



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - NOVEMBER 2022

Principal's Message

Happy November! The weather has finally begun to make it feel like fall. Students in K/1 have been talking and reading about the changes that happen during the Autumn, and our junior high students had the opportunity to buddy with elementary students on a craft incorporating fallen leaves.

November also brings with it JV Basketball, which is exciting and team sign up will be happening very soon. It also brings back the full Scholastic Book Fair, so plan to stop in and check out the new books available. Every purchase helps our school library buy new books and we appreciate each one! Friday, November 4th is Family Night at the book fair and there is a chance to win free books. That is also the date of our family movie night. We will be showing Super Pets and there will be a concession provided by Parent Council starting at 6:00.

I am so excited that Parent Council, along with the Grassy Lake Community Hall, are planning to put on a Fall Supper on November 24th. Please plan to come out and enjoy a turkey dinner, bake sale, silent auction/raffle, and a pie contest!

Student council is also working to provide some fun activities for students and have decided to host "anything but a backpack" day on November 8th, so students can bring their supplies in whatever bin, bucket, cart, bag, or anything else they can think of. I can't wait to see their creativity.

As all this is going on, teachers are working on report cards for students. They are busy assessing where students are in their learning so that they can report to parents. Report cards go home on November 18th and Parent/Teacher Interviews are November 24 and 25. Please book as soon as possible. Parent involvement is so important to a student's learning experience!

Have a wonderful November!
Mrs. Van Ham

****Important Reminder - If your child is absent from school, please phone the school office at 403-655-2211 or email caroline.croymans@horizon.ab.ca to let us know the reason your child is absent.**

REPORT CARDS

Report cards will be sent home with students on Friday, November 18

Parent/Teacher Interviews will be held as follows:

Thursday, November 24 from 3:30 – 5:00 pm

Friday, November 25 from 8:30 – 12:00 noon

****If either of these days do not work, please let us know and we can re-schedule for another day and time****

Please return the attached interview request form on or before Wednesday, November 23. You can also phone the school at 403-655-2211 or send an email to caroline.croymans@horizon.ab.ca to request a time. You will receive a confirmation email or phone call Wednesday, November 23.

FAMILY CONNECTIONS

I would like to introduce myself to parents, staff, students, and community members. My name is Julia Newberry and I am serving you as the new Wellness Coach. I am new to this role, however, I am not new to working with school aged youth. I was part of the Palliser School Division for the past 8 years. During this time I went back to school and received a diploma in Applied Psychology and Counselling. The Wellness Coach role fits in perfectly with my training and I am looking forward to getting to know each one of you. A little about me: I have three teenagers of my own that keep me very busy. My oldest is 18 and attends Lethbridge College. My next child is 15 (almost 16, and anxious to drive) and attends CCH in Lethbridge. My baby is 13 and attends RI Baker Middle School in Coaldale. I have a wonderful husband who works as a heavy equipment operator. Our family recently became pet owners to a PUPPY! My puppy's name is Gus and is the cutest Morkie!

Thank you for welcoming me to Grassy Lake!

Julia

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

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		



COMMUNITY Fall Supper

Hosted by the Chamberlain School and ATL PAC.

Sponsored by the Grassy Lake Community Hall.

Come join us for turkey, potatoes, gravy, and salads!

When: November 24, 2022 at 6:00 p.m.

Where: Grassy Lake Community Hall

Costs: \$10.00 per plate or \$40 per family of 5

Extras: Silent Auction/Raffle will also be available, and the ATL Grad class of 2023 will be hosting a bake sale and pie making contest.

To enter the pie making contest, bring 2 pies of any type to the dinner. One will be judged and the second will be auctioned off. Prizes will be awarded to the winners!

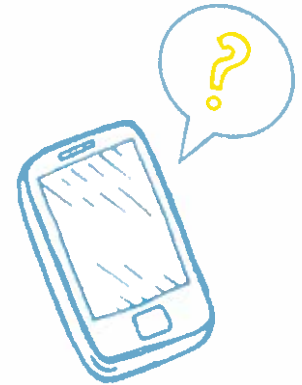
See you there!



PARENTS

HOW DO **YOU** WANT NEWS
FROM **YOUR SCHOOL?**

CALLS? TEXTS? EMAILS? MOBILE APP?



If you would like to receive important messages from Chamberlain School via text message, please text **Y or **yes** to 978338. Please contact the school if you require assistance setting this up.**

Scholastic Book Fairs

The Scholastic BOOK FAIR is coming to our school!!!

We invite you to share in this celebration of books and reading! All purchases benefit our school by providing new books for the library.

Dates:

Thursday, November 3: 8:00 am - 4:00 pm

Friday, November 4: 8:00 am - 7:00 pm

Monday November 7: 8:00 am - 3:30 pm

Tuesday November 8: 8:00 am - 4:00 pm

Family Event

Join November 4th for family night and a community **movie night!** Enter for a chance to **win \$25 in books** for your family!

Shop Virtually

And for parents, friends and family that can't join us in the school, be sure to join us online with our **Virtual Book Fair Extension!** Our online shop will be open on the first day of our Fair. You can view a selection of the books you'll find here:

<https://virtualbookfairs.scholastic.ca/pages/5180716>



FAMILY MOVIE NIGHT
FRIDAY, NOVEMBER 4
DOORS OPEN AT 6:00
MOVIE STARTS AT 6:30
CONCESSION AVAILABLE



Parents, are you interested in occasionally helping out with various Parent Council activities throughout the year? We would appreciate your help with one or more of the following activities:

- Hot Lunches
- Fall Supper
- Concession for movie nights, etc.
- Various fundraisers throughout the year

Please return this form if you are able to help out or phone the school at 403-655-2211. Your information will be shared with Parent Council.

Name: _____

Phone Number: _____

Email Address: _____

PARENT/TEACHER INTERVIEW REQUEST

Our Parent/Teacher Interviews for Grades K – 12 are being held on **Thursday, November 24** from 3:30 – 5:00 pm as well as **Friday, November 25** from 8:30 – 12:00 noon. Please return the form below or contact the school by email at caroline.crooymans@horizon.ab.ca or telephone 403-655-2211 before Wednesday, November 23 for your requests.

Family Name: _____

Phone Number: _____

****German Translator: Yes _____ No _____ **SEE BELOW****

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

Please check off as many times that work for you on November 24. Each interview is 15 minutes long. If you require more than 15 minutes, please let us know.

3:30 _____ 3:45 _____

4:00 _____ 4:15 _____ 4:30 _____ 4:45 _____

5:00 _____

Please check off as many times that work for you on November 25. Each interview is 15 minutes long. If you require more than 15 minutes, please let us know.

8:30 _____ 8:45 _____

9:00 _____ 9:15 _____ 9:30 _____ 9:45 _____

10:00 _____ 10:15 _____ 10:30 _____ 10:45 _____


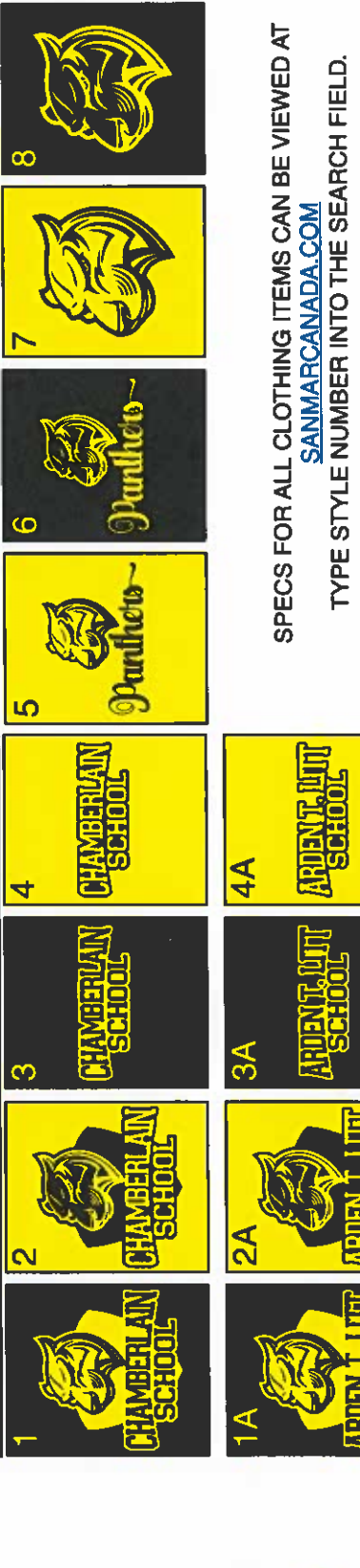
11:00 _____ 11:15 _____ 11:30 _____ 11:45 _____

****A LOW GERMAN TRANSLATOR WILL BE AVAILABLE**

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 outh: S, M, L, XL</p> <p>\$34</p>	<p>ATC™ EVERYDAY FLEECE HOODED SWEATSHIRT. ATCF2500 Adult: S, M, L, XL, 2XL, 3XL, 4XL ATCY2500 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 SS526 Adult S - 4XL Y3526 Youth S - XL</p> <p>\$29</p>	<p>ATC™ PRO TEAM SHORTS. SS355 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>H</p>	<p>LOGO OPTIONS</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>							



2022 ORDER FORM

Please note all clothing is printed with screened transfers*. All prices include GST.
 Any questions please call Dean at 403-416-0055. All orders must be paid in full.

NOTE: 2XL-6XL add \$6.00

ITEM	LOGO	SIZE	QTY	Price	TOTAL
TOTAL ITEMS ORDERED				ORDER TOTAL	

Nutrition Times

November 2022

Hearty soups and stews

Colder weather can make us want to eat warmer foods. Hearty soups and stews are a great way to eat nutritious foods in a way that tastes good. You can include all your food groups: vegetables, protein, and whole grain foods into one dish. This makes soups and stews a great well balanced meal. Keep reading for some ideas and recipes.

Vegetables in season

There are still quite a few fall vegetables in season here in Alberta including carrots, parsnips, sweet potato, broccoli, onions, and many more. Accessing vegetables grown in Alberta can be cheaper than other vegetables that have a longer distance to travel from around the world. In season vegetables can also taste better because they are picked when ripe, have attractive colours, delicious flavours and great texture. Check out the [Alberta farmers market association](#) to find in season fruits and vegetables all year round.

Experiment with flavours!

Many areas around the world have delicious traditional dishes that are similar to a soup or stew. Mixing up the spices and flavours of your stews will keep things interesting. And who knows, you might just find your new favourite meal!

Recipe idea:

[Red Lentil Dahl](#): A delicious traditional Indian dish that is easy to add more fall vegetables to.



Tip! Season this dish well as the traditional spices are what make this dish so delicious.



Try Plant Based Proteins

[Canada's Food Guide](#) recommends eating a variety of plant based proteins which includes pulses like beans and lentils. Adding beans and lentils to your soups and stews is a great way to include plant based proteins and they add great texture and flavor to your dish. [Click here to learn about how to buy and cook beans, peas and lentils.](#)

Tip! Make sure to rinse canned beans well. This can help to prevent stomach and bowel discomfort that sometimes comes with eating more beans.

Tip! Hearty soups and stews that contain lots of vegetables and legumes can have a lot of fiber in them which is an important nutrient in our diet. Fiber can help our bowels stay regular, and it can also help you stay fuller for longer.

Recipe Idea:

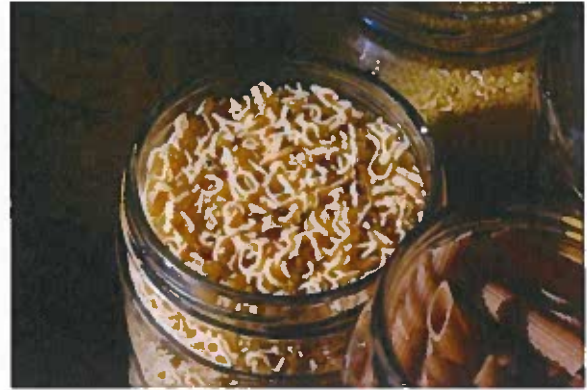
Hearty chickpea/chicken noodle soup: Try adding some chickpeas to this [Hearty chicken noodle soup](#) recipe for more fiber and protein. Or swap out the chicken entirely for a plant protein filled meal!



Tip! Try adding sweet potatoes, carrots, parsnips or other fall vegetables to boost flavours.

Great Whole Grain Additions:

Whole grains are another fiber packed food that are easy to add to soups and stews. Try a whole grain pasta instead of white noodles in your chicken noodle soup for an easy swap. You can also add brown or wild rice, quinoa, barley, or millet to your soup in the last few minutes of cooking. Take a look at this list of [Whole Grain Cooking Tips](#) for more ideas on different whole grains to add to soups and information on how to cook them.



Interested in speaking to a dietitian about including more legumes into your diet?

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



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



Photo by [Yılmaz Akin](#) on [Unsplash](#)

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



Head Lice

What Are Head Lice?

Head lice, or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life. Most often infestations occur in children 3 to 11 years of age.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person. Having dirty hair does not cause head lice.

Head lice cannot fly or jump and you cannot get them from your pets.

While they may be *found anywhere on the head*, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Do I Know If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

It can take up to 4-6 weeks for a person to experience itching.

The only way to be sure a person has an active case of lice is to find live lice.

Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.

Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.



Head louse



Louse egg (nit) on hair

How Do I Check for Lice?

Detection combing is the recommended method to check for head lice.

Detection combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations

Please see Head-Lice-Detection Combing handout

For a demonstration on detection combing:
www.youtube.com/watch?v=je-cWdTrhFQ

Can My Child Attend School?

Once children are treated they can return to school because:

- Head lice do not spread disease
- Children can have head lice for several weeks with no symptoms.
- The presence of nits indicates a past infestation that may not be currently active
- Cases of head lice are often misdiagnosed

How can you prevent the spread of head lice?

- Teach your children how head lice are spread (by direct contact with the head of someone with an infestation) and to avoid this kind of activity.
- It is a good idea to teach your children not to share brushes, combs or head gear such as hats, bandanas etc.
- Check your child's head for live lice once a week all year long and daily during an outbreak.
- Head-to-head contact may be less if long hair is braided or tied back.



Head Lice: Who's Responsibility Are They?

Head Lice

Head lice or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person.

Infection is common during school holidays as well as during the school year. Parents start to worry more about lice when children go back to school because they think the lice are being caught there.

Research indicates that most lice are caught from close family and friends in the home and community, not just from the school.

Head louse infection is a problem of the whole community, not just the schools. Co-ordinated efforts between parents, teachers, schools, public health and the community are necessary to control outbreaks of head lice.

Role and Responsibilities

Parents' Role:

- Be aware of the signs and the symptoms of infestation;
- Be familiar with the technique for examining hair for lice and nits;
- Examine their children's heads weekly for signs of infestation as part of routine hygiene;
- Notify the school when their child has lice and others who have come into contact with the child, that is, family members, neighbours, etc.;
- Carry out treatment on family members with live moving lice;
- Wash personal items such as combs, brushes, bedding and hats;
- Inform the school that treatment has been completed

School's Role:

- Schools should not take on the responsibility of checking heads for head lice as traditional methods of parting the hair and looking at the scalp is not efficient and many infestations may be missed.
- "Alert" letters should not be sent out. These can cause an "outbreak" of imaginary lice.
- Research indicates children who may have lice should not be excluded from school; if they do have lice, they will probably have been there for weeks already.
- The school should give best practice information on lice to parents and staff, including the importance of regular detection combing and how to do it. Provision of information should be on a regular basis throughout the year, not just when there is thought to be an "outbreak."

Public Health Role

- Providing Best Practice treatment guidelines to schools, to parents and community agencies upon request;
- Assisting school boards and schools to implement head lice policies and protocols;
- Consultation on difficult-to-treat cases of head lice

For more information contact:

**Your local Public Health Office
or your Physician**

or

Health Link Alberta 1-866-408-5465



Head Lice – Detection Combing

What is Detection Combing?

Detection Combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations.

How Do I Do Detection Combing?

You need:

1. *Plastic* fine-toothed comb. Available in most Drug Stores. Many combs sold as louse detection and removal combs are unsuitable for the purpose. Combs with flat-faced, parallel-sided teeth less than 0.3mm apart are appropriate. Metal combs are harsh and may pull hair out.
2. Good lighting
3. Ordinary comb

Steps

- Wash the hair well and then dry it with a towel. The hair should be damp. Detection combing dry hair can lead to static in the hair and lice can be repelled from the comb into the air as the comb is withdrawn from the hair.
- Make sure there is good light. Daylight is best.
- Comb the hair with an ordinary comb.
- Start with the teeth of the fine-toothed comb touching the skin of the scalp at the top of the head. Keep the comb in contact with the scalp as long as possible, draw the comb carefully towards the edge of the hair.
- Look carefully at the teeth of the comb in good light.
- Wipe the fine-toothed comb off on white tissue (like Kleenex or paper towel) to see any lice that may be caught in the comb
- Repeat the combing over and over again from the top of the head to the edge of the hair in all directions, working round the head.
- Do this for several minutes. It takes 10 to 15 minutes to do it properly for each head.
- If there are head lice, you will find one or more lice on the teeth of the comb.

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Book Fair	4 Book Fair Early Learning Day Kindergarten Day Book Fair Family Night 4:00 pm Family Movie Night 6:00 pm	5
6 Daylight Saving Time ends	7 Book Fair	8 Anything but a Backpack Day Book Fair	9	10 Remembrance Day Ceremony 10:30 am	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 Support your Favorite Team Day	23	24 Parent Teacher Interviews 3:30 pm Community Fall Supper 6:00 pm	25 NO SCHOOL - Parent Teacher Interviews 8:30 am	26
27	28	29	30			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 NO SCHOOL	3
4	5 12 Days of Christmas - Day 1	6	7	8	9 NO SCHOOL	10
11	12	13	14	15 Hot Lunch PAC meeting 12:30 pm	16 NO SCHOOL	17
18	19	20	21	22	23 NO SCHOOL	24 NO SCHOOL
25 Christmas Day NO SCHOOL	26 Boxing Day (regional holiday) NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL