



**Chamberlain School**

**Arden T. Litt Centre for Learning**

**Website: [chamberlain.horizon.ab.ca](http://chamberlain.horizon.ab.ca)**

**Facebook: @chamberlainschool/ATL**

**Instagram: @chamberlainschoolatl**

## **NEWSLETTER - DECEMBER 2022**

### **Principal's Message**

November was a busy month, beginning with our library book fair and movie night. Thank you to all who came out and supported the library. It allows us to purchase more books and keep our library thriving. We also had our school Remembrance Day Ceremony, which brought out some community members as well. Students did a wonderful job of their presentations, poems, and songs.

Thank you so much to everyone who supported our PAC fall supper. It took many people to make it a success, from our PAC parents who helped plan, cook, decorate, and bring in auction and raffle items, to our musicians, bake sale bakers, and pie contest entrants, as well as all those who attended. Thank you! An extra thank you goes out to Sara Torsius, who did a huge amount of work on the Hall side of things and without whom the supper would not have happened.

Our Tier 2 basketball team has started practicing and we will have three home games this season so everyone can come and cheer on our students. We had to postpone our first game, which was scheduled for November 30th due to being unable to find a referee. It has been rescheduled for Tuesday, December 6.

Upcoming in December we have 12 Days of Christmas activities starting on Monday December 5th, so check the calendar in this newsletter. Students and staff are also busy getting ready for their Christmas concerts. Our German class will be performing at 6:30 on December 13th with Faspa to follow, and our whole school will be having their concert on December 20th, also at 6:30. Come on out and see what the students have been working on!

With only 13 school days in December the month will fly by. I hope that you all have time to enjoy the season and the extra family time. School break starts on December 23rd and classes resume on January 10th.

Always,

Mrs. Van Ham

## 12 DAYS OF CHRISTMAS

As part of our 12 Days of Christmas Events, we will be collecting items to donate to the Safe Haven Family Shelter in Taber and Taber Food Bank. Deadline for donations is **Tuesday, December 20**. Thank you in advance for your generosity and helping those in need.

**Please do not donate expired food items. They cannot be used and will be thrown in the garbage.**

See attached “12 Days of Christmas Calendar” for other events happening in and around the school.

## BASKETBALL

We are very excited to have a Tier 2 Basketball Team. Thank you to all our players who have joined the team. A huge thank you goes out to Mr. Heshka for coaching. Good luck to our Basketball Team this season and we wish them all the best as they play against different schools. We can't wait to see what you accomplish through teamwork and hard work.

# **PICTURE RETAKES**

**THURSDAY, DECEMBER 15**

- **WE ARE DOING PICTURE RETAKES FOR ANYONE THAT MISSED HAVING THEIR PICTURE TAKEN OR WOULD LIKE A NEW PICTURE TAKEN.**
- **IF YOU ARE HAVING YOUR PICTURE RETAKEN, PLEASE BRING YOUR PROOF PORTRAIT SHEET AND ORDER FORM TO THE PHOTOGRAPHER ON RETAKE DAY.**
- **WE WILL ALSO BE REDOING MOST OF THE CLASS GROUP PICTURES.**

# **CHRISTMAS DONATIONS**

**WE ARE COLLECTING NON-  
PERISHABLE FOOD ITEMS  
FOR THE TABER FOOD BANK  
AND TOILETRY ITEMS FOR  
SAFE HAVEN WOMEN'S  
SHELTER. LAST DAY FOR  
DONATIONS IS DECEMBER 20**

**PLEASE DO NOT DONATE EXPIRED  
FOOD ITEMS – THE FOOD BANK WILL  
NOT ACCEPT THEM**

**THANK YOU FOR HELPING  
THOSE IN NEED**



## MOST NEEDED ITEMS

### **Non-Perishable Food:**

Beans with or without pork  
Macaroni and cheese  
Canned fish or meat  
Peanut butter  
Cheez Whiz  
Jam  
Soup  
Pasta  
Pasta sauce  
Pancake mix  
Pancake syrup  
Canned fruit or vegetables  
Jello  
Pudding  
Granola bars  
Baby food or baby formula  
Snacks for Kids

### **Perishable Food:**

Fruit  
Vegetables

### **Non-Food Items:**

Toilet Paper  
Baby diapers (sizes 4-6)  
Toiletries  
Dish soap  
All purpose cleaner  
Hygiene products  
Cash Donations



## MOST NEEDED ITEMS:

- Women's adult pj's – all sizes
- Bras & Sports Bras
- Leggings / Comfy pants (All Sizes)
- Adult Gloves / Toques
- Adult Ankle Socks
- Reusable water bottles
- Toothbrushes / Toothpaste (kids and adults)
- Lip chap / Balm
- Hair Products
- Shaving Gel / Reusable Razors
- Epsom Salts
- Bubble Bath
- Hairbrushes / Pics / Combes
- Scrunchies / Ponytails
- Face Wash / Body Wash
- Nail Clippers / Files
- Lotion
- Loofas
- Diamond Dotz or Artsy activities to do in Shelter (kids and adults)

# Nutrition Times

December 2022 Nutrition Services



## World Holiday Traditions

**“The children were nestled all snug in their beds, while visions of sugar-plums danced in their heads”**

- *Clement Clarke Moore*

Many of our holiday foods tend to be warm, comforting, and rich. But did you know that many traditions across the world involve fruits and vegetables?

### Peace Apples

While Christmas isn't a public holiday in China, it has become more popular in recent years. The word for apple in Mandarin (*pingguo* 苹果) sounds a lot like the word for 'Christmas Eve' (*Ping'anye* 平安夜) or the evening of peace. As a result, people will often celebrate by giving special decorated apples to their loved ones. These are often decorated with cartoons, ribbons, or have special messages painted on their skins.

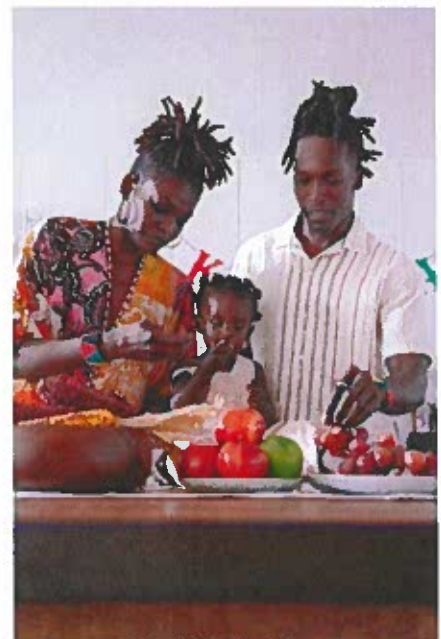
### First Fruits

Kwanzaa is an African American holiday that has been adopted around the world and is practiced by many people in Canada too. The word "Kwanzaa" comes from the phrase "*matunda ya kwanza*" which means "first fruits" in Swahili. Celebrants of Kwanzaa place foods that represent the crops like nuts, fruit, and vegetables on the *Mkeka* (place mat) to represent the hard work that is done to bring forth plants to feed the people and other animals of the earth. This year, Kwanzaa will take place from Monday December 26th, 2022 to Sunday January 1st, 2023.

### Slow Cooker Stuffed Apples

- 6 apples, cored
  - 1/2 cup (125 mL) unsweetened orange juice
  - 1/3 cup (75 mL) large flake oats
  - 2 tbsp (25 mL) chopped almonds
  - 1 tbsp (15 mL) flax seed
  - 1 tbsp (15 mL) diced crystallized ginger
  - 1 tsp (5 mL) grated orange rind
  - 1 cup (25 mL) low fat yogurt (optional)
1. Place apples in slow cooker. Pour orange juice into bottom of slow cooker.
  2. In a small bowl, combine oats, almonds, flax seed, ginger and orange rind. Using a small spoon, fill core of each apple up to the top. Cover and cook on Low for 6 hours or on High for 3 hours until apples are tender.
  3. Serve apples with slow cooker juices and top with yogurt (if using).
  4. Makes 8 servings (175mL/ ¾ cup/ 60g)

Recipe adapted from Heart and Stroke Canada  
<https://www.heartandstroke.ca/healthy-living/recipes/desserts-and-baked-goods/slow-cooker-stuffed-apples>



## Night of the Radishes

Every year on December 23, the city of Oaxaca, Mexico draws huge crowds to celebrate the Night of the Radishes, or “*La Noche de Rábanos*.” Artists carve the spicy pink vegetables into beautiful displays of saints, buildings, and replicas of famous works of art. The festival has been an official contest since 1897!



## Find the Pickle

Does your family hide a Christmas pickle? The “*Weihnachtsgurke*” is often considered to be an old German tradition, but it’s more likely to have actually originated in the American Midwest. Many families will hide an ornamental pickle on the Christmas tree, or somewhere in the house. The first person to find this pickle gets to open the first gift, or gets a special prize.

## Starting New Traditions

Most families have food traditions that everyone looks forward to, but don’t let that stop you from trying something new this year! Check out the following websites for other ideas on how to incorporate more vegetables and fruits into your holiday celebrations.

[Canada’s Food Guide – Eat plenty of vegetables and fruits](#)

[Eat More Vegetables and Fruits](#)

[Recipe – Berry Christmas Wreath](#)

## Upcoming Events & Classes

### Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit [szonenutrition.eventbrite.com/](http://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](http://www.healthyeatingstartshere.ca)



Questions? Email us at [publichealthnutrition.southzone@ahs.ca](mailto:publichealthnutrition.southzone@ahs.ca)



November 23, 2022

Dear parent/guardian,

Influenza season, also known as the ‘Flu’ season, is here. We want to help protect the health of children and families by decreasing the spread of influenza so that you and your children can stay safe and healthy throughout the winter season.

In the last few weeks, we have seen a large rise in cough and fever type sickness in our schools. We are concerned that this influenza season will be more severe than we have seen in years, and that illness will continue to disrupt school, sports and upcoming holiday gatherings.

The influenza season in Australia often predicts the type of season we will see in Canada. This year, Australia had a particularly severe respiratory virus season with influenza and COVID-19 rising at the same time. They saw the highest rates of influenza disease in children and teenagers, with children less than 16 years of age accounting for the majority of all influenza hospitalizations this year.

While most children who get influenza will recover without complications, some children can get very sick and need treatment in hospital. Children can also spread influenza to friends and family. H3N2, the common strain of influenza so far in Alberta, is known to cause more severe illness in young children and seniors. The influenza vaccine being used this season provides protection against the H3N2 virus.

Influenza vaccines are safe, effective and offer the best defense from serious illness. In Alberta, the annual influenza vaccine is provided free of charge, and it is recommended for all children 6 months and older. Parents are encouraged to have their children immunized against influenza. Appointments for children under five years of age and their families are available at Alberta Health Services (AHS) clinics and can be booked by calling 811 or online at: <https://bookvaccine.alberta.ca/s/booking>. Albertans five years of age and older can get their influenza vaccine at a pharmacy or participating physician clinic.

In addition to getting the vaccine, we encourage you and your child to take the following everyday actions to prevent influenza:

- stay home when feeling sick;
- if possible, avoid close contact with people who are sick;
- wash hands frequently with soap and warm water for at least 20 seconds or use alcohol based hand sanitizer;
- cover your cough;

- avoid touching eyes, nose, or mouth with unwashed hands; and
- clean and disinfect frequently touched surfaces and items at home, especially when someone in your home is sick.

Using a well-fitting, high quality mask is encouraged, especially in crowded indoor settings. Wearing a mask can help reduce your risk of becoming sick and help protect others from being exposed. Individuals should be supported regardless of their choice to mask or not.

For children who develop respiratory illness, mild symptoms can usually be managed at home and most children recover without special treatment. Home management includes getting extra rest and drinking plenty of fluids. Parents can visit the [AHS Health, Education and Learning \(HEAL\)](#) website for advice from Alberta Pediatric Emergency Medicine experts on home management options for specific symptoms and guidance on when to seek medical care.

Thank you for everything you do to keep your families and communities healthy. Wishing you a healthy and happy winter season.

Regards,

Dr. Mark Joffe  
Chief Medical Officer of Health  
Alberta Health

Dr. Laura McDougall  
Senior Medical Officer of Health  
Alberta Health Services

# Have your say on career education programming

The Career Education Task Force is listening to Albertans across the province to determine how to innovate and strengthen career education programming for students and employers. The task force would like to hear from students in grades 7 to 12, parents, teachers, career counsellors, post-secondary educators, employers and young adults through in-person and online engagement sessions and online surveys.



## Register for a session

From November 21 to December 8 2022, in-person engagement sessions will be held in 11 communities:

- Fort McMurray
- Grande Prairie
- Cold Lake
- Whitecourt
- Edson
- Edmonton
- Stettler
- Red Deer
- Calgary
- Brooks
- Lethbridge

There will also be five online sessions available to all Albertans. During these sessions, participants will be able to share local insights on career education programming and hear the unique perspectives of others.

Topics will include:

- Current career education programming
- Opportunities for sustainable careers now and in the future
- How to improve career education in Alberta

You are encouraged to register for sessions in your region or you may take part in any session that works best for you. The in-person sessions will be three hours and the online sessions will be two hours. Anyone under 18 years old must participate with a parent or guardian.

To register, visit: [alberta.ca/career-education-task-force](https://alberta.ca/career-education-task-force).

## Participate in a survey

Albertans and students in grades 7 to 12 can also complete an online survey to provide feedback on career education programming until December 9, 2022.

To take the survey, visit: [alberta.ca/career-education-task-force](https://alberta.ca/career-education-task-force).

## Next steps

In addition to engaging with Albertans, the task force will meet with a variety of education stakeholders to hear their viewpoints. They will also conduct a comprehensive review of Alberta's career education programming, with a focus on grades 7 to 12. The insights from the review and engagement feedback will inform their recommendations and provincial framework for career education programming.

## BASKETBALL SCHEDULE

DATE	TIME	HOME	VISITOR
NOVEMBER 30 RE-SCHEDULED	4:00	CHAMBERLAIN	VAUXHALL
DECEMBER 6	4:00	CHAMBERLAIN	VAUXHALL
DECEMBER 7	4:00	CHAMBERLAIN	ERLE RIVERS - MILK RIVER
DECEMBER 14	5:15	TABER CHRISTIAN	CHAMBERLAIN
JANUARY 11	4:00	CHAMBERLAIN	LOMOND
JANUARY 18	4:00	BARNWELL	CHAMBERLAIN
FEBRUARY 1	4:00	TMS - TABER	CHAMBERLAIN

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HEN night 6:30 pm	2 NO SCHOOL	3
4	5 12 Days of Christmas - Day 1	6 Basketball @ Chamberlain 4:00 pm	7 Basketball @ Chamberlain 4:00 pm	8	9 NO SCHOOL	10
11	12	13 German Christmas Concert 6:30 pm	14 Basketball @ Taber Christian 5:15 pm	15 Hot Lunch Picture retakes 7:15 am PAC meeting 12:30 pm	16 NO SCHOOL	17
18	19	20 Christmas Concert 6:30 pm	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

# 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 Basketball @ Chambertain 4:00 pm	12 English Diploma	13	14
15	16 ATL Exam Week	17 ATL Exam Week Dress Up Day	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 ATL Exam Week
22 ATL Exam Week	23 ATL Exam Week	24 ATL Exam Week	25 ATL Exam Week	26 ATL Exam Week Dental Checkups Gr. PK - 2 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				

## Twelve Days of Christmas Events - December 2022

Monday	Tuesday	Wednesday	Thursday
<p><b>5</b> <b>Bulletin Board Decorating Begins</b> <b>Stuff the Sleigh Begins</b> -Stuff the Sleigh with supplies for Safe Haven and Taber Food Bank</p> <p><b>Christmas Ornament Craft Begins-</b> -Hang ornaments in the Christmas tree in the foyer</p>	<p><b>6</b> <b>Colouring Contest Begins</b> (Deadline: Dec. 21) -Contest pages will be given to each class to colour and complete</p> <p><b>Left/Right Game</b> -Gift will be passed around in a circle (as per the story script) until the last person gets to open the gift for the whole class to enjoy</p>	<p><b>7</b> <b>Guess the Candy Jar</b> -The person who guesses the correct amount will share the candy amount with their class. -We will do one jar for K-5 and one jar for 6-12</p>	<p><b>8</b> <b>PI Day</b> -Wear your comfiest Pjs! <b>Winter Walk *Depends on weather (2:45)</b> -Take the same route we did for Terry Fox</p>
<p><b>12</b> <b>Grinch day</b> -Wear green -Grinch snack -Any other Grinch activities you may want to do in your class</p>	<p><b>13</b> <b>Cookie Decorating</b> -Cookies will be delivered to your class as well as all the supplies to decorate -Junior high CTF to make cookies in advance</p>	<p><b>14</b> <b>Christmas Sweater Day</b> -Wear a Christmas Sweater</p>	<p><b>15</b> <b>Christmas Pancake Lunch</b> -Pancakes, sausage, fruit</p> <p><b>Photo Scavenger Hunt</b> -Students will use ipads to take photos of their scavenger hunt adventure</p>
<p><b>19</b> <b>Chocolate Scavenger Hunt</b> <b>Bulletin Board deadline</b> -Judging committee will judge</p>	<p><b>20</b> <b>Concert Rehearsal (Morning)</b> <b>School Christmas Concert (6:30)</b> -Santa will visit after concert and hand out goodie bags</p> <p><b>Family Festive Fun Afternoon (2 pm -3 pm)</b> -E.g. Crafts, hot chocolate, lego, play doh, story time, card or tag craft -Each classroom has a different activity that students can drop in with their parents to do</p>	<p><b>21</b> <b>Colouring Contest Deadline (by 10 am)</b> <b>Wear Christmas colours Day</b> -Wear red, green, or any other Christmas themed clothing and accessories</p>	<p><b>22</b> <b>PI Day</b> -Wear your comfiest Pjs! <b>Christmas Movie and Treats</b> -Wear your comfiest Pjs! -Hot Chocolate bar and Popcorn during the movie in the gym</p>