



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - JUNE 2024

Principal's Message

Here we are already; The last month of the school year! June will be a very busy month, starting with our Grade 12 graduation on June 1st. This year we have 11 students graduating, which is absolutely amazing! Congratulations to each of our graduates!

June also brings Track and Field Zones, congratulations to William and Alex Nakashima, who will both be representing Chamberlain school at Zones this month in the 100m race. William will also be representing in the 200m race after placing first at divisionals.

Our June assembly has been moved from the 3rd to the 10th, so that it can be attached to the formal dance that will be put on by Student Council. Students will spend a couple of hours in the afternoon playing games, dancing, winning prizes, and celebrating together. We are hoping to see some graduates in their suits and formal dresses for the dance, along with younger students in their formal best!

That same week is the Calgary Zoo field trip on the 14th, please have all students at the school by 6:45 with hats, water, snacks and lunch, proper shoes and clothing, sunscreen, etc.

Exams are also part of this month's reality, so please check the calendar to ensure that students do not miss exam days.

A huge thank you goes out to Tyler and Tausha Torrie of TNT Pollination and Grand Forks Concrete who have offered to sponsor banners in the gym for our students who have won divisionals and/or zones in Badminton and Track and Field.

June also means thinking about next school year. We are unfortunately losing some incredible teachers this year, with Mrs. Lucas heading to the USA and Mrs. Brown heading to Oyen due to an RCMP move. We are sad to see them go!

Mr. Kenney will be joining us full time next year in 4/5 and Jr. High, along with Ms. Megan Kurtz, who will be filling in for Mrs. Gutfriend's maternity leave. Ms. Kurtz is a Math major and is originally from Foremost. We still have an opening in grade 2/3 and are hoping to hire within the next week.

Finally, on June 21st, Chamberlain and ATL will be celebrating Indigenous People's day on the last day of school. There will be indigenous games and activities in the morning, with our annual award ceremony taking place at 11:00 am. This will be followed by a lunch put on by our amazing PAC. Everyone is welcome!

Have an amazing June!

Always,

Mrs. Van Ham

Field Trips

As the end of the school year quickly approaches, the following field trips are planned for our students.

- **Grades K - 9: Friday, June 14**
Calgary Zoo
- **Grades 10 - 12: Friday, June 14**
Calgary - Activate
- **Grades 1 - 5: Wednesday, June 19**
Taber

Track & Field

Congratulations to Alex and William Nakashima who did a fantastic job at track and field divisionals on Tuesday, May 28 in Taber.

Alex Nakashima

- 2nd in the 100 metre
- 3rd in the 200 metre

William Nakashima

- 1st in the 200 metre
- 2nd in the 100 metre

Both Alex and William will be competing at Zones in Lethbridge. We are cheering them on as they represent Chamberlain School.

Early Learning & Kindergarten Registration

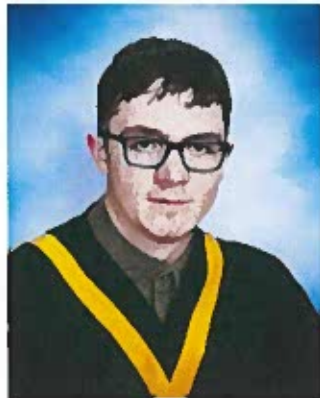
If your child is 5 by December 31, please register him/her for Kindergarten as soon as possible. Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

****If your child is 3 by September 1 or 4 by December 31, they can be enrolled in Pre-Kindergarten.**

CONGRATULATIONS TO THE GRADUATING CLASS OF 2024!
We are so proud of you and all your accomplishments!



Andrew Fehr



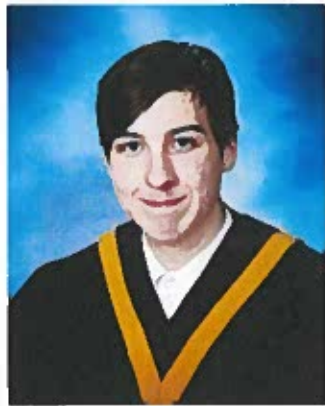
Bernhard Friessen



Jake Friessen



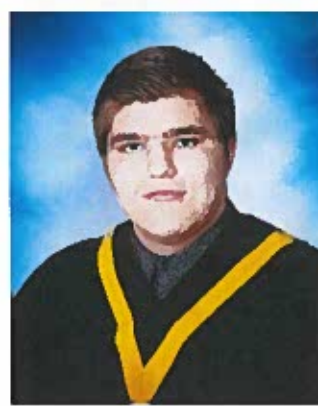
Janette Goertzen



Josh Harding



Trudy Klassen



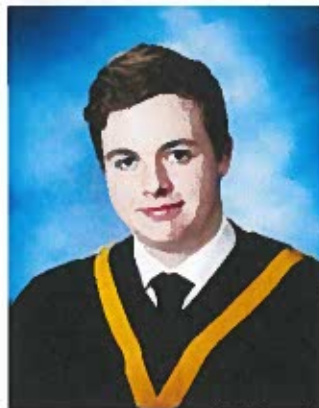
Franklin Loewen



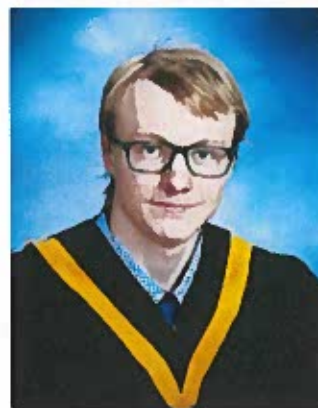
Tracy Loewen



Christina Neustaeter



Dannie Teichroeb



Austin Willms



2023 - 2024

Yearbook Cover Contest

We are printing a yearbook for 2023-2024 and we need your help to design a cover! All grades and age level entries welcome!

REQUIREMENTS

- Submit art on 8.5 x 11 sheet of paper.
- Vertical orientation
- Name of the school (Chamberlain School) and school year (2023-2024) on the front
- Your first and last name (written in pencil) on the back of your submission

TIPS FOR A GOOD ENTRY

- Not a lot of white space. Lots of colour!
- Neatness and details count.
- Be creative!
- Keep your paper wrinkle free.
- Use any media tools! (Paint, crayon, marker, digital, etc!)

The winner will receive a free yearbook when they are available in the fall. All entries will be featured inside of the yearbook.

For more information, please email/see Ms. Wong (tina.wong@horizon.ab.ca).

Deadline is Tuesday, Jun 18, 2024.
Submit entries at the office or to Ms. Wong.

Arden T. Litt Centre for
Learning

Bottle & Car Battery Drive

Help support the
graduating class
of 2024



Collection Date:

June 03-06

Drop-off Location:

Arden T Litt High School
512 3 St S, Grassy Lake, AB
Open for donations from
9:00 am- 4:00 pm
Monday to Thursday

Or we can pick it up!

We will be coming around town!
5:00 pm-6:00 pm
Wednesday, June 5th

**FOR QUESTIONS
PLEASE CALL**

(403) 655-2211



Thank you for
supporting us with your
donations!



June 2024
Nutrition Services

Family Meals – “Dinner’s Ready!”

Sitting together for meals originated in the 18th century. Before then, households did not have tables large enough to eat around and so people ate in shifts. The centuries old tradition of sharing a meal to reconnect with friends and family still holds strong. What has changed is how busy households have become, and the frequency that we get to eat together. So how do we bring value back to the table? Or back to mealtime?

What’s the deal with family meals?

After long tiring days, busy schedules, and after school activities, eating as a unit may feel like another demanding task. Studies consistently show that eating with others has both physical and mental health benefits that span across all ages and stages. The good news is that families don’t have to eat every meal together. Eating together at least five times a week can provide positive outcomes. Eating together could be any meal of the day – breakfast, weekend brunch, dinners, it could even mean having an evening [snack](#) together. It’s having a chance to sit together and connect over your day.



Mealtimes are about connection.

To create an environment that everyone will want to be a part of, leave the pressure to eat certain foods or amounts of food off the table. Adopt neutral language when talking about food. There are no “good” or “bad” food. Labeling foods as “treats” or “junk food” can cause negative feelings about oneself when eating those foods and does not help to foster a healthy relationship with food. Check out this resource for more guidance on [Promoting Healthy Relationship With Food](#). If having dessert, offer it along with your meal and not something that needs to be earned or used as a reward. Minimize distractions where possible, this helps to support being mindful of your hunger and fullness cues, and this also allows for those around the table to engage in more enjoyable conversations. Quiet bunch? Try some of these [Family Meal Conversation Starter Ideas](#) or these [conversation ideas](#).



Freepik

Include the crew

- First figure out *how* you’re going to have family meals, then work on the *what* later.
- Make a list of everyone’s favourites.
- Meal plan together. [Meal Planning Together](#).
- Have roommates or family members all pick a dish to prepare for the meal.
- Gather ideas from others for quick and easy meals. [Quick and Easy Meals](#)
- Post a weekly calendar to know when everyone will be home.
- Offer a variety of foods so it is enjoyable for everyone.

Fun, Fast, and Fabulous Mealtime Ideas!

Taco Time

Try hard tacos, soft tacos, deconstructed taco salads or build your own taco bowl. Fill with protein choices such as chicken, fish, lean ground beef, beans, or tofu, and top with a variety of vegetables, salsa, or guacamole. The options are endless!

Pizza Night

Leftover Thursdays – Make pizza toppings with whatever is leftover at the end of the week. Decorate a full-size sharing pizza or make your own personal size pizza with whole wheat Naan bread. Plan for extras for Friday lunch!

Picnic Party

Serve a picnic family style – cut up vegetables and fruit and serve with hummus or a yogurt dip. Include proteins such as nuts, cheese, turkey sausage, boiled eggs, or chicken slices. Serve with whole grain bread or crackers or whole wheat wraps baked into triangles.

Resources, Upcoming Events & Classes

Check out these other nutrition resources!

- [One Meal at a Time](#)
- [Sample Meal Plans](#)
- We offer classes on a variety of topics including prenatal nutrition, infant and toddler nutrition, as well as professional development for childcare educators. For additional information, including registration details click [here](#)
- Find all other classes and workshops that are offered weekly [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



CHAMBERLAIN SCHOOL 2024 - 2025 CALENDAR

24-Aug				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	pd23
sm26	27	28	29	30
Student Days 3				
Teacher Days 10				

24-Sep				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				
Student Days 18				
Teacher Days 18				

Oct-24				
M	T	W	T	F
	1	2	3	4
7	8	9	10	ss11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
Student Days 20				
Teacher Days 21				

Nov-24				
M	T	W	T	F
				pd1
4	5	6	7	8
11	12	13	14	R15
18	19	PTI20	PTI21	22
pd25	26	27	28	29
Student Days 16				
Teacher Days 19				

24-Dec				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
Student Days 12				
Teacher Days 12				

25-Jan				
M	T	W	T	F
		1	2	3
pd6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
Student Days 18				
Teacher Days 19				

25-Feb				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	TC20	TC21
pd24	25	26	27	28
Student Days 14				
Teacher Days 17				

25-Mar				
M	T	W	T	F
3	4	5	6	7
pd10	11	12	R13	14
17	18	19	PTI20	PTI21
24	25	26	27	28
31				
Student Days 18				
Teacher Days 20				

25-Apr				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		
Student Days 16				
Teacher Days 16				

25-May				
M	T	W	T	F
			1	pd2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
Student Days 19				
Teacher Days 20				

25-Jun				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				
Student Days 14				
Teacher Days 14				

Student Days			
	Elem.	Jr. High	
		s1	s2
M	29	14	15
T	38	19	19
W	39	20	19
T	38	19	19
F	24	11	13
Total	168	83	85

Achievement Exams	Jan.	May	Jun.
Gr. 6 ELA Part A		28	
Gr. 6 ELA Part B			12
Gr. 6 Math Part A			13
Gr. 6 Math Part B			17
Gr. 6 Social			18
Gr. 6 Science			19
Gr. 9 ELA Part A	17	29	
Gr. 9 ELA Part B	20		12
Gr. 9 Math Part A	21		13
Gr. 9 Math Part B	22		17
Gr. 9 Science	23		19
Gr. 9 Social	24		18

NOTE:
DIPLOMA dates are draft

Student Days	168
Non-Instructional Days	32
Total Days	200

	No School for Students and School Staff
Aug 23	Division Wide PD Day (1/2 day) - no students (PD)
Aug 19-22, 27	Division Wide Time (may be assigned) - no students
Aug 28	School Staff Meeting - no students (SM)
Aug 28	1st day of school
Oct 11	Planning for Student Support (full day) - no students (SS)
Nov 1	School Based PD Day - no students (PD)
Nov 3	Daylight Savings Ends
Nov 15	Report Card sent home (R)
Nov 20	Parent Teacher Interviews (after school) (PTI)
Nov 21	Parent Teacher Interviews (no students) (PTI)
Nov 25	Joint Horizon/ATA PD Day (full day) - no students (PD)
Jan 6	Epiphany
Jan 6	School Based PD Day - no students (PD)

Jan 27	Last Day of Semester 1
Jan 28	First Day of Semester 2
Feb 20-21	Teacher Convention - no students (TC)
Feb 24	Division Wide PD Day - no students (PD)
Mar 9	Daylight Savings Begins
Mar 10	School Based PD Day - no students (PD)
Mar 13	Report Card sent home (R)
Mar 20	Parent Teacher Interviews (after school) (PTI)
Mar 21	Parent Teacher Interviews (no students) (PTI)
May 2	School Based PD Day - no students (PD)
May 29	Ascension
Jun 8	Pentecost
Jun 20	Last day for students & staff
Jun 21	National Indigenous Peoples Day

Approved: January 22, 2024

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 High School Convocation 11:00 am Grad Banquet 6:00 pm
2	3 House Team Assembly - rescheduled 8:30 am	4 Dress up like a teacher day Junior High Track and Field Zones - Lethbridge Lego Club Cancelled 3:15 pm	5	6 Sports Day	7 NO SCHOOL	8
9	10 Formal Day/Dance/Assembly	11 Last Lego Club 3:15 pm	12 Gr. 6 English PAT Part B - CANCELLED Gr. 9 English PAT Part B Social 30 Diploma - Part A	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 SCHOOL CLOSED FOR FIELD TRIP - CALGARY ZOO	15
16	17 Last Day of Pre-K	18 Deadline for yearbook cover contest Gr. 9 Math PAT Part B	19 Diploma - Social 30 Part B Gr. 1-5 Taber Field Trip Gr. 6 Social PAT	20 Summer Solstice	21 Last Day of School National Indigenous Peoples Day (regional holiday) Report Cards go home Award Ceremony 11:00 am Parent Council Lunch 12:00 pm	22
23	24	25	26	27	28	29