	21 Leftovers	22 NO SCHOOL	23 NO SCHOOL	
26	Chicken Tortilla Soup	27 Fruit & Cheese	28 Quesadillas	29 Leftovers	30 NO SCHOOL	