



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - SEPTEMBER 2024

Principal's Message

Welcome back to a new school year! Staff have been busy for the last few weeks getting ready for students to return. We are looking forward to learning together this year.

We are kicking things off with a school spirit week, taking place on September 3-6. During this week students will participate in various activities including black and yellow day, chalk painting, a school scavenger hunt, read a book day, and, on September 5 at 11:45, a welcome back lunch. All parents and families are invited to join us on Thursday to enjoy a meal. After the meal the parent advisory committee will hold its first meeting.

In the coming days students will be bringing home several forms and letters. It is very important that these are read, signed and returned to the school as soon as possible so that students are able to participate in various activities and classes. They will also be bringing course outlines or class welcome letters that share important information such as educational outcomes, assessment plans, class expectations, and more. If you would like more information, parents are always welcome to contact teachers and the office with questions.

There have been a few changes to the school handbook this year and I encourage everyone to be familiar with it. The updated handbook can be found on the school website. Two of the largest changes are connected to the personal electronic devices policy, please see the enclosed letter, and a new closed campus policy for junior high students. Junior high students will be expected to stay at the school for lunch, unless they are going home to eat. They will no longer be able to go to the store or restaurant at lunch time. Please contact the school if you have any questions about either of these changes (403-655-2211).

I am so excited to begin this school year. I truly think that it will be an amazing time of learning, growth, and fun. I also look forward to seeing everyone back around the school, please stop in anytime!

Always,

Mrs. Van Ham

Staffing for the 2024/25 School Year:

Principal	Jaimie Van Ham
Early Learning	Sheri Jonker
Kindergarten & Grade 1	Tina Wong
Grade 2 & 3	Kelsey Schalk
Grade 4 & 5	Andy Puskas
Grade 6 and 7	Tanner Kenney
Grade 8 and 9	Megan Iwan
Grade 10 & 11	Marsha Johnson
Grade 12	Ben Baker
Secretary	Caroline Crooymans
Librarian, Music, Speech	McKell Woodruff
German, Bible, Assistant	Nelly Froese
Assistant/Food Service	Kim Fletcher
Assistant	Leanna Martens
Assistant/Food Service	Judy Froese
Family Wellness Coach	Carly Piper
School Liaison Counsellor	Alicia Yetman (Thursday)
Caretaker	Al Matthews, Helena & Maria Thiessen (CHA)
Caretaker	Judy Peters (ATL)

Bell Times

Warning Bell	8:25		
Announcements	8:30		
	Grades K - 5	Grades 6 - 9	Grades 10 - 12
Morning Recess	10:05 - 10:20		
Lunch	11:50 - 12:05	11:45 - 12:05	11:50 - 12:05
Lunch Recess	12:05 - 12:20	12:05 - 12:20	12:05 - 12:20
Afternoon Recess	1:50 - 2:05		
Dismissal	3:10		

Mornings

Please remember to dress for the weather. Students will remain outside until the doors open at 8:25.

Breakfast Program

We serve breakfast every morning starting at 8:15 am for all grades. Everyone is welcome to enjoy breakfast before school starts. Students will pick up breakfast and go back outside until 8:25 am.

Nutrition Program

A healthy snack is served each day at 11:45 am. Students will be provided with a small, cold snack to supplement their lunch. Please remember to send lunch with your child.

Welcome Back BBQ

We are having a Welcome back lunch on **Thursday, September 5 at 11:45 am.** We would like to invite all families to please come and enjoy lunch with all students and staff.

Terry Fox Walk

We are asking each student to bring a Toonie for Terry. Our annual Terry Fox Run/Walk is on **Thursday, September 19 at 2:05 pm.** Any students who collect donations will be entered in a draw to win a Terry Fox tshirt. Family and friends are welcome to join as we walk on a designated path in Grassy Lake.

Picture Day

School Picture Day is on **Tuesday, October 22** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

Parent Advisory Council

The first meeting will take place after the Welcome Lunch on **Thursday, September 5.** Come by and hear what being in the PAC is all about.

The Chamberlain/ATL PAC is part of what makes our school special. It provides opportunities for students to grow, learn and engage in ways that would not be possible without the support of an active PAC. We need parents and guardians to be involved. It makes Chamberlain/ATL a better place!

Social Media

Be sure to check out Chamberlain School's Facebook and Instagram as well as our school website.

Facebook **@chamberlainschool/ATL**

Instagram **@chamberlainschoolatl**

Website **<https://chamberlain.horizon.ab.ca/>**

TERRY FOX WALK

OUR SCHOOL WILL BE HOSTING OUR
ANNUAL TERRY FOX WALK ON
THURSDAY, SEPTEMBER 19 @ 2:05 PM
FAMILY AND FRIENDS
ARE WELCOME TO JOIN US

WE ARE COLLECTING TOONIES FOR TERRY

ANYONE WHO BRINGS A TOONIE WILL HAVE
THEIR NAME ENTERED IN A DRAW FOR A
TERRY FOX T-SHIRT

THANK YOU FOR YOUR SUPPORT!



Chamberlain School

Arden T. Litt Centre for Learning

PO Box 790
512 - 3 Street South
Grassy Lake, AB T0K 0Z0



Phone: 403-655-2211
Fax: 403-655-2259

Principal: Jaimie Van Ham

August 22, 2024

Dear Parents and Guardians,

This letter is a followup to the communications sent home in June in relation to the new Alberta-wide rules regarding personal electronic use by students.

To comply with the standards and recommendations put forth by the Alberta Government and Horizon Policy, **students in grades K-9** will not use personal electronic devices, including smart phones, tablets, gaming devices, smart watches, etc. at any time during the school day.

- These devices should not be brought to school.
- If students bring these devices, they should be turned off and stored in a **locked** locker.
- The security of any devices brought to school is the sole responsibility of the student.

Students in Grades 10-12 at Arden T. Litt may bring their devices, however, they will be required to place their personal devices into classroom storage pockets at the beginning of each class. They will be returned to students at lunch time.

- Teachers may occasionally choose to incorporate personal devices for learning purposes. After which time they will be returned to their storage pockets.
- Personal devices may be used by students in grades 10-12 during spares, if all assignments have been completed and they have no outstanding distance learning projects.
- Gaming at school during spares is not allowed.
- When students in grades 10 - 12 come to Chamberlain School for classes, assemblies, lunch, or other reasons, they should leave their devices at ATL in a **locked** locker.
- The security of any devices brought to school is the sole responsibility of the student.

If parents need to speak to their child during the school day, they are welcome to call the office at 403-655-2211 and contact them that way.

Students who do not follow these expectations will face progressive consequences that are based on the number and severity of their actions. These consequences can include the following:

- Student will be asked by staff to put device away
- Conversation with student and/or parents
- Temporary confiscation, by school staff, where student and/or parent may access/collect device at a later time
- Prohibition of device on school property

I ask that parents discuss this policy with their children so that students are aware of these expectations prior to the beginning of the school year.

If you have any questions about this policy or any other school start-up related concerns, please do not hesitate to reach out (403-655-2211).

Sincerely,

Mrs. Van Ham

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number.

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

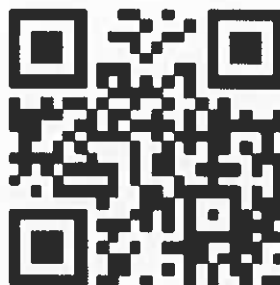
You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.



*if your number is Canada-based.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

**Opt-In from
your mobile
now!**



**Just send “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.

Head Lice

What Are Head Lice?

Head lice, or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life. Most often infestations occur in children 3 to 11 years of age.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person. Having dirty hair does not cause head lice.

Head lice cannot fly or jump and you cannot get them from your pets.

While they may be *found anywhere on the head*, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Do I Know If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

It can take up to 4-6 weeks for a person to experience itching.

The only way to be sure a person has an active case of lice is to find live lice.

Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.

Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.



Head louse



Louse egg (nit) on hair

How Do I Check for Lice?

Detection combing is the recommended method to check for head lice.

Detection combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations

Please see Head-Lice-Detection Combing handout

For a demonstration on detection combing:
www.youtube.com/watch?v=je-cWdTrhFQ

Can My Child Attend School?

Once children are treated they can return to school because:

- Head lice do not spread disease
- Children can have head lice for several weeks with no symptoms.
- The presence of nits indicates a past infestation that may not be currently active
- Cases of head lice are often misdiagnosed

How can you prevent the spread of head lice?

- Teach your children how head lice are spread (by direct contact with the head of someone with an infestation) and to avoid this kind of activity.
- It is a good idea to teach your children not to share brushes, combs or head gear such as hats, bandanas etc.
- Check your child's head for live lice once a week all year long and daily during an outbreak.
- Head-to-head contact may be less if long hair is braided or tied back.

There are 5 main components to Off-Campus

1. Work Experience
2. GREEN Certificate Program
3. Registered Apprenticeship Program (RAP)
4. Dual Credit Programming
5. CareersNextGen

Work Experience

- Earn up to 15 credits toward your high school diploma
- Helps to build your resume prior to high school graduation
- The experience of working can help guide your career choices
- Earn yourself a credit buffer
- Some students need to work - it is good to get credit for this
- Work Experience grades can sometimes be counted toward scholarships
- In order to enter into a paid Work Experience agreement, you will need to get yourself a job. We do not find you the jobs.
- Part time jobs, volunteer jobs, in-school teacher assistant work all count. We do not accept hours that are during your school timetable, and all hours worked must be between 7AM and 10PM. You are a student first.
- HCS3000 - Workplace Safety Systems - must be successfully completed before you may begin earning credit in Off Campus.
- You must fill out an Off Campus agreement form prior to earning credits.
- After a 75 hour - 3 credit minimum, you can earn one credit per 25 hours of work.
- Your employer will evaluate your performance, which factors into your marks.

GREEN Certificate

- The Green Certificate Program allows grades 10-12 students to earn up to 16 high school credits.

- | | | | |
|-----------|------------|------------|----------------|
| Beekeeper | Cow/Calf | Dairy | Equine |
| Feedlot | Field Crop | Greenhouse | Irrigated Crop |
| Poultry | Sheep | Swine | |

- (You, the student) Find a farm, ranch or greenhouse that can provide hands-on training (this program is learning by doing). This training may occur on a home farm, etc.
- Complete the required 1 credit safety course, AG 3000

- Receive the training manual, work, learn and have your skills signed off by your trainer.
- You must complete at least one test in a year. Tests are all oral and are given at set times throughout the year.

Visit <https://www.alberta.ca/green-certificate-program> for more details.

Registered Apprenticeship Program - RAP

- Get a head start on a trade
- Earn up to 40 Credits (whoa, really!)
- Build your skill set and your resume
- Get hands on experience, and decide if a career in that trade is right for you

Process - students that apply are screened. The RAP program is not going to fit everyone, and it can be quite difficult working and keeping up with your high school courses.

Employers will meet with you and decide if you would be a good fit with their company. **Direct Supervisor** must have journeyman qualification.

You must maintain your apprentice (blue) book and tradesecrets website account to stay in good standing. Students are also required to register for a MyAlberta digital ID.

Visit www.tradesecrets.alberta.ca for a detailed description of all 50 trades in Alberta.

Dual Credit Programming

Dual Credit is an optional and competitive program that allows students to take a course at a college (usually Lethbridge Polytechnic for Horizon students). The main benefits are:

- Earn high school and college credit **AT THE SAME TIME**
- Have access to college instructors and facilities
- Cost of the course is covered by Horizon School Division (even books!)

Website: <https://lethbridgecollege.ca/programs-and-courses/dual-credit>

August 28, 2024

Dear Parent/Guardian:

Horizon School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. To enhance safety and security, division protocol requires Violence Threat Risk Assessment (VTRA) training of School Administrators, Family School Liaison Counsellors and district staff in order to ensure a multi-disciplinary approach.

When students' behaviours pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment (VTRA) Protocol helps Administrators take steps to protect students' well-being. The protocol helps schools respond quickly to worrisome behaviours and/or threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The protocol requires trained school staff, division staff and community partners, as a team to complete an Assessment of Risk to Others (ARTO) in all cases where students makes threats to harm others. The purpose of the ARTO process is to use the knowledge, skill and experience available to assess level of concern so that appropriate interventions can be identified to protect individuals from harm and to ensure a climate of safety in schools and the community. As noted above, a multi-disciplinary approach is used. Please be assured that the school team will be taking measures to deal with all known threats/high risk behaviors in a positive and proactive manner. If the school team invites you to a meeting to discuss safety concerns about your child, please be assured that our protocol is being followed and that the goal is safety.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behaviour. The purpose of the VTRA protocol is to support students and their families in addressing these worrisome behaviours. We believe that students demonstrating such behaviours require a team to support them. Administrators may first bring together a School Threat Assessment Team, which ideally includes the Principal/Vice-Principal, a school-based clinician/jurisdictional lead, and police. If the situation is serious, the Principal may also consult with the Superintendent of Schools, and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safe such as local police, children's mental health organizations or Human Services. Parents and guardians will be notified as soon as possible in the Stage I-VTRA process. If parents/guardians cannot be reached, or if they choose not to provide consent, but a concern for safety still exists due to threatening behaviour, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

As always, student safety is our first priority. If you have any questions regarding Horizon School Division, Southwest Alberta Regional VTRA Protocol, please contact Angela Miller at 403-634-9767 or angela.miller@horizon.ab.ca

Sincerely,

Jaimie Van Ham, Principal
Chamberlain School
Arden T. Litt Centre for Learning

The Horizon School Division is committed to creating and maintaining safe and caring school environments in which students, staff, parents, and others feel safe. Any threat of violence will not be tolerated by Horizon School Division schools.

Student Threat Assessment

Fair Notice and Process



horizon⁺
school division

6302-56 Street • Taber, AB • T1G 1Z9
Phone: 403-223-3547 Fax: 403-223-2999

Student Threat Assessment:



What behaviours initiate a Student Threat Assessment?

A Student Threat Assessment will be initiated when behaviours include, but are not limited to: serious violence or violence with intent to harm or kill, verbal/written threats to harm/kill others, Social Media/Technology generated threats to harm/kill others, hate incidents motivated by factors including, but not limited to, race, culture, religion and/or sexual and gender diversity, possession of weapons (any object that is used, or intended to be used, to threaten or harm another person, including replicas), bomb threats and fire setting.

Duty to Report

Often when we hear in the media about a violent incident, we learn that the individual of concern had made threats in advance of acting violently. To keep school communities safe and caring, staff, parents, students, and community members all need to act responsibly and report all threat-related behaviours and high-risk activities.

What is a threat?

A threat is an expression of intent to do harm or act out violently against someone or something. Threats may be verbal, written, drawn, posted on the Internet or made by gesture. Threats must be taken seriously, investigated, and responded to appropriately.



Horizon School Division Policy link:

<http://horizon.ab.ca/documents/general/IFC.pdf>

Go to www.horizon.ab.ca Click on "Board". Click on "Policy Manual." Click on "I-Students." Scroll down to policy code IFCI and click on this link to view the Threat Assessment Protocol.

Fair Notice and Process

What is a Threat Assessment Team?

A threat assessment team is a multi-disciplinary group of people which may include the Clinical Team Leader (CTL)/Psychologist, Principal, Family School Liaison Counsellor (FSLC) and Police. Other individuals may be included on this team as necessary.

What is the purpose of a Student Threat Assessment?

The purpose of a Student Threat Assessment is to complete an Assessment of Risk to Others (ARTO) in all cases where students make threats to harm others to:

- Ensure the safety of students, staff, parents, and others.
- Ensure a full understanding of the context of the threat.
- Begin to understand the factors that contribute to the individual of concerns' behaviour.
- Be proactive in developing an intervention plan that addresses the emotional and physical safety of the individual of concern.
- Promote the emotional and physical safety of all.

What happens in a Student Threat Assessment?

The Process:

- All threat making behaviour(s) by a student(s) shall be reported to the principal who will activate the protocol for the initial response.
- Once the multi-disciplinary team has been activated, interviews may be held with the student(s), the threat maker, parents, and staff to determine the level of risk and develop an appropriate response to the incident.
- As part of the threat assessment process, information will be collected from online sources and obtained from open-source sites.
- Intervention plans will be developed and shared with parents, staff and students as required.

If you have further questions, please contact our Threat Assessment Leader (CTL) Angela Miller at 403-634-9767



Can I refuse to be a part of the Student Threat Assessment process?

It is important for all parties to engage in the process. However, if for some reason there is a reluctance to participate in the process, by the individual of concern or parent/guardian, the threat assessment process will continue in order to ensure and restore a safe and inclusive learning environment for all.

Horizon School Division

Mission Statement:

Engaging and Empowering all Learners.

Vision

Students will gain the knowledge and skills to be contributing citizens and the desire to develop as life-long learners.

Statement of Values

Horizon is a learning community that values

- continual improvement
- inclusion and respecting diversity
- fostering effective relationships
- welcoming, caring, respectful, and safe learning environments
- collaboration
- accountability



horizon
school division

6302-56 Street

Taber, Alberta T1G 1Z9

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www.horizon.ab.ca



Nutrition Times

September 2024 Nutrition Services

Nutrition & Brain Health



Image by Freepik

We all know that nutrition supports our overall health, but did you know that it also supports our brain health? Nutrition plays a major role in the development of the brain in children and youth. It also plays an important role of maintaining brain health as we age. Nutrition to support brain health is a timely topic with September being [World Alzheimer's Month](#) and with students heading back to school to learn.

Nutrients to Support Brain Health

Some key nutrients to support brain health include **protein, zinc, iron, choline, folate, iodine, vitamin D, B6, B12 and omega 3 fatty acids**. Following [Canada's food guide](#) is one of the easiest ways to get the nutrients to support your brain health. The food guide also supports cardiovascular health which supports good blood flow to the brain.

Simple Additions to your Diet

Include **berries** to your diet. Berries are high in antioxidants which protect your brain from oxidative damage.



Image by Freepik

Sprinkle fresh blueberries on your morning cereal or [pancakes](#). Enjoy a [yogurt parfait](#) with mixed berries. Make [overnight oats](#) with berries. Add berries to a salad or in a [smoothie](#).

Include more **dark leafy greens** to increase nutrients like folate which plays a role in the production of neurotransmitters and the maintenance of myelin coating of neurons in the brain. Have a [spinach salad with berries](#) or enjoy a [cobb salad](#).



Image by Freepik

Eat more **whole grains, legumes, nuts and seeds** rich in folate acid, B vitamins and fibre. Higher fibre foods encourage the growth of beneficial bacteria in the gut and may help suppress harmful ones. Newer research is uncovering the role of a healthy gut to supporting the brain. Enjoy a [chicken and bean quesadillas](#), [apple berry crisp](#) or [berry brunch bake](#). Sprinkle nuts on cereal, yogurt, or a salad.

Include fatty fish rich in **omega 3 fatty acids** and **vitamin D** more often. Omega 3 fatty acids play a key role in brain development and brain health across the lifespan. Vitamin D plays a role in neurotransmission. Try some [grilled salmon](#), easy [fish cakes](#) or enjoy sardines on crackers as a snack.



Back-to-School Fuel for Brain Power

There's a close link to nutrition and learning. A healthy diet helps improve focus, memory, brain function and moods. Include complex carbohydrates like [whole grains](#) and [legumes](#) which supply a steady supply of glucose to support brain function. Fill half of their lunch with [vegetables and fruit](#). Include a [protein](#) choice. Pack a refillable [water](#) bottle and stay hydrated. Watch [here](#) for school lunch tips and visit

Image by Freepix

AHS [here](#) for ideas for lunches, snacks, drinks, and peanut/nut free choices.

The Mediterranean and MIND Diets both support brain health. Learn more here:

- [The Mediterranean style of eating](#)
- [Brian Health Food Guide](#)
- [Brain-healthy tips to reduce your risk of dementia.](#)

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](#) including *Easy & Healthy Mediterranean Cooking Online Class* [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

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO SCHOOL	3 Black & Yellow Day School Spirit Week	4 Scavenger Hunt School Spirit Week	5 School Spirit Week Welcome Back Lunch 11:45 am	6 Read a Book Day School Spirit Week	7
8 Literacy Day	9	10	11	12	13	14
15	16	17	18	19 Terry Fox Walk 2:05 pm	20 NO SCHOOL	21
22 Fall Solstice	23	24	25	26	27 Orange Shirt Day	28
29	30 NO SCHOOL					

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 World Teacher's Day
6	7	8	9	10	11 NO SCHOOL - PD DAY	12
13	14 NO SCHOOL	15 Scholastic Book Fair	16	17	18 Family Movie Night 6:00 pm	19
20	21 Scholastic Book Fair	22 Picture Day	23	24	25 NO SCHOOL	26
27	28	29	30	31		

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	NO SCHOOL 2	VEGGIES 3	FRUIT & YOGURT 4	WELCOME BACK LUNCH 5	LEFTOVERS 6	
1						7
	CHEESE & CRACKERS 9	CAESAR SALAD 10	SMOOTHIES 11	WATERMELON 12	LEFTOVERS 13	
8						14
	VEGGIES 16	FRUIT & YOGURT 17	VEGGIE & HAM KABOB 18	ENERGY BITES & ORANGE SLICES 19	NO SCHOOL 20	
15						21
	APPLES & DIP 23	CHEESE & CRACKERS 24	SMOOTHIES 25	CAESAR SALAD 26	LEFTOVERS 27	
22						28
	NO SCHOOL 30					
29						