



# KATE ANDREWS HIGH SCHOOL

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## November 2009

*Bob Bowman, coach of Michael Phelps, who won eight gold medals at the 2008 Beijing Olympics, said in an interview: "Successful people make a habit of doing things other people aren't willing to do. And that's our game here." – Bob Bowman*

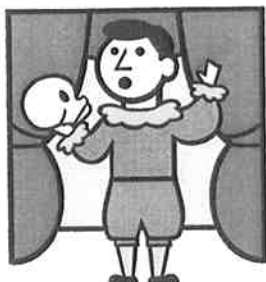


### Remembrance Day Ceremonies

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 Tuesday, 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.

### KAHS Drama Production is Underway!

## Life In the Fat Lane



This activity is being coordinated by Jason Schilling, Nicole Higginson and Paige Hierath.

Cast List is as follows:

Lara Ardeche.....Rebecca Johnson  
Molly Sheridan.....Beth Quinn  
Karen O'Keefe.....Rosie Templeton  
Mom.....Jenna Marriott  
Jennie Smith.....Sarah Dyck  
Jett Anston.....Ryan Utlalwilligen  
Perry Jamison.....David Opinko  
Max Cutler.....Matt Halma

The Chorus  
Michelle Clark  
Tannis Chartier  
Katie Quinn  
Hunter Angeleo

The play explores our perceptions of body image as we follow Lara Ardeche as she "puts on the pounds". *Life in the Fat Lane* explores, through humour, the pressures put on men and women alike to 'fit in', literally. The cast of *Life in the Fat Lane* are extremely excited to bring to life the characters of this play and look forward to presenting it November 24-27th in the Kate Andrews Theatre. Show starts at 8pm. (Ms. Higginson)

*Don't forget to check your homework at*

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

### University of Lethbridge Open House

The U of L is hosting an Open House on **Saturday, November 7<sup>th</sup>**. If you are thinking about applying to the U of L, students who apply for admission to the U of L at the Open House will automatically be entered into a draw for a \$1,500 tuition credit. For more information, please see Mrs. Flexhaug.

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## **Lethbridge College Career Conference and Open House**

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Lethbridge College program representatives, industry experts, and businesses will be at the college for their annual Career Conference and Open House on **Thursday, November 5<sup>th</sup>** from **10:00 a.m. to 6:00 p.m.** Students and parents are encouraged to attend. For further details, please visit [www.lethbridgecollege.ab.ca](http://www.lethbridgecollege.ab.ca). or see Mrs. Flexhaug

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## **Stop The Cuts**

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Please take the time to visit the following website to learn more about the intended cuts to education funding.

<http://www.stopthecuts.ca>

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

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On November 4, 2009, 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

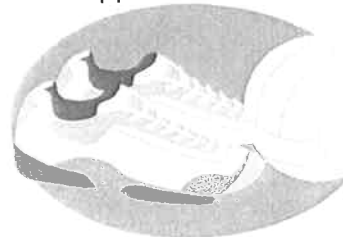
changing workplace, sparking students' interest in their field of endeavour, and showcasing their workplace as a positive and supportive environment that makes a contribution to the community supporting career education. Their involvement in Take Our Kids to Work™ contributes significantly to the career development of young people.

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## **Volleyball Coming to a Close**

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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.



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

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On Wednesday, October 14th, 10 female Kate Andrews students attended the YWCA Annual Young Women's Conference. This year's theme was the impact how advertizing impacts young women. The young women participated in lively discussions, they had an opportunity to "work out" and experience fun ways to exercise and were entertained by the "Desert Winds" belly dancing troupe. The history of where, when and why belly dancing started was shared with the young women to give them accurate information about this activity. Students from all over southern Alberta attended this event. (Mrs. Mutch)



## Mentorship



Mentorship Program: The Kate Andrews /R.I. Baker Middle School mentorship program has begun for the 2009-2010 school term. There are currently 10 Kate Andrews students acting as mentors for 10 Baker students. Our high school students have gone through the training and orientation and have been matched up with their mentee. The program takes place at Baker School on Thursday's from 3:30-5:00pm and our first field trip will take place Thursday, October 29/09 to the Stirling Haunted House. The following students are involved in our mentorship program:

- Robin Hoffman
- Halli Conway
- Krizma Reid
- Rosie Templeton
- Karleen Wall
- Ciara Warkentin
- Tasha Klassen
- Micheala Harker
- Jordan Henriksen
- Leanna Santangelo



## Grade 9-11 Subject Awards

On Thursday, October 22<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

- ✓ Brenton Reimer
- ✓ Jessie Friesen
- ✓ Meghan Cox
- ✓ Larissa Ens
- ✓ Walker Neufeld
- ✓ Shane Dorchak
- ✓ Cody Ober
- ✓ Liana Paterson
- ✓ Dawson Clark
- ✓ Ryan Doram
- ✓ Bradyn Gerber

### Grade 10 Subject Awards

- ✓ Jeremy Hansen
- ✓ Jordan Cramer
- ✓ Taylor Wells
- ✓ Jennae Marriott
- ✓ Ashley Ens
- ✓ Sarah Dueck
- ✓ Brian Boyd
- ✓ Shane Janzen
- ✓ Krizma Reid
- ✓ Katarina Meyer
- ✓ Austin Ostby
- ✓ Eric Meheden
- ✓ Logan Froese
- ✓ Lane Theilmann
- ✓ Danielle VandenBerg
- ✓ Jean Hinton
- ✓ Ryan Horwood
- ✓ Dani Campbell
- ✓ Gregory Nishiguchi

### Palliser ATA Awards

- ✓ Shane Dorchak
- ✓ Dawson Clark
- ✓ Meghan Cox
- ✓ Matthew Halma

### Grade 11 Subject Awards

- ✓ James Van Braak
- ✓ Richard Reimer
- ✓ Dylan Walmsley
- ✓ Lucas Pavan
- ✓ Kaitlyn Thiessen
- ✓ Leanna Santangelo
- ✓ Caitlyn Brett
- ✓ Kendon Hastings
- ✓ Tammy Meachin
- ✓ Leah Neufeld
- ✓ Taylor Wells
- ✓ James Calvin
- ✓ Daniel Moses
- ✓ Jordan Henriksen
- ✓ Sydney Murdoch
- ✓ Elisabeth Quinn
- ✓ Danielle Williams

### Miscellaneous Awards

- ✓ Stuart Smith
- ✓ Kendell Weins
- ✓ Rebecca Vanderpyl
- ✓ Melissa Fehr
- ✓ Jeff Klassen
- ✓ Ryan Uytdewilligen
- ✓ Matthew Viergutz
- ✓ Brody DeJager
- ✓ Jeffrey Hansen
- ✓ Hailey Fox
- ✓ Zachary Wielenga
- ✓ Amanda Fehr

### KAHS Students' Council Academic Achievement Award

- ✓ Shane Janzen
- ✓ Sydney Murdoch
- ✓ Jordan Henriksen
- ✓ Lucas Pavan

### Leigh Ann Connors Memorial Award

- ✓ Dawson Clark



### 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 famiy 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 consistens 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.

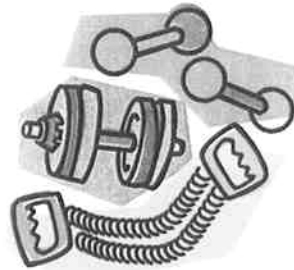
(Information from the American Academy of Sleep Medicine)

Submitted by: Patti Nicol-Pharo

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### Used Fitness Equipment

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Here is a chance for you to get rid of some of that old fitness equipment that is cluttering your closet. We are looking for physioballs, (fitballs, swiss balls - whatever name you refer to them) hand weights and elastic tubing that you are no longer using. Please drop off any used equipment at the office.

**The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.**  
- Vince Lombardi

## ***Fall 2009 Magazine Campaign Wrap Up!***

Another very successful fall Magazine Campaign is in the books and a huge thank you goes out to each and everyone of the following individuals for their combined efforts in selling and or buying magazine subscriptions during this year's Magazine Campaign, which ran from September 23<sup>rd</sup> to October 13<sup>th</sup>. Overall our sales were down from last year's numbers, but ultimately in the end a lot of money was raised for activities that take place here at KAHS. Thanks to one and all who participated!!!

John Hinton	Mackenzie Mertz	Cody Doerksen	Jean Hinton	Acton Hirak
Annie Becking	Karleigh Kasner	Richard Reimer	Rosie Templeton	Meghan Cox
Austin Kelly	Matthew Tokariuk	Shane Janzen	Keaton Sawatsky	Halli Conway
Eric Tymbuski	Jesse Felske	Dylan Nikkel	Sydney Van Diemen	Kelsey Nadeau
Jordan Zalesak	Dayton Bannab	Layne Murdoch	Chase Kingston	Breana Beer
Drake Bellhumer	Todd Mehenden	DJ Baumann	Bradyn Gerber	Brock Bohner
Amanda Fehr	Zane Parson	Danielle Van Herk	Tammy Meachin	Sarah Dyck
Blair Winters	Brandon Stickel	Michelle Clark	Jeffrey Klassen	Tanner Stone
Courtney Rickert	Diego Dyck	Taylor Wells	Shelby Barrus	Max Hall
Rakia Ward	Dustin Yanke	Caleb Janhunnen	Tia Enns	Eric Meheden
Marcus Barwegen	Caitlyn Brett	Carson Dafoe	Kelsey Coccimiglio	Riley Mackenzie-
Grieve				
Colby Stone	Danyel Pickering	Richard Gettman	Rebecca Tokariuk	Paige Horlings
Colin Gettman	Cody Ober	Robyn Klassen	Isabella Scrigner	Kendon Hastings
Cole Parkinson	Lacey Anwender	Tannis Chartier	Hailey Kloot	Riley Roth
James Lohues	Matt Clark	Alyssa Wall	Melissa Fehr	Samantha
Donkersgoed				
Megan Wickstrom	Jordan Laturnus	Dakota Beaudoin	Christine Boltezar	Dawson Clark
Sydney Murdoch	Matthew Viergutz	Stephanie Bissonette	Tyson Borsboom	Tracy Van Ryn
Karleen Wall	Vanessa Johnson	Tyler Penner	Travis Nikkel	Mackenzie Bodie
Robyn Geers	Matej Madacky	David Ockerman	Ashley Enns	Hunter Antal
Caitlin Bechard	Justin Conrad	Keanna Lutz	Myriah Marino	Natasha Lohues
Justina Mayowski	Megan Donkersgoed	Brooklyn Gathercole	Blake Holland	Brandi Reck
Allisan Curtis	Morgan Armstrong	Danielle Klassen	Nicole Kurtz	Lacey O'Donnell
Mr. Vuch	Mrs. Pritchard	Mr. Terakita	Mrs. Roth	Mrs. Arroyo
Mrs. Walmsley	Mrs. Sven	Mrs. Flexhaug	Mrs. Sue Janzen	Mrs. Light
Mr. Schilling	Mrs. Jungwirth			

A special thank you goes out to the morning collection helpers: **Jennifer Pronk, Nicole Kurtz, Danyel Pickering, Robyn Beers and Sarah Dyck...** and to my noon hour prize draw helper **Mrs. Jungwirth...** and to the lady who makes sure all the money adds up correctly **Mrs. Van Ryn.**

~Mr. Gibson~

