



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - OCTOBER 2023

Principal's Message

Fall has gotten off to a great start here at Chamberlain and Arden T. Litt. The beautiful weather has allowed us to participate in many activities outside. We completed our Terry Fox walk around the community campground. Students shared many kind messages of hope with each other as a lead up to this event. On September 29th, staff and students were able to focus on Indigenous learning as we continue on our path to Truth and Reconciliation. Activities like bannock making, learning how to high kick and connecting with nature were enjoyed.

Many great events are coming up in October. The Student Council will be hosting some dress-up days throughout the month and into November. Swimming field trips are planned for grade 1-12 students. Picture day is also this month. The Scholastic Book Fair will be at our school from October 26-31. It is open for parents and students alike so please stop in and visit. Chamberlain will also be hosting a community movie night near the end of this month so be sure to check the calendar.

The Parent Council has also been busy this month. A cinnamon bun fundraiser form went home and will be due October 10th. Taco in a bag will be this month's hot lunch. The money raised from these fundraisers will go towards supporting the students in our school in a variety of ways. Thank you for your continued support of these programs.

Teachers have been working hard this past month implementing new curriculum in the elementary and junior high grades. Horizon's Instructional Coaches have also been visiting our school as we prepare to implement the new report card format. There is lots of learning happening at Chamberlain and Arden T. Litt.

Wishing you a wonderful Fall,

Mrs. Amber Kallen

Yearbooks

We are taking orders for the 2022/2023 Yearbooks. Cost is \$35. Order deadline is Thursday, October 19. Please return the attached order form to the office as soon as possible. The yearbook cover contest winners are Suzy Friesen and Nancy Fehr.

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 Alicia Yetman.

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

Terry Fox Walk

Chamberlain School held their annual Terry Fox Walk on Tuesday, September 26. The theme this year is "Try Like Terry". Our goal was to write 100 messages of kindness. Everyone who brought in monetary donations had their name entered for a draw to win a Terry Fox t-shirt. The winner of the draw was Nora Harding. All staff and students enjoyed a walk in the community in honour of Terry Fox.

Picture Day

School picture day is set for **Thursday, October 26** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Parent Council Lunches

Below is a list of Parent Council lunches for the 2023-2024 school year. Parent Council will be preparing and serving lunch on the second Thursday of each month (not December).

If you would like to make a one-time payment for all lunches for the school year, please send a cheque or cash to the school office. The cost of each meal is \$7. Total cost for the year is \$56 for 8 meals.

We will continue to send home forms each month for those that prefer to order monthly.

OCTOBER 12	TACO IN A BAG
NOVEMBER 9	HAMBURGERS
JANUARY 11	PIZZA
FEBRUARY 8	CHICKEN NOODLE SOUP
MARCH 14	PASTA WITH MEAT SAUCE
APRIL 11	HOT DOGS
MAY 9	PIZZA
JUNE 13	SLOPPY JOES

*Each meal will also include a juice box and treat

October Student Council Report

This year's Student Council is made up of a couple junior high students at Chamberlain as well as some students from the High School. The Student Council is focusing on including all ages in our events and activities. We are hoping to create enthusiasm and electrify the students of Chamberlain and ATL. This year we are bringing back a few of our events from last year but we are also focusing on some new activities to help bring us together more. We are hoping that the majority of the students will be willing to participate but it is not mandatory for them to participate if they don't want to. Some of our activities include:

- Anything but a Backpack Day - October 12, 2023
 - Anything but a backpack day is where the students and teachers, if they please, are able to bring anything to hold their usual school things such as lunch, water bottles, papers, and agendas.

- Twin Day- October 17, 2023
 - Twin day is when the students and teachers dress up in pairs as twins by wearing the same things.

- House Team Color Day- October 24, 2023
 - House Team Color Day is where the students and teachers dress up in their house team colors such as Black Panthers, Orange Tigers, Brown Bobcats, Yellow Lions, Blue Lynx, White leopard, and Red Jaguars.

- Flannel Friday - October 27, 2023
 - -Flannel Friday is a day where the students and teachers wear a flannel shirt or a plaid shirt in the spirit of fall and harvest coming.

- Fanatic Fan Day - November 8, 2023
 - Fanatic Fan day is when the students and teachers dress up in their favorite sports teams attire.



COST IS \$35

There will be a limited number of yearbooks ordered. In order to guarantee that you will receive a yearbook, you must **pre-order**.

**ORDER DEADLINE IS
THURSDAY, OCTOBER 19**

Name: _____

Grade: _____

Phone Number: _____

Quantity: _____ x \$35 = \$ _____

**Rolling Bin Bakery, Bow Island
Chamberlain School & ATL Parent Council Fundraiser**

Deadline – Tuesday, October 10, 2023

NAME	PHONE NUMBER	CINNAMON BUNS 1 DOZEN FROZEN \$10/DOZEN	FROSTING 8 OZ. CONTAINER \$5/CONTAINER	TOTAL \$

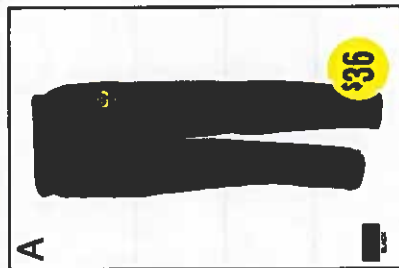
STUDENT NAME: _____ GRADE: _____

***ORDERS TO BE PICKED UP AT SCHOOL**

CHAMBERLAIN SCHOOL *Spirit Wear*

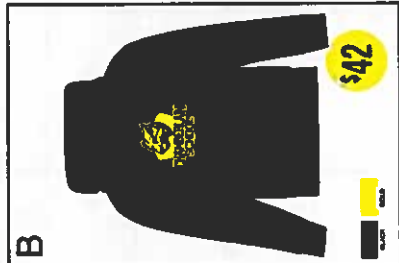
2023-2024 SCHOOL APPAREL OPTIONS

SPECS FOR ALL CLOTHING ITEMS CAN BE VIEWED AT SANMARCANADA.COM
TYPE STYLE NUMBER INTO THE SEARCH FIELD.



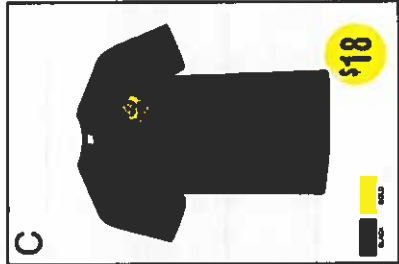
A
GILDAN® HEAVY BLEND™ SWEATPANTS.
1820 Adult: S, M, L, XL, 2XL
182B Youth: S, M, L, XL

\$36



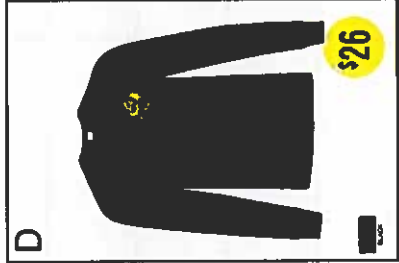
B
ATC™ EVERYDAY FLEECE HOODED SWEATSHIRT.
ATCF2500 Adult: S, M, L, XL, 2XL, 3XL, 4XL
ATCF2500 Youth: S, M, L, XL

\$42



C
ATC™ EVERYDAY COTTON TEE.
ATC1000 Adult: S - 6XL
ATC1000Y Youth: XS - XL
ATC1000L Ladies: XS - 4XL

\$18



D
ATC™ EVERYDAY COTTON LONG SLEEVE TEE
ATC1015 Adult: S - 4XL
ATC1015Y Youth: XS - XL

\$26



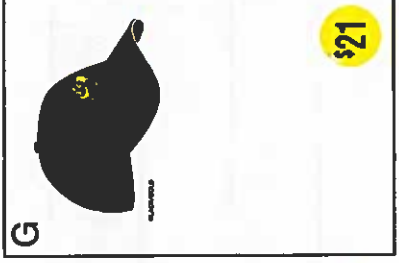
E
ATC™ PRO TEAM BASEBALL JERSEY
S3526 Adult: S - 4XL
Y3526 Youth: S - XL

\$32



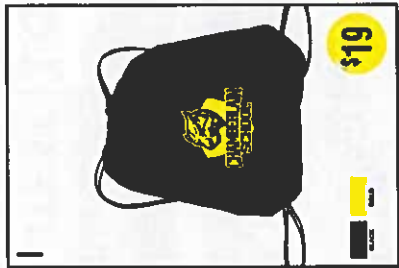
F
ATC™ PRO TEAM SHORTS.
S355 Adult: XS - 4XL
Y355 Youth: XS - XL

\$34



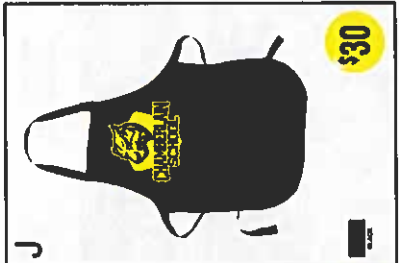
G
ATC™ SANDWICH BILL CAP
C140
One Size. Hook & Loop Closure.
Please note: Logo will be pressed on Left Panel of Front of Hat.

\$21



I
ATC™ CINCH PACK.
B120 One Size.

\$19



J
ATC™ 2 POCKET FULL LENGTH APRON.
A100 One Size.

\$30



1



2



3



4



5



6



7



8



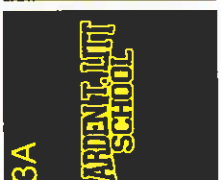
1A



2A



3A



4A

LOGO OPTIONS



*Office of the Minister
MLA, Calgary - Bow*

September 18, 2023

Letter to parents – Resuming engagement on draft Social Studies curriculum

Dear Alberta parents and guardians:

Alberta's government heard clearly from Albertans that the province needs a strengthened approach for developing and engaging on curriculum, particularly Social Studies. I am pleased to share that we are returning to Albertans with an open, transparent and collaborative engagement process that reflects what we have heard.

Feedback received from Albertans and education partners during previous engagement on draft K-6 Social Studies curriculum indicated common areas for improvement, including volume of content and learning progression, developmental appropriateness, pluralism, diversity and inclusion, local and Alberta context, current events and First Nations, Métis and Inuit perspectives.

Using Albertans' valuable feedback, Alberta Education will be re-drafting the K-6 Social Studies curriculum to ensure content builds students' critical thinking and communication skills, enhances Indigenous and francophone perspectives and is age and developmentally appropriate. To inform the re-drafting process, the ministry is resuming engagement with Albertans, through a comprehensive and phased approach.

Phase one – Preliminary engagement

As part of the first engagement phase, we are gathering information about what Albertans, including parents, would like students to learn in Alberta's Social Studies curriculum through a survey and discussion guide on [Alberta.ca](https://www.alberta.ca).

We have provided a discussion guide that can be used as a tool to facilitate conversations within your community and to help you organize your feedback before completing the survey. The survey will remain open until **October 16, 2023**, and I encourage you to share it within your networks.

Phase two – Targeted engagement

Starting this fall, Alberta Education will meet with diverse education partners, teachers, multicultural organizations, Indigenous and francophone communities and other education specialists to inform development of the scope and sequence of K-12 Social Studies curriculum and content of draft K-6 Social Studies curriculum.

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Feedback from phase one and two of the engagement process will be used to inform the draft K-6 Social Studies curriculum before it is released for further engagement in phase three.

Phase three – Public engagement

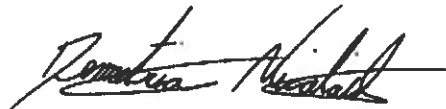
In winter 2024, Albertans, including parents, will have the opportunity to provide feedback on key learnings within K-12 Social Studies curriculum and view the draft K-6 Social Studies curriculum to provide additional feedback. I look forward to sharing more information in early 2024 about how you can participate in this process.

Collaborating with education partners and Albertans at each stage of the engagement process will ensure their valuable knowledge and perspectives are considered at the right time. This targeted approach will allow government to hear from a diverse range of stakeholders and to leverage their areas of expertise and responsibilities for curriculum development and implementation.

Once again, I encourage everyone to visit [Alberta.ca](https://www.alberta.ca) to view the discussion guide and complete the survey by **October 16, 2023**.

Parents have an important role to play in curriculum development, along with diverse education partners, teachers, multicultural organizations, Indigenous and francophone communities, and other education specialists. I am confident that together, we will build an inclusive, diverse and comprehensive curriculum that sets up our students for lifelong learning and success.

Best,



Demetrios Nicolaides ECA PhD
Minister of Education

Nutrition Times

October 2023 Nutrition Services

What's with Vitamin D?

You may have heard a friend, coworker, or healthcare professional talk about the importance of vitamin D. **Vitamin D supports bone health, proper muscle function, and may help improve mood.** Here in Alberta we often don't get enough vitamin D. Read more to learn about how to get enough of this important nutrient!



Where does vitamin D come from?

Vitamin D can be produced by our bodies when we are exposed to sunlight. With current recommendations to limit sun exposure and wear sunscreen to limit the risk of developing skin cancer it is not possible to get enough of the UV rays from sunlight to help our bodies make enough vitamin D for body functions. Some foods, as shown on the table to the right, provide vitamin D as well. The limited number of food sources and low amount of vitamin D in many of these food sources make it difficult to get enough vitamin D through our diet. This is why supplementation is important to get enough vitamin D.



What does "IU" mean?

IU stands for International Units and is one of the ways to measure vitamin D. Vitamin D is also measured in micrograms (mcg, μg).
 $1\text{mcg} = 40\text{ IU}$.

For example a 6 month old baby would require 400 IU of vitamin D or 10mcg of vitamin D. $400\text{IU} / 40\text{IU} = 10\text{mcg}$.

Food Sources of Vitamin D:

Salmon (2.5 ounces)	200 - 400 IU
Jack Mackerel (2.5 ounces)	200 - 400 IU
Cow's milk with vitamin D added (1 cup)	100 IU
Plant based beverage with vitamin D added (1 cup)	90 IU
Yogurt with vitamin D added (3/4 cup)	50 IU
Egg yolk (2 large)	65 IU
Margarine (1 teaspoon)	25 IU
Juice with vitamin D added (1/2 cup)	50 IU

Continue to enjoy vitamin D rich foods throughout the week.

Daily Supplementation:

Age	IU
0-12 months	400
1-18 years	400
19-50 years	400
51+ years	800-1000

Do not supplement with more than 1000IU per day for those 50 and under or more than 2000IU per day for those over 50.

Types of Vitamin D Supplements

Vitamin D supplements come in many forms.

- **Drops**
- **Pills**
- **Gummies**

Pick a vitamin D supplement form that matches the preference and developmental stage of the person. For example for a baby vitamin D drops would be most appropriate as another form could be a choking risk.

Look at the dosage of the supplement you choose. For liquid supplements dosage can vary from one drop to a full dropper.



To learn more, check out these additional resources

- [Alberta Medical Association \(AMA\) and Alberta Health Services \(AHS\) Vitamin D Information Sheet](#)
- [Healthy Bones \(albertahealthservices.ca\)](http://albertahealthservices.ca)

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



English Language Services

WANT TO DEVELOP YOUR ENGLISH READING, WRITING, LISTENING AND SPEAKING SKILLS?

We offer introduction to English classes that will guide you to become comfortable with letters, numbers, writing and having conversations. Classes to improve reading and writing are also provided. You will learn how to make appointments, speak to health professionals, fill out forms and more!

CHILDCARE IS PROVIDED FOR AGES 18 MONTHS - 5 YEARS OLD



Morning
LADIES ENGLISH CLASSES

\$75.00

**Location: Grassy Lake
Chamberlain School**

Time: 8:30 A.M. - 12:00 P.M.

Mondays and Wednesdays

Date: October 2- December 11, 2023
no class Mon Oct. 9, 2023



Taber Adult
Learning

**To register or for more information contact us at
(403)-223-1169 OR stop by our office!
5011 49 Ave, Taber Provincial Building**

Babysitting Course

**MUST BE
11 YEARS
OF AGE**

What you will learn in this course:

- ▶ Child Development
- ▶ Caring for Children
- ▶ Positive Behaviour Management
- ▶ Home & Outdoor Safety & Injury Prevention
- ▶ Fire Safety
- ▶ First Aid Tips for Children
- ▶ How to Operate Your Babysitter's Business

Instructed by:



St. John Ambulance

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**A certificate will
be issued upon
completion.**

\$90.00

Location: Taber Provincial Building

Time: 9:00 A.M. - 4:00 P.M

Date: Saturday Oct. 14 OR Nov.18, 2023

BRING A LUNCH AND A PEN/PENCIL TO THE COURSE

YOU MUST BE PRE-REGISTERED TO TAKE THIS COURSE

**To register or for more information contact us at
(403)-223-1169 OR stop by our office!
5011 49 Ave, Taber Provincial Building**

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 World Teacher's Day	6 NO SCHOOL	7
8	9 NO SCHOOL	10 Last Day to Order Cinnamon Buns Last Day to Order Taco in a Bag	11	12 Anything but a Backpack Day Taco in a Bag Lunch	13	14
15	16	17 Twin Day	18 Swimming Gr. 1 - 5 11:00 - 12:00 Swimming Gr. 6 - 12 1:00 - 2:00	19 Last Day to order Yearbooks	20 NO SCHOOL	21
22	23	24 House Team Color Day	25 Scholastic Book Fair	26 Picture Day Scholastic Book Fair	27 Flannel Friday Last day to order Chamberlain School Apparel Scholastic Book Fair Community Movie Night 6:00 pm	28
29	30 Scholastic Book Fair	31 Scholastic Book Fair				

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 NO SCHOOL	4
5	6	7	8 Fanatic Fan Day Swimming Gr. 1 - 5 11:00 - 12:00 Swimming Gr. 6 - 12 1:00 - 2:00	9 Hamburger Lunch	10	11
12	13 NO SCHOOL World Kindness Day	14	15	16 Cardboard Boat Races 9-3	17 Report Cards go home	18
19	20 Children's Day NO SCHOOL	21	22 School Picture Retakes Parent Teacher Interviews 3:30 pm	23 NO SCHOOL Parent Teacher Interviews 8:30 am	24 NO SCHOOL	25
26	27	28	29	30		