



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - NOVEMBER 2024

Principal's Message

After a busy October, full of learning, events like the Scholastic Book Fair, Family Movie Night, and more, we are already headed into November. Thank you so much to everyone who supported those events. It is wonderful to see families and community members in the school and I hope that continues in the coming months!

Grade 9 students were able to participate in Headstrong activities in October, and will be our school leaders going forward as they tackle student mental health by creating presentations, hosting events, providing snacks, and anything else they can come up with.

Student Council has also been busy planning their events and have decided to start with a Fanatic Fan day where students can come dressed in their favourite team's colours!

For November, the whole Jr. High is headed to Lethbridge Polytechnic on the 6th to participate in a careers in agriculture information and activity day, then some of the grade 8s will head to Lethbridge again for Sail & Bail (used to be called Cardboard Boat Races) on the 14th.

We also have two major events happening on November 8th, and all community members are welcome to attend. At 10:45 is our school Remembrance Day ceremony, where students will be presenting poems, songs, or readings. In the afternoon of the 8th, the My City Care Clothing & Toy Fest will be held at the school. Everyone is welcome to come and pick up free clothes and toys as needed.

Teachers are busy working on report cards, which will go home on November 15th. Parent Teacher interviews are in the afternoon and evening of November 20th and in the morning of November 21st. Please book an appointment when forms go home, but of course parents and guardians are also welcome to come in to talk to their child's teacher at any time and are welcome to book meetings throughout the year.

Thank you so much for your ongoing support of the school, teachers, and learners!

Always,

Mrs. Van Ham

****Important Reminder - If your child is absent from school, please phone the school office at 403-655-2211 or email caroline.crooymans@horizon.ab.ca to let us know the reason your child is absent.**

Report Cards

Report cards will be sent home with students on Friday, November 15

Parent/Teacher Interviews will be held as follows:

Wednesday, November 20 from 3:30 – 7:00 pm

Thursday, November 21 from 8:30 – 12:00 noon

****If either of these days do not work, please let us know and we can reschedule for another day and time****

Please return the attached interview request form on or before Tuesday, November 19.

You can also phone the school at 403-655-2211 or send an email to

caroline.croymans@horizon.ab.ca to request a time.

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

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.

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/>**

BUY 2024 / 2025 YEARBOOK AD SPACE

Purchased ad space will help support the Chamberlain/ATL school yearbook. Please consider advertising your business or farm, or a special congratulations to our graduates!

Pricing

1/2 Page \$100.00

1/4 Page \$50.00

1/8 Page \$25.00

Help us keep yearbooks affordable!

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**

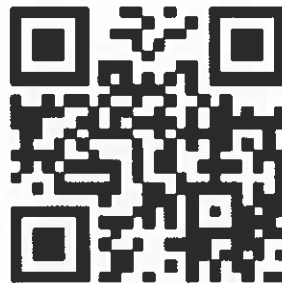
You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".



*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.



Trades 4U for students and parents/guardians

WHY?

Lethbridge School Division, Holy Spirit School Division, Palliser School Division, Horizon School Division, Coaldale Christian School, Providence Christian School and Calvin Christian School, are planning a similar event in November. The best way for students to pique their interest in the skilled trades is to try them. It will be an evening event to accommodate parents/guardians.

WHAT?

A unique opportunity for students interested in careers in the trades to get some first-hand experience in real-world settings with local employers. Students and their parents will spend an evening at various sites learning from skilled tradespeople in a hands-on environment. Students will receive a brief orientation and tour of the site and proceed to learn some new skills related to specific trades in a small group setting.

WHEN?

Wednesday, November 27, 2024, from 4:00-6:00 p.m.

IMPORTANT POINTS

- The students will be covered for WCB by Alberta Education.
- You determine how many students you can accommodate and the length of the evening.
- We will create a sign-up platform and will inform you by November 21 how many students have signed up for your business.
- The event will be open to students in Grade 9 to Grade 12.
- We would like to have participating businesses from throughout southern Alberta, as we are involving the area school divisions.
- If you are receiving this through the LCA newsletter and you would like to be involved please contact Andrew Krul at 403-894-0375 or email at andrew.krul@lethsd.ab.ca

MORE INFORMATION:

Call/Text Bryan @ 587-370-7187, or by email bryan.pritchard@horizon.ab.ca

Or, Scan this QR Code Link





Nutrition Times

South Zone Healthy Eating Newsletter

Keeping your Gut Health in Check



Image by Freepik

What is gut health? Gut health is the well-being of your digestive system, which is a complex system that breaks down food, absorbs nutrients and removes waste. While the organs do most of the hard work, there are helpful bacteria in the gut that play an important role in supporting the digestive system and improving your health. What you eat can affect the type and number of bacteria you may have and may impact how you feel each day.

Good gut health improves more than your bowel movements and other gut-related symptoms. It can improve your immune system, mood, prevent disease and more.

How to Improve Gut Health

Choose Foods with Fibre

Fibre can **add bulk** and **soften stools**, keeping your body healthy.

Helpful bacteria use fibre to help **lower inflammation** and improve health.

Examples of foods sources with fibre:

- Oranges, apples, pineapple, kiwi;
- Celery, broccoli;
- Oats, quinoa, whole grain pasta;
- Beans, legumes, lentils



Image by Freepik

Read [here](#) to learn more about daily needs and sources of fibre

November 2024
Nutrition Services

Choose Fermented Foods

Fermented foods contain **live bacteria (probiotic)** that can **support the helpful bacteria** already found in the gut.

Adding a serving of fermented food a day can have gut health benefits.

Choose fermented foods that are refrigerated. Some fermented foods also have fibre.

Examples of fermented foods:



Limit Intake of Processed Foods

Processed foods are often high in added sugar, sodium, saturated fats and food additives. They can **impact the balance of helpful bacteria** and **may cause or worsen inflammation**.

Examples of processed foods:

- Potato chips, pretzels;
- Ice cream, cookies, cakes;
- Fast food like burgers, pizza.

Read food labels to choose foods that are lower in added sugar, sodium and saturated fat.

- ≤ 5% of DV (daily value) is little
- ≥ 15% of DV (daily value) is a lot

Tips to Support Gut Health

- Add berries to your [breakfast oats](#) to increase fibre and antioxidants
 - Sprinkle chia seeds for extra fibre;
- Create a [yogurt parfait](#) with fruit and homemade granola or bran cereal for a snack with fibre, probiotics, and antioxidants;
- Try a variety of greens such as Swiss Chard, kale, arugula, for more fibre and nutrients;
- Use high fibre flour when making food at home such as oat or whole wheat flour;
- Cook at home more often to lower added sugar, sodium, saturated fat and food additives;
- Add different colorful foods daily for antioxidants that can help lower inflammation and improve health (fruits, vegetables, herbs, spices);
- Top your salads with sauerkraut or kimchi for added fibre and probiotics.



Images by Freepik

To learn more, check out these additional resources:

- [Nurturing your gut-brain connection for whole body health](#), *Heart & Stroke Foundation*
- [Probiotics](#), *myHealth Alberta*
- [Fibre Facts](#), *Nutrition Services AHS*
- [Label Reading the Healthy Way](#), *Nutrition Services AHS*

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

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO SCHOOL - PD DAY	2
3 Daylight Saving Time ends	4	5 Fanatic Fan Day Lego Club 3:00 pm	6	7 Stay & Play 9:30 am	8 Remembrance Day Ceremony 10:45 am My City Care Clothing & Toy Fest 1:00 pm	9
10	11 NO SCHOOL Remembrance Day (regional holiday)	12 Lego Club 3:00 pm	13 World Kindness Day	14 Parent Council Lunch Sail & Bail 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

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12 Days of Christmas	3 Lego Club 3:00 pm	4	5 Stay & Play 9:30 am	6 NO SCHOOL	7
8	9	10 Lego Club 3:00 pm	11	12 Christmas Concert Stay & Play 9:30 am	13 NO SCHOOL	14
15	16	17 Lego Club 3:00 pm	18	19	20 NO SCHOOL	21 Winter Solstice
22	23 Christmas Break	24	25	26	27	28
29	30	31				



Winter Fundraiser

Growing Smiles
FUNDRAISING

2024



Approximate Poinsettia Sizes:

6.5" pot
14 to 16" tall and 13 to 16" wide



\$15

6.5" Premium Poinsettia

A Holiday Favorite! Brighten up any room this winter with a vibrant poinsettia. Available in red and white, the poinsettia is perfect for your home, hotels, restaurants and banks over the holidays.



\$50

Outdoor Greenery Arrangement

Welcome your guests in from the cold with this large, beautiful and fresh holiday greenery arrangement. Pinecones, berries and a large red bow complete the festive look. Standing at 2 feet tall this statement piece is sure to inspire the joyful spirit!



\$35

Indoor Tropical Planter

Add a festive look to your table with a mixed tropical planter. There are four different plant varieties planted in these rectangular holiday themed tins. **Planter container designs do vary and cannot be requested.**



\$35

Hanging Greenery Bough

Greenery that is versatile! A fun, vintage burlap bag holds premium greens and red ilex berry branches. Completing the look are holiday picks like a bow and a pinecone. Lean it up against stairs, benches or your home and hang from your door.



\$35

Holiday Wreath

A Holiday Wreath is a classic door upgrade. Fresh noble, cedar and juniper decorated with a large plaid bow, frosted pine cones and red berries are sure to give you and your guests a homey warm feeling from the outside.



Approximate Greenery Arrangement Size

12" Diameter pot
2 feet tall and 13 to 16" wide

All items may not be exactly as shown. We have a variety of plant/greenery mixes, containers and holiday features.

