

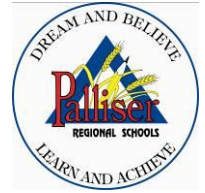


# KATE ANDREWS HIGH SCHOOL

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## Remembrance Day Ceremonies

On November 11<sup>th</sup> Canadians wear poppies and gather at war memorials across the nation to pay tribute to those who died in war. At the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month, the time the Armistice of World War I was signed in 1918, we all observe two minutes of silence to remember and honour those who gave so much. KAHS will be conducting our Ceremonies on Wednesday, November 10<sup>th</sup> starting at 10:40 AM. As with all assemblies at Kate Andrews, members of the community are openly invited to participate in this activity.

## October Student of the Month



Our September Student of the Month is a young woman who **loves** to run! She enjoys nothing better than going for a good run either on her own or as part of a group. In grade 9 and 10 she was a member of the Kate Andrews Cross Country team and she participated in a number of team events. Over the years she has won medals for track and field and for cross country. She also enjoys community running activities. She's participated three times in the annual Moonlight Run and has been part of the Run for a Cure team.

In addition to running, this young woman continues to be involved in other school activities. She's a pleasant, hard-working student who applies herself diligently to all the tasks she's given. When she was younger she achieved an award for perfect attendance as well as an award for citizenship and for merit. This year she is the coordinator for the graduation ring program.

Our September recipient enjoys a variety of hobbies. Her indoor hobbies include sewing, drawing, and scrapbooking...but she's happiest when she's outside. Riding horses, caring for her pets, being with family and friends, and helping at harvest time are high on her list of important activities.

Although she's really busy with activities both in school and out of school, this young woman finds the time to work part time at Wal-Mart in the shoe department as a "shoe service specialist". Undoubtedly her cheerful, pleasant personality makes her an awesome employee! When this young woman graduates she plans to attend Lethbridge College and then the U of L to pursue her dream of becoming a registered nurse. She hopes to work at the Lethbridge Regional Hospital.

Please congratulate our September Student of the Month, Mariah Horvath, daughter of Brian and April Horvath.

*Don't forget to check your homework at*

[www.kateandrewshighschool.com](http://www.kateandrewshighschool.com)

### **Young Women's Conference**



Wednesday, October 20th 10 girls from Kate Andrews High and Pass+ attended the Power of Being a Girl conference at the Coast Hotel in Lethbridge. The YWCA sponsored this one-day conference as part of the Y's Week Without Violence. The teens were involved in collaborative workshops geared at increasing awareness of issues facing young women in developing countries, cross-cultural connections, global diversity, and achieving a balance of mind, body and spirit.

### **Mentorship**

The KAHS/Baker Mentorship Program has begun for the 2010-2011 school term. We have 10 Kate Andrews Students acting as mentors for this year. This year the program meets Tuesday afterschool from 3:30pm to 5:00pm at R.I.Baker School. The mentors include; Krizma Reid, Katie Walmsley, Jenn Pronk, Dalyce Lengyel, Katarina Meyer, Haley Sallenbach, Matthew Halma, Alicia Jones, Sarah Dyck. Watch for more information on the happenings at Mentorship.

### **Parent Teacher Interviews**

Parent Teacher Interviews will be held on November 9 4-5 pm and 6-9 pm.

### **14<sup>th</sup> Annual Take our Kids to Work Day**

On November 3, 2010, hundreds of thousands of Grade 9 students across Canada will spend the day at work, job shadowing a parent, relative, friend or volunteer host. Our own KAHS students will again join them.

The Take Our Kids to Work™ program was implemented by the Learning Partnership in 1994. Since that time, more than one million students and 75,000 workplaces have participated in the program.

The Learning Partnership is a not-for-profit organization dedicated to providing innovative programs for students in publicly funded education across Canada. Their mission is to nurture partnerships among schools, businesses, and communities devoted to strengthening our publicly funded school system; to encourage caring adults to share their ideas, talents, and resources with students; and to create learning opportunities that young people will find challenging and exciting.

Since 1994, Take Our Kids to Work™ has helped Grade 9 students connect school, the world of work, and their own futures. It has brought together parents, relatives, friends of families, teachers, and people in the workplace to contribute to the career development of young people. Through this program, businesses invest in the workforce of the future by helping students gain knowledge and understanding of the real world of work reinforcing the importance of a good education in our rapidly changing workplace, sparking students' interest in their field of endeavour, and showcasing their workplace as a positive and supportive environment that makes a contribution to the community supporting career education. Their involvement in Take Our Kids to Work™ contributes significantly to the career development of young people.

### **Volleyball Coming to a Close**

Fans are reminded that with November comes post-season action in volleyball. There's still time to catch some of the final league games before that action begins though. Check out the back page schedule and come on out! You won't be disappointed.



### **School Council Meeting**

The next school council meeting will be held on November 29 in the conference room. All are invited to attend.

## This Village - Art Exhibit



*This exhibit will be showing for the month of November in the upstairs large display window close to the computer lab.*

The phrase 'global village' has been used to describe a world where people are living on a planet without borders or boundaries; a world where ideas, beliefs and cultures intermingle and societies are inter-dependent. The concept of a 'global village' as a merging of cultures may have found its most visual representation in Canada. In 1971, Canada became the first country in the world to adopt multiculturalism as an official policy. In the 21<sup>st</sup> century, as a result of the policy of multiculturalism and the global perceptions of Canada as a favorable place to settle, more than 200 ethnic groups were identified in the Canadian census of 2006 as compared to only 25 at the beginning of the 20<sup>th</sup> century.

This 'changing face' of the nation is most apparent in large urban centers. Due to Alberta's relatively strong economy, however, new immigrants to Alberta are moving beyond the traditional centers of Edmonton and Calgary and smaller communities are now meeting 'new neighbors'. Who are these newcomers to this 'village'? Why have they moved here and what do they bring with them?

The exhibition *this village* presents art work created by five immigrants to Alberta. Practicing artists in their home countries, these artists have brought their creativity with them and through their work introduce use to new people, places and ideas.

*this village* was curated by Shane Golby and organized by the Art Gallery of Alberta for the Alberta Foundation for the Arts Travelling Exhibition Program. The AFA Travelling

Exhibition Program is financially supported by the Alberta Foundation for the Arts.

## Grade 9-11 Subject Awards

On Thursday, October 21<sup>nd</sup>, the Grades 9 - 11 Academic Awards were presented during an afternoon assembly. These awards honor the top achieving students in each Grade 9, Grade 10 and Grade 11 subject.

### Grade 9 Subject Awards

- ✓ Megan Donkersgoed
- ✓ Rachel Reimer
- ✓ Sydney Van Diemen
- ✓ Kayla Bergman-Knight
- ✓ Mandy Hertz
- ✓ Megan LaVoie
- ✓ Courtney Rickert
- ✓ Mariah Marino
- ✓ Paul Dyck
- Keanna Lutz
- ✓ Cody Wiebe

### Grade 10 Subject Awards

- ✓ Sarah de Groot
- ✓ Natasha Lohues
- ✓ Kennie Cannady
- ✓ Larissa Enns
- ✓ Shane Dorchak
- ✓ Brad Tschritter
- ✓ Kelsey Nadeau
- ✓ Ricky Williams
- ✓ Katie Walmsley
- ✓ Joshua Tymburski
- ✓ April Andrews
- ✓ Lacey Anwender
- ✓ Riley Roth
- ✓ Christine Boltezar
- ✓ Cody Young
- ✓ Natasha Lohues
- Sarah Reurink

### Palliser ATA Awards

- ✓ Courtney Rickert
- ✓ Keanna Lutz
- ✓ Mandy Hertz
- ✓ Gail Classens

### Grade 11 Subject Awards

- ✓ Zachary Bechard
- ✓ Mackenzie Bodie
- ✓ Kennie Cannady
- ✓ Krizma Reid
- ✓ Jennae Marriott
- ✓ Taylor Wells
- ✓ Rosie Templeton
- ✓ Meghan Cox
- ✓ Sarah Reurink
- ✓ Mariah Horvath
- ✓ Jesse Dickson
- ✓ Jaem Napper
- ✓ Mitch Seward
- ✓ Logan Froese
- ✓ Lacey Anwender
- ✓ Adam Neufeld
- ✓ Ashley Enns
- ✓ Greg Nishiguchi
- ✓ Levi Shorey
- ✓ Andrew Janzen
- ✓ Danyel Pickering

### Miscellaneous Awards

- ✓ Brendan Paiha
- ✓ Devon Holzli
- ✓ Hailey Van Ryn
- ✓ Braydn Gerber
- ✓ Logan Froese
- ✓ Brian Boyd
- ✓ Jordan Smith
- ✓ Walker Neufeld
- ✓ Dawson Clark
- ✓ Melissa Fehr

### KAHS Students' Council Academic Achievement Award

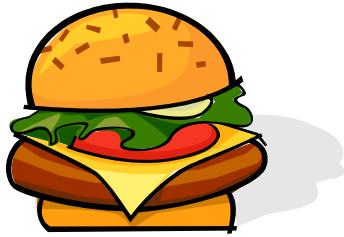
- ✓ Shane Dorchak
- ✓ Christine Boltezar
- ✓ Adam Neufeldt
- ✓ Andrew Janzen

### Leigh Ann Connors Memorial Award

- ✓ Sydney Van Diemen



**Check out the KA Café!**



The KA cafe menu:

KA Sausage Cheese Egger on toasted english muffin \$2.50  
KA Sausage Cheeser on toasted english muffin \$2.25  
Hashbrown \$1.00  
English Muffin 1\$.00  
Muffin \$1.50  
Monster Cookie \$1.75  
Monster Square \$1.75  
Fresh Fruit \$1.25  
KA BREAKFAST MEAL \$5.00 (includes KA sausage cheese egger, hashbrown, and choice of beverage excluding smoothies)

Strawberry Smoothie \$3.25  
Mango Smoothie \$3.25  
500ml Chocolate Milk \$1.75  
Coffee/Hot Chocolate/French Vanilla/English Toffee \$1.75  
Water \$1.25  
Orange Juice \$1.25  
Apple Juice \$1.25

Hamburger \$3.00  
Cheeseburger \$3.50  
Jumbo Hot Dog \$1.75  
Hamburger and Fries \$5.50  
Chicken Fingers and Fries \$5.75  
Qesos \$3.75  
Taco in a Bag \$3.75  
Regular Fries \$3.00  
Extra Huge Fries \$4.00  
Regular Poutine \$4.00  
Extra Huge Poutine \$5.00  
Chicken Ceasar Wrap \$3.75

The canteen is open on Mondays thru Thursdays 8am until 1pm. On Fridays the hours are 8am until 10:30am.

**LUNCH FEATURE EVERY LUNCH HOUR FOR \$5.00!!!**

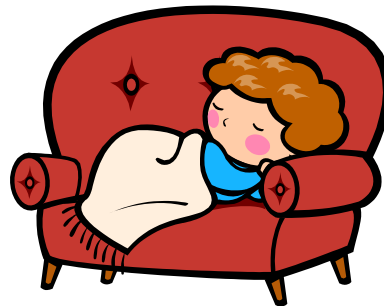
Some examples of our lunch features are as follows:

- Hamburger and Fries 5.00
- Taco in a Bag and choice of \*beverage 5.00
- Pizza Sub with bag of chips and choice of \*beverage 5.00
- \*any beverage option excluding smoothies

**PREPAID \$25.00 CARDS AVAILABLE STARTING NOVEMBER 1ST.**

The canteen will be offering \$25.00 prepaid cards beginning November 1, 2010. These will be available for purchase during canteen hours at the canteen.

**Counselor's Corner**



**ZZZZZZZ's - How Much is Enough?**

Sleep isn't just "time out" from daily life. It is an important time for renewing our mental and physical health each day. The length and quality of sleep are both important. Younger children may need as many as 10 - 12 hours of sleep each night. Teens need more sleep than adults - close to nine hours per night. Most children and teens are not getting enough sleep. Poor teenage sleep may be contributed to by changing bodies, lifestyle choices, school and family responsibilities, peer influences and poor bedtime routines. Going to sleep and getting up at approximately the same times each day positively influence sleep patterns. Young children also need a regular routine that involves parent supervision most of the time. Avoiding television and video games an hour before bedtime may help. Here is a suggested checklist for children and/or teenage sleep:

- Establish a regular, relaxing routine to unwind at night right before bedtime. This will help signal the body that it is time to sleep.

- Avoid all caffeine products including soda and chocolate, after about 4:00 p.m.
- Smoking is a stimulating drug – second hand smoke could contribute negatively to your child/teen’s sleep.
- Avoid stimulating activities in the late evening such as heavy studying computer games, violent or frightening television shows, videos or books.\promote a calm family atmosphere surrounding bedtime.
- Do not encourage your child/teen to fall asleep while watching television or videos.
- Help encourage a regular exercise routine and healthy diet.
- Open blinds and let the light in first thing in the morning – it signals your brain that sleep time is over.
- If your teen goes to bed later on weekends, make sure he/she wakes up within two hours of his/her usual weekday wake time. If allowed to “sleep-in” on the weekends, your teen’s body clock will be disrupted and waking up will be very difficult. Establish and maintain a consistent sleep-wake schedule.
- Encourage your teen to avoid napping. A short nap is ok if he/she is really sleep but limit it to 30 – 45 minutes.

(Information from the American Academy of Sleep Medicine)

Submitted by: Patti Nicol-Pharo

Students will be picked up at **9:30 a.m. and returned to the school by noon**. Each LifeBus trip can accommodate seven students/staff. Students must register with Mrs. Flexhaug and have consent forms participate.

### ***Canadian Blood Services***

**What’s Your Type** sessions will be held from **10:00 a.m. to 1:00 p.m.** on the following days:  
**Monday, November 29<sup>th</sup>**  
**Monday, December 13<sup>th</sup>**

**LifeBus is booked** to pick students up here at Kate Andrews and take them to the Lethbridge clinic to donate blood:  
**Friday, December 3<sup>rd</sup>**  
**Friday, December 10<sup>th</sup>**



**Fall 2010 KAHS Magazine Campaign Wrap Up**

A big thank you goes out to all of the parents and community members who graciously purchased magazine subscriptions again this year. As a school we sold close to 600 subscriptions, and the money raised will help offset the cost to run all of our programs. Thank you also goes out to the following staff and students who contributed to the tremendous success of our magazine fundraising campaign this year:

Aaron Adams  
Morgan Armstrong  
Luke Bergen  
Justin Conrad  
Sam Donkersgoed  
Melissa Fehr  
Colin Gettman  
Austin Gurr  
Jadenn Hillier  
Dillan Kelly  
Robyn Klassen  
Megan Lavoie  
Lorena Madacky  
Eric Meheden  
Layne Murdoch  
Allysa Ockerman  
Tyler Penner  
Rachel Reimer  
Isabella Scrigner  
Laura Sonnenberg  
Evan Thiessen  
Kiana Unger  
Blair Winters

Shaelynn Adams  
Shelby Barrus  
Mackenzie Bodie  
Meghan Cox  
Sarah Dyck  
Brooke Gathercole  
Samantha Gleim  
Max Hall  
Jean Hinton  
Vanessa Johnson  
Zane Klassen  
Natasha Lohues  
Samantha Mandel  
Todd Meheden  
Greg Nishiguchi  
David Ockerman  
Danyel Pickering  
Courteney Rickert  
Johan Shawl  
Blair Sperling  
Matt Tokariuk  
Matt Viergutz  
Dustin Yanke

Jordan Androkovich  
Dakota Beaudoin  
Laura Connors  
Allisan Curtis  
Tyler Dyck  
Dylan Garinger  
Taylor Gnyp  
Kobi Harker  
John Hinton  
Connor Kingston  
Doug Lapointe  
Kristina Lybbert  
Myriah Marino  
Mackenzie Mertz  
Dylan Nikkel  
Rakia Pawlowich  
Natalie Pittman  
Nicolletta Roelofs  
Amy Skiba  
Colby Stone  
Breanna Tonin  
Taylor Wells  
Jordy Zalesak

Hunter Antal  
Caitlyn Bechard  
Kyle Connors  
Carson Dafoe  
Ashley Enns  
Chelsea Gerber  
Jenna Gross  
Josh Heitman  
Acton Hirak  
Ethan Klassen  
Jordan Laturnus  
Riley Mackenzie-Grieve  
Justina Mayowski  
Amy Mudri  
Cody Ober  
Kaitlyn Penner  
Katie Quinn  
Riley Roth  
Stuart Smith  
Keenan Takeda  
Jordy Unger  
Cody Wiebe

Staff

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Linda Andre  
Arlene Arroyo  
Raylene Van Ryn

Sue Janzen  
Katherine Pritchard  
Danny Roberts  
Kade Hogg  
Paddie Walmsley

Jason Schilling  
Ron Terakita  
Deb Roth  
Lavonn Mutch

Gina Wittebolle  
Pjam Swen  
Glenda Light  
Darren Atwood

\*A huge thank you goes out to the 5 morning helpers: Robyn Geers, Sarah Dyck, Danyel Pickering, Nicole Kurtz and Jennifer Pronk...as well as, Miss Laye who helped during the lunch hour draws and finally Mrs. Van Ryn who kept the money balancing. Happy reading everyone!

\*\*if any name has been missed we sincerely apologize, as these were the names that we had when the newsletter went to printing.

~Mike Gibson

November 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 6:00 Jr/Sr Girls vs Magarth LSAA ¼ Finals	3 6:00 Jr/Sr Boys vs Myers	4 LSAA City Championships @ WC	5	6
7	8	9	10	11 Remembrance Day	12 Day in Lieu	13
14	15 PD Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Notes:			