



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - MAY 2024

Principal's Message

It is so good to be back at Chamberlain School and ATL. I am so appreciative of the parents, students and staff who have welcomed me back. April was a busy month, with family movie night, science olympics, Taber youth conference, Epic Day, and badminton divisionals and zones. May is shaping up to be just as busy.

First, a huge congratulations to our badminton team. We had individual U13 girls and boys gold medals at divisionals for Neal Redekop and Sara Froese, as well as U16 boys doubles gold for William Nakashima and Peter Neufeld. We are going to be ordering a gym banner for them. If you are interested in sponsoring the banner, please call the school.

Coming up in May, we kick things off with the High School Play, *The Spirited Princess*, which will be put on in the community hall this Friday, **May 3**. It looks like it will be a very fun show! The following day, Jr and Sr. high students will be participating in highway clean-up. We are still looking for drivers, so please call the school if you are interested. It runs from around 8:00 a.m. to 12:00 p.m. and there is a hot dog lunch to follow.

On **May 9**, ATL will be hosting a student and parent high school information night. Grade 9 parents can come to ATL at 6:30 p.m. for information on high school planning and graduation requirements, credits, courses, streams, and off campus opportunities such as work experience, RAP program, and dual credit courses.

Teachers are also already planning for the end of the year. This year, parent council has decided to sponsor a large field trip and so all students K-12 will be heading to Calgary on **June 14** for the day. Students in K-9 will be going to the Calgary Zoo and students in 10-12 will be going elsewhere. Huge thank you to parent council for making this possible and to everyone who comes out to support the various fundraisers throughout the year. This would not be possible without you.

As always

Always,
Mrs. Van Ham

DUAL CREDIT - HIGH SCHOOL

Horizon School Division is now accepting Dual Credit, Career Trades Pathway applications. This opportunity is for the 2024-2025 Grades 10, 11 and 12 students. If you are in Grades 9, 10 or 11 this year and this opportunity may be of interest to you, please look at the information for courses that can be accessed here: [Lethbridge College](#).

This allows students to take a college-level course and receive up to 5 High School Credits and College credits for the future. Our application deadline is **May 24**.

If interested in this opportunity, we ask that students fill in this attached form here: <https://forms.gle/8KhgsdzfkwhztsoB9> . Filling out the form does not guarantee your acceptance into the course or courses, as spots are limited.

Don't hesitate to contact Bryan Pritchard at bryan.pritchard@horizon.ab.ca if you have any questions.

HIGH SCHOOL INFORMATION NIGHT

On **May 9** we will be hosting a high school information night for students currently in grade 9 and their parents at 6:30 p.m. at ATL. Information shared will include high school scheduling, courses, credits and graduation tracks, as well as off campus information about work experience, RAP, and Dual Credit opportunities. We hope that all parents and students looking for more information about what ATL offers choose to attend.

FAMILY CONNECTIONS

May 6 - 12 is Mental Health Week and our school will be participating in the Move your Mood Mental Health Week Challenge. Each day will focus on a different topic:

Monday - Move your body

Tuesday - Fuel your body

Wednesday - Practice Mindfulness

Thursday - Expand your mind

Friday - Build Assets

There will be a daily challenge that encourages students and staff to participate in the various topics related to improving your mental health. Capture a photo of your class or entire school engaging in the activity and submit it to:

move.yourmood@ahs.ca or share it on our school's social media while tagging @moveyourmoodalberta, and we can be entered to win a \$500 Sport Chek gift card!

Thursday, May 9 starting at 2:30pm we will be doing a Wellness walk for the entire school, hosted by our Headstrong group of students. This is to raise awareness about mental health week and to encourage physical and mental wellness.

SCHOOL MESSENGER

If you would like to receive important messages from Chamberlain School via text message, please text **yes** to **978338**. Please contact the school if you require assistance setting this up.

A CALL TO BE KIND



**Because
compassion
connects us all.**

#CompassionConnects



**Canadian Mental
Health Association**
Mental health for all

SOUTHERN ALBERTA 2024

SUMMER GAMES

JULY 3-6, 2024 COALDALE AB



EVENTS

3/5/10 km Run, Equestrian, Badminton, Pickleball, Flag Football,
Soccer, Baseball, Golf, Softball, Basketball, Lacrosse, Swimming,
Beach Volleyball, Track & Field, Cribbage, Photography, Mountain
Biking, Weightlifting,
E-Sports

MORE INFORMATION :
WWW.SOUTHERNALBERTASUMMERGAMES.CA

Calling all young athletes! Get ready to unleash your talent at the 2024 Southern Alberta Summer Games. Join us for a summer of fun, friendship, and fierce competition. Don't miss out on this incredible opportunity to represent your community and go for gold. Register now and let the games begin!

GAMES TAKE PLACE IN COALDALE FROM JULY 3RD TO JULY 6TH WITH \$35 FEE

For more Information contact

403-223-5544 or 403-223-5563

SASG@taber.ca

FIND US AT  

[HTTPS://WWW.SOUTHERNALBERTASUMMERGAMES.CA](https://www.southernalbertasummergames.ca)

SOUTHERN ALBERTA SUMMER GAMES - MD OF TABER TEAM



Nutrition Times

May 2024 Nutrition Services

Benefits of Gardening



Designed by [Freepik](#)

Time in the garden always puts me in my happy place! And there are so many health benefits. Working in the garden keeps your heart and other muscles strong. Gardening helps reduce stress and anxiety and can increase self-esteem. It can also stimulate the brain and may help reduce the risk of dementia. The list of good things that come from gardening keeps growing (pun intended). Read on for more benefits.

Spend less money at the grocery store

Growing your own food can help you spend less money at the grocery store. Even small gardens and containers can grow plants such as tomatoes, lettuce, or cucumbers. Did you know a single tomato plant can produce about 30 pounds of fruit in one season?

Climbing vegetables like squash, peas, and pole beans are well suited to small spaces as you can grow them upwards on supports.



Image by [aleksandarlittlewolf](#) on [Freepik](#)

Tip: Plant herbs such as basil and parsley among your vegetables. This will save you from buying fresh herbs each week.

Control how you grow your food

Compost year round for a natural way to fertilize your garden. Plant 'nitrogen fixers' such as peas and beans to add nitrogen back to your soil. Colourful flowers that will do the same are lupines, sweet peas, or red clover.

This is why Indigenous peoples planted Three Sisters gardens of corn, beans, and squash. The corn provides stalks for the beans to climb. The squash protects the sisters by shading the soil and helping to prevent weeds. And the beans wind the sisters together and fix nitrogen in the soil to feed all three.

Foster connections

Gardening can be a way to bond with family and friends. Teaching your children about gardening is a way to build connection. Sharing a backyard spot or community garden space may give you a chance to talk and connect with other gardeners. Gardeners love to share what they know about plants.



Image by [Freepik](#)

If you grow more than you need, you can connect with your community by sharing the surplus with family and friends or local organizations (google 'Grow a Row').

It's good for the environment

- There's less food waste! You can eat a lot of the plant parts that don't make it to the store such as broccoli or radish leaves. Imperfect vegetables such as weirdly shaped carrots and potatoes don't always make it to the store either but taste just as good. And composting helps reduce landfill waste.
- Locally grown food does not have to travel far. Whether it's grown in your own backyard or by a local producer, less transportation means less carbon emissions.
- Replacing lawn with perennials, fruits, and vegetables means less water and fertilizer use.
- And finally, growing plants supports local pollinators such as bees and butterflies!



Image by gpointstudio on [Freepik](#)

To learn more, check out these additional resources:

- [Zone 3 Vegetable Gardening](#)
- [Planting in Alberta - Farmer's Almanac](#)
- [Indoor Herb Gardening](#)

Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease
- Registration details [here](#).

For a complete list of workshops that are available anywhere in the province 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 healthyeatingstartshere.ca



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

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Mental Health Week - move your body	7 Mental Health Week - fuel your body Rock painting during PLC Lego Club 3:15 pm	8 Mental Health Week - practice mindfulness	9 Mental Health Week - expand your mind Pizza Lunch Wellness Walk 2:30 pm High School information night - Grade 9 6:30 pm	10 Kindergarten Day Mental Health Week - build assets	11
12	13 Gr. 9 English PAT Part A	14 Lego Club 3:15 pm	15 Gr. 6 English PAT Part A - CANCELLED	16 Stay & Play 9:30 am	17 NO SCHOOL	18
19	20 NO SCHOOL	21 Lego Club 3:15 pm	22	23 Country western/ranch day Stay & Play 9:30 am	24 Kindergarten Day Sports Day	25
26	27 Track and Field Divisionals in Taber Lego Club 3:15 pm	28	29	30 High School Track and Field Zones - Med Hat Stay & Play 9:30 am	31 Kindergarten Day	
			1 House Team Assembly 8:50 am	2 Stay & Play 9:30 am	3 NO SCHOOL High School Play - The Spirited Princess 7:00 pm	4 Highway Cleanup

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 House Team Assembly 8:30 am	4 Dress up like a teacher day Junior High Track and Field Zones - Lethbridge Lego Club 3:15 pm	5	6	7 NO SCHOOL	8
9	10	11 Lego Club 3:15 pm	12 Gr. 6 English PAT Part B - CANCELLED Gr. 9 English PAT Part B	13 Gr. 6 Math PAT Part A - CANCELLED Gr. 9 Math PAT Part A Sloppy Joes Lunch	14 Gr. 6 Math PAT Part B - CANCELLED K-12 School Field Trip Kindergarten Day	15
16	17 Last Day of Pre-K	18 Gr. 9 Math PAT Part B	19 Gr. 1-5 Taber Field Trip Gr. 6 Social PAT Gr. 9 Social PAT	20 Gr. 6 Science PAT Gr. 9 Science PAT Summer Solstice	21 Last Day of School National Indigenous Peoples Day (regional holiday) Report Cards go home	22
23	24	25	26	27	28	29
30						

IMPORTANT BUS INFORMATION WILL NOW BE DELIVERED BY SCHOOL MESSENGER

Our transportation department will now use the School Messenger system to deliver text messages, straight to your mobile phone with important information about bus delays and cancellations.

If you are a bus family from Horizon School Division or Holy Spirit School Division, it will be very important to opt-in to this service. This is a free service* that is activated by texting a message of “Y” or “Yes” to our school’s short code number:

For **CANADA-BASED** numbers: text **978338**.

You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.

**Opt-In from your
mobile now**



**Text “Y” or “Yes”
to 978338**

(For Canada-based numbers)



*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel.

Mobile carriers are not liable for delayed or undelivered messages.

See schoolmessenger.com/txt for more info.

\$8
ticket

\$35
5 tickets



THE SPIRITED PRINCESS

A Live Theatrical Performance By ATL

Friday May 3, 7:00

ONE NIGHT ONLY