



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - NOVEMBER 2023

Principal's Message

Welcome winter weather! The seasons are changing and while the snow can be beautiful please remember to send appropriate outerwear for your child(ren) as students continue to go outside for recess and some physical education activities. We have so much fun building snowmen and learning about the frost built up on the playground. Winter offers us some unique opportunities to learn about nature.

This past month the Student Council hosted many fun dress up days. These were a huge success so they have more activities planned for November. Our Parent Advisory Council also hosted some successful events. The cinnamon bun fundraiser raised over \$250.00! PAC has also organized delicious hot lunch meals for each month. Proceeds from these support our students. Coming up at the beginning of November is the Community Supper. Please consider bringing an item for the bake sale table as you join us for the meal. Thank you for your continued support of PAC programs.

In November the students are looking forward to another swimming field trip. Some students in junior high science will get to participate in the Cardboard Boat Races as well. Report cards will come home this month and we are excited to host parent-teacher interviews on the evening of November 22nd and the morning of November 23rd. Please be sure to fill in the interview time request sheet and return it to the school office to book your time.

November is also a time to remember the Veteran's in our country and reflect on Canadian history. On November 10th at 10:30AM I invite you to join us in the school gymnasium for our Remembrance Day Ceremony. The students are working on special presentations to share.

Wishing you well as we transition into the winter months,

Mrs. Amber Kallen

****Important Reminder - If your child is absent from school, please phone the school office at 403-655-2211 or email caroline.croymans@horizon.ab.ca to let us know the reason your child is absent.**

REPORT CARDS

Report cards will be sent home with students on Friday, November 17

Parent/Teacher Interviews will be held as follows:

Wednesday, November 22 from 3:30 – 7:00 pm

Thursday, November 23 from 8:30 – 12:00 noon

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

Please return the attached interview request form on or before Tuesday, November 21. 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 Tuesday, November 21.

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 counsellor is Alicia Yetman.

FSLP 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

PARENT/TEACHER INTERVIEW REQUEST

Our Parent/Teacher Interviews for Grades K – 12 are being held on **Wednesday, November 22** from 3:30 – 7:00 pm as well as **Thursday, November 23** from 8:30 – 12:00 noon. Please return the form below or contact the school by email at caroline.croymans@horizon.ab.ca or telephone 403-655-2211 before Tuesday, November 21, 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 November 22. 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 November 23. 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**



GRASSY LAKE
*Community
Supper*

2 NOV @ 6PM

\$5/PERSON-\$20/FAMILY

LIVE MUSIC | HOMEMADE SOUP
AUCTION | BAKE SALE
ICE CREAM FLOATS

FEEL FREE TO BRING BAKED GOODS AND
OTHER ITEMS FOR THE BAKE SALE AND
AUCTION

GRASSY LAKE
COMMUNITY HALL
FUNDRAISER FOR
CHAMBERLAIN
SCHOOL

NOVEMBER



This month's fun days include:

FANATIC FAN- NOVEMBER 8, 2023

- THIS IS WHERE THE STUDENTS AND TEACHERS COME TO SCHOOL SUPPORTING THEIR FAVOURITE SPORTS TEAM.

STUFFED ANIMAL DAY-NOVEMBER 16, 2023

- THIS IS WHERE THE STUDENTS AND TEACHERS BRING THEIR FAVOURITE STUFFED ANIMAL TO SCHOOL.

DISNEY DAY-NOVEMBER 21, 2023

- THIS IS A DAY WHERE THE STUDENTS AND TEACHERS CAN DRESS UP AS A DISNEY CHARACTER AND THERE WILL BE FUN CRAFTS

HOUSE COLOUR DAY-NOVEMBER 28, 2023

LAST MONTH:

LAST MONTH WE HAD SOME FUN DAYS AND WE LOVED SEEING ALL THE STUDENTS AND TEACHERS PARTICIPATE WITH BIG SMILES ON THEIR FACES. LAST MONTH OUR TEACHER OF THE MONTH WAS MRS. KALLEN, WE HOPE THE CHAMBERLAIN COMMUNITY IS EXCITED TO SEE WHO THIS MONTHS TEACHER IS.



Canada Dental Benefit

Smile!
It is here.



For kids **under
12 years old**



For families
with an adjusted
net income
**under \$90,000
per year**



For those who
**don't have
access to
private dental
care insurance**

Find out more at Canada.ca/dental
or 1-800-715-8836



Government
of Canada

Gouvernement
du Canada

Canada



Canada Dental Benefit

Factsheet

Tooth decay is the most common, but preventable, childhood chronic disease both in Canada and around the world. Oral diseases frequently begin in the preschool years which is why it is so important to establish good oral hygiene behaviours as soon as possible.

The Government of Canada has implemented the interim **Canada Dental Benefit**, which is designed to provide some financial support to help Canadian families access dental care. With this benefit, families can start addressing some of the basic dental care that their young children need while the Government continues its work to develop a long-term Canadian dental care program.

WHAT is the benefit?

The interim Canada Dental Benefit provides payments **up to \$650** per eligible child under 12 years of age, per year for two years.

\$650

if the family's adjusted net income is under \$70,000

\$390

if the family's adjusted net income is between \$70,000 and \$79,999

\$260

if the family's adjusted net income is between \$80,000 and \$89,999

The benefit can be used for any dental care provided by any regulated dental professional.



WHO can apply?

Parents/Guardians who:

- ✓ Have a child under 12 years of age, who does not have access to private dental care insurance.
- ✓ Have an adjusted family net income under \$90,000 per year.
- ✓ Have filed last year's income tax return—for more information on how to file a return, visit Canada.ca/doing-your-taxes.
- ✓ Receive the Canada Child Benefit for each eligible child.
- ✓ Have or will have dental care expenses for each eligible child that have not been fully reimbursed under another federal, provincial or territorial government program.



HOW can you apply?

Canada Revenue Agency (CRA) My Account will be the quickest, easiest and most secure way to apply for the Canada Dental Benefit. If you don't yet have a CRA My Account, you can register at Canada.ca/my-cra-account.

You will need to **provide information** on the dental care visit, including the name of your child's dental care provider(s) and your employer information.

If you apply online and are signed up for CRA direct deposit, you can receive your payment within five business days!

If you're unable to apply for the Canada Dental Benefit online, call **1-800-715-8836** to get your application started.

Make sure you have your Social Insurance Number, address, date of birth and a copy of your income tax return from last year.



WHEN can you apply?

Parents can now apply for dental care received by their eligible child back to October 1, 2022, so long as their child will still be under 12 on December 1, 2022. For the second benefit, parents can apply starting July 1, 2023.



WHAT if I don't read or speak English or French?

The application portal is only available in English and French. However, if you need help with the application, you can ask an English or French-speaking friend to sit with you while you fill out the application, or have them with you when you call **1-800-715-8836**.

If you don't have a friend available to assist with the process, the CRA can arrange to call you back in order to have someone on the line who speaks your language.

Visit Canada.ca/dental for more information, or call **1-800-715-8836**



Government of Canada

Gouvernement du Canada

Canada

Stay & Play

Komm und spiel mit deinen Kindern
(Geburn bis 5 Jahre alt)
Stay & Play ist ein Programm für Eltern
und Kinder.

Drop-in Program for Parents/Caregivers
& Children (birth to 5)

Learning through play children develop social and cognitive skills, mature emotionally, and gain the self-confidence required to engage in new experiences.

October 26th
&
November 30th
9:30-11:00 am
Grassy Lake
Chamberlain School
(600 3rd St)

For more information contact

Margarita

403-394-8983

Margarita.sawatzky@fcss.ca



OFF CAMPUS EVENTS

Information Event
November 7th 2023
W.R.Myers Library

TRADES4U

GRADES 9-12

Registration is now open
for the event.

Limited spots. Register by Nov. 9th

Hands-on presentations in a
variety of trade opportunities.

Check out the opportunities at:

<https://www.eventbrite.ca/e/trades4u-tickets-677536799807?aff=oddtcreator>



Trades4U

Come join us at the Trades4U event on November 22, 2023, where you can get hands-on experience and explore different careers.



DUAL CREDIT 6:00-6:30PM WRM

GRADES 10-12

Information session on
November 7th for students & and
parents to learn more about
academic dual credit
opportunities from psychology to
agriculture.



FOR A LIST OF CLASSES AVAILABLE, PLEASE
VISIT: [HTTPS://LETHBRIDGECOLLEGE.CA/PROGRAMS-AND-COURSES/DUAL-CREDIT](https://lethbridgecollege.ca/programs-and-courses/dual-credit)



INTRO TO THE TRADES 6:30-7:30 WRM

GRADES 10-12

Join us on November 7th @ 6:30
pm to learn about different ways
to enter skilled trades.

- Intro to the Trades
- R.A.P. (Registered Apprenticeship Program)
- Pre-Employment
- Funding for new hires
- Employer insights



Fermented Foods

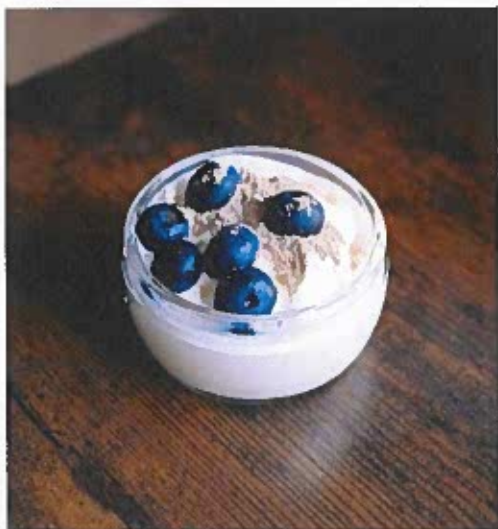
Yogurt, cheese, sauerkraut, and kimchi: all of these foods have something in common. They are fermented! Fermentation uses bacteria, fungi, and yeast to transform foods into delicious tangy delights. Fermenting adds new textures and flavors to foods as well as vitamins and other value-adding nutrients. The various strong flavours of fermented foods come from the specific microbe or yeast that is used from creating a strong-smelling cheese to a sweet white wine.

More flavour, more crunch

Fermenting foods can transform bland ingredients such as cabbage or cucumbers into a salty, tangy, crunchy snack. Adding sauerkraut or kimchi to a meal can add new textures and flavours to your meal.

Pickled or fermented?

Pickling and fermenting are often confused to be the same process, but they are different. Pickled foods get their sour flavour from an acidic brine that's added to the food. Storebought pickles usually are not fermented. In fermentation, bacteria create the sour flavour without added acid.



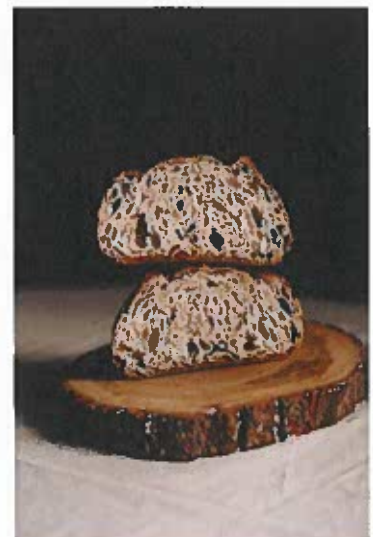
Ferment your own foods

You can ferment your own foods at home with a few simple instructions. This can help prevent food waste by using up your extra cabbage, cucumbers and other vegetables. Try it out for yourself with this recipe listed here:

[Fermented Green Beans](#)

The origin of fermented foods

Humans have been fermenting foods for thousands of years. Fermentation occurred naturally with the heat of the North African desert to turn milk into yogurt. Some of the earliest evidence of fermentation dates to Ancient Chinese civilization where they used rice and fruit to make a beer-like beverage. Ancient Egyptian people also used to ferment yeast doughs to make breads. Fermentation has been used all throughout history including fermentation of soybeans to make soy sauce, and tea leaves to make the popular drink: Kombucha!





Do fermented foods improve digestion?

Some fermented foods also contain probiotics which can be beneficial for our digestion. Probiotics are foods which have live bacteria in them that are proven to offer a health benefit. These bacteria can be found in some yogurt and kefir, but a lot of fermented foods at the store may not have enough live bacteria to be called a “probiotic”.

Do fermented foods provide extra vitamins?

Fermentation may be able to produce vitamins and minerals and it also allows our bodies to absorb some nutrients more easily. The type of nutrients formed during fermentation depend on the microbes involved. For example, kimchi has been shown to produce some vitamin B12 which is important for preventing anemia. However, the amount of the vitamin we get from the food depends on a variety of factors. Consuming a variety of foods is your best bet to ensure you get all the nutrients you need. Although we know about some nutrients in fermentation, research in this area is still new. There’s still lots for us to learn about how fermented foods affect our health.



Upcoming Nutrition Classes

Prenatal, 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, 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



November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7 Last day to order hamburger lunch Lego Club 3:15 pm	8 Fanatic Fan Day Swimming Gr. 1 - 5 11:00 - 12:00 Swimming. Gr. 6 - 12 1:00 - 2:00	9 Hamburger Lunch	10 Remembrance Day Ceremony 10:30 am	11
12	13 NO SCHOOL World Kindness Day	14 Lego Club 3:15 pm	15	16 Cardboard Boat Races 9-3 Stuffed Animal Day	17 Report Cards go home	18
19	20 Children's Day NO SCHOOL	21 Disney Day Lego Club 3:15 pm	22 Parent Teacher Interviews 3:30 pm	23 NO SCHOOL Parent Teacher Interviews 8:30 am	24 NO SCHOOL	25
26	27	28 Team Color Day Lego Club 3:15 pm	29	30 Stay & Play 9:30 am		

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Lego Club 3:15 pm	6	7	8 NO SCHOOL	9
10	11	12 Lego Club 3:15 pm	13	14 Christmas Concert 6:30 pm	15 NO SCHOOL	16
17	18	19 Lego Club 3:15 pm	20	21	22 NO SCHOOL	23
24	25 Christmas Holidays	26	27	28	29	30
31						