

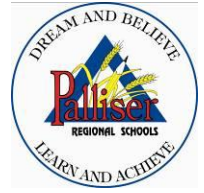


KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9

Phone: 403-345-3383 Fax: 403-345-5767

www.kateandrewshighschool.com



School Council Meeting

The next school council meeting has been changed to March 7th. All are invited to attend.

Girls Slo-Pitch Tryouts

Kate Andrews will once again field a girls' slo-pitch team this spring. Tryouts will commence in mid to late March. KA runs one team and any girl in grades 9-12 is eligible to attend tryouts. Games will begin in April with the league championships taking place in early June. If you have any questions, feel free to contact Kevin Holland at 345-3383.

Roast Beef Dinner

In March the School Council will be hosting a St Patrick's Day Roast Beef Dinner. The date has not yet been confirmed, although, it will be during St. Patrick's Day week. We are looking for parent volunteers. Please contact the school if you are interested in helping with this event.

Band Activities

The Kate Andrews High School Band will be traveling to Disneyland March 30-April 3! The tour will include performances at the famous Los Angeles Farmers Market and Knott's Berry Farm. They will also be touring Sony Pictures Studios and spending an afternoon at the Santa

Monica Pier. The tour wraps up with dinner at Medieval Times (live horses and jousting!) and a full day at Disneyland and California Adventure. California, here we come!!!

The 4th Annual Dessert Concert, featuring the Kate Andrews Concert Band, Concert Choir and Jazz Band will be held on Friday, March 25 at 7:00 pm at the Mennonite Brethren Church in Coaldale. This event is sponsored by the Coaldale Musical Arts Society with all proceeds going towards the music programs at KAHS and RIBMS. Items are needed for the silent auction - please contact Mr. Hogg to donate an item to this worthy cause. Tickets will be available from any band or choir student for \$12 each.

The KA Concert Choir and Concert Band will be performing in the Lethbridge Kiwanis Music Festival on April 5 and April 13, respectively. Both performances are in the early afternoon at Southminster United Church (choir) and the Yates Memorial Centre (band.) Admission is \$2 per person. Come out and hear some great music!

New Security Measures at KAHS

All doors, except the front office entrance, at Kate Andrews will be locked after the beginning of morning classes. We have adopted this new procedure on a recommendation by our new resource officer, Constable Stuart Wickend. This new procedure allows better control of persons accessing the building and ensures a more controlled and secured environment for students and staff.

Anyone arriving after the beginning of classes must use the entrance doors by the general office.

Yearbooks

This is your last chance to purchase this year's yearbook \$30 must be paid by Mar 31.

Any parents or students with school photos, athletic or otherwise, please submit a copy to Mr. Atwood as the yearbook advisor. There are of course no guarantees that a submitted photo will be used but, the more photos we get the better the yearbook will be.

Student of the Month - December



Keanna Lutz

Our December Student of the Month is a young woman who enjoys both academics and athletics. Her teachers say that she is a hard-worker and that she is very conscientious about completing her work to the best of her abilities. She shows determination and diligence in all she does. In addition to possessing great academic skills, this young woman makes a very positive contribution to the atmosphere at Kate Andrews. By all accounts she is a pleasure to have in class and she is very kind and polite to both staff and students. Throughout her school career this young woman has worked diligently to achieve good marks in all of her classes. She received the award for Highest Academic Average in elementary school and

Honours with Great Distinction in middle school. Last year at Kate Andrews she achieved the second highest average in grade nine, as well as the highest mark in Science 9.

Our December Student of the Month also enjoys athletics. For the last two years she has been a member of our Pride basketball team, playing post position.

This young woman loves to travel! She'll have a great opportunity to do some traveling this spring as a member of the group of students going on the Kate Andrews Marine Biology trip.

When our December Student of the Month graduates from Kate Andrews she plans to attend university to achieve a degree in science or in math.

Please congratulate our December Student of the Month, Keanna Lutz, daughter of Darren and Lisa Lutz.

Student of the Month - January



Taylor Wells

Our January Student of the Month is an incredibly gifted musician with many outstanding qualities. Kate Andrews' staff members have many positive comments to make about her: she's quiet, polite, kind, caring, mature, hardworking, considerate, and easygoing - the list is incredibly long! This busy young woman enjoys working with younger children and she volunteers every Tuesday afternoon at Jenny Emery School. Her other

volunteer activities include helping with various community projects with the Kinette Club of Coaldale.

Music is our Student of the Month's passion! During her four years at Kate Andrews she has been an integral member of our choir, our band, and our jazz band. She plays Euphonium in the band and piano in the jazz band. She received the highest mark for Instrumental Music 10 and Jazz band in grade 10, as well as the highest mark in Choral Music 20 in grade 11. As part of our Kate Andrews' band and choir she has travelled to Calgary, Red Deer, and Edmonton to participate in festivals and workshops for the past three years, and she's looking forward to the upcoming trip to Disneyland where she and the rest of the band and choir will have an opportunity to perform.

Community musical endeavors also play a significant role in this young woman's life. She has sung in the Lethbridge College Community Choir for the past year and has performed in the Lethbridge Kiwanis Music Festival for the past two years. She has been involved in several bands, playing guitar, keyboard, and singing. She has performed in bands for many events including Settler Days, Lethbridge and Taber Relay for Life, Canada Day celebrations, and the 50th anniversary of Lethbridge College.

In addition to all of her school and community musical involvement, our enterprising January Student of the Month has started her own business! She currently teaches piano students out of her home.

No one will be surprised to hear that, upon graduation from Kate Andrews, this talented young woman plans to make a career of music! She has been accepted to the University of Lethbridge to pursue her Bachelor of Music in piano. There's certainly no doubt that music will always be an incredibly important part of this wonderfully gifted young woman's life!

Please congratulate our January Student of the Month, Taylor Wells, daughter of Monty and Sue Wells.



Mentorship participants



Mentorship

Early in February mentors from Coalhurst High received some mentoring of their own. New mentors from the Coalhurst High School travelled to R.I.Baker Middle School to participate in the Kate Andrews/Baker mentorship program. They enjoyed the activity and the snack and returned to their high school anxious to start their mentorship program. The Random Act of Kindness continues in the mentorship program.

Marine Biology Trip

This March, fourteen KAHS students will be travelling to Sidney, BC, to take part in this year's marine biology trip. Students on this trip will experience first-hand the workings of a sailing yacht. Each will contribute to the teamwork and camaraderie essential for a safe and interesting voyage. Some duties will include cooking/galley, clean-up, wildlife, and navigation. When not on the

Island Odyssey, students will explore tidal shelves, sea kayak, hike small coast islands, and experience everything the beautiful BC coast has to offer. Teacher chaperones will be Miss Platt and Mr. Schilling, and the voyage begins March 30 and ends April 4. We look forward to this great trip! Keep your eyes posted to future newsletters for photographs of the trip. Happy travels!

Jason Schilling



questions regarding grad photos and talk directly to the photographers.

Grad is set for June 30th at 2:00 pm at Southminster United Church with a banquet to follow at 5:30 pm at the Lethbridge Lodge. A graduation handbook is being prepared for the grads and should be ready for distribution shortly. This handbook should answer any questions you may have regarding the 2011 graduation.

Don't forget to check your homework at

www.kateandrewshighschool.com

Europe Trip

This spring we have 19 students travelling with Noble Central High School and Coalhurst High School on a 13 day European study tour to Paris and Madrid.

Day one: leaving Calgary for Paris, France
Day two, three: visiting various sights in Paris
Day four: visit to Vimy Ridge
Day five: more sightseeing in Paris
Day six: day trip to Loire Valley
Day seven: more sightseeing in Paris
Day eight: last day in Paris-overnight train to Madrid
Days 9-12: sightseeing in and around Madrid.
Day 13: leaving Madrid returning home.

Grad Photos and Grad

Grad photos are currently being taken in the Drama room at KAHS from February 28th to March 7th. If you have not booked an appointment for grad photos you can still do so by calling 1-866-948-1005 ext. 1939. You can also check out the website at www.lifetouch.ca/southernalberta. Stop by the drama room this week if you have any



March 20th

3A South Zone Basketball Championships

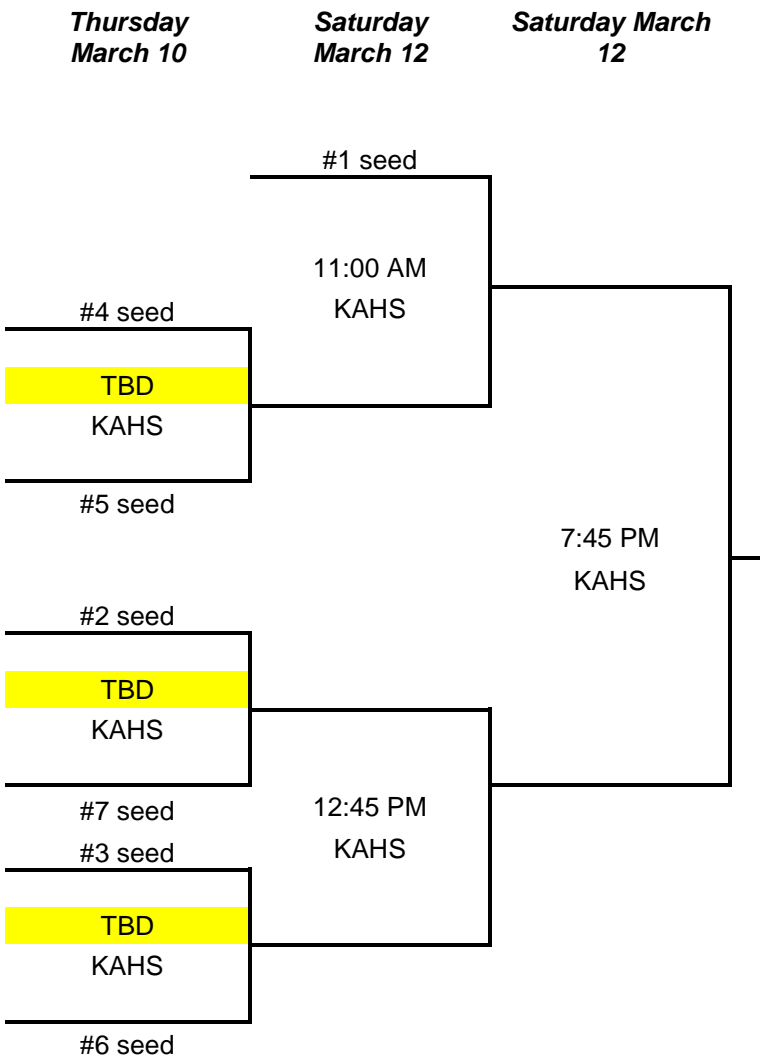
Kate Andrews High School is hosting the 3A South Zone basketball championship playoffs on March 11th and March 12th. The following is a playoff schedule.

3A SOUTH ZONE BASKETBALL CHAMPIONSHIPS

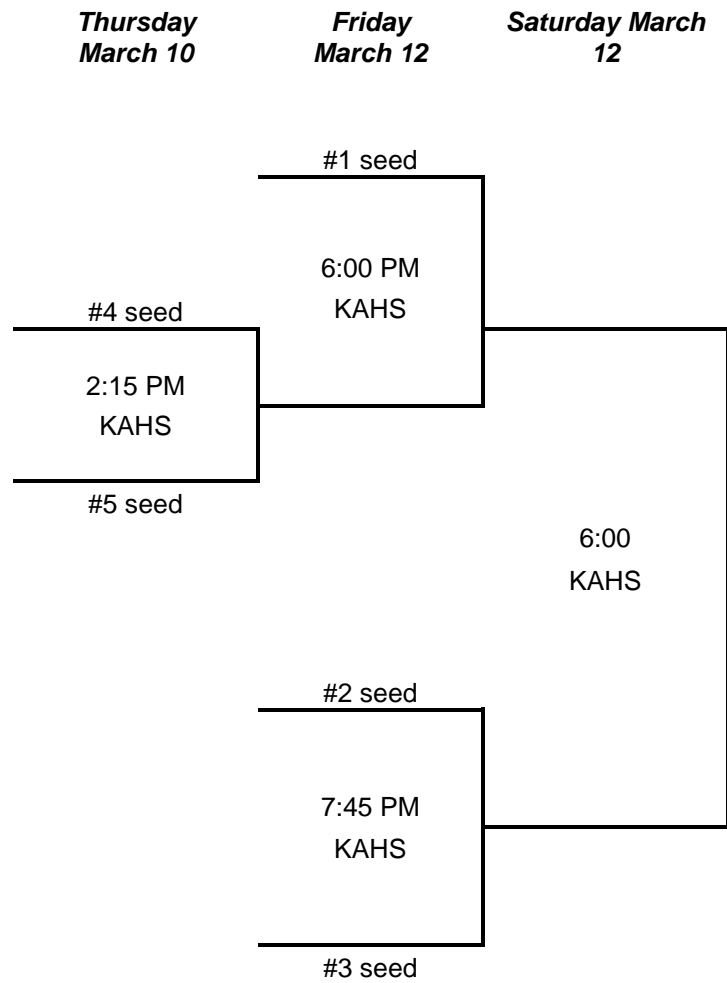
MARCH 11 - 12, 2011

Kate Andrews High School
Coaldale

GIRLS DRAW



BOYS DRAW



~ top team on the draw is the home team and will wear light colored uniforms ~

TBD - Thursday game times for the girls shall be 4:00 pm, 5:45 pm, 7:30 pm. The games assigned to each time shall be determined once the seedings are set.

Where possible the later times shall be assigned to the host school and schools closer to Coaldale dependent upon the matchups, to allow the Hat teams to get home earlier where possible.



It's Happening!

Coaldale is getting new sports fields!!

Come to a Steak Supper / Silent Auction fundraiser in support of the new fields!

Place: Jenny Emery School

Date: Saturday, March 12th

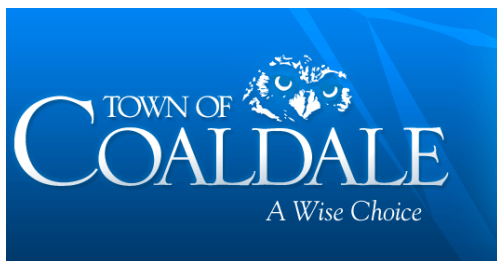
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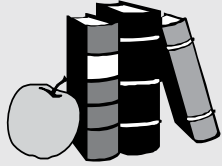
Catered by the Coaldale Bakery

Entertainment by Tom and Curt

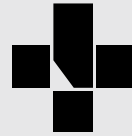
Tickets available from Coaldale Lumber or committee members

Limited number available so please book early





**Healthy Schools
Healthy Futures**



**Alberta Health
Services**

Meningococcal (Groups A, C, W-135, Y) Conjugate Immunization for Grade 9

Each year Alberta Health Services offers vaccines to students in Grade 9 as part of a school based immunization program. A vaccine to protect against four strains of meningitis bacteria is now being offered for the first time to Grade 9 students to provide protection as they enter the peak years for meningococcal disease. This vaccine is called **meningococcal (Groups A, C, W-135, Y) conjugate vaccine**.

Meningococcal bacteria can cause two serious diseases:

- Meningococcal meningitis: an infection of the covering of the brain and spinal cord.
- Meningococemia: a more serious infection of the blood

Signs and Symptoms of meningococcal infection

- First signs of meningococcal infection are much like influenza symptoms and include fever, headache, nausea, vomiting and feeling unwell
- Progresses quickly to a bad headache, stiff neck, and/or a reddish-purplish, tiny, bruise-like skin rash
- Disease can progress rapidly, with most cases requiring medical attention within 24 hours of symptom onset
- Up to 10% of cases are fatal, even with appropriate antimicrobial and supportive treatment

Who is at Risk?

- Highest incidence of disease is in Europe and North America during winter and spring months
- Highest impact of disease is in the African meningitis belt (Sub-Saharan Africa)
- Infants have the highest risk of disease. Meningococcal vaccination for infants began in Alberta in 2002
- Increased risk of disease occurs in adolescence and young adulthood

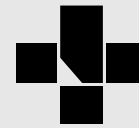
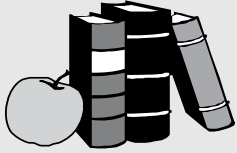
How can meningococcal infections be prevented?

- Meningococcal infections can be prevented through immunization.
- It can also be prevented by avoiding contact with another person's saliva.
- Do not share food, drinks, lipstick, lip balm, straws or water bottles

If your child received a meningococcal vaccine during the 2001 mass immunization campaign, your child is still eligible for this vaccine.

All Grade 9 students have been given an envelope containing information on the vaccine and a consent form to take home to their parents.

If you have not signed and returned your consent to the school, please do so immediately as this program will start soon.



Choosing Winter Helmets



Helmets are important in the winter as well as for summer sports. Helmets are recommended for skiing, snowboarding and sledding.

The correct winter helmet protects your child's head from injury on ice and snow. Winter helmets should be insulated, so a hat does not need to be worn under a hockey, ski or snowboard helmet.

The following winter helmet safety tips can help protect your child from a head injury on snow or ice:

- **When sledding, always wear a hockey or ski helmet that fits**
- **Wear a ski or snowboard helmet when downhill skiing or snowboarding**
- **When playing hockey or ice-skating, a hockey helmet will give the best protection**
- **Helmets should sit level on top of your head and fit snugly**
- **Replace your helmet every 5 years, or sooner if it has been damaged**
- **Bicycle helmets do not offer the best protection for winter sports. Choose a hockey, ski, or snowboard helmet instead**

Visit www.childsafetylink.ca for more information.

Celebrate Food... From Field to Table

MARCH is Nutrition Month

This Nutrition Month is a time to celebrate Canada's diverse food producers, try new whole foods at home, discover where foods are grown and share delicious meals with your family.

Fruit and Vegetables – This winter, look in your grocer's freezer for frozen blueberries from Canada to add color, nutrients and great taste to a yogurt parfait.

Grain Products – Try Alberta grown whole wheat flour, flax, or oats for a healthier muffin, bread or loaf recipe.

Milk and Alternatives – Try digging through the cheese counter for one of the 667 distinct varieties of cheese made by Canada's dairy industry.

Meat and Alternatives – Add Saskatchewan grown lentils to soups and stews, or quick and easy lentil tacos.

Visit www.dietitians.ca to discover recipes from Dietitians of Canada's new cookbook called "COOK!"



March is Nutrition Month

Celebrate Food...from Field to Table!

This March, dietitians across Alberta are inviting you to join as we celebrate Nutrition Month. The theme of this year's Nutrition Month is *Celebrate Food...from Field to Table*. You may wonder what this theme means and how you can be involved in the celebration. Below is a list of the messages and ways you and your family can celebrate.

Celebrate...Local foods

Even with our cold climate, a wide variety of foods are grown and produced locally so that they can be enjoyed year-round. Here are some examples:

Winter: carrots, onion, rutabaga, squash

Spring: spinach, lettuce, rhubarb

Summer: berries, asparagus, cauliflower, celery, cucumber, peas, tomato

Fall: Brussel sprouts, corn, pumpkin, beets, parsnips

To learn more about local foods and seasonal availability visit a farmers market. This will enable you to continue to eat local and fresh produce year-round while supporting local farmers. Try to incorporate local foods into your favourite recipes tonight!

Food...Cook it yourself

While eating out is sometimes convenient, cooking at home has many added benefits including lower cost, healthier recipes and more family time. Cooking at home is more likely to happen with a plan and when it is a social activity.

Try one or more of these tips:

- Sit down with your family and plan a weekly menu. This way you can shop for your menu and have all ingredients on hand.
- Prepare meals as a family. Involving children in the kitchen helps them to learn food preparation and cooking skills.

- Learn about new foods by experimenting with new recipes and ingredients. Challenge yourself by trying to make a meal out of only local ingredients.
- Visit the Alberta Healthy U website at "healthyablerta.com" for a great selection of recipes and cooking videos.

Field...Discover where healthy foods are grown

Do you or your children know where the foods you find in the supermarket come from? Knowing where food comes from will give you and your children a better appreciation of the food you eat. Try visiting a local farm, planting your own garden or getting involved in a community garden or visit a farmers market and ask the vendors questions.

Table...Enjoy meals together

With hectic family schedules sitting down together for a meal can become a challenge. Make it a priority in your family to sit together for at least one meal a day. Eating together is an important part of healthy eating and positive relationships.

Did you know....

Frozen or canned produce may be cheaper than fresh at certain times of