



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - FEBRUARY 2023

Principal's Message

Happy February! We have officially crossed the half-way point in the school year. ATL students are moving into semester 2 classes now that exams are finished and elementary students are counting down to the 100th day of school which is coming up quickly.

An enormous and heartfelt thank you goes out once again to our mysterious laptop donation angel. We have once again received a generous donation of two laptops that will be gifted to students. Thank you so much whoever you are! Your generosity is truly changing lives.

This coming month we are looking forward to a school ski trip, more swimming days, basketball games and playoffs, Valentines activities, hot lunches, and a continuation of regular events such as lego club and art club all before heading into February break, which is February 20-24th.

Mrs. Gutfriend will also be returning this month. She will be taking over the 8/9 Phys Ed class and the 4/5 Tech/Fine Arts class, while also taking additional learning support teacher and administrator responsibilities in preparation to slide into the role of principal at the end of March or beginning of April when I begin my 12 month maternity leave. Mr. Heshka will remain in the Jr. High Math/Science position until the end of the school year. I am very happy to be able to leave the school in her capable hands when the time comes, though I am already thinking about my return in the spring of 2024!

Finally, this month the Alberta Education Assurance Surveys will be completed in school by students and teachers, while also being mailed home to parents. Like the Horizon Survey that was released last month, this survey is very important to the school and allows us to plan for future programming. If you would like assistance filling in the survey please call the school. We can provide German translation and help with any other questions.

Have a great month!
Always,
Mrs. Van Ham

Early Childhood

If your child is **5 years old on or before December 31**, it is time to register for **Kindergarten!**

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

Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

****Please call the school at 403-655-2211 for more information.**

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

Pink Shirt Day

Chamberlain School is acknowledging Pink Shirt Day on **Thursday, February 16**. Bullying can be a major problem in our schools, workplaces, homes, and online. Bullying could be happening to someone you know and care about – join us in taking a stand against bullying, and letting your peers know that it is not okay. Show kindness, empathy, and compassion, and speak out!



TABLE TALK

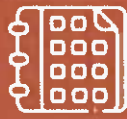
TALKING ABOUT ADDICTIONS, IT'S IMPACTS AND HOW WE CAN HELP

ALL COST
FREE

Join us for supper and an evening of conversation.

INVITING

all parents, children/youth, and community members.



Thursday
February 16th, 2023



5pm-8pm



Luigis Pizza and Steakhouse
Meeting Room

PLEASE BE ADVISED THAT SPACE IS LIMITED AND AN RSVP IS REQUIRED FOR THIS EVENT.

RSVP

to rylee.beland@horizon.ab.ca by February 6th

PLEASE NOTE ANY DIETARY RESTRICTIONS AT THE TIME OF RSVP.

According to the Canadian Centre on Substance Abuse (CCSA) "youth 15-24 years old have the highest self-reported past-year use of illicit substances compared to other Canadians and are approximately five times more likely than adults aged 25 years and older to report harm because of drug use."



Healthy Albertans.
Healthy Communities.
Together.

Child, Youth & Family
Addiction and Mental Health

Online ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This virtual open group consists of six, one hour, stand-alone sessions on such topics as: what is ADHD, medication and ADHD, ADHD and nutrition, exercise and sleep, parenting a child/adolescent with ADHD, ADHD and self-regulation, and ADHD and navigating the professional/school system. Participants can choose to attend from 1 to all 6 sessions. The group topic and Zoom link will be sent out each week to registrants.

Upcoming Dates

Thursdays, January 12 – February 16, 2023
6:00 - 7:00 p.m.

Tuesdays, February 28 – April 4, 2023
12:00 - 1:00 p.m.

Thursdays, April 20 – May 25, 2023
6:00 - 7:00 p.m.

To register, call Access Addiction & Mental Health
1 888 594 0211



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Keep Calm and Parent On: Online Parenting Group

This psychoeducational group is designed for parents/caregivers who want to understand the foundation in which to support their child/teens self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Co regulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. This group is offered through power point presentations, opportunities for self-reflection, and discussion of specific topics. Parents/caregivers will gain a greater understanding and insight of the provided topics.

This virtual group will be offered for 6 weeks in a row for one hour each, one day a week. This is an open group, which means those registered can choose to attend from 1 to all 6 stand- alone sessions. The group topic and Zoom link will be sent out each week to registrants.

Session One – Understanding How Brain Development, Child Development and Self-Regulation Can Impact Parent Effectiveness

Session Two – Effective Communication Supports Effective Parenting

Session Three – Identifying & Understanding How Parenting Styles and Healthy Boundaries Impact Parenting Effectiveness

Session Four – Understanding Anger and Conflict Management to Supports Effective Parenting

Session Five – Understanding the Types of Family Roles and the Impact Chronic Conflict Can Have on Families

Session Six – Importance of Understanding Stress and How Self Care Supports Effective Parenting

Upcoming Dates

Thursdays, January 12 – February 16, 2023

12:00 - 1:00 p.m.

Tuesdays, February 28 – April 4, 2023

6:00 - 7:00 p.m.

Thursdays, April 20 – May 25, 2023

12:00 - 1:00 p.m.

To register, call Access Addiction & Mental Health

1 888 594 0211

Nutrition Times

February 2023 Nutrition Services



Shop Smart!

With recent inflation trends, many families have noticed the cost of food increase. Here are some tips to help you plan your grocery shopping, compare foods, and choose items that cost less.

Meal Planning

Before you head to the store, spend some time at home to plan out your meals. Start by reviewing your schedule, and think about your activities for the week. This may affect the type of foods you buy, as you may have less time to prepare meals on certain days. For a helpful meal planner and recipe ideas, check out Cookspiration.com.

Compare Stores

If you have many stores that sell food in your area, compare prices. Think about reviewing ads, flyers, or apps to see the cost of foods you typically buy. If you travel a long distance or go to many stores to buy food, you might also spend more money on transportation – think about your best option.

Compare Prices

At the store, compare brand names, store brands, and generic brands to get the lowest price. Consider bringing a calculator or using an app to compare unit price or add up how much you're spending at the store. If you shop online, you can see how much you're spending before you complete the order.

Bulk Food Bins

Buying foods in bulk bins often costs less because it uses minimal packaging. You may save money because you can buy only the amount of food you need. This is also helpful to reduce food waste.



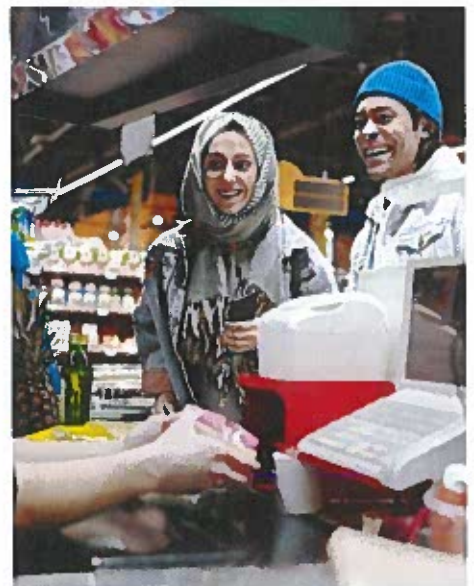
ABC Brand Cereal
725g
5RC **\$3.98** \$0.55
per 100g

Unit Price

Unit price is the best way to compare the cost of similar food items, and can usually be found on the price tag. The unit price tells you the cost per 100g, kilogram, pound, litre or other unit of weight or volume.

Using the unit price can help you see which food costs less for the same amount of food, even if the packages are not the same size. See the example below to learn how to use it to compare foods.

Amount of Food	Price	Unit Price
430g	\$2.98	\$0.69/100g
700g	\$3.98	\$0.55/100g



Shopping Tips to Save Money on Food

Vegetables & Fruit

- Frozen vegetables and fruits with no added salt or sugar are just as nutritious as fresh, and store longer.
- Buy fresh vegetables and fruits when they're on sale or in season.
- Make sure to only buy vegetables or fruits you can use before they spoil, or freeze them to enjoy at a later date.

Whole Grain Foods

- Breads and flatbreads like naan, pitas, and tortillas can be frozen and used at a later date.
- Buy plain rice and pasta and add your own spices instead of using pre-packaged mixes.
- Plain cooked cereals like oatmeal are less expensive than pre-packaged instant cereals.

Protein Foods

- Larger amounts of milk or yogurt have a lower unit price, and are a good choice if you can use them before they expire.
- Slicing or shredding your own cheese may cost less if the grated or sliced versions aren't on sale.
- Frozen or canned fish may be less expensive than fresh.
- When buying meat, poultry, or fish, the amount of preparation before sale will affect the price. For example, boneless, skinless chicken may cost more than one that has skin and bones.
- Plan to use meat alternatives such as beans, lentils, and tofu each week. Dried beans are also less expensive than canned beans if you have time to cook them.

Upcoming Events & Classes

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, 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



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Basketball @ TMS - Taber 4:00 pm	2 Groundhog Day Pizza Lunch	3	4
5	6 Kernels Popcorn orders are due	7 Lego Club in the Library 3:15 pm	8	9 Grad Pictures	10 NO SCHOOL	11
12	13	14 Gr. 6 - 12 Luncheon and Dance Pink, Red & White Day Valentine's Day Lego Club in the Library 3:15 pm	15 Flag of Canada Day	16 PAC Lunch Pink Shirt Day @ Chamberlain School PAC Meeting 12:30 pm Table Talk @ Luigi's 5:00 pm	17 Ski Trip	18
19	20 NO SCHOOL Family Day (regional holiday)	21 NO SCHOOL	22 NO SCHOOL Pink Shirt Day	23 NO SCHOOL	24 NO SCHOOL	25
26	27	28 Lego Club in the Library 3:15 pm				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 100th Day of School Gr. 6-12 swimming 1:00 pm	2	3 NO SCHOOL	4
5	6 NO SCHOOL	7 Lego Club in the Library 3:15 pm	8	9 K - 5 swimming 1:00 pm	10 Early Learning Day	11
12 Daylight Saving Time starts	13	14 Lego Club in the Library 3:15 pm	15	16 Green Day PAC Lunch Report Cards go home PAC Meeting 12:30 pm	17 NO SCHOOL St. Patrick's Day	18
19	20	21 Rock Your Socks World Down Syndrome Day Lego Club in the Library 3:15 pm	22	23 Parent Teacher Interviews 3:30 pm	24 NO SCHOOL - Parent Teacher Interviews 8:30 am	25 Cowboy Poetry - Taber 10:00 am
26	27	28 Lego Club in the Library 3:15 pm	29	30	31 Kindergarten Day	