



## Chamberlain School

### Arden T. Litt Centre for Learning

*Website: [chamberlain.horizon.ab.ca](http://chamberlain.horizon.ab.ca)*

*Facebook: @chamberlainschool/ATL*

*Instagram: @chamberlainschoolatl*

## NEWSLETTER - MARCH 2024

### Principal's Message

Happy March everyone!

I'm happy to hear that everyone had a fun and restful February break. February has flown by but has done so with lots of fun activities that took place throughout the month.

On Valentine's Day, the elementary students had fun with their classroom parties, handing out valentines and enjoying yummy treats. The junior high and high school classes celebrated a special valentine's day potluck lunch and movie in the gym where they chose a team for their table group and decorated it accordingly.

We had some very special guests enter our school at the end of February. Two players from the Lethbridge Hurricanes hockey team visited our school. They read stories to the grades K-3 classes, played floor hockey against some junior and senior high students, answered many questions from students, took pictures and signed autographs. This was a fantastic opportunity for our students. A big thank you to Mrs. Brown for having them come to our school.

The weather cooperated for the ski trip and was enjoyed by all those who attended. Thank you Mrs. Lucas for organizing this fun day for our students. As basketball season has come to an end, badminton is just around the corner. The first day of practice will be on Tuesday, March 5 from 3:15-4:15. The cost for badminton this year is \$20 to cover the cost of the year end tournament.

There are many things we get to look forward to this month as well. March brings parent-teacher conferences, swimming field trips for all grades, badminton practices, fun theme days, our German Easter Concert and a week off for Easter break.

We want to give a HUGE thank you from everyone here at ATL/Chamberlain for our mysterious donor who donated five laptops to hand out to our school families. This truly means a lot to our school community and will be put to very good use.

When you come into the building you will see a couple new faces as well. As I take on acting principal for the next month until Mrs. Van Ham's return, we would like to welcome Mrs. Maynes who is taking on a temporary 1.0 teaching position teaching grades 8/9 math, health and social studies and grades 6/7 PE, social studies and LA. In addition, we would like to welcome Mr. Kenney to our team. He will be teaching grades 4/5 science and social studies, grade 8/9 CTF, and grade 6/7 Science, CTF and Health for the remainder of the year. Welcome Mrs. Maynes and Mr. Kenney!

Sincerely,  
Terryn Gutfriend

## Early Childhood Services

If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. We need to know how many children will be attending Kindergarten to complete our staffing for the 2024/2025 school year. Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

If your child is 3 by September 1, they can be enrolled in Early Learning.

To learn more about your child's developmental progress, as well as the benefits of early childhood programming, please book an appointment for **Monday, March 25**. Please call the school office at 403-655-2211.

## Report Cards & Parent Teacher Interviews

Report cards will be sent home with students on Friday, March 15.

Parent/Teacher Interviews will be held as follows:

**Thursday, March 21** from 3:30 – 7:00 pm

**Friday, March 22** from 8:30 – 12:00 noon

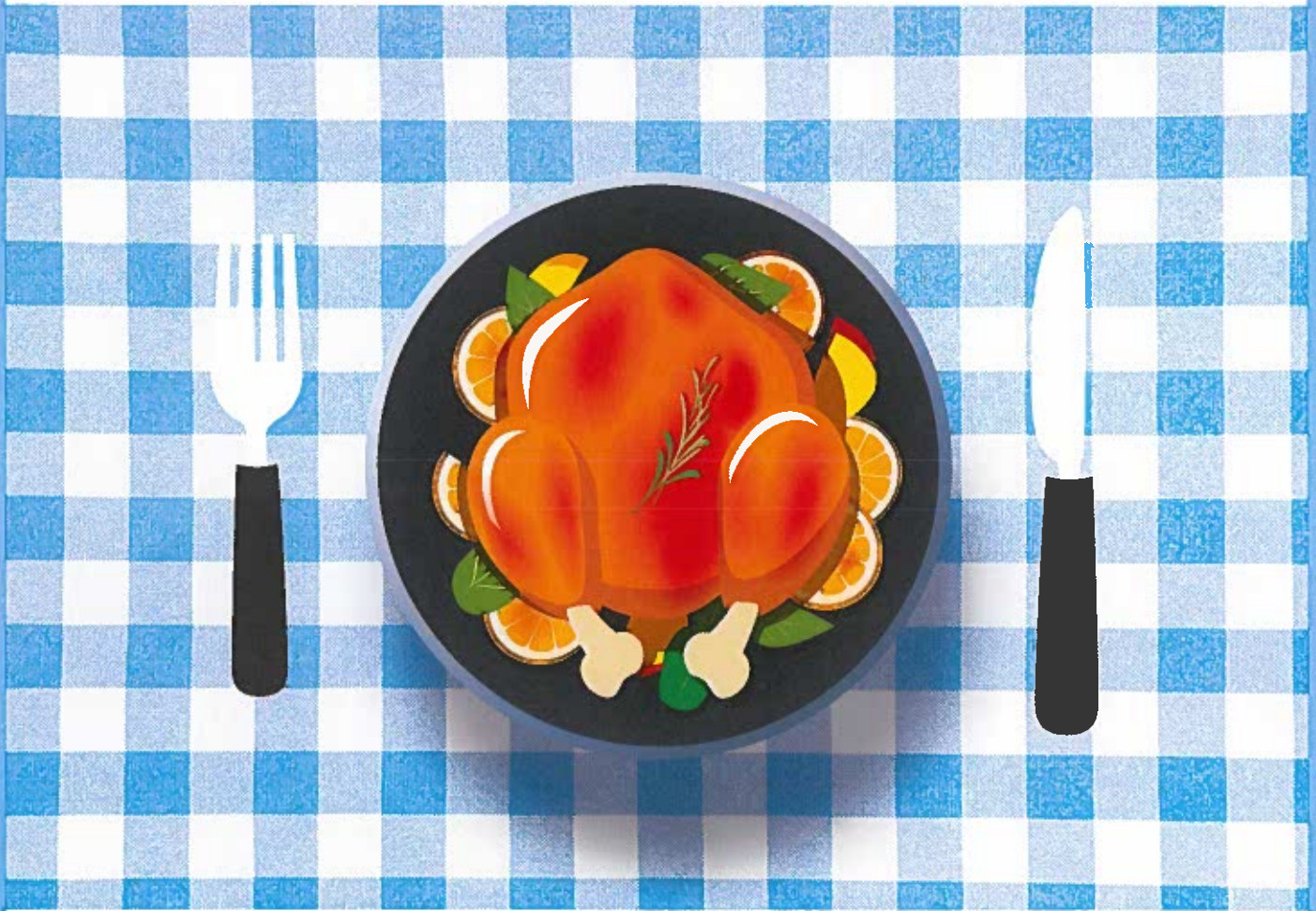
**\*\*If either of these days do not work, please let us know and we can reschedule for another day and time\*\***

Please return the attached interview request form on or before Wednesday, March 20. You can also phone the school at 403-655-2211 or send an email to [caroline.crooymans@horizon.ab.ca](mailto:caroline.crooymans@horizon.ab.ca) to request a time. You will receive a confirmation email or phone call.

PARENT COUNCIL PRESENTS

# GRASSY LAKE

— *Turkey Dinner* —



## PIE CONTEST.PRIZE WHEEL.BAKE SALE

FRIDAY, **MARCH 15**, 2024  
GRASSY LAKE COMMUNITY HALL

DOORS OPEN

**6PM**

\$10 PER PERSON UP TO 5 PEOPLE

\$5 FOR EACH AFTER THE FIRST 5 PEOPLE

2 AND UNDER FREE

### THANK YOU TO ALL OUR VOLUNTEERS AND SPONSORS

FOR THE PIE CONTEST PLEASE BRING TWO PIES. (ONE FOR THE CONTEST AND THE SECOND FOR THE BAKE SALE) WE APPRECIATE ANY ADDITIONAL CONTRIBUTIONS TO THE BAKE SALE.



HORIZON SCHOOL DIVISION

# Developmental Check-up

Horizon School Division is offering **FREE**  
Early Childhood Developmental Check-ups  
for **children aged 3-5.**

Learn more about your child's developmental  
progress, as well as the benefits of  
Early Childhood programming.

**Monday, March 25**

Book appointment by March 22

**Developmental areas:**



Motor Skills



Language & Communication



Early Concepts

To book an appointment, call  
**Caroline, School Secretary at 403-655-2211.**





**horizon<sup>+</sup>**  
school division

REGISTER NOW FOR 2024-2025

# EARLY CHILDHOOD SERVICES

**Early Learning** and **Kindergarten** registration forms are available online at [horizon.ab.ca](http://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.***

**PROF-MIN**

# 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 11<sup>th</sup> - May 30<sup>th</sup>**

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

**9:30-11:00 am**

**Grassy Lake**

**Chamberlain School**

(600 3<sup>rd</sup> St)

For more information contact

**Margarita**

403-394-8983

[Margarita.sawatzky@fcss.ca](mailto:Margarita.sawatzky@fcss.ca)





# Tax Return Assistance

**FREE**

The chart below determines income threshold eligibility for residents in the FCSS service area.

FAMILY SIZE	TOTAL FAMILY INCOME
1 person .....	\$35,000
2 persons .....	\$45,000
3 persons .....	\$47,500
4 persons .....	\$50,000
5 persons .....	\$52,500
More than 5 persons.....	\$52,500

plus \$2,500 for each additional person



Please scan the QR code for online bookings



SERVING: Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County  
 County of Warner | Couffts | Milk River | M.D. of Taber | Nobleford  
 Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner

www.fcsc.ca



This service is available to all eligible residents in the FCSS service area. Individuals who have basic, non-complex returns can access free help to complete and file their taxes.

**TO BOOK AN APPOINTMENT: 403.915.7063**

**SUPPORT IN SPANISH AND LOW GERMAN**



**403.394.8983**

*Te ayudamos en Español.*

*Wie kjen die op Plautdietsch helpen.*

# SOUTHERN ALBERTA HELP IN PLAUTDIETSCH (LOW GERMAN)



Call Text WhatsApp



## COUNSELLING

FCSS BEW - Tim Krahn: 587-370-4802

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## PARENTING

FCSS BEW - Maria Klassen: 403-795-7561

FCSS BEW - Margarita Penner: 403-394-8983

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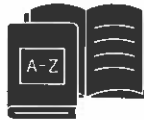
## HEALTH

AHS - Nely Penner: 403-502-6560

AHS - Juliana Bergen: 403-504-6450

AHS - Priscilla Loewen: 403-635-8749

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## LEARNING ENGLISH

Taber Newcomers Office - Maria Friesen: 403-892-1603

County of Lethbridge Community Learning Council

Dan Doerksen: 403-715-4549

Tina Meggison: 403-308-8373

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## OTHER HELP

MyCityCare - Margie Dyck: 587-418-4848

Taber Newcomers Office - Maria Friesen: 403-892-1603

FCSS Youth Development - Anita Wiebe: 587-370-1200

Victim Services - Mary Klassen: 403-634-6365

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## PAPERWORK

Taber Newcomers Office - Maria Friesen: 403-892-1603

FCSS - Susie Hiebert: 403-915-7136

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## SCHOOL

Palliser School Division - Dan Doerksen: 403-715-4549

Horizon School Division - Helena Goertzen: 403-795-1016

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## TAXES

FCSS BEW - Susie Hiebert: 403-915-7136

FCSS BEW - Margarita Penner: 403-394-8983

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## WORK

Taber Newcomers Office - Maria Friesen: 403-892-1603





# Spring English Classes

Vauxhall

## English Higher Level

## Evening English Basics



**Time:** 6:30 P.M.-8:30 P.M.

**Day:** Mondays

**Date:** April 8-May 27, 2024

**Time:** 6:30 P.M.-9:00 P.M.

**Day:** Tuesdays & Thursdays

**Date:** April 9-May 23, 2024

Learn more English reading and writing in these evening classes.  
Practice speaking and understanding English for daily life.

Vauxhall

## Spring Ladies Morning English

**Time:** 8:30-11:30am

**Day:** Tuesdays and Thursdays

**Date:** April 2-May 16, 2024

Learn more English reading and writing in these evening classes.

*Childcare Provided Ages 18m-5 yr*



## Taber Ladies Morning English

**Location:** Taber Prov. Building

**Time:** 9:00am-12:00pm

**Date:** Tuesdays & Thursdays  
April 2-May 16, 2024

Learn more English reading and writing. Practice speaking and understanding English.

*Childcare Provided -  
Ages 18 months-5 yrs*



## Taber Evening Conversation Class



Practice talking in English. Learn more words for daily life and improve your listening skills!

**Location:** Taber Prov. Building

**Time:** Tuesdays 6:30-8:30pm

**Date:** April 9-May 21, 2024



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

# Nutrition Times

March 2024 Nutrition Services

## Why Nutrition Matters and How Dietitians Can Help

March is Nutrition Month, and the theme this year is *We are Dietitians – Essential Partners in Health*. In this issue, we will be discussing the importance of nutrition and how a Registered Dietitian can help you achieve your health goals.

### Why is Nutrition Important?

Nutrition is the science that looks at how the things we eat, and drink affect our bodies. It impacts your body's performance, ability to prevent disease, and capacity to support you as you age. Did you know, one in five Canadians lives with a chronic disease such as heart disease, cancer, or diabetes? A [healthy eating pattern](#) can help prevent and manage many chronic diseases and includes vegetables and fruit, lean meats, poultry and fish, plant-based proteins, dairy, and whole grains in your diet.



### Nutrition is More Than What We Eat

Food affects physical health, but it also has an impact on spiritual and mental health. If you think of your traditions or a significant religious celebration, it is likely that food is involved in some way. As well, many people use food to heal more than just their physical being, they also use it to heal their soul or connect with others. Our relationships with food are everchanging, which is why it is important to understand what food means to us and how it impacts other aspects of life. Explore the links below to learn more:

- [Enjoying Your Food](#)
- [Mindful Eating Habits](#)
- [Eating with Others](#)

### Who Are Dietitians?

Registered Dietitians are experts in food and nutrition who work in areas such as healthcare, research, foodservice, and private sectors. Using evidence-based information, dietitians work with individuals, families, and communities to promote healthy living and tailor care plans and projects to reflect the needs of the people they serve. They help Albertans enjoy good

health, prevent and manage diseases, and recover from illness and surgery. Whether you're healing in the hospital, want to explore your relationship with food, or optimize your nutrition for sport, a Dietitian can help!

What do Registered Dietitians Do?	
Hospitals and Long-Term Care	Part of an interprofessional care team that works with patients and residents to prevent malnutrition and recover from illness or surgery.
Provincial and Federal Government	Inform our representatives about population-wide initiatives to improve overall health and wellbeing
Food Service	Manage food production in long-term care homes, hospitals, schools, restaurants, and military bases
Outpatient Clinics	Offer individual, family, or group sessions on a variety of topics. To see a Dietitian in the South Zone, visit <a href="#">Alberta Healthy Living Program</a>
Community and Public Health	Promote health and prevent disease within their community through project work and programs
Private Practice	Dietitians work for a professional business to provide individual nutrition counselling, usually tailored to sports nutrition or weight management
Research	Conduct research to promote evidence-based practice that is up to date

## 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](http://www.healthyeatingstartshere.ca)



Questions? Email us at [publichealthnutrition.southzone@ahs.ca](mailto:publichealthnutrition.southzone@ahs.ca)



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grad Pictures - Lifetouch	2
3	4	5 Lego Club 3:15 pm	6	7 Anything But a Water Bottle Day Hot Lunch order forms due Stay & Play 9:30 am MH College presentation @ ATL (Gr. 9-12) 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 Crazy Hat or Hair Day Pasta with Meat Sauce Lunch Stay & Play 9:30 am	15 Kindergarten Day Report Cards go home Community Turkey Supper 6:00 pm	16
17 St. Patrick's Day	18 Glorious Green Day - wear green 8:00 am	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 Easter Hunt Lego Club 3:15 pm German Easter Concert 7:00 pm	27	28	29 Easter Holidays NO SCHOOL	30
31						

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools Day NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6
7 Green Shirt Day World Health Day	8 House Team Assembly 8:30 am	9 Lego Club 3:15 pm	10	11 Hot Dog Lunch Stay & Play 9:30 am Parent Council Meeting 2:00 pm	12 Kindergarten Day	13
14	15	16 Lego Club 3:15 pm	17	18 Stay & Play 9:30 am	19 NO SCHOOL	20
21	22 Earth Day	23 Science Olympics World Book Day Lego Club 3:15 pm	24	25 Stay & Play 9:30 am	26 High school Badminton zones (Lethbridge) Kindergarten Day	27 Junior High Badminton Zones -Medicine Hat
28	29	30 Lego Club 3:15 pm				

# PARENT/TEACHER INTERVIEW REQUEST

Our Parent/Teacher Interviews for Grades K – 12 are being held on **Thursday, March 21** from 3:30 – 7:00 pm as well as **Friday, March 22** from 8:30 – 12:00 noon. Please return the form below or contact the school by email at [caroline.croymans@horizon.ab.ca](mailto:caroline.croymans@horizon.ab.ca) or telephone 403-655-2211 before Wednesday, March 20, 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 March 21. 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 March 22. 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**