



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - JANUARY 2024

Principal's Message

Happy New Year!

December seemed to come and go very quickly. Thank you to those who participated in the K-5 Family Fun Fest during our last week of school. Our 12 Days of Christmas was fun for everyone and we managed to fill an entire trunk full of donations for the Taber Food Bank and Safe Haven. A huge thank you to those that donated. Both the food bank and shelter were very appreciative of your contributions. We had a great turn out at the Christmas Concert. The students put on an excellent performance and it was nice to visit with families over coffee and snacks.

It seems the winter weather has finally found us. Please remember that all recesses will be outdoors unless the temperature is colder than -20 with the windchill. Make sure everyone has warm clothing to wear. As we get back into routine here at Chamberlain it is important to note that Diploma's and final exams are happening at ATL. The high school exam schedule is attached in this newsletter. Semester 1 finishes up at the end of this month then the students will be changing classes for Semester 2.

Thank you to Parent Council for the candy bags given out at the Christmas concert. There is a hot lunch coming up shortly hosted by PAC as well. Student council lent a big hand to many of our 12 Days of Christmas activities. Thank you to those who purchased a candy gram. These were delivered on the last day of school before the break.

As announced at our Christmas concert, ATL has been awarded a Desjardins grant for the drama program. We are excited to use the grant for the purchase of equipment that will enhance our drama productions.

Wishing you all the best as we jump into 2024!

Mrs. Amber Kallen

Early Learning Programs

We are taking registrations for Early Learning and Kindergarten for 2024-2025.

If your child is 3 on or before September 1, they are eligible to be enrolled in Early Learning.

If your child is 5 on or before December 31, it is time to register for Kindergarten.

Please see attached poster for more details.

Christmas Donations

Thank you to everyone that donated to the Safe Haven Family Shelter and the Taber Food Bank.

"We make a living by what we get, but we make a life by what we give"

Winston Churchill

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

Nutrition Times

January 2024 Nutrition Services

Shifting the Focus Away from Weight



Happy New Year! It's that time of year again when many people make resolutions to improve their health; often involving dieting or weight loss goals. However, weight loss or a smaller body size does not necessarily equal health. In fact, the extreme methods used to lose weight often make people less healthy. Diets don't work for long-term weight loss and are not sustainable which causes people to feel a sense of failure and distress. And restricting foods doesn't support healthy eating. Healthy eating is more than just the food you eat. It is also about enjoying your food and the social aspects of eating with others.

Instead of setting yourself up for disappointment, consider a new approach to feeling your best. The Health at Every Size® (HAES) approach recognizes that healthy bodies come in all different shapes and sizes. It encourages healthy eating according to your body cues of hunger and fullness and enjoyable physical activity as a way to feel better and live longer.

Health at Every Size® concepts:

- Eat when you're hungry; stop when you are full. Eat in a flexible way based on your appetite (not a calorie limit).
- Enjoy eating and the social connection of eating with others.
- Move your body for fun and health rather than to achieve a certain shape. Find activity you enjoy such as swimming, dancing, playing sports or walking with friends.
- Focus on healthy habits that fulfill your physical, social, emotional and spiritual needs.
- Love and appreciate your body rather than trying to achieve a certain body weight or size.



Goals that focus on health

Focus on goals that promote all aspects of health including physical, social, emotional and spiritual health, such as:

- Sign up for a [virtual cooking class](#)
- Join a dance group
- Eat with friends and family more often
- [Eat mindfully](#)
- Enjoy and share [cultural and traditional foods](#) and recipes.



Try to focus on how your body feels and how you feel about your body rather than the number on the scale.

To learn more, check out these additional resources:

- [Association for Size Diversity and Health](#)
- [Explore your Relationship with Food](#)
- [Canada's Food Guide - Healthy Eating is More Than the Foods You Eat](#)

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



horizon⁺
school division

REGISTER NOW FOR 2024-2025

EARLY CHILDHOOD SERVICES

Early Learning and **Kindergarten** registration forms are available online at 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 | Monday, March 25

Book an appointment by March 20.

To book call your school secretary.

ATL Exam Schedule

| | |
|-----------------------|--|
| Wednesday, January 10 | English 30 Diploma Part A |
| Friday, January 19 | English 10/20 Final Exam |
| Monday, January 22 | Math 10 Review Class |
| Tuesday, January 23 | English 30 Diploma Part B |
| Wednesday, January 24 | Biology 30 Review Class |
| Thursday, January 25 | Biology 30 Diploma Math 10 Final Exam |
| Friday, January 26 | Science 10 Review Class |
| Monday, January 29 | Science 10 Final Exam |
| Tuesday, January 30 | No School Grades 10 - 12 |
| Wednesday, January 31 | First Day of Semester 2 |

January 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---------------------------------|--|--------------------------------|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 NO SCHOOL | 9 House Team Assembly 2:05 pm Lego Club 3:15 pm | 10 English 30 Part A Diploma | 11 Stay & Play 9:30 am | 12 | 13 |
| 14 | 15 | 16 Lego Club 3:15 pm | 17 | 18 Pizza Lunch Stay & Play 9:30 am | 19 English 10/20 Final Exam | 20 |
| 21 | 22 Math 10 Review Class | 23 English 30 Part B Diploma Lego Club 3:15 pm | 24 Biology 30 Review Class | 25 Bell Let's Talk Day Biology 30 Diploma Math 10 Final Exam Stay & Play 9:30 am | 26 Science 10 Review Class | 27 Family Literacy Day in Canada |
| 28 | 29 Last Day of Semester 1 Science 10 Final Exam | 30 No School for Grades 10 - 12 Lego Club 3:15 pm | 31 First Day of Semester 2 | | | |

February 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------|-------------------------|---|--|--|----------|
| | | | | 1 House Team Assembly 8:30 am Stay & Play 9:30 am | 2 Groundhog Day Kindergarten Day | 3 |
| 4 | 5 | 6 Lego Club 3:15 pm | 7 | 8 Chicken Noodle Soup Lunch Stay & Play 9:30 am | 9 NO SCHOOL | 10 |
| 11 | 12 | 13 Lego Club 3:15 pm | 14 Valentine's Day | 15 Flag of Canada Day Stay & Play 9:30 am | 16 Kindergarten Day | 17 |
| 18 | 19 February Break | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Lego Club 3:15 pm | 28 Skills in the classroom presentation Gr. 6- 9 9:30 am | 29 Stay & Play 9:30 am | | |