



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER - OCTOBER 2022

Principal's Message

Already we are one month into the school year! This month I am reflecting on how thankful I am to be part of Chamberlain/ATL and how grateful I am that our community is such a wonderful one. Thanksgiving will be here soon and it is a reminder to me to always appreciate the gifts I am given in life. I am also so thankful for the staff here at Chamberlain/ATL who have been working tirelessly this month to provide a safe and caring environment for students. I am truly excited for what we will accomplish this year because of their commitment to learning and growth.

In September students and staff at Chamberlain School and ATL were busy with our annual spirit week activities, welcome back BBQ, Terry Fox Walk, and Truth and Reconciliation activities which were led by ATL students on our Orange Shirt Day, September 29th. It was all a lot of fun and there were some amazing learning and leadership opportunities for students in all grades.

As we move into October, I am so happy to see engaging learning activities happening in every classroom as teachers plan and create lessons that meet the needs of all our learners. Soon we will move into sports season and we hope to have a junior high Basketball team, along with students who are participating in our new lunch time intramural program.

The library is also beginning preschool story time on Mondays and there will be lego club on Tuesdays after school. The community is welcome to come in and enjoy those programs!

There will be a PAC meeting at 12:30 on October 13th, following the hot lunch. Please plan to attend as we are looking for more parents to become involved with the committee. This is where a lot of school information is shared and a chance for parents to provide input into the direction of the school. The PAC is still looking for a new president as well and I encourage you to think about becoming involved if you can! We hope to see you there.

Mrs. Van Ham

Family School Liaison Program (FSLP)

Is your child in need of a counsellor? The counselling services provided by the program are free of charge and are provided to students and their families within the Horizon School Division. The program is designed to offer support for children, youth, families and school staff with the general goal of improving the student's personal, social and academic success. The program provides a link between home and school for the student and family.

Our new counsellor is Kristen Suderman. Kristen has started an Instagram account that students, parents and staff are welcome to follow. She will be posting information about mental health, daily affirmations, tips for improving one's mental health, and offering ideas for how to reduce the stigma around mental health and wellness. The handle is:

[miss_suderman_fslc](#)

FSLP also has a Facebook page called [Mental Health in Horizon School Division](#). This page updates and informs parents and students about mental health issues. You can also click on this link for more information about the FSLP:

<https://www.horizon.ab.ca/programs/family-school-liaison-program2>

If you have any questions, please call the school at 403-655-2211

Terry Fox Walk

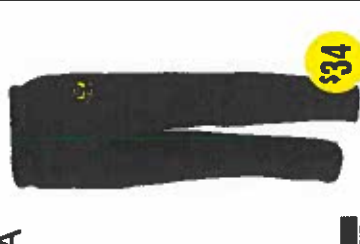
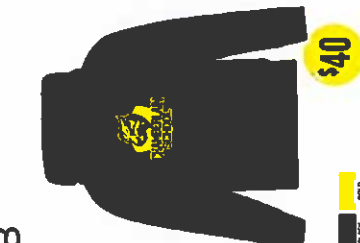
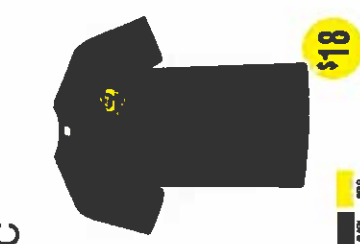
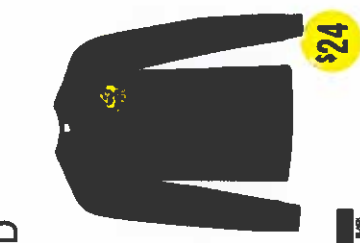


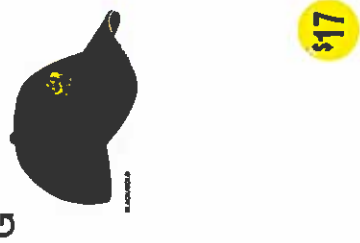
Chamberlain School's annual Terry Fox Walk on September 27 was a huge success. This year marks the 19th year that Chamberlain School has raised funds for the Terry Fox Foundation. Our students raised a total of \$329.80. FANTASTIC JOB EVERYONE!! Everyone who brought in donations had their name entered for a draw to win 2 Terry Fox t-shirts. The winners of the draw were Mya Nielsen and Mya Willms. Thank you to the RCMP for leading our walk and to everyone who supported our students with monetary donations and/or walking with us. Your support is greatly appreciated.

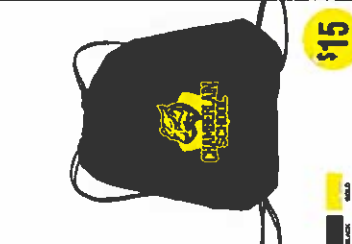












Picture Day

School picture day is set for **Tuesday, October 25** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

CHAMBERLAIN SCHOOL *Spirit Wear*

2022 SCHOOL APPAREL OPTIONS

 <p>A</p>	 <p>B</p>	 <p>C</p>	 <p>D</p>	 <p>E</p>	 <p>F</p>	 <p>G</p>
<p>GILDAN® HEAVY BLEND™ SWEATPANTS. 1820 Adult: S, M, L, XL, 2XL 182B outft: S, M, L, XL</p> <p>\$34</p>	<p>ATC™ EVERYDAY FLEECE HOODED SWEATSHIRT. ATCF2500 Adult: S, M, L, XL, 2XL, 3XL, 4XL ATCF2500 Youth: S, M, L, XL</p> <p>\$40</p>	<p>ATC™ EVERYDAY COTTON TEE. ATC1000 Adult: S - 6XL ATC1000Y Youth: XS - XL ATC1000L Ladies: XS - 4XL</p> <p>\$18</p>	<p>ATC™ EVERYDAY COTTON LONG SLEEVE TEE ATC1015 Adult S - 4XL ATC1015Y Youth XS - XL</p> <p>\$24</p>	<p>ATC™ PRO TEAM BASEBALL JERSEY S3526 Adult S - 4XL Y3526 Youth S - XL</p> <p>\$29</p>	<p>ATC™ PRO TEAM SHORTS. S355 Adult: XS - 4XL Y355 Youth XS - XL</p> <p>\$28</p>	<p>ATC™ SANDWICH BILL CAP C140 One Size. Hook & Loop Closure. Please note: Logo will be pressed on Left Panel of Front of Hat.</p> <p>\$17</p>

 <p>I</p>	<p>LOGO OPTIONS</p>											
	 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	 <p>5</p>	 <p>6</p>	 <p>7</p>	 <p>8</p>	 <p>1A</p>	 <p>2A</p>	 <p>3A</p>	 <p>4A</p>
<p>ATC™ CINCH PACK. B120 One Size.</p> <p>\$15</p>	<p>SPECS FOR ALL CLOTHING ITEMS CAN BE VIEWED AT SANMARCANADA.COM TYPE STYLE NUMBER INTO THE SEARCH FIELD.</p>											



JOIN US AT
THE LIBRARY FOR

FAMILY STORY TIME

**First and Third Monday every month
from 10:30am - 11:30am**

October 3 to June 19

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

A colorful poster for a LEGO Club. The background is white with a border of various colored LEGO bricks (red, yellow, blue, green, grey) at the top and bottom. The text is arranged vertically. The title 'LEGO CLUB' is in large blue letters. Below it is a yellow horizontal line. The schedule 'TUESDAYS 3:15 PM - 4:00 PM' and 'OCTOBER 4 TO JUNE 20' is in red. The invitation 'COME JOIN US AFTER SCHOOL TO CREATE AND PLAY WITH LEGO!' is in green. The Grassy Lake Public Library logo is in blue.

LEGO CLUB

TUESDAYS 3:15 PM - 4:00 PM
OCTOBER 4 TO JUNE 20

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





We are so excited to have your child/children begin and continue on their learning journey with us. We are committed to our mission to engage and empower all learners so that your child/children will gain the knowledge and skills to be contributing citizens and develop as life-long learners. Below is some information for you as parents on the New Curriculum. Teachers who chose to pilot the curriculum in 2021-2022 found students to be engaged and excited about the changes and able to learn the new concepts!

New Curriculum Update

As teachers across Alberta begin this September teaching the new curriculum, we want to share information to help build your understanding in English Language Arts and Literature (ELAL) K-3, Mathematics K-3 and Physical Education and Wellness K-6. Please visit [K to 6 curriculum renewal | Alberta.ca](#) for more information.



ELAL - Grades K-3

The new Alberta Curriculum for English Language Arts and Literature is being implemented (started) in Kindergarten to Grade 3 this year. This new curriculum includes an emphasis on the key foundations of literacy and communication.

The new ELAL curriculum ties closely to the Provincial Grades 1-3 student Literacy Screening Assessments. These screens provide teachers with information on your child's reading development in order to target any gaps that may exist in at-risk readers.

Math - Grades K-3

The new Alberta Curriculum for Mathematics is being implemented in Kindergarten to Grade 3 this year. This new curriculum includes a larger focus on patterns in earlier grades to help students understand numbers and shapes at a younger age. Students are expected to learn, recall, and apply number facts so they can add, subtract, multiply, and divide efficiently in various situations. Students will work with money concepts in mathematics to support financial literacy skills.

Physical Education and Wellness (PEW)- Grades K-6

The new Physical Education and Wellness curriculum is being implemented in grades K-6 this year. This curriculum replaces the Physical Education and Health curriculums and has a new focus on Financial Literacy. PEW continues to focus on all parts of student health and wellness. Within Horizon, parents have always been able to exempt their child from sensitive content and can continue to exercise that right with the new curriculum.



Frequently Asked Questions these are hyperlinked (Please Click here)

Nutrition Times

October 2022 Nutrition Services

Managing the Halloween Candy Craze

It's Halloween season, and kids will soon be trick-or-treating again! The huge piles of candy your children collect can provide so much excitement and joy to the holiday. However, it can also be overwhelming for parents and children to navigate what to do with all of the loot! Read on to find out how can you help them manage their stash without ruining the fun.



Photo by [Karolina Grabowska](#) on [Pexels](#)

Allow Them to Eat and Learn

According to [Ellyn Satter](#) (Dietitian and Family Therapist), the more you deprive your child of sweets, the more likely they are to overeat them. 'Policing' or restricting them of candy will not only ruin the fun of Halloween, but it will make them more interested or preoccupied with eating it. Allow your children to eat as much candy as they want on Halloween night and even the night after. Then, on the following nights, you can determine *when* and *where* they can have the candy, but they can determine *how much* they want or *whether* or not they want it. You can decide to offer the candy during meals, snacks, or packed in their school lunch. The excitement around candy will decrease as time goes by. Children will eventually lose interest and learn to be more relaxed about eating sweets.

Balance out the Sugar

Offer other nutritious foods alongside the candy to help balance their meals and snacks. For example, provide milk with the candy to include more protein, fat, calcium, and vitamin D in their snack. This allows children to eat their sweets while ensuring they get essential nutrients that the candy does not provide. Teaching your children how to eat balanced meals daily will help them learn how to eat sweets in moderation. Learn more about how to balance your meals and snacks with the [Canada's Food Guide](#).

The Facts on Sugar and Behavior

Did you know? Contrary to popular belief, studies show that sugar does not cause or worsen hyperactive behaviors. If your child experiences a rush of energy after eating candy, it may be linked more to the excitement around an event (such as Halloween), not because of the sugar alone. Regardless, sugar is best eaten in moderation with an overall balanced diet to promote healthy growth and development.



Photo by [Daisy Anderson](#) on [Pexels](#)

Learn More about the Feeding Relationship

You decide *when*, *where*, and *what* your child eats. Your child chooses *how much* or *whether* or not they eat what you offer them. This division of responsibility is not limited to Halloween candy. A good feeding relationship is key to helping your child eat well and be healthy year-round. Learn more about how to teach your child healthy eating habits [here](#).

Remember That Halloween is About More Than the Candy!

There are many things to enjoy during Halloween that don't involve candy. Put on Halloween-themed movies, play games, and show off your costumes! When you focus too much on sweets, your child will too. Focus more on all the activities that surround the Halloween season.



Photo by Charles Parker on Pexels

Helpful resources:

- MyHealthAlberta Healthy Eating for Children: <https://bit.ly/3DebXfY>
- Health Canada Information on Halloween Food Safety: <https://bit.ly/3DecLI0>
- Healthy Eating Starts Here Facts on Sugar: <https://bit.ly/3qnWAd8>
- Alberta Health Services Recipes: ahs.ca/Recipes



Photo by Yilmaz Akin on Unsplash

Interested in speaking to a dietitian?

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



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

Nutrition sessions available:

- To register for an online infant feeding classes with a dietitian go to: szoneutrition.eventbrite.com
- To register for in person Baby Steps post-natal series (1 session focuses on nutrition) go to: <https://app.booking.ca/southzoneppnspub/>
- 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
Lethbridge	403-388-6666
Brooks	403-501-3300

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



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 Hot Lunch PAC Meeting 12:30 pm	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					

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Early Learning Day Kindergarten Day	5
6 Daylight Saving Time ends	7	8	9	10 Remembrance Day Ceremony	11 NO SCHOOL - Remembrance Day (regional holiday)	12
13 World Kindness Day	14 NO SCHOOL	15	16	17 Hot Lunch PAC meeting 12:30 pm	18 Kindergarten Day Report Cards go home	19
20 Children's Day	21	22	23	24 Parent Teacher Interviews 3:30 pm	25 NO SCHOOL - Parent Teacher Interviews 8:30 am	26
27	28	29	30			