



Chamberlain School

Arden T. Litt Centre for Learning

Website: chamberlain.horizon.ab.ca

Facebook: @chamberlainschool/ATL

Instagram: @chamberlainschoolatl

NEWSLETTER - FEBRUARY 2025

Principal's Message

Dear Chamberlain and ATL Families:

February has arrived, and it's shaping up to be a busy and exciting month for our school community!

Our basketball team has had an incredible season so far, and we are looking forward to several upcoming games and tournaments. On February 6, the team will play in Bow Island at 5:30 PM, followed by a game in Lomond on February 10 at 4:00 PM. The season will wrap up with a tournament in Bow Island on February 28 and March 1. We will be cheering on our athletes as they finish their season strong.

ATL Student Council has some fun activities planned for February as well. On February 6, students can show their creativity by participating in "Anything But a Backpack Day," where they can use anything but a traditional backpack to carry their books and supplies. On February 14, we will celebrate Valentine's Day with a Junior and Senior High table decorating contest and potluck.

There will be no school from February 17 to 21 for Family Week and February 24 is a division-wide professional learning day, so students will return to school on February 25.

When we return, there will be even more to look forward to. February 28 will feature Pink Shirt Day activities, where we will come together to promote kindness and take a stand against bullying. We will also celebrate the 100th day of school that week, a milestone that is always a highlight of the year.

As always, thank you for your continued support and involvement in making our school a vibrant and caring place. Many of you will be receiving Alberta Education Assurance surveys in the mail and I ask that you take the time to fill them out. Parent voices are so important to our school planning process and I appreciate the time it takes to complete them.

Finally, I am thrilled to share that we recently received an incredibly generous donation of five laptops from an anonymous community member that will be given to students who need them. This gift has the potential to be truly life-changing for our students, and we are so deeply grateful for this amazing support. On behalf of our school community, I want to express our heartfelt thanks to this generous individual.

Wishing you all a fantastic February!

Mrs. Van Ham

Early Learning Programs

If your child is **5 years old on or before December 31**, it is time to register for **Kindergarten!**

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

Please bring your child's Birth Certificate or Canadian Citizenship Status Card and Alberta Health Care Card.

****Please call the school at 403-655-2211 for more information.**

Pink Shirt Day

Pink Shirt Day is on Wednesday, February 26.

Bullying can be a major problem in schools. With 1 in 5 students affected by bullying, chances are that you or someone you know is being impacted. If you're not sure what to do, reach out to someone who can help. Show kindness, empathy, and compassion, and speak out!

If you're being bullied, bullying someone else, or see a friend who is being bullied, visit this website for resources

<https://www.pinkshirtday.ca/resources>

If you need help call or text INFO to 211

Kids Help Phone:

**call 1-800-668-6868 or
text CONNECT to 686868**

24 hour Bullying Helpline:

**call 1-888-456-2323 or
call or text 310-1818**

24 hour Suicide Crisis Helpline:

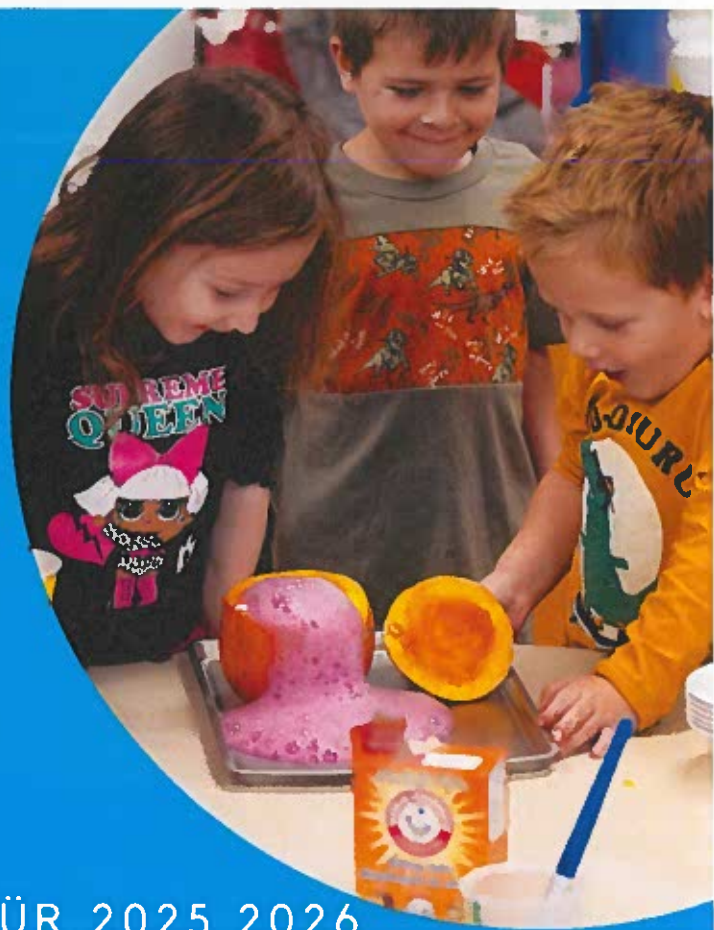
call or text 988

24 hour Crisis Line:

call or text 403-266-HELP (4357)

24 hour Connect Teen:

**call 403-264-TEEN (8336)
text 587-333-2724**



horizon⁺
school division

MELDEN SIE SICH JETZT FÜR 2025 2026

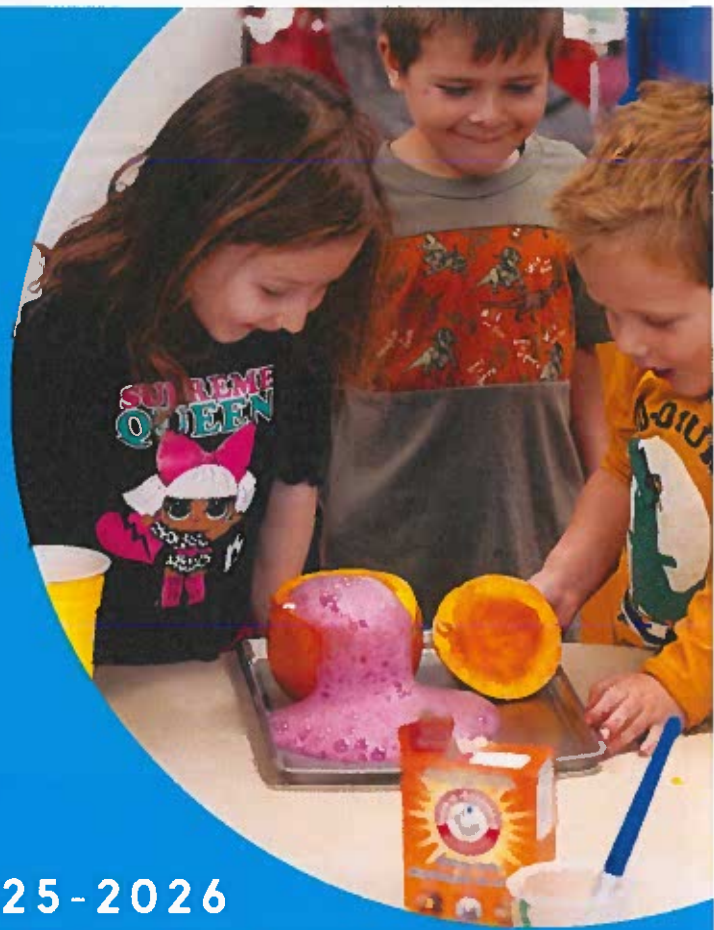
FRÜHKINDLICHE DIENSTE

Anmeldeformulare für **frühes Lernen** und **Kindergarten** sind online unter horizon.ab.ca oder bei Ihrer ausgewählten Schule erhältlich. Bringen Sie die Geburtsurkunde Ihres Kindes oder die Statuskarte der kanadischen Staatsbürgerschaft und die Krankenversicherungskarte von Alberta mit

Erfahren Sie mehr über den Entwicklungsfortschritt Ihres Kindes sowie die Vorteile der frühkindlichen Programmierung.

Chamberlain School | Montag, 31. März
Buchen Sie bis zum 27. März.

Um zu buchen, rufen Sie Ihr Schulsekretariat an



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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 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.

Chamberlain School | Monday, March 31

Book an appointment by March 27.

To book call your school Admin Assistant

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!

On behalf of the Palix Foundation, Taber Community Action & Prevention Society, Horizon School Division, and Taber Police Service, you're invited to the

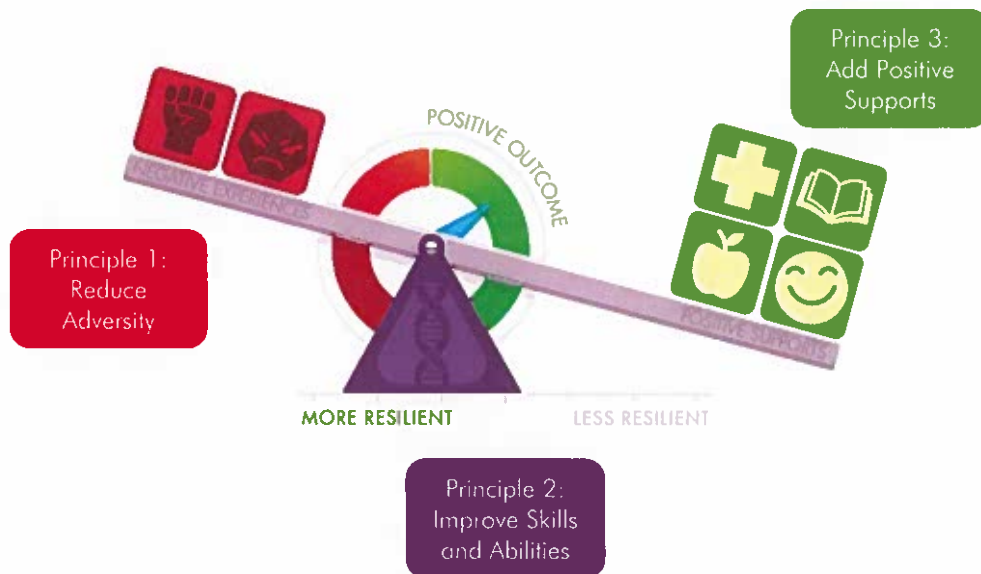
RESILIENCE SCALE MASTERCLASS

FEBRUARY 24, 2025
W. R. MYERS HIGH SCHOOL



CHOOSE FROM:
8:30AM - 12:00PM OR
6:00PM - 9:00PM

REGISTER NOW





Nutrition Times

South Zone Healthy Eating Newsletter

Foods to Support Bone Health



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Did you know that 90% of bone mass is built during childhood and adolescence? Even though a large portion of bone mass is formed before the age of 30 years, bone health continues to be important throughout life. Nutrition is one key component for building and maintaining healthy bones. Here are some tips to keep bones healthy and strong at any age.

Essential Nutrients for Bone Health

Calcium: This mineral is vital for bone strength and structure. Sources include dairy products (milk, cheese, yogurt), leafy green vegetables (kale, broccoli), and fortified foods (orange juice, plant-based beverages).

Vitamin D: Helps your body absorb calcium. You can get it from fatty fish (salmon, mackerel), fortified foods, and supplements.

Vitamin K: Important for bone mineralization. Found in prunes, leafy greens like spinach, kale, collard greens, and broccoli.



Photo Credit: Freepik

Magnesium: Helps with bone formation and maintaining bone density. Sources include nuts, seeds (e.g., chia, sesame seed), whole grains, and green leafy vegetables.

Vitamin C: Essential for collagen formation, which helps maintain the structure of bones. Citrus fruits, strawberries, kiwi, and bell peppers are good sources.

Omega-3 Fatty Acids: May help reduce bone loss and inflammation. Found in fatty fish (salmon, sardines), flaxseeds, and walnuts.

February 2025

More Tips for Strong Bones

Sodium: Too much sodium can weaken your bones. Limit sodium to less than 2300 mg/day which is about one teaspoon of salt. Processed foods like canned soups, crackers, pastas, sauces, and snack foods are often high in salt. Visit [here](#) to learn more about sodium.

Caffeine: Consuming more than 400 mg of caffeine per day (about 3 cups of coffee) can also weaken your bones. Women who are of childbearing age should limit their caffeine intake to 300 mg per day. Learn more about caffeine [here](#).

Protein: Eat the right amount of protein. Protein is needed for bone health. Fill a $\frac{1}{4}$ of your plate with protein foods. This includes legumes such as beans, dry peas, lentils and peanuts, unsalted nuts and seeds and their butters, eggs, milk and dairy products including cheese and yogurt, lean meats, poultry and fish. Visit [here](#) for more information on protein.



Nutrient Calculator

Are you getting the daily required

amount of each bone building nutrients? Check your intake by using the **Osteoporosis Canada Nutrition Calculator** here:

<https://osteoporosis.ca/nutrient-calculator/>

Bone Building Meal and Snack Ideas

Yogurt Parfait: Layer yogurt with fresh berries, a sprinkle of chia and/or flax seeds, and a drizzle of honey. Top with almonds for added calcium and magnesium.

Spinach and Chicken Omelet: Make an omelet with spinach, cheese, chicken and a side of whole-grain toast. Spinach and cheese are rich in vitamin K and calcium.

Grilled Salmon Salad: Combine mixed greens, radishes, cucumber, and dill with grilled salmon. Dress with feta dressing and lemon juice. Salmon is high in vitamin D and omega-3s.



Photo Credit: Cookspiration

Quick Broccoli Quinoa Casserole: Mix cooked quinoa with steamed broccoli, cheese, and a sprinkle fresh parsley. Quinoa and broccoli provide magnesium and calcium. Add grilled chicken for extra protein.

Fruit and Nut Mix: Combine dried apricots, figs, and a mix of nuts like almonds and walnuts. Dried fruits and nuts are good sources of calcium and magnesium.

Smoothie: Blend spinach, banana, frozen strawberries, Greek yogurt, and milk. This smoothie is rich in calcium, vitamin D, and vitamin C.

Resources

For more information and ideas, visit:

1. [Healthy Bones](#)
2. [Am I Eating Well for My Bones?](#)
3. [Bone Health | Osteoporosis Canada](#)
4. [Cook With OC | Osteoporosis Canada](#)

Photo Credit: Freepik



Join a Nurse and a Dietitian to learn about osteoporosis, Thursday, April 3, 2025 9:15–11 am: [Osteoporosis and Bone Health - Alberta Healthy Living Program Calgary Zone](#)

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](#).



Photo Credit: Freepik

For a complete list of workshops that are available anywhere in the province click [here](#)

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



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 Lego Club 3:00 pm	26 Pink Shirt Day	27 100th day of school	28	

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Lego Club 3:00 pm	5	6	7	8
9 Daylight Saving Time starts	10 NO SCHOOL - PD DAY	11 Lego Club 3:00 pm	12	13 Parent Council Lunch Report Cards Go Home	14 NO SCHOOL	15
16	17 Green Day St. Patrick's Day	18 Lego Club 3:00 pm	19 Class Pictures - Lifetouch Grad Pictures - Lifetouch	20 Parent Teacher Interviews After School 3:30 pm	21 NO SCHOOL - PARENT TEACHER INTERVIEWS	22
23	24	25 Lego Club 3:00 pm	26	27	28	29
30	31					