



CHAMBERLAIN SCHOOL

ARDEN T. LITT CENTRE FOR LEARNING

NEWSLETTER – MARCH 2023

Principal's Message

Spring will hopefully be arriving soon! This last little blast of winter has made me look forward to warmer weather. It is an exciting time at Chamberlain/ATL as we look forward to a busy month of March.

First, we are celebrating the 100th day of school on March first. Students are encouraged to dress up as 100 year olds, or wear 100 things to help them celebrate. Our students have accomplished so much since the beginning of the school year and we're thrilled to mark the milestone together. On the same day, our junior and senior high students are going to be spending the afternoon swimming in Taber. Students in K-5 will be swimming once again on March 9th.

Badminton is also getting rolling this month, with a great group of junior and senior high students beginning practices and signing up for tournaments. We wish them the best this season!

I would also like to remind everyone about parent-teacher conferences coming up on March 23rd and 24th. This is a fantastic opportunity for you to connect with your child's teacher, get an update on their progress, and discuss any concerns or questions you may have. I encourage all parents to sign up for a time slot.

Additionally, I would like to request your participation in the Alberta Education Assurance Survey. This survey is a crucial tool for our school's planning and decision making process. You will be receiving it in the mail soon, if you haven't already, and I would appreciate it if you could take a few minutes to fill it out.

Thank you for your continued support and involvement in our school community. We look forward to seeing you at parent-teacher conferences and throughout the rest of the year.

Always,
Mrs. Van Ham

Early Childhood Services

If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. We need to know how many children will be attending Kindergarten to complete our staffing for the 2023/2024 school year. Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

If your child is 3 by September 1, they can be enrolled in Early Learning.

To learn more about your child's developmental progress, as well as the benefits of early childhood programming, please book an appointment for **Thursday, April 20**. Please call the school office at 403-655-2211.

Report Cards & Parent Teacher Interviews

Report cards will be sent home with students on Thursday, March 16

Parent/Teacher Interviews will be held as follows:

Thursday, March 23 from 3:30 – 7:00 pm

Friday, March 24 from 8:30 – 12:00 noon

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

Please return the attached interview request form on or before Wednesday, March 22. You can also phone the school at 403-655-2211 or send an email to caroline.crooymans@horizon.ab.ca to request a time. You will receive a confirmation email or phone call Wednesday, March 22.

PARENT/TEACHER INTERVIEW REQUEST

Our Parent/Teacher Interviews for Grades K – 12 are being held on **Thursday, March 23** from 3:30 – 7:00 pm as well as **Friday, March 24** 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, March 22, 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 March 23. 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 _____ 5:15 _____ 5:30 _____ 5:45 _____

6:00 _____ 6:15 _____ 6:30 _____ 6:45 _____

Please check off as many times that work for you on March 24. 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**

COWBOY POETRY & WESTERN MUSIC ROUND-UP

SATURDAY, MARCH 25, 2023 - 10:00AM - 7:00 PM

**Taber Community Centre Auditorium
4720 50 St, Taber, AB**

PERFORMERS

Noel Burles
Cathy Hendry
Hawley
Dusty Litchfield
Caroline Parke
Bonnie Daisley
Bill Lawson
David Woodruff
Pauline
Anderson
Teri Valgardson
Bud VanCleave

Bud Edgar
Gloria Cyr
Rick LaValley
Mayor Andrew
Prokop
Katie Rose and
the Wild Rags
Picker Joe
Jen Zollner
Hank & Alvina
Local Students
and more!

**Pancake Brunch \$7
10am - noon**

**Pulled Pork Dinner \$12
4:30pm - 6:30pm
Fundraiser by W.R. Myers
High School Band**



 @TaberCowboyPoetry

ADMISSION BY DONATION

PERLICH BROS
AUCTION MARKET LTD.

Live Auction fundraiser for
Sandy Cooper-Black's recovery



February 16, 2023

Hello parents, guardians, and caregivers:

Re: School Immunization Program (non-COVID) within Alberta Health Services (AHS) South Zone.

AHS reminder phone calls and texts about school routine immunization (non-COVID) are sent as needed to alert parents, guardians, and caregivers about returning paper consent forms for in-person school immunizations, or to alert caregivers about immunization eligibility.

Recently, consent return reminder phone calls and texts were sent to families for students in **Grade 9** for the diphtheria/Tetanus/Pertussis (Whooping Cough) and Meningococcal ACYW 135 type vaccines.

Immunizations have begun for Grade 9 students, but your child will only be immunized if you have provided written or verbal telephone consent. If your child missed receiving the immunizations at school during the school clinic, the nurse *may* be returning to the school before the end of the school year as able.

Other routine school immunizations (non-COVID) offered as a reminder:

- Immunizations are offered in school in Grade 6 for Hepatitis B and Human Papillomavirus vaccine series each year
- Students in Grade 1 who have missed the pre-Kindergarten routine boosters can be updated at your nearest local Public Health office, please call to book an appointment
- Children who are home schooled may obtain routine school-aged immunizations at your nearest local Community Health office by appointment

How to obtain routine school immunizations (non-COVID) for your child:

- Sign and return the immunization consent form to your child's school as soon as possible if you would like your child immunized in the school setting.
- If there is one or more vaccines you do not wish your child to receive, write REFUSED across the vaccine(s) you do not want and return all consent form(s) to school.
- You may also provide verbal telephone consent to a school Public Health Nurse by calling your local Community Health office.
- Call to book an appointment at a School Catch up Clinic – offered in the communities of Lethbridge, Medicine Hat and Brooks, or book at your local Community Health Office.
- If you are unsure if a child is due for school routine (non-COVID) immunizations, please ask to speak to a Registered Nurse when calling to book.

If you have any questions or concerns, please contact your local Community Health Office. To find your Community Health Office, visit: [Find Healthcare - Search \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/find-healthcare)

If you have questions about school routine immunizations or to view the routine vaccine schedule, please visit immunizealberta.ca

Immunization and routine
immunization schedule | Alberta.ca



Sincerely,

A handwritten signature in black ink that reads "Allison Gonsalves".

Dr. Allison Gonsalves, FRCPC
Medical Officers of Health, South Zone
Alberta Health Services

Medical Officers of Health, South Zone
801 1 Avenue South • Lethbridge AB T1J 4L5
www.ahs.ca/moh



ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

February 28, 2023

Letter to parents – historic education investments in Budget 2023

Dear Alberta parents:

Today, the Government of Alberta released its annual budget, and as the Minister of Education, I wanted to tell you directly about our plan to set your children up for lifelong success.

The theme of this year's budget is securing the future. The budget shows how the government is going to make sure Albertans have good and well-paying jobs, and how we will improve our healthcare system, keep communities safe and ensure people have the supports they need to be successful in their lives. It also shows how we are going to help your children reach their full potential.

Record-breaking funding for education

Through Budget 2023, the government is providing a historic level of funding to the school system—more money than ever before. At the same time, know that our goal is to drive as much of this money as possible directly to the classroom and away from administrative costs, to help ensure taxpayer dollars achieve maximum benefit for students.

The department of Education's consolidated budget will be about \$8.8 billion; that's equal to \$44 million every day students are in school. It's also an increase of almost half a billion dollars over last year. Your children are the province's future leaders and innovators; it's our job to help them be all they can be, and we take that very seriously.

In total, we will increase the Education budget by nearly \$2 billion over the next three years. These significant increases will empower your local school authorities to hire more teachers and rein in growing class sizes. In total, the funding we are providing is enough for school authorities across Alberta to hire up to 3,000 education staff, including not only teachers, but educational assistants, bus drivers and school support staff too. This means students in every corner of the province will benefit from more focused time and attention at school.

Supporting diverse classrooms

We recognize Alberta's classrooms are becoming increasingly complex and diverse. A growing number of students have unique cognitive, social and emotional needs, and an increasing number of newcomers need support learning English as an additional language. Budget 2023 includes a new grant to help with these things. The government will provide \$126 million over three years, which your local school authorities will use to hire and train more support staff, including

specialists like counsellors, psychologists and interpreters.

Mental health supports

On a similar note, we know the pandemic has taken a toll on students' mental health, and some students also fell behind in school because of the COVID-19 disruptions. We are going to keep our promise to provide \$110 million over three years to address these issues. With the government's funding support, local school authorities and mental health service providers are collaborating to develop innovative ways to support student mental health at school. And because of the funding we have already provided, as well as the excellent work of Alberta's teachers, tens of thousands of elementary students have already managed to take back the learning and development they previously lost to the pandemic.

Affordability

Another issue that we are determined to help resolve through Budget 2023 is the rising cost of living. We are providing an additional \$414 million over the next three years to the funding your local school authorities receive for transporting students to and from school. With this substantial increase, more students will be able to take the bus to school and ride times will be shortened. What's more, we expect this funding will help school authorities reduce the fees they charge you for transportation.

Currently, for students to be eligible for government-funded busing service, the student must reside at least 2.4 kilometres from their designated school. Beginning in 2024, this will be reduced to one kilometre for kindergarten to Grade 6 students and two kilometres for grades 7 to 12 students. By lowering the distance eligibility, more families will benefit from provincial support.

Almost 33,000 students who are not currently using bus services will become eligible. About 47,000 students who are currently paying a fee to use bus services will also become eligible for provincial support, eliminating the current gap in service delivery and saving parents over \$20 million.

School authorities will need time to transition to the new criteria, so the changes will officially take effect September 1, 2024. However, any school authorities that can start transporting students under the new eligibility criteria this school year will be fully supported through Budget 2023.

Quality education for all students

I strongly believe that parents deserve a wide variety of options and a high standard of quality when it comes to their child's education. With this year's budget, the government has worked hard to incorporate the many different perspectives and opinions we've been hearing from parents. You play an integral role in your children's education and your viewpoints will always be valuable to the government.

Our increased investments in education will help enrich students' lives and prepare them for success beyond school. Budget 2023 is about securing Alberta's future, and in that same vein, the foundations for a rewarding career begin early in life, which means the education system is a critical starting point for all Albertans.

Sincerely,

A handwritten signature in black ink, appearing to read "Adriana LaGrange". The signature is fluid and cursive, with the first name "Adriana" being more prominent and the last name "LaGrange" following in a similar style.

Adriana LaGrange
Minister of Education

Nutrition Times

March 2023 Nutrition Services



Nutrition Month

Cooking meals every day takes time, energy and money –things we don't always have enough of. The 2023 theme for Nutrition Month is “Unlock the Potential of Food: Find a Dietitian”. To help you “unlock the potential of food”, we have pulled together some of our tried-and-true budget friendly cooking tips and ideas that can help you prepare delicious and inexpensive meals - even after a long day.

Make supper in a flash!

By the time supper time rolls around everyone is tired and hungry. One pot meals or sheet pans are quick and easy ways to get supper on the table in a flash (and make quick clean up too!) One pot meals can be made in a pot on the stove, a slow cooker or pressure cooker. Use the tools you have to create easy, crowd-pleasing meals. Try this [one pot tuna and broccoli pasta](#) or this [beans and rice master mix](#).

Sheet pan meals only require a few minutes of prep time and are versatile. Try one this [Za'atar Chicken Sheet Pan Dinner](#) or this [One Pan Lemon Pepper Fish & Veggies](#).

Take advantage of value-add items

Pair pre-made items at the grocery store with staples at home to create simple and nourishing meals.

- Frozen meatballs + rice + frozen veggies
- Frozen lasagna + bagged salad
- Rotisserie chicken + whole grain buns + broccoli
- Hummus + crackers + veggie sticks

Meal prep

Meal prep can be intimidating to start! The purpose of meal prepping is to make cooking easier, rather than more difficult. Choose the level of meal prep that works for you – whether that is cooking all the meals for the week at once, or some pieces of each meal. One easy way to make meals quicker is to prepare the proteins, grains and vegetables/fruit in advance.

Vegetables & fruits

Wash & cut up vegetables so they are ready to cook or eat raw. Take it up a notch by looking at your meal plan for the week and chopping the veggies in the correct size – dicing veggies you plan to roast and slicing veggies for a stir-fry you have planned later in the week.

Whole grains

Cook enough grains and pulses for the week. Most grains can even be frozen in single meal portion sizes to quickly defrost.

Protein foods

Pre-cook meats and freeze. Freeze cooked ground or shredded meats on a baking sheet then transfer to a container or freezer bag. Then scoop out the exact amount you need for a meal.



Make waste free meals

Did you know that 63% of food thrown out could have been eaten? This amounts to \$1,300 of food wasted in each household per year! To avoid wasting foods (and to save time) plan to use leftovers for other dishes. A stir-fry is a great way to use up leftover veggies, grains and meats! Here are some additional ways you can transform leftovers into new meals:

Rotisserie Chicken	Soup Fajitas	Tacos Sandwiches	Chili Meat Sauce
Beans	Hummus Burrito Bowl	Pasta Sauce Burritos	Chili Meatless "tuna" sandwich
Rice	Stir fry Soup	Chili Burrito bowl	Salad

Check out these additional Nutrition Month resources!

- [Nutrition Month Calendar](#)
- [Nutrition Month Social Media Toolkit](#)
- Eating on a Budget - Cook and Chat virtual session on Wed. March 15, 2023 from 12 noon – 1:00 pm. Includes a budget friendly recipe demonstration. Register [here](#).
- Waste Free Cooking Virtual Session on March 16th at 1pm. Learn more [here](#).

Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Prenatal nutrition
- Infant nutrition
- Toddler nutrition
- Professional development for childcare educators
- And more!



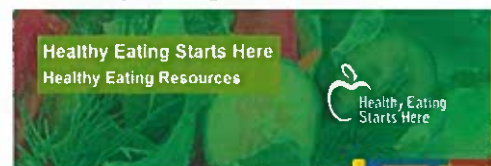
For additional information, including registration details click [here](#).

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



March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 100th Day of School Gr. 6-12 swimming 1:00 pm	2 Badminton Practice 3:15 pm	3 NO SCHOOL	4
5	6 NO SCHOOL	7 Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	8	9 K - 5 swimming 1:00 pm Badminton Practice 3:15 pm	10 Early Learning Day Mario Day - Dress up as a Mario Character	11
12 Daylight Saving Time starts	13	14 Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	15	16 Green Day PAC Lunch Report Cards go home PAC Meeting 12:30 pm Badminton Practice 3:15 pm	17 NO SCHOOL St. Patrick's Day	18
19	20 Family Story Time - Grassy Lake Public Library 10:30 am	21 Rock Your Socks World Down Syndrome Day Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	22	23 Badminton Practice 3:15 pm 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 Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	29 German Easter Concert 7:00 pm	30 Badminton Practice 3:15 pm	31 Kindergarten Day	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Family Story Time - Grassy Lake Public Library 10:30 am	4 Last day to order cinnamon buns Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	5	6 Easter Egg Hunt Badminton Practice 3:15 pm	7 Green Shirt Day NO SCHOOL - Good Friday World Health Day	8
9 Easter Sunday (regional holiday)	10 NO SCHOOL - Easter Monday (regional holiday)	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15
16	17 Family Story Time - Grassy Lake Public Library 10:30 am	18 Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	19	20 Badminton Practice 3:15 pm	21 Kindergarten Day	22 Earth Day
23 World Book Day	24	25 Badminton Practice 3:15 pm Lego Club in the Library 3:15 pm	26	27 PAC Lunch PAC Meeting 12:30 pm Badminton Practice 3:15 pm	28 NO SCHOOL	29
30						