



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

**Facebook: @chamberlainschool/ATL**

**Instagram: @chamberlainschoolatl**

## **NEWSLETTER - APRIL 2023**

### **Principal's Message:**

Happy April! It is hard to believe that this is my last newsletter message for a full year. I would like to welcome Mrs. Gutfriend as temporary principal. She will step easily into the role until at least the end of June and will continue to champion the school goals and be a support for students and staff. Please welcome her to her new position when you see her!

I would like to congratulate our badminton team, several of which have already either won tournaments or medaled in them. The students are passionate about their sport and work diligently to be successful on and off the courts.

March saw report cards going home and parent teacher conferences. If you missed the conference day and would like to meet with your child's teacher, please feel free to call the school anytime to make an appointment. Parent and teacher communication is so important and we look forward to the opportunity to speak to every parent.

April brings with it more badminton tournaments and practices, spring activities, and early learning developmental checkups. If you have a child who will be three or four by September, please call the school and arrange a developmental checkup. It helps to plan for staffing our early learning program and provides us the information needed to support your child when they come into the program.

Thank you all for your continued support and I wish you all the best over the coming year!

Always,  
Mrs. Van Ham

Hey everyone! I am honored to be stepping in as temporary principal until the end of this school year. As someone who has been part of this school community for about 10 years, I am very excited to be continuing on with the fantastic activities that Chamberlain School does for the students and school community while Mrs. Van Ham is away. Please do not hesitate to reach out to me with any questions or concerns that you may have. I sincerely welcome your input and support. I am excited about all that we will accomplish together for our school for the remainder of the year.

All the best,  
Mrs. Gutfriend

## Science Fair

Grades 2 - 5 Science Fair is on **Wednesday, April 5** from 11:00 - 11:50. All parents are invited to attend.

## Family School Liaison Program (FSLP)

Our Family School Liaison Counsellor, Kristen Suderman, will be moving on at the end of this month. Hollie Kimmins will be returning from her maternity leave on April 3. She will be available to meet with students on Thursday from 8.00 am - 4.30 pm. If your child has already been meeting with Kristen, they will be able to continue receiving support from Hollie. Please contact the school if you have any questions or concerns.

If you have any questions, please call the school at 403-655-2211

## Highway Cleanup

Highway Cleanup will be held on **Saturday, May 6**. We really need Junior High and High School students and parent drivers to sign up and volunteer to help participate with this large fundraiser.

## 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.



**horizon**<sup>+</sup>  
school division

REGISTER NOW FOR 2023-2024

# EARLY CHILDHOOD SERVICES

**Early Learning** and **Kindergarten** registration forms are available online at [horizon.ab.ca](https://horizon.ab.ca) or at your designated school. Bring your child's Birth Certificate or Canadian Citizenship status card and Alberta Health Care card.

Learn more about your child's developmental progress, as well as the benefits of early childhood programming.

Chamberlain School | Thursday April 20  
Book appointment by Monday, April 17  
**To book call your school secretary**



## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

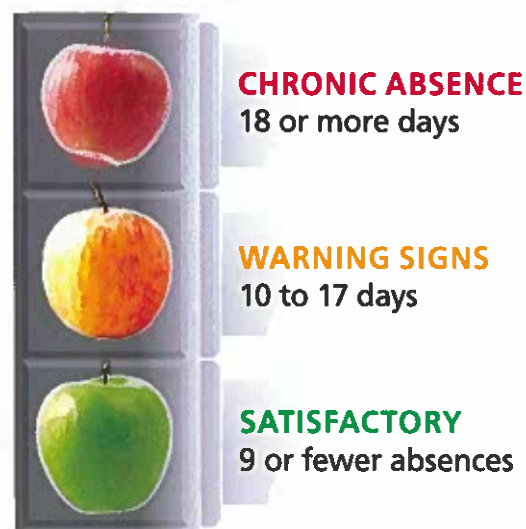
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.**

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.



## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

*Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school and on the job. Families can also advocate for resources to help students learn if they cannot attend in-person.*

### **DID YOU KNOW?**

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### **WHAT YOU CAN DO**

#### **Make school attendance a priority**

- Talk about the importance of showing up to school every day.
- Help maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental related medical appointments during the school day.
- Keep your student healthy.
- If your teen must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### **Help your teen stay engaged**

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teen is not missing class because of challenges with behavioural issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your teen to join meaningful after-school activities, including sports and clubs.
- Notice and support your teen if they are showing signs of anxiety.

#### **Communicate with the school**

- Check on your teen's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents or community agencies if you need support.



# Nutrition Times

## Eat More Fibre!

**What is fibre?** Dietary fibre is a type of carbohydrate that we cannot digest.

**Why should I eat fibre?** Fibre has many benefits including:

- Helps you feel fuller longer.
- Prevents diarrhea or loose stools by making your stools thicker.
- Prevents constipation by softening stools.
- Helps manage blood sugars.
- Improves heart health by lowering cholesterol.
- Improves the health of your colon by increasing healthy gut bacteria.

**What foods have fibre?**



[Vegetables and Fruits, Unsplash](#)

### Vegetables & Fruits

Follow Canada's Food Guide and make half of your plate vegetables and fruit. Check out the [Eat More Vegetable and Fruits](#) handout to learn more.



[Whole grain bread, Unsplash](#)

### Whole Grains

Choose whole grain breads, pastas and cereals, oats, quinoa, barley, bulgur, and brown rice. For more information check out the [Choose Whole Grains](#) handout.



[Red lentils, Unsplash](#)

### Pulses

Pulses are beans, lentils, and peas. Try adding chickpeas, lentils, black, navy or kidney beans to salads, soups, and pasta sauce.



[Chia seeds, Unsplash](#)

### Seeds & Nuts

Sprinkle ground flax, or whole chia seeds on cereal or add to baking, yogurt, and smoothies. Have a handful of your favorite nuts as a snack.

April 2023 Nutrition Services

### How do I know if a food contains fibre?

Read food labels to determine how much fibre is in the food.

Look for foods with fibre nutrition claims:

Fibre claims	Amount of fibre per serving
Very high source of fiber	6 grams or more
High source	4 grams or more
Source	2 grams or more

The **Nutrition Facts** table below shows the amount of fibre and the % Daily Value per 2/3 cup serving. The higher the % Daily Value, the more fibre per serving. Choose foods with 2 or more grams of fibre per serving.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	

### Increase fibre slowly!

Eating more fibre may lead to mild gas, bloating and discomfort. Increase fibre slowly over a few weeks and drink extra fluids. Extra fluids will help soften the stool. Drink fluids such as water, unsweetened milk, or fortified plant-based beverages.

## Tips & easy swaps to eat more fibre

- Mix a high fibre cereal with your favorite cereal or sprinkle it on top of yogurt.
- Wash, but do not peel vegetables and fruit.
- Add fresh or dried fruit to cereal, yogurt, or baked goods.
- Eat a vegetable or fruit at every meal and snack.
- When baking or cooking at home use higher fibre flours such as whole grain wheat, oat, or barley flour.
- Add extra vegetables to stir-fries, pasta sauces, soups, and casseroles.
- Popcorn is a whole grain. Try plain popcorn as a snack.
- When making chili, casserole, soup or stew, swap half of the meat called for in the recipe for chickpeas, lentils, or your favorite types of beans.
- Try edamame or soybeans as a snack.



Vegetables. Unsplash



Popcorn. Unsplash

## Struggling to eat enough fibre? Try psyllium.

- Mix 1-2 Tbsp of psyllium powder into water, juice, or smoothies. Drink the product soon, before it thickens.
- Sprinkle 1-2 Tbsp of psyllium powder on yogurt, salads, or cereal.
- Thicken soups, or stews with psyllium powder. Add a small amount (1-2 tsp) and wait a few minutes for it to thicken before adding more.
- Create a berry jam by sprinkling 1-2 tsp of psyllium powder on frozen berries. The psyllium will soak up the berry juices, as they thaw. Top yogurt or pancakes with jam.



Smoothie. Unsplash



Stew. Unsplash

## Other sources of fibre

- Inulin is another type of fibre and is added to some cereals, granola bars, and pasta.
- More research is needed to know if inulin has the same health benefits as other fibres.

## Upcoming Nutrition Classes

### Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit [bit.ly/NutritionClassInfo](https://bit.ly/NutritionClassInfo)

**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](http://www.healthyeatingstartshere.ca)



# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fools Day
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 Science Fair Gr. 2 - 5 11:00 am	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 - junior high 3:15 pm Lego Club in the Library 3:15 pm High school Badminton Districts - Bow Island 3:30 pm	19	20 Developmental Checkups 9:00 am Badminton Practice 3:15 pm	21 Junior High Badminton Divisionals 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 Science Olympics - Some Jr High 8:00 am	27 PAC Lunch PAC Meeting 12:30 pm Badminton Practice 3:15 pm	28 NO SCHOOL	29 Junior high Badminton Zones
30						



# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Family Story Time - Grassy Lake Public Library 10:30 am	2 Crazy Hat or Hair Day Lego Club in the Library 3:15 pm	3	4	5	6 Highway Cleanup
7	8	9 Lego Club in the Library 3:15 pm	10	11	12 NO SCHOOL	13
14 Mother's Day	15 Gr. 9 English PAT Family Story Time - Grassy Lake Public Library 10:30 am	16 Ice Cream Party for Kindness Lego Club in the Library 3:15 pm	17 Gr. 6 English PAT	18 Ascension	19 Kindergarten Day	20
21	22 NO SCHOOL - Victoria Day (regional holiday)	23 Lego Club in the Library 3:15 pm	24	25 PAC Lunch PAC Meeting 12:30 pm	26 Early Learning Day	27
28 Pentecost	29	30 Lego Club in the Library 3:15 pm	31			