



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - DECEMBER 2023

Principal's Message

November was jam packed with fun activities both during and outside of school. Students were able to go swimming and our junior high science class put a team into the cardboard boat race competition. We also celebrated Remembrance Day and learned from Canadian Armed Forces member, Major Kemp, who presented at our ceremony. Many thanks to our students who sang, read and shared as well. Many students also participated in the Legion colouring and essay/poem contest. Special congratulations to the contest winners from our school.

Chamberlain/ATL parent council continues to host great fundraising events for our school! In November they organized the Community Fall Supper, Hot lunch program and Winter greenery sale. I cannot thank you enough for your continued support of these programs so that costs for field trips can remain low for our students.

From November 6th - December 14th we have the privilege of hosting a PSI student from the University of Lethbridge. Miss Jordyn Clarke has been teaching and observing in Mrs. Brown's grade $\frac{2}{3}$ classroom. She has been a wonderful addition to our school for the short time she has been here.

We would like to share that our school has been the recipient of the Community Foundations grant. We will be receiving \$4000 for our music program. This is an exciting opportunity and we look forward to being able to offer new and exciting music experiences.

For the month of December, Student Council has some fun dress up days planned. We will also be celebrating the 12 days of Christmas countdown schoolwide. Everyday will feature a fun challenge or activity for students of all ages to participate in. Chamberlain will be hosting a combined Christmas concert this year. It will be in the gymnasium on the evening of December 14th. Doors open at 6:00PM with the concert starting at 6:30PM. Please bring a treat to share after the concert. We will also serve coffee and hot chocolate. Our staff looks forward to seeing you there.

Wishing you a wonderful holiday season,

Mrs. Amber Kallen

12 DAYS OF CHRISTMAS

As part of our 12 Days of Christmas Events, we will be collecting items to donate to the Safe Haven Family Shelter in Taber and Taber Food Bank. Deadline for donations is **Thursday, December 21**. Thank you in advance for your generosity and helping those in need.

See attached Calendar for other events happening in and around the school.

LEGION CONTEST

Congratulations to our winners of the Remembrance Day Legion Contest. They have been invited to attend the awards ceremony on Thursday, December 7 at 7:00 pm.

Helena Penner - Grade 5
Mya Willms - Grade 10
Ernie Peters - Grade 10
Nancy Neufeld - Grade 10

LIST OF MOST NEEDED ITEMS

SAFE HAVEN WOMEN'S SHELTER

Toiletries - toothbrushes, toothpaste, shampoo, conditioner, deodorant, soap, etc.

Pajamas - Adult & Children

Socks - Adult and Children

TABER FOOD BANK

Non Perishable Food:

Beans with or without pork

Cereal

Macaroni and cheese

Canned fish or meat (chicken, ham, or turkey)

Peanut butter

Cheez Whiz

Jam/Jelly

Ichiban

Ready-to-eat - canned stews, soups, pastas and chillis

Condensed soup

Baking supplies - icing sugar, brown sugar, pie fillings, corn starch, chocolate chips

Flour

Cooking oil

Pasta

Pasta sauce

Rice

Pancake mix

Pancake syrup

Instant Coffee

Coffee

Powdered Coffee Creamer

Canned fruit or vegetables

Jello

Pudding cups

Fruit cups

Granola bars

Baby food or baby formula

Snacks for Kids

Condiments - ketchup, mayonnaise, mustard, relish

Perishable Food:

Fruit

Vegetables

Non-Food Items:

Toilet Paper

Baby diapers (sizes 4-6)

Toothpaste

Shampoo & Conditioner

Body wash

Deodorant - men and women

Toiletries

Dish soap

Laundry Soap

Bars of soap

All purpose cleaner

Hygiene products

Cash Donations

Nutrition Times

December 2023 Nutrition Services

Holiday Cooking for One or Two

When people think about Christmas, many think of large family gatherings but for some, the holidays might be spent on a smaller scale with just one or two people. Celebrating and cooking with a smaller household doesn't mean that you must abandon the holiday season and the joys of celebrating it with food. Here are some simple, stress-free ideas to keep the season festive, fun, and delicious!



Enjoy and Treat Yourself

Enjoying your food is part of healthy eating. Part of enjoying your food can be enjoying the atmosphere around it. Just because you might be planning for a quieter Christmas doesn't mean that it must be any less special. The setting around you can play a role in making mealtimes more satisfying. Use a seasonal tablecloth and napkins. Add a festive holiday centre piece and light some candles for an enjoyable meal experience. Turn on some holiday favourites to relax and enjoy your meal.

Meal Plan with Leftovers

Be Creative. Use leftover mashed potatoes in soups, to make pancakes or add to a frittata. Combine herbs and roasted root vegetables along with a pinch of low-fat cheese to make Quesadillas, mini pizzas, or omelets. Add leftover turkey to a stir-fry, chili, soups, or casserole. Make a grilled cheese brie, turkey,

and cranberry sandwich.

Share Traditions

Plan to meet with friends or family in person or virtually to share holiday food traditions. Holiday occasions have many benefits. They allow you to:

- eat with others
- enjoy your food
- share and learn food skills
- share cultural and food traditions



Cook Together - Virtually!



Meet with friends and family online for a holiday cooking session together. Try some free online classes with friends and family who might live further away. Visit the AHS online [Wellness Kitchen](#) cooking classes [here](#). Check out some December Holiday sessions by *Alberta Pulse Growers* [here](#) and *Alberta Egg* [here](#) for something fun, free and calorific.

Small Scale Festive Meal Ideas

Smaller scale holiday meals for one to two can still be festive. Here are just a few ideas to keep the occasion special and delicious.

- [Easy Cabbage Rolls](#)
- [Cornish Game Hen](#)
- [Maple Mashed Potatoes with Turnips and Parsnips](#)
- [Tomato Bruschetta](#)
- [Chocolate Peanut Squares](#)
- [Slow Cooker Fruit Pudding](#)



Visit AHS *Inspiring Healthy Meals* for more ideas and inspiration. As well, *Canada's Food Guide Kitchen* has some fantastic recipe ideas too! <https://food-guide.canada.ca/en/kitchen/>

To learn more, check out these additional resources

- [Planning Wisely When Cooking for One - Unlock Food](#)
- [Tasty Meals When Cooking for One - Unlock Food](#)
- [Meal planning using leftovers - Canada's Food Guide](#)
- Plan a Potluck <https://bit.ly/Potlucktips>
- [Handout-EasyMealstoMakefor1-2people2017.pdf \(niagarahealth.on.ca\)](#)

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 [here!](#)



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



Questions? Email us at publichealthnutrition.southzone@ahs.ca



HEALTHY HOLIDAY MEALS & SNACKS

The holiday season is a special time to enjoy celebrations of food. See this edition for creative ideas to make with children that are fun and delicious! Families will love these ideas too.



Kiwi Christmas Tree

Ingredients:

- Kiwi
- Mandarin Oranges
- Pomegranate (or raspberries or blueberries)

You can also use apple slices and grapes to create a variation to this idea. See [here](#)



Holiday Pancakes

Ingredients:

- Almonds (for nose, scarf, arms, etc.)
- Blueberries
- Yogurt
- Banana slices
- Raspberries
- Strawberry slices
- Apple slices
- Orange slices
- Pancake mix, whole grain

The ideas are endless to make fun, delicious holiday pancakes. Have children assemble their own holiday creations.

Visit [here](#) for a variety of fun, holiday pancake ideas.

Strawberry Banana Santas

Ingredients:

- Strawberries
- Banana
- ¼ Cup ricotta cheese or alternative: cottage cheese, yoghurt
- Blueberries



Slice the strawberry 1/3 from the top. Spread the strawberry base with ricotta cheese (or alternate), add a slice of banana. Spread another layer of ricotta cheese on the banana slice. Add 2 blueberries to banana, ricotta mixture to look like eyes. Place the remaining part of the strawberry on top as the hat. Add a bit more ricotta cheese to create the pom pom for Santa's hat.

Holiday Food Board Ideas

The ideas are endless for creating food boards. Have children create their own. You can create a vegetable holiday wreath or tree; Children can create their own candy cane made with round cheese slices and tomatoes.

See [here](#) for fun, healthy, creative ideas.



Marshmallow Snowman Hot Cocoa

Ingredients

- 3 Regular-sized marshmallows
- Chocolate cookie icing
- 1 Candy corn
- 5 Pretzel sticks

1 mug prepared hot chocolate:

- 2 tablespoons unsweetened cocoa powder
- 1 to 2 tablespoons sugar (depending on how sweet you like it)
- Pinch of salt
- 1 cup milk or fortified soy milk

Watch [this video](#) for the simple snowman



Gingerbread Man Sandwich

Use a ginger breadman cookie cutter to make an ordinary sandwich into a cute lunch treat.



Christmas Sandwich Wrap Tree

Make Tuna Salad Wraps into a festive holiday tree. Cut wraps into rounds and pile to create a tree. Use a sliced apple to create the star top.



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Picture Order Forms Due Today	2
3	4 Bulletin Board Decorating Begins Christmas Ornament craft Stuff the Sleigh with Donations for Safe Haven & Taber Food Bank	5 Left/Right Game Student Colouring Contest Lego Club 3:15 pm	6 Christmas Mad Libs/Pictionary/Charades Guess the Candy Jar	7 Hot Dog Lunch - ATL student council Pajama Day Winter Walk	8 NO SCHOOL	9
10	11 Grinch Day	12 Cookie Decorating Lego Club 3:15 pm	13 Christmas Sweater Day Photo Scavenger Hunt	14 Christmas Concert @ 6:30 Christmas Pancake Lunch	15 NO SCHOOL	16
17	18 Chocolate Scavenger Hunt	19 K - 5 Family Festive Fun Afternoon 2:00 - 3:00 Last Day for Taber Food Bank and Safe Haven donations 12:00 pm Lego Club 3:15 pm	20 Wear Christmas Colors Day	21 Christmas Movie & Treats Pajama Day	22 NO SCHOOL	23
24	25 Christmas Holidays December 25 - January 8	26	27	28	29	30
31						

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 NO SCHOOL	9 Lego Club 3:15 pm	10 English 30 Part A Diploma	11	12	13
14	15	16 Lego Club 3:15 pm	17	18 Pizza Lunch	19	20
21	22	23 English 30 Part B Diploma Lego Club 3:15 pm	24	25 Bell Let's Talk Day Biology 30 Diploma	26	27 Family Literacy Day in Canada
28	29 Last Day of Semester 1	30 No School for Grades 10 - 12 Lego Club 3:15 pm	31 First Day of Semester 2			