



**Chamberlain School**

**Arden T. Litt Centre for Learning**

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

**Facebook:** @chamberlainschool/ATL

**Instagram:** @chamberlainschoolatl

## **NEWSLETTER - MAY 2025**

### **Principal's Message**

Dear Chamberlain/ATL Families,

Welcome back! I hope everyone had a restful and refreshing Spring Break. We returned to school re-energized and ready for an exciting and busy stretch to the end of the year. Before the break, we wrapped up our German Easter Concert, and I want to thank everyone who attended and supported this event.

Congratulations to our badminton athletes on a fantastic season! We're proud to share that several students earned gold medals at divisionals—a testament to their hard work and sportsmanship. As badminton winds down, we're ramping up for Track and Field season. Students are ready to begin practicing in preparation for the upcoming district and zone meets happening later this month.

May also brings Mental Health Week (May 5–9), and our student leadership team has been working hard to plan activities and events to promote wellness, connection, and self-care throughout the school. We're proud of their initiative and commitment to supporting a positive school environment.

Looking ahead, we have a number of exciting post-secondary exploration opportunities. Students in Grades 10–12 will be heading to Medicine Hat College for a STEM Day, while our Grade 8/9 students will attend a Trades Explore Day—great experiences to help students envision future career paths.

In terms of staffing updates, Mrs. Iwan has begun her leave, and we're pleased to welcome Ms. Moylan, who will be stepping into that role until the end of the school year. We also look forward to Mrs. Gutfriend's return in the fall.

Finally, planning is well underway for a number of year-end activities: class field trips, Sports Day, the Barons Softball Tournament for 7-12, and of course, Graduation, which will take place on May 31. We're excited to celebrate this important milestone with our grads and their families.

Thank you, as always, for your continued support and involvement in our school community. Let's make the most of this final stretch of the school year!

Always,

Mrs. Van Ham

## HIGH SCHOOL INFORMATION NIGHT

On Thursday, May 22 we will be hosting a high school information night for students currently in grade 9 and their parents at ATL. Information shared will include high school scheduling, courses, credits and graduation tracks, as well as off campus information about work experience, RAP, and Dual Credit opportunities. We hope that all parents and students looking for more information about what ATL offers choose to attend.

## FAMILY CONNECTIONS

May 5 - 11 is Mental Health Week and our school will be participating in the Move your Mood Mental Health Week Challenge. Each day will focus on a different area of our mental health. We will take part in activities that reinforce the need to take care of ourselves and help students find ways to take care of their mental health!

**Monday - Move your body**

**Tuesday - Fuel your body**

**Wednesday - Practice Mindfulness**

**Thursday - Expand your Minds**

**Friday - Build Assets**

We will finish the week off with the Headstrong team hosting a movie with popcorn in the gym on Friday afternoon.

## SCHOOL MESSENGER

If you would like to receive important messages from Chamberlain School via text message, please text **yes** to **978338**. Please contact the school if you require assistance setting this up.

# Congratulations

**ARDEN T LITT**

**Class of**

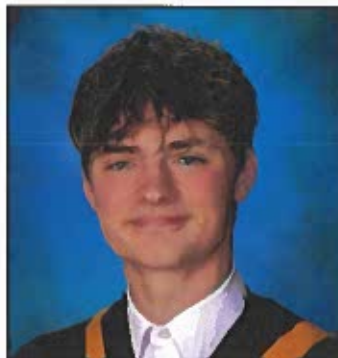
# 2025



**Cornelius  
Friessen**



**(403) 223-5500**



**David  
Froese**

Bonnie's Vision  care  
Dispensary Ltd.

**(403) 223-5665**



**Launa  
Neufeld**



**(403) 223-5500**



**Emily  
Redecop**



**(403) 223-2862**



**Nathan  
Wiebe**



**(403) 223-0696**

**REGIONAL REGISTRATION MAY 12TH TO MAY 31ST**



**TABER • JULY 2-5, 2025**

*Regional Director info can be found on the  
Southern Alberta Summer Games website*

**3/5/10 KM RUN  
3 ON 3 BASKETBALL  
5 PIN BOWLING  
AIR GUN RIFFLE  
ARCHERY  
ATHLETICS  
BALL HOCKEY  
BASEBALL  
BADMINTON**

**BEACH VOLLEYBALL  
CRIBBAGE  
E-SPORTS  
GOLF  
HANDGUN  
MINI SOCCER  
MOUNTAIN BIKING  
MOTOCROSS**

**PHOTOGRAPHY  
POWER LIFTING  
PICKLEBALL  
SKEET SHOOTING  
SMALLBORE  
SOCCER  
SWIMMING  
TRAPSHOOTING**

**FOR MORE INFO PLEASE VISIT :**

**[www.southernalbertasummernames.ca](http://www.southernalbertasummernames.ca)**

# Yearbook Cover Contest

We are printing a yearbook for 2024-2025 and we need your help to design a cover!

All grades and age level entries welcome!

## REQUIREMENTS

- Submit art on 8.5 x 11 sheet of paper.
- Vertical orientation
- Name of the school (Chamberlain School) and school year (2024-2025) on the front
- Your first and last name (written in pencil) on the back of your submission

## TIPS FOR A GOOD ENTRY

- Not a lot of white space. Lots of colour!
- Neatness and details count.
- Be creative!
- Keep your paper wrinkle free.
- Use any media tools! (Paint, crayon, marker, digital, etc!)

The winner will receive a free yearbook when they are available in the fall. All entries will be featured inside of the yearbook.

For more information, please email/see Ms. Wong ([tina.wong@horizon.ab.ca](mailto:tina.wong@horizon.ab.ca)).

**Deadline is Monday, June 16, 2025.**

Submit entries at the office or to Ms. Wong.

# STAY & PLAY

## WHAT

In diesem Programm nehmen Eltern/Großeltern und ihre Kinder/Groszkinder im Alter von 0 bis 6 Jahren gemeinsam an einem selbstgesteuerten und strukturierten Spiel teil, das eine gesunde Bindung und Entwicklung fördert.

## WHERE

Thursdays, January 9 - June 12  
9:30-11:00 am

## WHEN

Grassy Lake Chamberlain School  
600 3 St, Grassy Lake

## FOR MORE INFORMATION

**Anita**

587-370-1200

[Anita.Wiebe@fcss.ca](mailto:Anita.Wiebe@fcss.ca)

**Kim**

403-394-8657

[Kim.Forchuk@fcss.ca](mailto:Kim.Forchuk@fcss.ca)





# Chamberlain School

Arden T. Litt Centre for Learning

## COME LEARN WITH US!

Chamberlain School and Arden T. Litt offer a wide variety of learning opportunities for students in Early Learning through Grade 12. We are excited to welcome new students between the ages of 3 and 18!

### Reminder

Register now for 2025-2026

- Our Early Learning program is for children who are at least 3 on or before September 1, 2025. It offers a play-based approach with many hands-on experiences on Monday, Wednesday and some Friday mornings.
- If your child is 5 on or before December 31, 2025 they are ready for Kindergarten! We offer full day Kindergarten on Tuesdays, Thursdays and some Fridays.

### High School Program

Students at ATL receive in-person instruction, and also also have the benefit of online choices if needed. Any motivated student can earn their High School diploma.

Registration forms for new students are available online at [horizon.ab.ca](http://horizon.ab.ca) or at the Chamberlain School office.

Please call our Principal, Jaimie Van Ham, at 403-655-2211 for more information!

### What makes our school AMAZING?

- German Language and Bible classes are an option for students and they put on two yearly concerts for parents and the community!
- Our nutrition program provides free breakfast and small lunches daily for all students.
- Students can participate in many activities, including art, sports, drama, leadership, and tech.
- Our facility includes an outdoor track, playground and seating area, a Gaga Ball pit, gym, basketball court, community and school library, along with a parent council who help make it a great school!



# Chamberlain School

Arden T. Litt Centre for Learning

## KOMM, DOO MET ONS LIEREN!

De Chamberlain School un uk de Arden T. Litt School jåwen Schoolkjinja von Early Learning (Tiedichlieren) bat Grod 12 ne Veschiedenheit wajchen toom lieren. Wie senn oppjeräacht toom niee Schoolkjinja aunnåmen daut senn von 3 bat 18 joa oolt.

### Toom denkjenhalpen

Lot ons nu weeten fa de 2025-2026 Schooljoa.

- Onse Early Learning Prograum es fe Kjinja daut senn 3 joa oolt aun ooda ver Septamba 1, 2025. De doonen vål met dee äare henj lieren aun Mondach, Medwåakj, un eenje Friedachen. Dee Klaussen sent Zemorjes.
- Wan jun Kjint es 5 joa oolt aun ooda ver Dezamba 31, 2025, see sent reed fa Kindergarten (Kjinjaschool)! Wie han Kindergarten äwa de gaunzen Dach aun Dinjsdach, Donnadach, un eenje Friedachen.

### De Huachschool Prograum

Schoolkjinja bie de Arden T. Litt School kjenn lieren bie de School ooda äwa de internet, woont emma es de baste fe dee. Jieda Schoolkjint daut well kaun de High School (Hauchschool) Diploma vedeenen.

Fa Schoolkjinja daut niee sennen, jie kjennen dit doonen online, äwa de internet, aun [horizon.ab.ca](http://horizon.ab.ca) ooda jie kjenn dit uk donnen derch de Chamberlain School Offitz.

Wan jie mea wellen weeten doo de Prinsipaul, Jaimie Van Ham foonen, äaren Foonnumma es 403-655-2211.

### Waut moakt onse School soo goot?

- Dietscheklaussen un uk Bibelklaussen senn friewellich fe de Schoolkjinja. Twee mol de Joa, dee wiesen de Elren waut dee han jeliheet derch een concert.
- Onse School haft Freestikj uk en schmaule Meddach jieda Dach fa aul onse Schoolkjinja fe frie.
- Schoolkjinja kjenn våle dinja doonen. Dee kjenn dinja molen ooda moaken, Sport spålen, Drama spålen, lieren to menschen leiden, uk lieren woo dinja soc aus computers schaufen.
- Onse School haft een Plauz toom buten ranen, spålen, uk setten. Een Plauz toom Gagabaul spålen un doa es uk een Plauz toom romsetten un aankijkjen. Wie han uk een Bibliotåkj (library). Onse Prinsipaul kempt uk toop met de Parent Council (Elrenrot) toom båtå vestonen waut de Elren wenschen fe äara Kjinja bie de School.



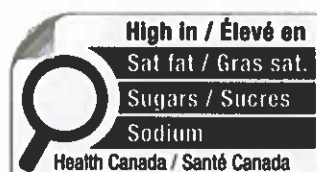
# Nutrition Times

## South Zone Healthy Eating Newsletter

## Front-of-Package Labels

Health Canada has been working to make the **healthier** choice the **easier** choice for Canadians. Health Canada's healthy eating strategy aims to improve the food environment that includes improving healthy eating information on food packages. Eight out of 10 Canadians say that nutrition is important when choosing foods, but 60% of the foods we buy are prepackaged and processed. Many of these foods are high in:

- Saturated fat
- Sugars
- Sodium



The new labels will help you quickly and easily identify foods high in saturated fat, sugars and sodium. A diet high in saturated fat, sugars and sodium is a major risk factor for stroke, obesity, heart disease, type 2 diabetes, high blood pressure and some types of cancers. Look for the front-of-package nutrition symbol. It has a magnifying glass and highlights what the food is high in: saturated fat, sugars, sodium or any combination of these.

### Saturated Fat

Saturated fats can increase your bad cholesterol, which can block your blood vessels. Having blocked blood vessels increases your risk of heart attacks and strokes. Saturated fats include lard, the fat from beef, lamb, pork, or chicken, and high fat dairy foods.

### Sugars

Sugar is a carbohydrate that gives your body fuel (calories) which can be used for energy. It also adds sweetness to foods. Consuming too many added sugars has been linked to an increased risk of tooth decay in children and excess calorie consumption. Excess calories can lead to overweight and obesity. Obesity is a risk factor for chronic diseases such as:

- type 2 diabetes
- some forms of cancer
- cardiovascular disease



## May 2025 Nutrition Services

### Sodium

Sodium is a mineral that is found in food and in table salt. You need some sodium to stay healthy. Sodium:



- regulates your blood pressure
- helps keep your body's fluids in balance
- keeps muscles and nerves running smoothly

Too much sodium may lead to high blood pressure, which is a major risk factor for developing stroke and heart disease.

The front-of-package nutrition symbol will:

- help you make quick and informed choices when shopping for groceries
- support health professionals in educating people about foods high in sodium, sugars and saturated fat

### Healthy Food Checker

With so many kinds of foods available making healthy choices can be a challenge. The **Healthy Food Checker** makes choosing healthy, nutrient-rich foods easier. Visit here to launch the **Healthy Food Checker**: [Healthy Food Checker | Alberta Health Services](#)

## Unprocess Your Foods by Making Your Own Creations

**Breakfast and Baked Goods:** Instead of boxed cereals, save on salt and sugar by making your own oatmeal cereal. Top with your favourite nuts and fruits. Try this [Apple Pie Oatmeal](#) recipe. Instead of package cookies, try a simple [3 Ingredient Peanut Butter Cookie](#) to enjoy as an afternoon snack with a glass of milk and fruit.



Photo Credit: Freepik

**Salad Dressing:** Try making a homemade [Italian Dressing](#) or [Spinach Salad with Homemade Dressing](#). You can control the amount of salt along with using [healthier fats](#) for your salad dressings.

**Sauces, Dips and Soups:** Make your own [tomato sauce](#), [soup](#) or [bean dip](#). Not only can you reduce the sodium content but you can also add [healthy fats](#) like olive, canola and peanut oils by making your own.

**Side Dishes:** Instead of packaged frozen fries, make your own [Oven Baked Sweet Potato Fries](#). Make baked or air fried potato fries by simply cutting and tossing potatoes with a bit of vegetable oil and adding a pinch of salt and pepper. Leave the potato skin for a good source of fibre, potassium and vitamin C.

**Snacks:** Instead of buying granola bars, make your own [granola bars](#). Try this simple [Oat and pumpkin no-bake bites](#) or [No-bake oat granola bar](#) recipe. By making your own, you can control the sugar, sodium content but also increase the fibre and nutrient content in your snacks.

### Resources

For more information and ideas, visit:

- [Label Reading](#)
- [Label Reading the Healthy Way](#)
- [Use food labels](#)
- [Healthier Grocery Shopping](#)

Reading Food Labels Class: [Reading Food Labels](#)



Photo Credit: Freepik

### Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- [Healthy Eating for Pregnancy](#)-search pregnant
- [Feeding your baby 0-12 months](#)
- [Feeding your child 1-5 years](#)
- [Preventing or managing chronic disease](#)

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



Photo Credit: Freepik

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)

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Student Council Breakfast for Lunch	2 NO SCHOOL - PD DAY	3 Highway cleanup & Bottle Drive
4	5	6 Crazy Hat/Hair Day Lego Club 3:00 pm	7	8 Parent Council Lunch STEM DAY ATL at MHC	9	10
11	12	13 Fluoride Varnish - K/1/2 Lego Club 3:00 pm	14	15	16 NO SCHOOL	17
18	19 NO SCHOOL Victoria Day (regional holiday)	20 Lego Club 3:00 pm	21 High School Track and Field	22 Anything but a water bottle day	23	24
25	26	27 8/9 MHC Trades Exploration Tour Lego Club 3:00 pm	28 Division Jr High Track and Field Day Gr. 6 ELA Part A	29 Ascension High School Track and Field Zones	30 Gr. 9 ELA Part A	31 Graduation

# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Lego Club 3:00 pm	4 Formal Dance	5	6 NO SCHOOL	7
8 Pentecost	9	10 Lego Club 3:00 pm	11	12 Gr. 6 ELA Part B Gr. 9 ELA Part B Social 30 Part A Diploma	13 Gr. 6 Math Part A Gr. 9 Math Part A	14
15	16	17 Gr. 6 Math Part B Gr. 9 Math Part B Sports Day Lego Club 3:00 pm	18 Gr. 9 Social	19 Gr. 9 Science Social 30 Part B Diploma	20 Last Day of School Year-end Lunch	21 National Indigenous Peoples Day (regional holiday)
22	23	24	25	26	27	28
29	30					