



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: [@chamberlainschool/ATL](https://www.facebook.com/chamberlainschool/ATL)

Instagram: [@chamberlainschoolatl](https://www.instagram.com/chamberlainschoolatl)

NEWSLETTER - APRIL 2024

Principal's Message:

Happy April everyone!

It's crazy to think that we are already entering the month of April. Spring is officially here and hopefully the weather warms up soon so we can all enjoy more outdoor activities.

We have had some fun Easter activities take place around the school including Easter themed classes, artwork, stories and crafts. The school-wide egg hunt was a blast and everyone enjoyed eating their kinder surprise chocolate and finding out what their toy was going to be.

Thank you to Mrs. Froese for putting together a fantastic German Easter Concert. Also, thank you to those who attended to support our hard-working students. Congratulations to those students who take part in German classes. All of your effort that you put into the songs paid off and you all sounded amazing!

Badminton practices are in full swing. They are running twice a week on Tuesdays and Thursdays for grades 6-12 from 3:15 - 4:15. The fee is \$20 to play and the list of tournaments is listed in the newsletter. Thank you to all of our coaching staff, who includes Mrs. Lucas, Mr. Kenney, Mrs. Gutfriend, Susie Froese and Tina Froese.

A special thank you goes out to the Parent Council for putting together the community turkey supper at the community hall. The food was delicious, the baking and pies were a hit and the donation items were fantastic. Thank you to everyone who supported this fundraiser by either attending, donating items and helping with food.

Thank you to Mr. Byron Woodruff for carrying out a two-day drumming clinic for us. All students were entertained by watching you play, enjoyed learning how to play and asked many insightful questions to learn more about drumming. What a fun experience for our students!

There are many things we get to look forward to this month as well. April brings fun theme days, hot dog hot lunch, badminton tournaments, EPIC day for the high school students, Select Ag Services presentation for high school students, science olympics for the grade 8/9 class, and a fun youth conference in Taber for grades 8-12.

Sincerely,
Terryn Gutfriend

Badminton

The badminton fee is \$20 to cover the cost of divisional play. Please pay the office ASAP if your child would like to continue to play on the team.

Required Badminton Tournament: Divisionals

Junior High Badminton Divisionals are on Friday, April 19 at 12:30

Grade 6 - Barnwell

Grade 7 - DA Ferguson

Grade 8 - Taber Christian High School

Grade 9 - Myers

Required Badminton Tournament: Central Districts

High School Badminton Central Districts are on Tuesday, April 16 at 3:45

Grade 10-12 - Senator Gershaw School

Optional Tournament (only available to attend if there are spaces open):

Medicine Hat Badminton Tournament at Notre Dame/Southeridge YMCA - April 12/13

Grade 7 - Friday, April 12 at 4 pm

Grade 8 - Saturday, April 13 at 9 am

Grade 9 - Saturday, April 13 at 1 pm

*If you are planning to attend, please let Mrs. Gutfriend know by Monday, April 8.

Highway Cleanup

Highway Cleanup will be held on **Saturday, May 4**. We really need Junior High and High School students and parent drivers to sign up and volunteer to help participate with this large fundraiser.

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.



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.

PROFIL

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





Spring English Classes

Taber Ladies Morning English

Location: Taber Prov. Building

Time: 9:00am-12:00pm

Date: Tuesdays & Thursdays
April 9-May 23, 2024

\$50

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

*Childcare Provided -
Ages 18 months-5 yrs*

Early Bird Discount!

Sign up and pay before
March 22 and get
10% off English classes!

Taber Afternoon English Higher Level

Location: Taber Prov. Building

Time: 1:00-3:00pm

Date: Tuesdays & Thursdays
April 9-May 23, 2024

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

\$50

Taber Evening Conversation Class

\$50

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

Babysitting Course

What you will learn in this course:

- ▶ Child Development
- ▶ Caring for Children
- ▶ Positive Behaviour Management
- ▶ Home & Outdoor Safety & Injury Prevention
- ▶ Fire Safety
- ▶ First Aid Tips for Children
- ▶ How to Operate Your Babysitter's Business

**MUST BE
11 YEARS
OF AGE**

Instructed by:



St. John Ambulance
.....

**A certificate will be
issued upon completion.**

Taber Classes

Location: Taber Provincial Building

Date: Sat May 4, 2024

Time: 9am-4pm

Vauxhall Class

Location: Vauxhall Elementary School

Date: Saturday May 25, 2024

\$90

YOU MUST BE PRE-REGISTERED TO TAKE THIS COURSE

Call early - course fills up quickly!

To register or for more information contact us at

(403)-223-1169 OR stop by our office!

5011 49 Ave. Taber Provincial Building



**Taber Adult
Learning**

Nutrition Times

April 2024 Nutrition Services

Healthy Relationship with Food

Have you ever stopped and wondered what a healthy relationship with food is? Or why we might even focus on our 'relationship' with food? Like other relationships, it can be different for everyone and even change and grow with us, ever evolving. Our relationship with food includes how we think about, talk about, and enjoy food.

Our relationship with food ..

Our relationship with food goes beyond just the need to eat or the health benefits of what we are eating. It includes enjoying the taste of foods, and the social, traditional and cultural aspects of food and sharing meals. It includes mindfulness around eating, like being aware of how, why, and where you eat, and listening to your body signals for hunger and fullness cues. Food is more than just 'fuel', or energy and nutrients, it's also nourishment and enjoyment. We know that eating changes based on appetite, emotions, routines, and many other factors, and your relationship with food is something that can take all of that into account. All foods fit! Foods can be welcomed into our diets without fear or guilt.

Why is a Healthy Relationship with Food Important?

Health and nutrition are for every 'body,' regardless of shape or size, and everyone deserves to have a healthy relationship with food – from young children to older adults! Framing nutrition in a positive and non-judgmental way creates inclusive environments that can embrace diversity.

How does it all start?

With our words! The language we use and the way we think about health, food and nutrition matters." It impacts everyone. It can also be especially important to mind our words around young people. This is because we begin to develop our relationships with food from early ages. See the next page for examples on how to have neutral conversations about food and nutrition. A 'Words matter!' Video series is available that goes more in depth about healthy relationships with food, diets, disordered eating, weight, body image and more. Find it [here](#).



Other Tips:

- Choose a variety of foods and flavours you enjoy
- Avoid describing food as 'good' or 'bad' or 'healthy' and 'unhealthy'
- Try calling food by its name, rather than calling it something like 'junkfood'
- Try describing food by its sensory aspects (like flavour and texture; e.g. savoury, chewy)
- Save nutrition talk for when food is absent, mealtimes are best for socializing

Here are some examples of language to use if talking about food:

Try saying this:	Instead of this:
Drinking water keeps you hydrated so you can think and work.	Don't drink juice or pop, they are bad for you.
Eat what you like from your lunch and stop when you feel comfortably full.	Finish your whole lunch first.
Eat your foods in whatever way you like.	You need to eat your sandwich before you have your brownie.
I like that apples taste so juicy, crisp and sweet.	Snacking isn't good. If you do snack, you should only snack on foods like fruits and vegetables that are good for you.
Eating a variety of foods can help fuel your body and your brain.	I don't eat a lot of pasta or bread because I don't want to gain weight.
If you do this first, you can take a five minute break after.	If you do this first, you can have a chocolate after.

To learn more, check out these additional resources:

- [Explore Your Relationship with Food](#)
- [Teaching and Talking to Students About Food and Nutrition](#)
- [A healthy relationship with food: How you can support your child](#)
- [A healthy relationship with food: What it means for your teen](#)

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



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 Solar Eclipse 11:50 - 1:40 House Team Assembly 8:30 am	9 Badminton 3:15 pm Lego Club 3:15 pm	10	11 Hot Dog Lunch Stay & Play 9:30 am Parent Council Meeting 2:00 pm Badminton 3:15 pm	12 Kindergarten Day	13
14	15	16 High school Badminton Central Districts at 3:45 - Bow Island Badminton 3:15 pm Lego Club 3:15 pm	17 EPIC Day Lethbridge Gr. 10-12	18 Stay & Play 9:30 am Select Ag Services Presentation for High School 10:45 am Badminton 3:15 pm	19 Badminton Divisionals in Taber/Barnwell at 12:30 pm NO SCHOOL	20
21	22 Earth Day	23 Science Olympics World Book Day Badminton 3:15 pm Lego Club 3:15 pm	24	25 Youth conference in Taber - Grades 8-12 - 12:15 - 3:00 pm Stay & Play 9:30 am Badminton 3:15 pm	26 High school Badminton zones (Lethbridge) Kindergarten Day	27 Junior High Badminton Zones -Medicine Hat
28	29 Females in Trades Presentation at 1 1:00 pm	30 Lego Club 3:15 pm				

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 House Team Assembly 8:30 am	2 Stay & Play 9:30 am	3 NO SCHOOL High School Play - The Spirited Princess 7:00 pm	4 Highway Cleanup
5	6	7 Lego Club 3:15 pm	8	9 Pizza Lunch	10 Kindergarten Day	11
12	13 Gr. 9 English PAT Part A	14 Lego Club 3:15 pm	15 Gr. 6 English PAT Part A	16 Stay & Play 9:30 am	17 NO SCHOOL	18
19	20 NO SCHOOL	21 Lego Club 3:15 pm	22	23 Stay & Play 9:30 am	24 Kindergarten Day Sports Day	25
26	27	28 Track and Field Divisionals in Taber Lego Club 3:15 pm	29	30 High School Track and Field Zones - Med Hat Stay & Play 9:30 am	31 Kindergarten Day	

\$8
ticket

\$35
5 tickets



THE SPIRITED PRINCESS

A Live Theatrical Performance By ATL

Friday May 3, 7:00

ONE NIGHT ONLY