



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - FEBRUARY 2024

Principal's Message

January flew by quickly! We saw our first real taste of Winter and will hopefully move quickly into Spring, depending on what the Groundhog determines! As the snow comes and goes it does leave our playground and grass area a bit mucky so please send appropriate outerwear and footwear for your child(ren).

This month we were able to enjoy some delicious Pizza Hut hot lunch. Special thanks to our Parent Council for serving that up. There is a meeting on Friday, February 2nd at 10am to organize the community turkey dinner in March. Please reach out to the Parent Council or the school office if you are able to volunteer your time for this great event.

Some of you may have received a letter in the mail from Alberta Education containing a website link to the Alberta Education Assurance (AEA) survey. We encourage you to fill out the survey before March 1, 2024. As you are taking the survey please be aware that by choosing the response "Don't know" it generates the answer of "Strongly disagree" in the survey results. If you have any questions please call the school office or bring your letter into the school, we are happy to help you fill out the survey. Students in grades 4-12 will also fill out the survey during the school day.

This week the Alberta Sports Hall of Fame traveled from Red Deer to give a presentation on adaptive sports to students in grades 4-12. Students got to play a variety of adaptive sports and learn more about our province's Sports Hall of Fame. At the end of February, the Lethbridge Hurricanes are scheduled to visit our school and the Jr. High students will be participating in Skills in the Classroom.

A reminder that February contains Family Day which coincides with a short break from school. There will be no school on February 9th or February 19-23rd. We look forward to seeing the students' smiling faces back at school on February 26th.

It is with a heavy heart that I conclude February's newsletter. At the beginning of this month, I will be leaving Chamberlain and ATL, as I move into the role of Coordinator of Learner Services for our school division. This position offers plenty of opportunities to continue to visit Grassy Lake during the school year. I want to extend a thank you for welcoming me into your community and allowing me the opportunity to work with your amazing children. Mrs. Terryn Gutfriend will transition into the role of Principal.

All the best,

Mrs. Amber Kallen

Pink Shirt Day

Pink Shirt Day is on Wednesday, February 28. Our Wellness Coach, Kirsti Forsyth, has planned activities for each class on Monday, February 26.

Bullying can be a major problem in schools. With 1 in 5 students affected by bullying, chances are that you or someone you know is being impacted. If you're not sure what to do, reach out to someone who can help. Show kindness, empathy, and compassion, and speak out!

If you need help call or text INFO to 211

Kids Help Phone: call 1-800-668-6868 or
text CONNECT to 686868

24 hour Bullying Helpline: call 1-888-456-2323 or
call or text 310-1818

24 hour Suicide Crisis Helpline: call or text 988

24 hour Crisis Line: call or text 403-266-HELP (4357)

24 hour Connect Teen: call 403-264-TEEN (8336)
text 587-333-2724

Early Learning Programs

If your child is **5 years old on or before December 31**, it is time to register for **Kindergarten!**

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

Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

****Please call the school at 403-655-2211 for more information.**

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 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

Drop-In

Stay & Play

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

In this program, parents/caregivers and their children, 0-6 years, engage together in self-guided and structured play, which encourages healthy attachment and development.

THURSDAY

Jan 11th - May 30th

(no program Feb 22, Mar 29, Apr 4 & May 9)

9:30-11:00 am

Grassy Lake

Chamberlain School

(600 3rd St)

For more information contact

Margarita

403-394-8983

Margarita.sawatzky@fcss.ca





WATCH AND LISTEN

How to recognize bullying behaviour, and what you can do to stop it.

Bullying is destructive – not just for the victims, but also for those who exhibit bullying behaviour. Recognizing bullying in children or youth is an important step in stopping and preventing the emotional, physical and social scars that can last a lifetime. Bullying is a learned behaviour, and children need help in fostering more positive relationships for their own well-being.

This fact sheet will help adults identify bullying behaviour, and suggest how to prevent or stop it.

“Bullies do not grow out of bullying. It leads to more serious problems in adult life, like sexual harassment, dating aggression and criminality.”

– Dr. Wendy Craig, Queen’s University

What is bullying?

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity marked by an imbalance of power, intent to harm, and/or a threat of aggression. Severe bullying can lead to a feeling of terror on the part of the person being bullied.

Bullying comes in many forms, direct and indirect:

Verbal: taunts, name-calling, put downs, threats and intimidation

Social: exclusion from peer groups, gossip, ganging up, or group teasing

Physical: hitting/kicking victims and/or taking/damaging personal property

Cyber: using the computer or other technology to harass or threaten

The following may contribute to bullying behaviour:

- Mental or physical abuse
- Exposure to excessive violence through media or games
- Lack of supervision when interacting with peers
- Difficult temperament, attention problems, hyperactivity
- Family stress
- Lack of positive role models
- Inconsistent consequences
- Past experiences of being bullied
- Lack of attention, rejection or marginalized feelings



Boys often bully directly (open attacks), while girls often bully indirectly (more subtle attacks, such as social isolation or rumour-spreading).

- Educational Research Service,
Recognizing and Preventing Bullying, 2003

Watch for the warning signs.

Bullying is about power, and the behaviour is generally developed over time. It's not always easy to spot bullying in action. In fact, one Canadian study found that bullying incidents were of short duration and averaged only 38 seconds (Craig and Pepler, 1997).

Here are some possible indications of bullying behaviour:

- Lack of empathy—not understanding or caring if someone is hurt
- Extra money, clothes, or boasting about taunting someone
- Passing off teasing someone as a joke
- Kids grouping together and intentionally leaving others out
- Aggressive behaviour with peers, such as yelling, hitting or throwing
- Laughing when other kids get hurt
- Name calling of siblings or friends
- Aggressive, angry behaviour towards parents, teachers or other adults

Developing empathy is a core element to changing bullying behaviour.

Empathy is the ability to recognize and understand another person's feelings, and to respond in an accepting way. Experts say it's the fastest way for a bully to understand their own feelings and behaviour, and how their actions and words hurt others. Empathy exists in a caring environment, and is fostered through positive experiences, relationships and activities.

Listen to a child. Stop the bullying. Here's how you can help build empathy, and prevent bullying behaviour:

1. **Be a positive role model.** Recognize your role in modeling positive relationships. Set a good example and reinforce positive behaviour when you see it.
2. **Communicate.** A child or youth who exhibits bullying behaviour needs to be able to talk about their own experiences. During a quiet time of day, establish an open, friendly, non-threatening line of communication.
3. **See the child inside the bully.** Often, a child or youth who exhibits bullying behaviour has been bullied in the past. In a non-judgmental way, try to find out what the child or youth is feeling, and if something has happened to make him or her feel vulnerable.
4. **Teach empathy.** Read stories about bullying, identify how each child feels in the interaction, draw pictures, and role play, with the child and adult exchanging roles, discussing how each feels. Help them to see the victim's point of view, and how hurtful and damaging bullying can be.
5. **Do something fun together.** Fun activities and positive attention build confidence, positive pathways, and encourage empathy and compassion for others.
6. **Teach leadership.** Provide activities and opportunities that channel energy into constructive leadership situations.
7. **Make amends and be friends.** Teach the child or youth ways to make amends for past behaviour (e.g., to apologize, or do something helpful or nice), and help them connect with others who have the same interests in play and learning.
8. **Set consistent consequences.** Send the message that damaging behaviour is unacceptable. Withdraw privileges and replace with instructive activities, like reading, to redirect negative energy.
9. **Work together.** Parents, caregivers, communities and schools must work together to prevent and stop bullying. If you think a child or youth is exhibiting bullying behaviour, contact the school and parents to monitor the situation. Together, we can foster a climate where every child can be cared for and safe.

For more information, visit www.bullyfreealberta.ca.

Need to talk to someone about bullying?
Call 1-888-456-2323 (24 hours, toll-free in Alberta).

b-free.ca

Children's Services and Education are proud to lead Alberta's Cross-Ministry Strategy for the Prevention of Bullying

Alberta



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.

NUTRITION FOR LITTLES

Brought to you by South Zone Population & Public Health Dietitians

February is a month filled with love. One of the ways we show love is through food. Celebrate this Valentine's Day with some healthy snacks at your childcare centre!

Frozen Yogurt Berries

Dip berries in vanilla yogurt. Place on a sheet pan lined with parchment paper. Place in freezer until yogurt has hardened.



Hearty Veggies

Serve veggies with a yogurt dip in a cup. Arrange food in heart shapes or use valentines themed cups or cutlery.



Sweetheart Smoothie

Make a nutritious drink with strawberries, bananas, greek yogurt and ice. Add a splash of vanilla for added flavour.



Tips for Healthy Celebrations

- Present fruits and vegetables in a fun way using different shapes, colours and arranging them in designs.
- Do fun holiday crafts with the kids such as decorating cups, using fun straws in your drinks or make some cards for the people you love.
- Try using neutral language when talking about food. Call food by its actual name or using sensory terms (colour, texture, shape, smell, flavour) instead of labelling it as junk food or a treat to remove guilt or shame when eating.
- Encourage eating with others to foster social connections, communication skills and spend quality time together.

Nutrition Tip

Add some whole grains like whole grain crackers, pita, or bread to make these snack ideas filling and balanced! Check out our **Snacks** handout for other nutritious snack ideas!

Nutrition Times

February 2024 Nutrition Services

Keep Your Heart Healthy

February is heart month, an important time to raise awareness of the importance of cardiovascular health. There are a lot of things you can do to improve your heart health, and many of them start in your kitchen.

The Mediterranean Style of Eating

The Mediterranean diet is a way of eating that has been shown to lower risk of heart disease. It includes foods often eaten in countries around the Mediterranean Sea such as Spain, Italy, Greece, Turkey, Lebanon, Egypt and Morocco. The Mediterranean style of eating is rich in vegetables and fruits, whole grains, nuts and seeds, fish and olive oil. Try these heart healthy recipes inspired by the Mediterranean style of eating for your next get-together:

- This [Red Pepper and Walnut Dip](#) is similar to the Lebanese dish *Muhammara*
- Try this [Quick Ratatouille](#) for a taste of France
- [Shakshuka with Chickpeas](#) is a popular dish throughout the Middle East and Northern Africa



Eat food you love with people you love

The Mediterranean style of eating is more than just the foods you eat – it's also about sharing meals with others. Eat meals with family and friends. Share a meal for Valentines Day with your partner or gather with friends for “Pal-entines” day. This is also a great opportunity to share your own [cultural and traditional foods](#) and recipes with others.

Other heart healthy behaviors

Staying active is an important part of the Mediterranean diet as well. Physical activity is often more fun, and easier to commit to, when we do it with others. Here are some ideas to make your next social event an active one:

- Sign up for a dance class
- Start a walking group
- Meet up for a yoga class
- Play a game of tennis or pickleball
- Help out with someone's gardening or yard work

Other easy ways to include foods from the Mediterranean style of eating

Vegetables	Keep washed and sliced raw veggies in the fridge for a quick snack with hummus or dip
Fruits	Add sliced fruit to cereal or yogurt
Whole grains	Used brown rice, hulled barley, or whole grain pasta in soups or casseroles
Olive oil	Use in salad dressings
Nuts and seeds	Sprinkle almonds and sunflower seeds on a salad
Beans, peas, and lentils	Add kidney beans or chickpeas to a curry or stew
Fish	Try canned tuna, salmon or sardines with crackers or toast

To learn more, check out these additional resources:

- [Heart and Stroke Foundation of Canada](#)
- [What is the Mediterranean Diet? Is it Good for Me?](#)
- [Mediterranean Style of Eating](#)

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



 **Nutrition Services**
Essential partners
in health

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

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 House Team Assembly 8:30 am David Woodruff - cowboy poetry 9:00 am Stay & Play 9:30 am Basketball game at Barnwell 5:30 pm	2 Groundhog Day Kindergarten Day Parent Council Meeting 10:00 am	3
4	5	6 Lego Club 3:15 pm Basketball Practice 3:20 pm	7	8 Chicken Noodle Soup Lunch Stay & Play 9:30 am	9 NO SCHOOL	10
11	12	13 K/1 Valentine's Party Lego Club 3:15 pm Basketball Practice 3:20 pm	14 Valentine's Day	15 Flag of Canada Day Stay & Play 9:30 am	16 Kindergarten Day	17
18	19 Family Day (regional holiday) February Break NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24
25	26 Pink Shirt Day activities	27 Lego Club 3:15 pm	28 Pink Shirt Day Skills in the classroom presentation Gr. 6- 9 9:30 am	29 Grades 4 - 12 Ski Trip @ Hidden Valley Stay & Play 9:30 am		

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grad Pictures - Lifetouch House Team Assembly 8:30 am	2
3	4	5 Lego Club 3:15 pm	6	7 Stay & Play 9:30 am MH College presentation @ ATL 1:00 pm	8 NO SCHOOL	9
10	11 NO SCHOOL	12 Lego Club 3:15 pm	13 Swimming Gr. 1 - 5 9:00 am Swimming Gr. 6 - 12 10:00 am	14 Pasta with Meat Sauce Lunch Stay & Play 9:30 am	15 Kindergarten Day Report Cards go home Community Turkey Supper 5:00 pm	16
17 St. Patrick's Day	18	19 Spring Solstice Lego Club 3:15 pm	20	21 Stay & Play 9:30 am Parent Teacher Interviews 3:30 pm	22 NO SCHOOL Parent Teacher Interviews 8:30 am	23
24	25 Developmental Check-Ups (Early Learning) 12:30 pm	26 Lego Club 3:15 pm German Easter Concert 7:00 pm	27	28	29 Easter Holidays NO SCHOOL	30
31						