



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

*Facebook: @chamberlainschool/ATL*

*Instagram: @chamberlainschoolatl*

## **NEWSLETTER - JUNE 2023**

### **Principal's Message**

Happy June! This final month of the school year not only brings final exams, but also presents us with fun activities such as year-end field trips, grad, sports day, and the year-end BBQ.

To kick off this month's activities, the grade 6-9 students are going on their year-end field trip on June 2. They will be going to Lethbridge College to explore different hands-on programs and then head to the YMCA to swim and play in the gym.

On Saturday, June 3, our grade 12 students will accomplish an incredible milestone. They are graduating! We are beyond proud of all of these students and this new milestone is just a stepping stone for more successes to come. Congratulations to all of our grads and best of luck on your new adventures.

The Grassy Lake Community Library is sponsoring a play production titled Jack and the Beanstalk. This is put on by the Alberta Musical Theater Company. This is for all grades and will take place in the gymnasium on June 6 at 1:30 pm. All family members and community members are welcome to attend. This play is put on by professionals and will be fantastic for all ages. Thank you to the Grassy Lake Community Library for sponsoring this event.

June 8 brings multiple activities for various grade levels. The high school students are off to Calgary for a full day field trip to visit the Calgary Zoo and the Telus Spark Center. The K-3 are off to Medicine Hat to see the Butterfly House and Medalta Pottery. The grades 6-9 are having a board/card game afternoon to build collaboration and problem-solving skills.

Sports Day and Family Picnic day is on Thursday, June 15. From 11:00am - 12:00pm, we are inviting all families to come to the school for a family picnic before sports day activities take place. Families are welcome to preorder a hot dog hot lunch or bring their own food if they prefer. Sports Day activities will begin at 12:00pm and include many fun, energizing activities for all students to enjoy. Parents and families are welcome to attend this portion of the day as well. We will also have a concession set up to purchase extra snacks throughout the afternoon.

The following day on Tuesday June 16, the grade 4/5 class will be heading to Frank Slide and Bellevue Mine for their year-end field trip. This will be an exciting day full of unique activities.

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The grades 1-5 students have been busy learning about living systems in their science classes. To learn about this subject deeper, they will be going on a nature walk and to the splash park in Taber on Monday, June 19.

The Parent Council is hosting our Year-end BBQ at the school during lunch on Wednesday, June 20. We invite all families to attend to help us celebrate a fantastic year at Chamberlain School and ATL. Volunteers are always welcome so please contact the school if you are willing to help out with this event.

On June 21, we celebrate National Indigenous Peoples Day. To celebrate, we are going to have some exciting activities throughout the afternoon such as making bannock, making an indigenous craft and learning a new game. There are no exams scheduled for this day.

Teachers are continuing to prepare students for PATs, diplomas and final exams, which the majority of these tests will take place in the last two weeks of school. Good luck to all students who will be writing finals.

Thank you for your continued support and involvement in our school. We look forward to seeing you at the school for the last month of the school year.

Have a happy June,  
Mrs. Gutfriend

## Parent Council

Hello from the Parent Council! It's been a while since I wrote an update on what's been happening in the PAC this year. We have had some great hot lunches this year, some hosted by parents and others by the students. We do this to raise money for different reasons, mostly for the end of the year field trips. When the students host them, the money goes towards the event that they're fundraising for. We had a very successful garage and bake sale on May 20 headed up by Kim Fletcher. Thank you Kim and thank you to everyone that contributed to that! That money will be going towards the end of the year field trips. The buses have become very expensive for the field trips and fundraising has become even more important as the prices continue to go up. We want our students to have the best year end celebrations possible! We will be having a year end barbecue on June 20 and we always appreciate having parent volunteers for that as the Parent Council is in charge of putting that on. Please consider coming out around 10:30 to help cook and prepare/serve food. Thanks for all your support throughout the year! Michelle Willms Secretary for Parent Council

## Field Trips

As the end of the school year quickly approaches, several field trips are planned for our students.

- **Grades K-1-2-3: Thursday, June 8**  
Medicine Hat
- **Grades 4-5: Friday, June 16**  
Crowsnest Pass
- **Grades 6-7-8-9: Friday, June 2**  
Lethbridge
- **Grades 10-11-12: Thursday, June 8**  
Calgary

## Track & Field

Congratulations to Peter Neufeld and William Nakashima who did a fantastic job at track and field zones on Tuesday, May 30. Making the top 8 in this large competition that involves hundreds of athletes in the southern Alberta zone is a great accomplishment itself but the fact that both of these boys received ribbons for making it in the top 6 in their events is incredible!

Peter Neufeld	2nd in long jump &	4th in 100 m
William Nakashima	5th in 100m	

## Early Learning & Kindergarten Registration

If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. 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 or 4 by December 31, they can be enrolled in Pre-Kindergarten.**

# Athletics and Recreation



## Family Picnic & Sports Day

Thursday, June 15 from 11am -12pm the school will be hosting a Family Picnic. We encourage parents and siblings to come and join their students at the school for lunch. Bring your own lunch or order a Hot Dog meal ahead of time. Order forms will be sent home with students prior to event.

Our annual Sports Day will start after the picnic and go to the end of the school day. Parents and family members are welcome to stay with their students and watch them compete in various activities.

## Badminton

Congratulations to all the students that participated in badminton this year. We are proud of not only the skills that they have built but of the sportsmanship they have shown on the court and of giving their best effort. Thank you to all the parents for driving and cheering on their student athletes as well as other students in the school!

Peter Neufeld

1<sup>st</sup> Midget Boys Singles

Sara Froese

1<sup>st</sup> Grade 6 Girls Singles

Ernie Peters & Nancy Reimer

1<sup>st</sup> Juvenile Mixed Doubles



## Track and Field Divisionals

Peter Neufeld

Midget Boys

1<sup>st</sup> Place 100m Sprint

1<sup>st</sup> Place Long Jump

1<sup>st</sup> Place High Jump

William Nakashima  
Bantam Boys

1<sup>st</sup> Place 100m Spring.

Good Luck to both  
of you at Zones!

# YEARBOOK COVER CONTEST

We are printing a yearbook for 2022-2023 and we need your help to design a cover! All grades and age level entries welcome!

## REQUIREMENTS

- Submit art on 8.5 x 11 sheet of paper.
- Vertical orientation
- Name of the school (Chamberlain School) and school year (2022-2023) on the front
- Your first and last name (written in pencil) on the back of your submission

## Tips For a Good Entry

- Not a lot of white space. Lots of colour!
- Neatness and details count.
- Be creative!
- Keep your paper wrinkle free.
- Use any media tools! (Paint, crayon, marker, digital, etc!)

The winner will receive a free yearbook when they are available in the fall. All entries will be featured inside of the yearbook.

For more information, please see Ms. Wong  
([tina.wong@horizon.ab.ca](mailto:tina.wong@horizon.ab.ca)).  
Deadline is Monday, Jun 19, 2023.

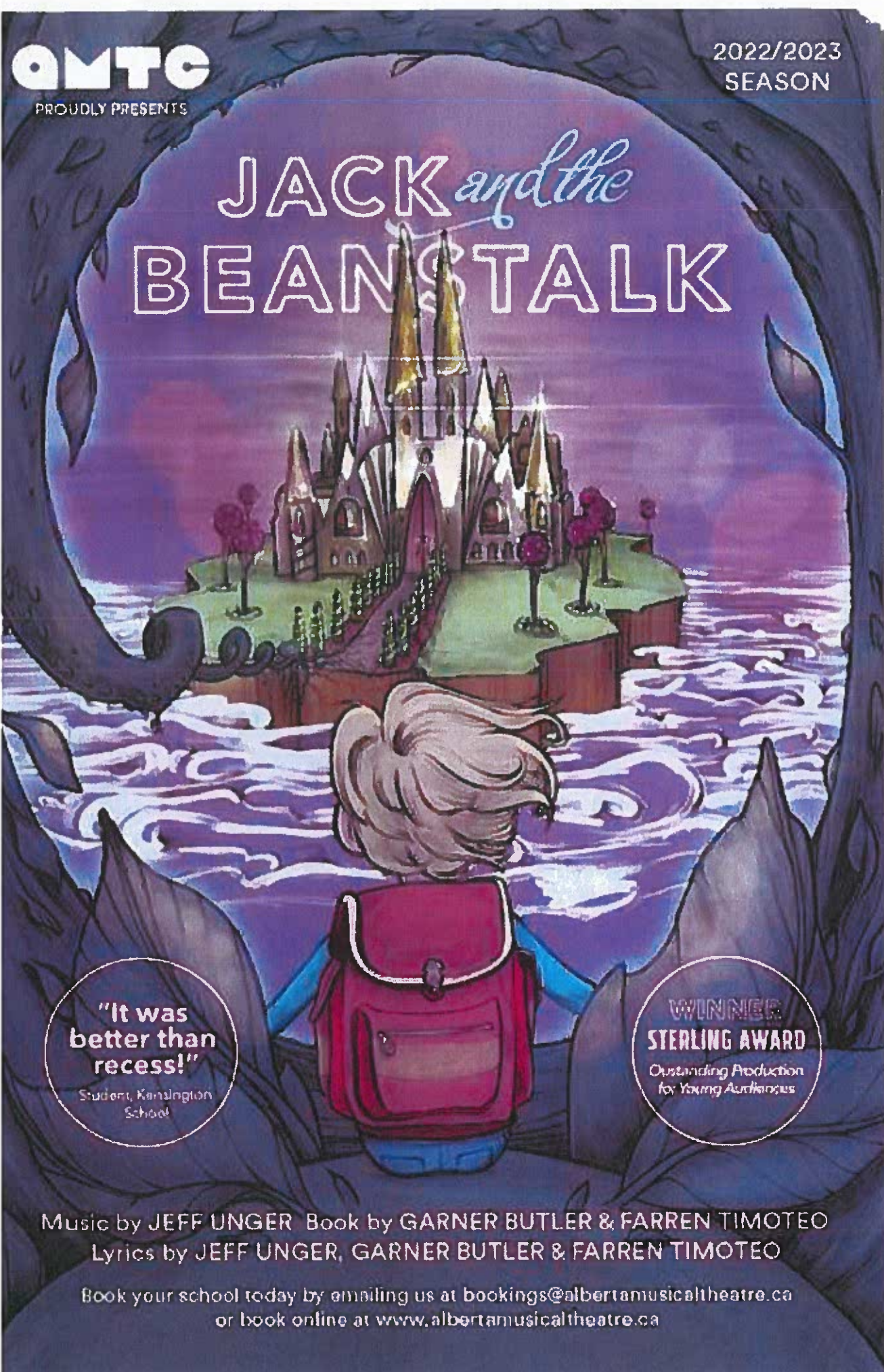
**AMTC**

PROUDLY PRESENTS

2022/2023

SEASON

# JACK *and the* BEANSTALK



"It was  
better than  
recess!"

Student, Kensington  
School

**WINNER**  
**STERLING AWARD**

Outstanding Production  
for Young Audiences

Music by JEFF UNGER Book by GARNER BUTLER & FARREN TIMOTEO

Lyrics by JEFF UNGER, GARNER BUTLER & FARREN TIMOTEO

Book your school today by emailing us at [bookings@albertamusicaltheatre.ca](mailto:bookings@albertamusicaltheatre.ca)  
or book online at [www.albertamusicaltheatre.ca](http://www.albertamusicaltheatre.ca)



Registration Open for 2023-2024

Starts September 2023

Monday & Wednesday (some Fridays)

8:30am-11:30am

If your child is 3 - 4 years old and you are interested in having them attend the Early Learning Program at Chamberlain School please register them at the school office.

# CONGRATULATIONS TO THE GRADUATING CLASS OF 2023!

We are so proud of you and all your accomplishments!



David Dyck



Tina Froese



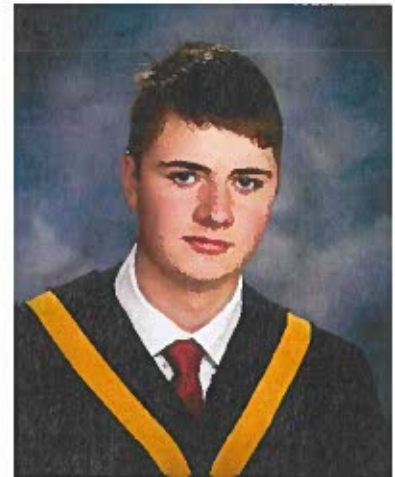
Evanny Harding



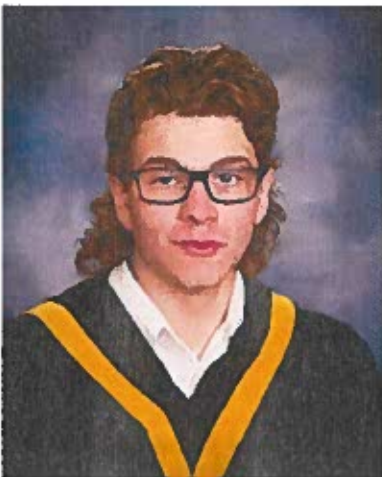
Leanna Martens



Abram Neufeld



Isaak Redekop



Leonard Wiebe



# Nutrition Times

June 2022 Nutrition Services



## Fuel Your Activity

Whether you are a seasoned athlete or just starting to enjoy moving your body, you can benefit from fueling your body right. Proper nutrition and hydration can improve mental and physical performance in any sport or activity.

Eating a meal two to three hours before an activity gives your body time to digest food and convert it to energy to fuel your muscles. If you don't have a meal planned prior to your sport, bring along a snack to have one to two hours beforehand. This will help to prevent hunger and fuel your sport. The best foods to eat before an activity contain both carbohydrates and protein.

Be sure to refuel after your activity. If you have less than 24 hours until your next activity, eat foods with carbohydrates and protein within 30 minutes of finishing the activity to help refuel muscles so they are ready for the next activity. If you have more than 24 hours until your next activity, you can refuel at your next usual meal or snack.

### Pre-activity meal ideas:

Whole grain toast with nut/seed butter, a piece of fruit and lower fat milk

[Breakfast Burritos](#)

[Quick Chicken Salad on a Bun](#) with low-fat yogurt and a banana

### Post activity snack ideas:

[Cherry Almond Red Lentil Granola Bars](#)

Chocolate milk, pear slices and a whole grain English muffin



## Homemade Citrus Sports Drink

Sports drinks can help athletes who sweat a lot while training, or who compete very hard for more than one hour. Here is a simple recipe to make at home!

- 2 tbsp. sugar
- 1/8 tsp. salt
- 2 tbsp. boiling water
- 2 tbsp. orange juice
- 1 tbsp. lemon juice
- 1 ¾ cups cold water

1. Combine the sugar and salt in a bowl or pitcher.
2. Add boiling water to the salt and sugar mixture and stir until dissolved.
3. Stir in remaining ingredients and chill in fridge until needed.

Makes 2 cups (500ml)

Reprinted with permission from Nancy Clark's Sports Nutrition Guidebook, 5<sup>th</sup> Edition [www.hkusa.com](http://www.hkusa.com)

Nutrition Facts	
Per 1 cup (250 ml)	
Calories 58	% Daily Value*
Fat 0 g	0 %
Saturated 0.0 g	0 %
+Trans 0 g	
Carbohydrate 15 g	
Fibre 0 g	8 %
Sugars 15 g	15 %
Protein 0 g	
Cholesterol 0 mg	
Sodium 155 mg	6 %
Potassium 42 mg	1 %
Calcium 0 mg	0 %
Iron 0 mg	0 %

\*5% or less is a little, 15% or more is a lot

# Tips for Hydration

<b>Before Activity</b>	<ul style="list-style-type: none"><li>• Drink 400-600ml (1 ½-2 ½ cups) of water 2-3 hours before the start of activity</li></ul>
<b>During Activity</b>	<ul style="list-style-type: none"><li>• Drink 150-300mL (1/2-1 ¼ cups) of water every 15-20 minutes during activity</li><li>• Water is the best choice for events that last less than an hour or involve only moderate levels of activity</li><li>• If you are sweating a lot and your are active for more than an hour, you may benefit from a sports drink</li></ul>
<b>After Activity</b>	<ul style="list-style-type: none"><li>• Be sure to drink at least 250-500ml (1-2 cups) of fluid after activity</li><li>• Add lemon, cucumber, mint, or other fruits to add a splash of flavour</li></ul>



## Sports Nutrition Resources

[Sports Nutrition for Youth: A Handbook for Coaches](#)

[Eating for Activity - Fueling for Sports Nutrition \(albertahealthservices.ca\)](#)

[Hydration for Activity - Fueling for Sports Nutrition \(albertahealthservices.ca\)](#)

## Upcoming Events and Classes



### The ParticipACTION Community Better Challenge

This June, fuel your body with nutritious foods and get moving to help your community get crowned Canada's Most Active Community. Find out more and sign up here to track your activity here:

<https://www.participaction.com/en-ca/programs/community-challenge>

### Prenatal, Infant and Toddler Nutrition Classes:

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

## 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)



# Jr. High & High School Exams Schedule

## June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Diploma Social 30 ½ Part A Start @ 9am	Social 10/20 Part A Start @ 9am  Math Final 6/9 Part A	Social 10/20 Part B Start @ 9am  Math Final 6/9 Part B Math 7/8 Final	Social 9 (8) PAT  Social 7 (6/7) Final  Bio 20 Mandatory Class!
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Bio 20 Exam Start @ 9am  Science 9 (8) PAT  Science 6/7 Final	Diploma Social 30 ½ Part B Start @ 9am  ELA 9 PAT  ELA 8 Final ELA 6/7 Final	Indigenous People's Day  No Testing	Math 9 PAT Part A  Math 6 PAT Part A	Math 9 PAT Part B  Math 6 PAT Part B

**\*\*Diploma Students are to arrive for their exams at 8:30am\*\***

High School students will come for their exams and to finish any assignments.



# June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Family Story Time - Grassy Lake Public Library 10:30 am	6 Jack and the Bean stalk play 1:30 pm Lego Club in the Library 3:15 pm	7	8 High School Field Trip K-3 Year-end Field Trip Game Afternoon- Jr. High 1:30 pm	9 NO SCHOOL	10
11	12 ATL Exam Week Ice cream sale 11:50 am	13 ATL Exam Week Grade 4/5 Play at 1:30 pm 1:30 pm Lego Club in the Library 3:15 pm	14 ATL Exam Week	15 ATL Exam Week Family lunch picnic - Hot dog Hot Lunch 11:00 am Sports Day 12:00 pm	16 ATL Exam Week Gr. 4/5 Year end Field Trip Gr. 9 Social PAT	17 ATL Exam Week
18 ATL Exam Week Father's Day	19 ATL Exam Week Gr. 1-5 Taber Trip Gr. 9 Science PAT (Gr. 8 and 9) Last Day of Early Learning Splash Park Taber Gr. 1-5 Family Story Time - Grassy Lake Public Library 10:30 am	20 ATL Exam Week Gr. 9 English PAT (Gr. 9 only) Year End BBQ PAC Meeting 12:30 pm Lego Club in the Library 3:15 pm	21 ATL Exam Week National Indigenous Peoples Day (regional holiday) Pizza party for Lunch Monitors 11:45 am Indigenous Day Activities 1:00 pm	22 ATL Exam Week Gr. 6 Math PAT (Grade 6 only) Gr. 9 Math PAT (Gr. 9 only)	23 ATL Exam Week Gr. 6 Math PAT (Gr. 6 only) Gr. 9 Math PAT (Gr. 9 only) Last Day of Kindergarten Last Day of School Awards Day at 12:30 pm 12:30 pm	24