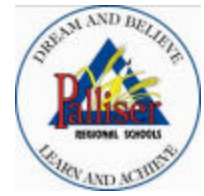




KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9
Phone: 403-345-3383 Fax: 403-345-5767
www.kateandrewshighschool.com



Family Day Holiday

The school will be closed on Monday, February 15th in observance of the Family Day holiday. We hope all of our students are able to spend some additional time with family and loved ones, and are reminded of the importance of simply spending time with one another. Time is among the most priceless of gifts.



There is no such thing as perfection. But, in striving for perfection, we can achieve excellence. – Vince Lombardi

National Flag of Canada Day – Feb. 15

February 15 was declared National Flag of Canada Day in 1996. It marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill in Ottawa, and indeed, hundreds of communities across Canada. Red and white were designated as Canada's official colours in 1921 by His Majesty King George V. This

is a perfect opportunity to celebrate our flag and what it stands for ' a Dominion that is the envy of the world. (<http://www.pch.gc.ca/flag-drapeau/index-eng.cfm>)



School Closed February 15 - 19

No classes will be conducted during this week. The school will be closed on Monday and Tuesday, while teachers will be engaged in professional development activities for the remainder of the week.

*When we shut people out, we wall ourselves in;
when we stop building bridges, we start
erecting fences. – William Arthur Ward*

BBC's Top Ten Smoochy Valentine Songs

1. Je T'aime - Serge Gainsbourg and Jane Birkin
2. Whole Again - Atomic Kitten
3. Have I Told You Lately - Van Morrison
4. I Will Always Love You - Whitney Houston
5. Take My Breath Away - Berlin
6. Can't Help Falling in Love With You - Elvis
7. Something Stupid - Frank and Nancy Sinatra
8. I Try - Macy Gray
9. The Power of Love - Jennifer Rush
10. The Wind Beneath Your Wings - Bette Midler



(<http://www.bbc.co.uk/northernireland/winter/valentines/songs.shtml>)

Regional Skills Competition

Do not pass up an opportunity to compete and represent your school at the **9th Annual Southwest Alberta Regional Skills Competition set for April 29, 2010 at the LC.** See Mrs. Roelofs if you are interested in the competition areas for: Culinary, Baking, Hairstyling and Fashion. See your trade and technology teachers for more competition areas. Also visit www.skillsalberta.com for more information.

Counselor's Corner – Scared to Eat

It Starts So Young

Eating disorders were once the domain of teenagers and college women. These days, preteens and young children have joined the ranks of those obsessed with their bodies' size and shape. The seeds of future eating disorders can be planted at a very tender age. We're teaching little girls, and increasingly, little boys to be scared and

embarrassed by anything other than a thin body.

Studies Document Alarming Trends

- A Cincinnati Children's Hospital Medical Center study of 300 children found 29% of third grade boys and 39% of third grade girls had dieted. 60% of sixth grade girls and 31% of sixth grade boys had tried losing weight.
- A recent study of Californian girls found that 80% of nine year-old girls had already dieted.

Why So Much Younger?

What has caused children to fear getting fat at younger ages than past generations? Experts cite the constant media barrage equating thinness with attractiveness and parents' obsessiveness with their own dieting, exercising, weight, and appearance. Kids hear their folks complain ashamedly that they "have to lose weight soon", and that they "can't stand being this fat".

Early Warning Signals

How can you tell if your child is becoming preoccupied and worried about her/his weight and body shape? Here are some early warning signs:

1. Constant talking about her/his body, usually in a negative manner.
2. Continually wearing oversized, heavy clothing and never revealing her/his body.
3. Eating very little and skipping meals.
4. Consistent Weight loss.
5. Frequent, intensive exercising.
6. Always asking how much fat is in food or requesting diet foods.
7. Asking you to buy only non-fat, low fat, or diet foods.

What Can Parents Do?

There are many ways parents can help their kids develop and maintain a healthy relationship with food and a positive opinion of their bodies. Here are some tips to help foster those healthy attitudes:

1. Don't criticize your children's bodies. Even a well meaning, "you're a big boy but you could lose a few pounds" can devastate a young child's self-esteem.

2. Don't talk in front of your children about your dieting, your displeasure with your body, or the fat content of foods.
3. Stock a variety of healthy, appealing foods and snacks in your house. Don't be afraid to include some sweets.
4. Don't brush off your children's comments about their being fat.
5. Empathize with their worries while putting their concerns in perspective.
6. Don't put your kids on restricted diets unless it's a medical necessity.
7. Make exercise a fun family pastime. Explain to them that regular, moderate exercise will help make them fit and strong, not thin.
8. Limit TV time to a few favorite shows per week.
9. Compliment your kids often on attributes other than appearance, like their honesty, humor, and imagination.

* All information provided here is proprietary to the Family Education Network. If you have any questions or concerns, please contact your Family School Liaison Counselor. (Mrs. Mutch)



Social Studies 20-2 Students Give Back!

Just before the Christmas break the students in *Mr. Gibson's* two **Social Studies 20-2** classes took up the challenge to donate any "*spare change*" in their pockets to the **Right To Play** organization. The organization helps to bring sport and play to children in the most disadvantaged areas. Numerous students, along with Mrs. Sue Janzen and

Mr. Gibson gave generously and when all is said and done the two classes had raised a total of **\$156.00**. Thanks also goes out to the KAHS recycling program that matched any monies initially collected. Way to go students...What an awesome Christmas gift!!!

~Mr. Gibson~



Haiti Donations

Kate Andrews High School has been collecting donations for the Haiti Emergency Fund.

There is a collection box on the office counter until February 7, 2010.

All funds collected will be turned over to Canadian Red Cross, Lethbridge office.

Funds collected should be matched by our federal government.

Thank You For Your Support!!

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:45 5:30 7:15	2 3:45 J/S Boys vs Winston 4:00 9B @ WCHS 5:15 9G @ WCHS	3 3:45 J/S Girls vs Magrath	4 3:45 5:30 7:15	5 Sr B @ PBHS Jr. Girls @ Coalhurst	6 Sr B @ PBHS Jr. Girls @ Coalhurst
7	8 3:45 5:30 7:15	9 3:45 J/S Boys vs PBHS	10 3:45 5:30 7:15 J/S Girls @ Med Hat	11 3:45 5:30 7:15 J/S Boys @ Stirling	12 Jr/Sr G @ McCoy	13 Jr/Sr G @ McCoy
14	15 Family Day No Classes	16 Teacher Day In Lieu No Classes	17 PD Day No Classes	18 Teacher Convention No Classes	19 Teacher Convention No Classes	20
21	22 3:45 5:30 7:15	23 3:45 5:30 7:15 J/S Boys @ Willow	24 3:45 5:30 7:15 J/S Girls @ Myers	25 3:45 5:30 7:15 J/S Boys @ ICS	26 J/S Girls vs LCI	27 J/S Girls vs Kainai
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Families and friends are invited to have some fun and join in a walk for:

Winter Walk Day

February 10, 2010

Henderson Lake

5:45 p.m. - Registration in front of Nikka Yuko Japanese Garden

6 p.m. - Winter Walk

Prizes • Hot Chocolate • Flashlights welcome

