



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

**Facebook: @chamberlainschool/ATL**

**Instagram: @chamberlainschoolatl**

## **NEWSLETTER - JANUARY 2025**

### **Principal's Message**

Happy New Year! I hope everyone had a relaxing and joyful holiday break. January is a fresh start, and we are thrilled to welcome our students back for what I know will be a productive and exciting second half of the school year.

We are entering a busy time at school, with many activities and events planned. For our high school students, diploma exams begin next week, and we wish them all the best as they wrap up their fall learning. A new high school semester will also begin on January 28th, giving students a chance to start fresh and focus on new courses and goals.

Additionally, Alberta Education Assurance Surveys will be mailed out soon. These surveys are an important way for families to share their thoughts about our school community. We greatly value your feedback, as the data we collect helps us make informed decisions and shapes our planning for the future. Your input makes a real difference, and we thank you for taking the time to complete them.

In terms of extracurricular activities, our basketball team has several games lined up this month, including an away game in Lomond on January 16th. We are proud of their hard work and sportsmanship and wish them the best of luck! For our younger students, the K-5 swimming and gymnastics field trip is coming up on January 23rd. Keep an eye out for the information letter, which will provide all the details. Junior High and ATL students will also have field trips on the horizon, offering them hands-on learning opportunities outside the classroom. Unfortunately, due to a lack of interest, the school ski trip has been cancelled this year.

As we step into 2025, I want to take a moment to thank you all for your ongoing support. I am continually inspired by the dedication of our students, staff, and families. I have high hopes for the remainder of the school year and am confident that, together, we will create countless opportunities for learning, growth, and success.

Here's to a fantastic January and an incredible year ahead!

Always,

Mrs. Van Ham

**Please remember to check our website to keep up to date with what is happening in and around Chamberlain School and Arden T. Litt Centre for Learning.**

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

## Early Learning Programs

We are taking registrations for Early Learning and Kindergarten for 2025-2026.

If your child is 3 on or before September 1, they are eligible to be enrolled in Early Learning.

If your child is 5 on or before December 31, it is time to register for Kindergarten.

Please see attached poster for more details.

## Christmas Donations

Thank you to everyone that donated to the Safe Haven Family Shelter and the Taber Food Bank.

No act of kindness, no matter how small, is ever wasted - Aesop

## 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



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REGISTER NOW FOR 2025-2026

# EARLY CHILDHOOD SERVICES

Early Learning and Kindergarten registration forms are available online at [horizon.ab.ca](http://horizon.ab.ca) or at your designated school. Bring your child's Birth Certificate or Canadian Citizenship status card and Alberta Health Care card.

Learn more about your child's developmental progress, as well as the benefits of early childhood programming.

Developmental Check-up appointments are available end of March, beginning of April

*To book call the school Administrative Assistant*

## 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.

January 14, 2025

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](mailto:angela.miller@horizon.ab.ca)

Sincerely,

Jaimie Van Ham  
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**



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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](http://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



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**school division**

**6302-56 Street**

**Taber, Alberta T1G 1Z9**

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



# Nutrition Times

January 2025 Nutrition Services

## Are Processed Foods the Bad Guys?



**"If you can't pronounce it, don't eat it."**

Have you heard this before? As we begin the new year, many people may want to make changes to their diet, such as choosing more "natural" foods. This could include limiting foods that are highly processed. It could also mean avoiding foods that have extra ingredients like artificial flavours and preservatives.

In reality, being able to pronounce a word has no connection to whether it's healthy for you or not. For example, 'thiamin mononitrate' is an ingredient that's commonly added to sandwich bread. At first glance, this ingredient might seem unfamiliar. However, it's actually a B Vitamin!

So, is there any truth behind staying away from processed foods? To answer this question, let's take a look at what processed foods really are.



### What are processed foods?

Simply put, they're foods that have been changed from their original forms.

This includes:

1. Adding extra salt, sugar, and/or fat
2. Changing foods from their original forms (E.g. chopping, drying, cooking, canning, or mixing)
3. Adding other ingredients to preserve a food or to improve the flavour or texture (E.g. citric acid for preservation, xanthan gum to keep ingredients from separating)

Nearly every food we eat is processed in some way. What truly matters is *how* the food is being processed. Some foods like apple slices or salad kits only change the way their ingredients look by cutting them into smaller pieces. They're still considered processed foods but are just as healthy for your body.



Foods that are more processed, like breakfast cereals, fall into a bit of a grey area. On one hand, processing can add sugar and strip away fibre. But it can also add vitamins and minerals back in. Not all breakfast cereals are made equally! Choose less processed cereals by looking for options that are whole grain and that have less added sugars (less than 15% Daily Value for sugars per serving without milk).

## What about foods that are highly processed?

Unfortunately, many foods we consume are highly processed – and not in a good way. Hot dogs, luncheon meats, potato chips, deep-fried foods, packaged noodles, and soft drinks are just some examples. These foods are high in added salt, sugar and saturated fat.

Consuming these foods on a regular basis can increase your health risks. Eat these foods less often and in smaller amounts.

**Tip:** Look at the nutrition facts table on food packages. A Daily Value (DV) of 5% or less is a little. A Daily Value (DV) of 15% or more is a lot. Aim for lower % DV for nutrients like sugar, sodium, or saturated fat. Aim for higher % DV for nutrients like fibre, calcium, or iron.

## What's the bottom line?

There's nothing wrong with wanting to eat foods that are less processed! However, it's important to know that not every change made to food by processing is bad. Focus on what is being added by processing and what is being taken away.

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

- [Limit highly processed foods - Canada's Food Guide](#)
- [Nutrition labelling: Overview](#)
- [Use the Nutrition Facts Table: % Daily Value](#)

## 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)



Questions? Email us at [publichealthnutrition.southzone@ahs.ca](mailto:publichealthnutrition.southzone@ahs.ca)

# 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 Parent Council Lunch orders due Lego Club 3:00 pm Parent Council Meeting 3:30 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	

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day	3	4 Lego Club 3:00 pm	5	6 Anything but a backpack day	7 Cancelled - Grades 4 - 12 Ski Trip @ Hidden Valley	8
9	10	11 Lego Club 3:00 pm	12	13 K/1 Valentine Party Parent Council Lunch	14 Jr/Sr High Potluck & decorate a table Valentine's Day	15 Flag of Canada Day
16	17 Family Day (regional holiday) NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL - Teacher Convention	21 NO SCHOOL - Teacher Convention	22
23	24 NO SCHOOL - PD DAY	25 Country Western Day Lego Club 3:00 pm	26	27 100th day of school	28	