



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

*Facebook: @chamberlainschool/ATL*

*Instagram: @chamberlainschoolatl*

## **NEWSLETTER - OCTOBER 2024**

### **Principal's Message**

Welcome to October, everyone! We've had a busy and exciting September startup. Students and staff have been fully immersed in activities, kicking off the year with School Spirit Week, a successful Terry Fox Walk, and several meaningful events to mark Truth and Reconciliation Day, all while balancing regular classroom learning.

A big thank you to everyone who helped plan and run these activities. Your hard work and dedication made these events a success, and we truly appreciate all the effort that went into organizing them.

As we move into October, we're excited to continue building on this momentum with even more great opportunities. This month will feature the Scholastic Book Fair, a Family Movie Night, and the re-launch of the Community Library Lego Club.

Alongside these activities, we are proud of the high-quality learning and interesting 'extras' happening daily in our classrooms, thanks to the commitment of our fantastic staff and the enthusiasm of our students. Some of these include trades and agriculture activities for our students in grade 7-12 to participate in.

Here's to a great October ahead!

Mrs. Van Ham

## Family School Liaison Program (FSLP)

Is your child in need of a counsellor? The counselling services provided by the program are free of charge and are provided to students and their families within the Horizon School Division. The program is designed to offer support for children, youth, families and school staff with the general goal of improving the student's personal, social and academic success. The program provides a link between home and school for the student and family.

Our counsellor is Alicia Yetman.

FSLP also has a Facebook page called [Mental Health in Horizon School Division](#). This page updates and informs parents and students about mental health issues. You can also click on this link for more information about the FSLP:

<https://www.horizon.ab.ca/programs/family-school-liaison-program2>

If you have any questions, please call the school at 403-655-2211

## Terry Fox Walk

Chamberlain School held their annual Terry Fox Walk on Thursday, September 19. The theme this year is "No Matter What". Everyone who brought in monetary donations had their name entered for a draw to win a Terry Fox t-shirt. The winner of the draw was Ashley Redecop. A member of the Taber RCMP detachment was able to join us and lead all staff and students on a walk in the community in honour of Terry Fox.

## Picture Day

School picture day is set for **Tuesday, October 22** beginning at 8:45. Lifetouch photography will once again be taking our pictures.

## 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.

## Parent Council Lunches

Below is a list of Parent Council lunches for the 2024-2025 school year. Parent Council will be preparing and serving lunch on the days listed below.

If you would like to make a one-time payment for all lunches for the school year, please send a cheque payable to Chamberlain School Fundraising Society or cash to the school office. The cost of each meal is \$7. Total cost for the year is \$49 for 7 meals. Parent Council has also set up payment through e-transfer. Please contact Jocelyn Torrie for more information.

We will continue to send home forms each month for those that prefer to order monthly.

October 10	Helen Loewen	Mennonite Beef Vegetable Soup & Bun
November 14	Maria Redekop	Burgers
January 16	Anna Froese	Bowl of Pasta
February 13	Jocelyn Torrie	Taco in a bag
March 13	Tausha Torrie	Pizza
April 10	Krista Harding	Grilled cheese
May 8	Krista Harding	Pizza

\*Each meal will also include a juice box and treat.

**REMINDER - PARENT COUNCIL MEETING ON WEDNESDAY, OCTOBER 9 @ 8:30 AM**

## 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**

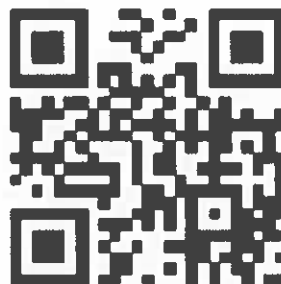
You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.



\*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](http://schoolmessenger.com/txt) for more info.

**Canadian Dental Care Plan – applications now open for children under 18!**

Did you know that poor oral health causes more than two million missed school days per year? In Canada, 57% of children 6 to 11 years of age have had a cavity, while tooth decay accounts for one-third of all day surgeries performed in hospitals for kids between the ages of 1 and 5.

The **Canadian Dental Care Plan (CDCP)** helps cover the cost of several oral health care services that can help keep your children’s teeth and gums healthy. This includes services such as examinations, cleanings, fluoride application and sealants, and restorative work (fillings).

Applications for the CDCP are now open for children under 18—find out if your child is eligible and apply today at [Canada.ca/dental](https://Canada.ca/dental).



**Find out how  
the Canadian Dental  
Care Plan can help you  
get oral health care.**

Visit [Canada.ca/dental](https://Canada.ca/dental)

# STAY & PLAY

## WHAT

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.

## WHEN

Thursdays, September 12 - December 12  
9:30-11:00 am

## WHERE

Grassy Lake Chamberlain School  
600 3 St, Grassy Lake

## FOR MORE INFORMATION

**Kim**  
403-394-8657  
[Kim.Forchuk@fcss.ca](mailto:Kim.Forchuk@fcss.ca)







## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

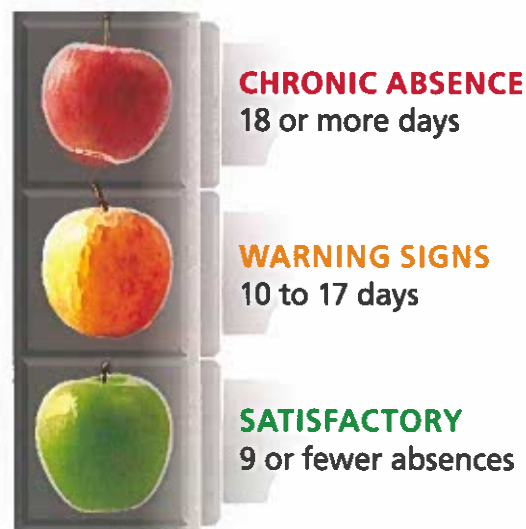
**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.**

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

Revised April 2024

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.





**Attendance  
Works**

## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and on the job.

### **DID YOU KNOW?**

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### **WHAT YOU CAN DO**

#### **Make school attendance a priority**

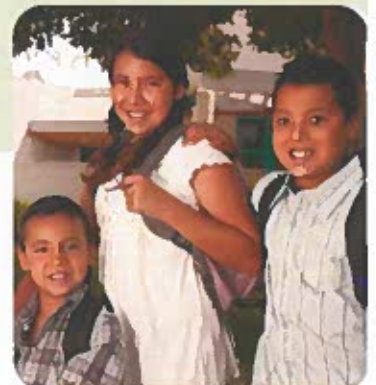
- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- Keep your student healthy. If you are concerned about about a contagious illness, call your school or health care provider.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### **Help your teen stay engaged**

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor you teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Support your students if you notice signs of anxiety, and if needed, seek advice from your school or health provider

#### **Communicate with the school**

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.



Revised April 2024

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

# Nutrition Times

October 2024 Nutrition Services

## The Scoop on Sugar



Image by [Freepik](#)

Sugar is a carbohydrate, which our bodies use as a main source of energy. Sugars are found naturally in a variety of foods like fruits, dairy products, grains and some vegetables. We call those 'natural sugars.' These foods contain many other important nutrients that are important for our health. Sugar can also be added to some foods, like sweetened drinks, candy and baked goods. These are referred to as 'added sugars.' It is beneficial to limit the amount of added sugar we eat, but some can still be included in a balanced diet.

### How to spot sugar

You will find a list of ingredients on packaged foods. This can help identify if sugar is added to a food product. Natural sugars are not included in the ingredient list. Ingredients are listed by weight, so if you see sugar in the first few ingredients, that food is likely high in added sugar. Health Canada recently made food labelling changes, making it easier to identify sugar:

**Ingredients:** Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
**Contains:** Wheat • Egg

Source: [Health Canada](#)

### Reading food labels

We can use the Nutrition Facts table to see the total amount of sugars in a food product. However, it does not show the difference between added sugar and natural sugar. The Nutrition Facts table gives information about the total amount of sugar in that serving size:

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
<b>Calories 110</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 26 g</b>	
Fibre / Fibres 0 g	0 %
<b>Sugars / Sucres 22 g</b>	<b>22 %</b>
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Source: [Health Canada](#)

We can also use the % Daily Value (%DV) to help determine if there is a lot or a little of certain nutrients in a packaged food. In this food product, we can see it provides 22% of the recommended daily amount of sugar. That would be classified as 'a lot'. The %DV can also be useful to compare similar products.

### Are some sugars better than others?

Other added sugars like agave, maple syrup, brown sugar or honey may seem like healthier options, but all added sugars are used very similarly by the body. Sugar substitutes like sucralose, aspartame or stevia do not contain calories or raise blood sugar like sugars do.

## Can I include some sugar in my diet?

- Of course! Canada's Food Guide does recommend limiting food and drinks with added sugar, but all foods can fit into a healthy diet.
- Avoid classifying foods as "good" or "bad". A higher sugar food is not a "bad" food, it is simply a food that we may enjoy from time to time.
- Sometimes, if we over-restrict a food, we end up craving it more and eating larger amounts. Instead, try giving yourself permission to include your higher sugar favorites at times, and listen to your body as you enjoy them mindfully.
- Try to focus on eating regular, [balanced meals](#) to help keep you energized and satisfied throughout the day.



Image by [Freepik](#)

### To learn more, check out these additional resources:

- [Label Reading the Healthy Way](#)
- [Explore Your Relationship with Food](#)
- [Sugar and sweeteners](#)
- [10 Principles of Intuitive Eating](#)

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



# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 School Clothing Orders Due Yearbook Orders Due Lego Club 3:00 pm	2	3 Lunch Order Due Stay & Play 9:30 am	4	5 World Teacher's Day
6	7 Cinnamon Bun Orders Due	8 Lego Club 3:00 pm	9 Parent Council meeting 8:30 am	10 Parent Council Lunch Stay & Play 9:30 am	11 NO SCHOOL - PD DAY	12
13	14 NO SCHOOL Thanksgiving Day (regional holiday)	15 Scholastic Book Fair Lego Club 3:00 pm	16 Scholastic Book Fair	17 Scholastic Book Fair Stay & Play 9:30 am	18 Scholastic Book Fair Family Movie Night 6:00 pm	19
20	21 Scholastic Book Fair	22 Picture Day Lego Club 3:00 pm	23	24 Stay & Play 9:30 am	25 NO SCHOOL	26
27	28	29 Lego Club 3:00 pm	30	31 Stay & Play 9:30 am		

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO SCHOOL - PD DAY	2
3 Daylight Saving Time ends	4	5 Lego Club 3:00 pm	6	7 Stay & Play 9:30 am	8 Remembrance Day Ceremony	9
10	11 NO SCHOOL	12 Lego Club 3:00 pm	13 World Kindness Day	14 Parent Council Lunch Cardboard Boat Race 9:00 am Stay & Play 9:30 am	15 Report Cards Go Home	16
17	18	19 Picture Retake Day Lego Club 3:00 pm	20 Children's Day Parent Teacher Interviews After School 3:30 pm	21 NO SCHOOL - PARENT TEACHER INTERVIEWS 8:30 am Stay & Play 9:30 am	22 NO SCHOOL	23
24	25 NO SCHOOL - PD DAY	26 Lego Club 3:00 pm	27	28 Stay & Play 9:30 am	29	30