



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

*Facebook: [@chamberlainschool/ATL](https://www.facebook.com/chamberlainschool/ATL)*

*Instagram: [@chamberlainschoolatl](https://www.instagram.com/chamberlainschoolatl)*

## **NEWSLETTER - DECEMBER 2024**

### **Principal's Message**

Dear Chamberlain/ATL School Families,

As we enter the festive month of December, our school is buzzing with excitement and holiday cheer! The upcoming weeks will be filled with engaging activities as part of our 12 Days of Christmas Events. From Stuff the Sleigh, supporting Safe Haven and the Taber Food Bank, to our creative endeavors like ornament crafting and the much-anticipated Reindeer Games, there's something for everyone to enjoy. We'll also be decorating cookies, creating Christmas cards for seniors, and enjoying a cozy PJ Day. We will be hosting 2 free lunches in December for all students and staff. The first on December 12 is a Pancake lunch sponsored by Farm Credit Canada and the second is a Ham Christmas dinner on December 18 sponsored by TNT Pollination. Thank you to both sponsors! The full calendar of activities ensures a joyful build-up to the holiday break while keeping our school community connected and festive.

A special highlight this month is our Christmas Concert, taking place on Tuesday, December 12, at 6:30 PM. This event promises to be a fun showcase of student talent and holiday spirit. We extend our gratitude to the Parent Council for sponsoring treats for the evening and look forward to welcoming families to celebrate the season together.

I want to thank all parents and guardians who took the time to complete the Horizon Survey. Your feedback is invaluable in shaping the future of our school and ensuring we continue to meet the needs of our students.

Despite the festive fun, learning remains a top priority at Chamberlain School. I am proud of the high-quality education that continues to take place in our classrooms, even amidst the holiday excitement. Our dedicated staff work tirelessly to balance rigorous academics with meaningful seasonal activities, creating a dynamic and supportive environment for all learners.

Finally, on behalf of our entire team, I want to wish all of you a joyful and restful holiday season. May your time with loved ones be filled with warmth, laughter, and plenty of holiday spirit.

Warmest wishes,

Mrs. Van Ham

## **12 DAYS OF CHRISTMAS**

As part of our 12 Days of Christmas Events, we will be collecting items to donate to Taber Food Bank and Safe Haven. Deadline for donations is **Thursday, December 12.** Thank you in advance for your generosity and helping those in need. Attached is a list of most needed items.

See attached Calendar for other events happening in and around the school.



# Nutrition Times

South Zone Healthy Eating Newsletter

## Wake Up to Breakfast Everyday

December 2024



There are many good reasons to start the day with a healthy breakfast.

- It can help you and your family have more energy for school, work, and play.
- People who skip breakfast often have low intakes of calcium, iron, and fibre and these are important nutrients for growth and health.
- Eating breakfast may improve memory, focus, and readiness to learn

Breakfast can be simple and still meet your nutrition needs! Use Canada's Food Guide, Food Guide Snapshot to plan your breakfasts.



Canada's Food Guide, Food Guide Snapshot

### Not a Breakfast Eater?

If you are not used to eating early in the morning, try eating breakfast one hour after you wake up. Or try having 1 or 2 of the foods below:

- Piece of fruit
- Hardboiled egg
- Half a whole grain bagel with cheese or nut butter
- Small bran muffin
- Lower fat cheese
- Low fat yogurt
- Unsweetened applesauce
- Unsalted nuts
- Whole grain cereal
- Fruit and nut bar



**Tip! Try to prepare breakfast or set the breakfast table the night before to save time in the morning.**

**Tip! Look for cereals and grains with more than 2 grams of fibre per serving listed on the label.**

## Need some great breakfast ideas?

Whole grain hot or cold cereal with milk and fruit.



Small oatmeal muffin, yogurt, and an orange.



Whole grain crackers, cheese, and an apple.



Leftovers: soup, pasta, casserole, etc.



### Resources:

For all of this information and more including breakfast ideas: [Wake Up to Breakfast Every Day](#)

For even more breakfast ideas:

- [Canada's Food Guide Recipes](#)
- [Cookspiration: Breakfast and Brunch](#)
- [Inspiring Healthy Eating](#)

For tips on boosting the amount of fibre and protein in your breakfast visit: [Make a Change](#)

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



# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12 Days of Christmas Begins Bulletin Board Decorating, Stuff the Sleigh, Christmas Ornament Craft, Elf on the Shelf	3 Christmas Coloring Contest, Oven Mitt Unwrapping Gift Lego Club 3:00 pm	4 Guess the Snowball Jar, Christmas Cards for Seniors Basketball game at CHA 3:40 pm	5 Christmas Cookie Decorating PJ Day Stay & Play 9:30 am	6 NO SCHOOL	7
8	9 Grinch Day	10 Reindeer Games @ 2:00 Lego Club 3:00 pm	11 Christmas Sweater Day Photo Scavenger Hunt @ 2:05	12 Christmas Pancake Lunch Food Bank & Safe Haven Donations Deadline Stay & Play 9:30 am Christmas Concert (doors open at 6:30) Please bring a food/toiletry item for donation 7:00 pm	13 NO SCHOOL	14
15	16 Chocolate Scavenger Hunt	17 Hot Chocolate, K - 5 Festive Fun Afternoon @ 2:00 Lego Club 3:00 pm	18 Free Ham and Potato Lunch for all students & staff Wear Christmas Colors Winter Walk @ 2:45	19 Christmas Movie & Treats K - 5 PJ Day K - 5 Rock the Halls Field Trip 6 - 12	20 NO SCHOOL	21 Winter Solstice
22	23 Christmas Break	24	25 Merry Christmas 🎄	26	27	28
29	30	31				

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!	2	3	4
5	6 Epiphany NO SCHOOL - PD DAY	7 First Day Back Lego Club 3:00 pm	8	9	10 Twin Day	11
12	13	14 English 30 Part A Diploma Lego Club 3:00 pm	15	16 Parent Council Lunch	17 Math 30 Diploma	18
19	20 English 30 Part B Diploma	21 Lego Club 3:00 pm	22	23	24 NO SCHOOL	25 Bell Let's Talk Day
26	27 Family Literacy Day in Canada Last Day of Semester 1	28 First Day of Semester 2 Lego Club 3:00 pm	29	30	31	

## Twelve Days of Christmas Events - December 2024

Monday	Tuesday	Wednesday	Thursday
<p><b>2</b> <b>Bulletin Board Decorating Begins</b> (Boards outside of the gym) -Deadline: Dec 12</p> <p><b>Stuff the Sleigh Begins</b> -Stuff the Sleigh with supplies for Safe Haven and Taber Food Bank -Deadline: Dec 12</p> <p><b>Christmas Ornament Craft Begins</b></p> <p><b>Elf on the Shelf Begins</b></p>	<p><b>3</b> <b>Colouring Contest Begins</b> (Deadline: Dec. 18)</p> <p><b>Staff Colouring Contest</b> (Deadline: Dec. 18)</p> <p><b>Oven Mitt Unwrapping Gift</b></p>	<p><b>4</b> <b>Guess the Snowball Jar</b> -Guess how many snowballs (marshmallows) are in the jar -The person who guesses the correct amount will win a prize for their class -We will do one jar for K-5 and one jar for 6-12</p> <p><b>Christmas Cards for Seniors Begins</b> -Create a Christmas card for a senior. Each class will receive a list of seniors who they will make a Christmas card for. Deadline: Dec. 18</p>	<p><b>5</b> <b>Cookie Decorating</b> <b>PI Day</b> -Wear your comfiest PJs!</p>
<p><b>9</b> <b>Grinch day</b> -Wear green -Grinch snack from Healthy Snack</p>	<p><b>10</b> <b>Reindeer Games (Gym - 2:00)</b> -Spoons (but with candy canes) - <b>Headstrong Hot Chocolate Deliveries</b></p>	<p><b>11</b> <b>Christmas Sweater Day</b> -Wear a Christmas shirt or sweater</p> <p><b>Photo Scavenger Hunt (During P.L.C. at 2:05)</b></p>	<p><b>12</b> <b>Food Bank and Safe Haven Donations Deadline</b></p> <p><b>Bulletin Board deadline</b> -Judging committee will judge</p> <p><b>Concert Rehearsal (Afternoon)</b> -Run through 2 times</p> <p><b>Christmas Pancake Lunch</b> -Pancakes, sausage, fruit</p> <p><b>School Christmas Concert (6:30)</b> -Please bring a food/toiletry item for donation -Santa will be coming at end of concert</p>
<p><b>16</b> <b>Chocolate Scavenger Hunt</b></p>	<p><b>17</b> <b>Elementary Family Festive Fun Afternoon</b> (2 pm - 3 pm)</p>	<p><b>18</b> <b>Colouring Contest Deadline (by 10 am)</b></p> <p><b>Wear Christmas Colours Day</b> -Wear red, green, or any other Christmas themed clothing and accessories</p> <p><b>School Wide Ham and Potato Lunch</b> -Free hot lunch</p> <p><b>Winter Walk (2-4:45)</b> -Weather permitting -Walk around town - Go down the road to the community hall, head north one block, walk back to the school</p> <p><b>Christmas Cards for Seniors Deadline</b></p>	<p><b>19</b> <b>Rock the Halls Field Trip (Gr. 6-12 only)</b></p> <p><b>Elementary PI Day</b> -Wear your comfiest PJs!</p> <p><b>Elementary Christmas Movie and Treats</b> -Hot Chocolate bar and Popcorn during Christmas movie in the gym -Movie: TBD</p>

**CHAMBERLAIN SCHOOL IS ACCEPTING DONATIONS FOR THE TABER FOOD BANK AND SAFE HAVEN. DEADLINE IS THURSDAY, DECEMBER 12. THANK YOU FOR YOUR GENEROSITY! BELOW IS A LIST OF MOST NEEDED ITEMS.**

## **TABER FOOD BANK**

### **Non-Perishable Food:**

Beans with or without pork  
Cereal  
Macaroni and cheese  
Canned fish or meat (chicken, ham, or turkey)  
Peanut butter  
Cheez Whiz  
Jam  
Soup (Condensed or ready-to-eat)  
Pasta  
Pasta sauce  
Pancake mix  
Pancake syrup  
Canned fruit or vegetables  
Jello  
Pudding  
Granola bars

Baby food or baby formula  
Snacks for Kids  
Cranberry Sauce/Jelly  
Gravy Mix  
Flour  
Oatmeal  
Hot Chocolate  
Coffee  
Pickles  
Ichiban/Ramen Noodles  
Salt & Pepper Shakers  
Mayonnaise  
Cake Mix  
Frosting  
1 L juice  
Sugar – white/icing

## **TABER SAFE HAVEN**

Socks  
Bras  
Underwear  
Slippers  
Ladies Snow Pants  
Boots  
Coats of all sizes

Hygiene Products

- Shampoo
- Conditioner
- Deodorant
- Body Wash
- Nail Care

Christmas Gifts for Clients and their Children