



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - JANUARY 2023

Principal's Message

I hope everyone had a wonderful Christmas and holiday season! As we start the new year, I am excited to be back to school and to see what 2023 will bring.

I would like to take a moment to express my gratitude to everyone who came out to support our school in December. The Christmas concerts were both fantastic, and it was great to see so many people in attendance. Thanks to staff and students for all the hard work putting them together. Thank you also to everyone who participated in the various events and activities that took place throughout the month.

I would also like to give a special thank you to the staff members who had a hand in organizing the 12 Days of Christmas events. It was a great way to kick off the holiday season and really brought a sense of community to our school. Additionally, I want to express my appreciation to our Headstrong students who shared positive messages while serving hot chocolate and popcorn on the last day before break.

This month we look forward to continuing the basketball season, with practices on Mondays and games on Wednesdays. Additionally, ATL students will commence exam week for semester 1 on January 16th. Semester 2 begins on January 30th.

Each year Horizon School Division and Chamberlain/ATL send out an assurance survey to all parents, students and staff so that we can gather information that informs future planning. It is very important to hear from as many people as possible so that we can have a clear picture of where we are succeeding and what changes need to be made to make getting an education at Chamberlain/ATL as great as possible. Please go to the link below or scan the QR code to have your voice heard.

https://docs.google.com/forms/d/e/1FAIpQLScOQ07zxNxW0GoEGFSyG05IAhK02E8kEMS4eofiXEDKV1djlA/viewform?usp=sf_link

As always, thank you all for your continued support of our school and I look forward to seeing everyone back in the building.

Always,

Mrs. Van Ham



Early Learning Programs

We are taking registrations for Early Learning and Kindergarten for 2023-2024.

If your child is 3 on or before September 1, they are eligible to be enrolled in Early Learning.

If your child is 5 on or before December 31, it is time to register for Kindergarten.

Please see attached poster for more details.

Christmas Donations

Thank you to everyone that donated to the Safe Haven Family Shelter and the Taber Food Bank.

"We make a living by what we get, but we make a life by what we give"

Winston Churchill

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

Remembrance Day Contest

Congratulations to Remembrance Day Contest Winners!

The Royal Canadian Legion partners with schools across Canada to promote remembrance through the annual poster and literary contests. Students are invited to submit their creative works through their local school to be entered into Legion Branch contests.

Many Chamberlain and ATL students submitted entries that reflected their respect and appreciation for the sacrifices made during times of conflict. Their impressive and meaningful pieces were then submitted to the contest. We would like to congratulate all of our students for the sincere and thoughtful work they produced.

Please join us in applauding the following students who won cash awards for their exceptional artistic work. Well done to each and every one of you!

Senior Colored Poster

Trudy Klassen

Senior Black & White Poster

Christina Neustaeter

Congratulations!



Maria, left, and Aganetha are learning how to form sentences during Ladies' Morning English class.

HODGEPODGE ENGLISH NIGHT

Women's Night

A fun filled, women's English learning evening that includes word games and activities. Guest speakers from the community will present information on many topics like: healthy living, mental and emotional wellness, family events and activities in the community.

TABER

3 Dates: January 27, February 24, March 24, 2023

Day of the Week: Friday

Time: 6:00 p.m. - 8:30 p.m.

Location: 5011 - 49 Ave., Taber

Cost: \$5.00

CONVERSATION CAFE

In this class you will focus on your conversational skills. As you practice speaking English in group settings, you will build your vocabulary and gain confidence to speak and understand conversations in the general public.

Start Date: January 11, 2023

End Date: March 15, 2023

Days of the Week: Wednesday

Time: 6:00 p.m. - 8:30 p.m.

Location: 5011-49 Ave., Taber

Cost: \$40.00



Left to right, Margartha, Susanna and Katharina are learning to spell and write English words while attending the Morning English class.



TO REGISTER OR FOR MORE INFORMATION:

PHONE 403-223-1169 or drop by our office
in the Provincial Building, 5011-49 Ave., Taber

LADIES' MORNING ENGLISH CLASSES

Learn more reading and writing in English!
Come to this class to practice English speaking,
and get better at understanding English.

GRASSY LAKE

January 16 - March 27, 2023

Monday, Wednesday, 8:30 a.m. - 12 p.m.

NO CLASS FEBRUARY 20, 2023

COST: \$40.00

Minimum 4 learners required to run classes

VAUXHALL

January 17 - March 23, 2023

Tuesday, Thursday, 8:30 a.m. - 12 p.m.

Vauxhall Elementary School

COST: \$40.00

Minimum 4 learners required to run classes

Taber — English Foundations - Level 1

In this beginner level English class you will focus on English letters, numbers and phonic sounds. You will improve your basic English conversation and writing skills.

Date: January 10 - March 16, 2023

Days of the Week: Tuesday, Wednesday, Thursday

Time: 9 a.m. - 11 a.m. **Cost:** \$40.00

Location: 5011 - 49 Ave., Taber

Minimum 4 learners required to run classes

Taber — English Foundations - Level 2 and 3

In this combined class you will learn how to write sentences to form paragraphs, make appointments, speak to health professionals and fill out forms.

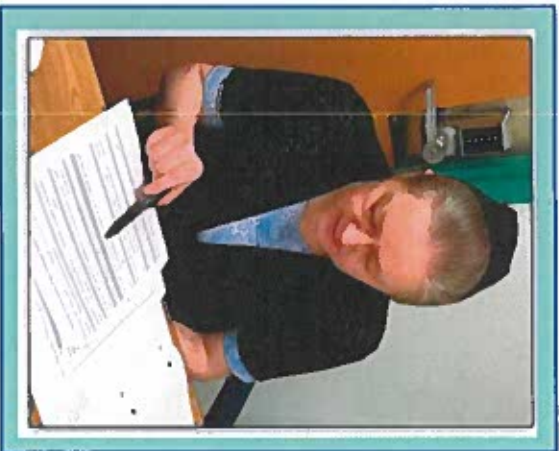
Date: January 10 - March 16, 2023

Days of the Week: Tuesday, Wednesday, Thursday

Time: 9 a.m. - 11 a.m. **Cost:** \$40.00

Location: 5011 - 49 Ave., Taber

Minimum 4 learners required to run classes



 **Taber Adult Learning**

TO REGISTER OR FOR MORE INFORMATION:

PHONE 403-223-1169 or drop by our office
in the Provincial Building, 5011-49 Ave., Taber

CHILDCARE PROVIDED FOR CHILDREN 18 MONTHS TO 5 YEARS OLD



READ AND WRITE EVENING CLASS

Learn how to write sentences to form paragraphs. In this combined class you will also learn how to make appointments, speak to health professionals and fill out forms.

Start Date: January 9, 2023

End Date: March 20, 2023

Day of the Week: Wednesday

Time: 6:00 p.m. - 8:30 p.m.

Location: 5011 - 49 Ave., Taber **Cost:** \$40.00

ENGLISH WRITING & COMMUNICATIONS

FOR A PURPOSE

This class will focus on developing written communication skills from pen and paper to written digital communications. You will learn to write simple paragraphs for personal and professional purposes.

Start Date: January 9, 2023

End Date: March 8, 2023

Days of the Week: Monday and Wednesday

Time: 6:30 p.m. - 8:30 p.m.

Location: 5011 - 49 Ave., Taber **Cost:** \$40.00



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PHONE 403-223-1169 or drop by our office
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Register for Taber Winter English Classes.

January to March 2023

CALL NOW

403.223.1169



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PHONE 403-223-1169 or drop by our office
in the Provincial Building, 5011-49 Ave., Taber

Nutrition Times

January 2023 Nutrition Services

Support Your Immune System

Our immune system is integral in keeping us healthy. It does this by fighting off harmful bacteria that can make us sick. While our immune system is always 'busy' protecting us, certain behaviors can prevent it from working its best. However, there are many habits we can all do to help support our immune system. During the busy holiday season, some of our healthy habits may have fallen by the wayside. Being mindful of our daily patterns is a helpful first step to realign our health goals as we enter a new year. Read on to learn more – we can all benefit from these practical tips.

Tip 1: Eat colourful foods.

As all foods contain a mixture of nutrients, strive to add colour to your meals and snacks by eating a variety of foods. Foods particularly rich in antioxidants that help to support the immune system include vegetables, fruits, and spices. Fresh, frozen, and canned are all great options.



Tip 2: Stay hydrated. When our bodies are dehydrated, our immune system is under stress so it cannot work as effectively. About 60% of our body is made of water, so many reactions are dependent on it. When it comes to fluids, water is the best choice. If you're bored with plain water, make it interesting by adding some citrus fruit, mint, or sliced cucumbers. You can also try sparkling water. Fruit juice, pop, and sweetened café drinks are sugary drinks so aim to have these in smaller amounts and less frequently.

Should I Supplement?

Vitamin and mineral supplements are a hot market, with many of us likely coming across ads selling supplements with different claims. Despite all the marketing, and unless advised by a health provider, most people in good health do *not* need to supplement. Supplements can also be very expensive, with many of the nutrients in them provided in food. The one exception is a daily 400IU Vitamin D supplement, which is recommended to all Canadians due to our cold climate.

So, aside from Vitamin D, vitamin and mineral needs can be met with a healthy diet that includes a variety of colourful foods.



Did you Know?

Many supplements will have claims to 'boost' your immune system. It is not possible to boost your immune system, as this would put the immune system out of balance. Focus instead on ways to 'support' your immune system.

Tip 3: Improve sleep 'hygiene.' Just like dental hygiene for our teeth, sleep 'hygiene' is important to reset our mind and body. During the holiday season, our sleep patterns may have been affected by shorter sleeping times. To improve your sleep, try: going to bed a few hours earlier, avoid large meals before sleep, remove electronic devices from your bedroom, and make your bedroom a quiet space at a comfortable temperature.



Tip 4: Daily movement. Regular physical activity reduces inflammation and helps to build new immune cells. Focus on the joy of movement by finding an activity you and your family like. No-cost activities like walking are also great, on days when it's not too cold!

Tip 5: Find your Zen. With the holidays winding down, it can take a little bit of adjusting to return to our routines. Aim to be mindful in your day by setting aside time to yourself. Managing stress is vital to keep our immune system strong. Find a strategy that works best for you. This may include talking to a close friend, listening to a podcast, having a nap, meal prepping, or moving your body.



Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szoneutrition.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.

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



Prepared monthly by South Zone dietitians, Nutrition Services

January 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	NO SCHOOL New Year's Day	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 Epiphany NO SCHOOL	7 NO SCHOOL
8	NO SCHOOL	9 NO SCHOOL	10	11 Dental Checkups Gr. PK - 2 Basketball @ Chamberlain 4:00 pm	12 English Diploma	13	14
15		16 English 10/20 Final Exam	17 ATL Exam Week Dress Up Day English 10/20 Final Exam	18 ATL Exam Week Basketball @ Barnwell 4:00 pm	19 ATL Exam Week Hot Lunch Math Diploma PAC meeting 12:30 pm	20 ATL Exam Week Early Learning Day English Diploma Kindergarten Day	21
22		23 ATL Exam Week Math 10 Final Exam	24 ATL Exam Week	25 ATL Exam Week Science 10 Final Exam	26 ATL Exam Week Last Day of Semester 1	27 Family Literacy Day in Canada NO SCHOOL	28 Bell Let's Talk Day
29		30 First Day of Semester 2	31				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Basketball @ TMS - Taber 4:00 pm	2 Groundhog Day	3	4
5	6	7	8	9 Grad Pictures	10 NO SCHOOL	11
12	13	14 Gr. 6 - 12 Luncheon and Dance Pink, Red & White Day Valentine's Day	15 Flag of Canada Day	16 Hot Lunch PAC Meeting 12:30 pm	17	18
19	20 NO SCHOOL Family Day (regional holiday)	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27	28				