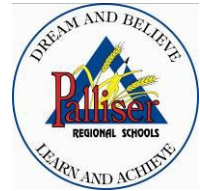




KATE ANDREWS HIGH SCHOOL

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Message from the Superintendent



Hello, everyone,
Welcome to November, an important month for our students, staff and families.
This is report card month, an excellent time to get an update on student learning so far this school year. I say it's an excellent time. It's certainly not the only time for such an update. Across Palliser, our teachers and administrators are working very hard on increasing communication with parents/guardians throughout the year. I hope you've noticed this concerted effort.
At some of our schools, this focus on communication has involved a change up to parent-teacher interviews so these meetings occur before report cards are issued. Issues can be raised early. Report cards then serve to affirm what's already been discussed.
Regardless the timing, parent-teacher interviews or student-led conferences are an important communication tool.
I encourage all of our parents/guardians to participate in these meetings. Bring your questions and your suggestions for how we can support each

other in supporting student learning. These occasions are an opportunity for teachers and parents to talk about how we can support each other in our shared interest in helping our students reach their goals and achieve success.
We are partners in this all-important effort. The theme of Palliser this school year is TEAM: Together Everyone Achieves More. Through collaboration and team effort, as students, parents, teachers, support staff and community members, we can ensure learning success for all students.
Thank you for being part of Palliser's TEAM.
Kevin Gietz, Superintendent
Palliser Regional Schools

Grad Rings

A representative from Jostens was here on October 13th for students wanting to purchase a 2012 grad ring. Orders can still be made by going to the Jostens link on the Kate Andrews website under "news items".



Design your ring at jostens.com

Kate Andrews HS

Your Graduation Ring Day is:

Date - Thursday, October 13
Time - 11:30 to 12:30
Place - Outside the Cafeteria



Design your ring at jostens.com, post it on your Facebook wall. Bring a print out of your wall on order day to enter to win a Class of 2012 Hoodie!

Order Now To Receive Your Ring Before Christmas



Bring your \$60 deposit on order day!
Payment Plans Available - Ask your Jostens Representative for details



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Sean and Denise Kelly - (403)252-1774 - (877)252-1774 - sean.kelly@jostens.com - www.facebook.com/SouthernAlbertaGraduation

KAHS Remembrance Day Activities



On November 10th, from 10:30 to 11:05 am, the staff and students of KAHS will be holding a Remembrance Day ceremony in the gym.

November 11th is a holiday. There will be no classes for students on Monday, November 14th and Tuesday, November 15th.

September Student of the Month



Christine Boltezar

Our September Student of the Month is a young woman with many interests and abilities. Her areas of strength include academics, athletics, and creative arts. Staff members say that she is wonderful, kind, hardworking, respectful, reliable, fun, responsible, trustworthy, awesome and considerate. If it's a positive attribute, then it probably applies to her!

This young woman strives for excellence in all she does. Academics have always been a strong focus for our student of the month. Her teachers comment that she works diligently at her course work – and that diligence has paid off! Her motivation to excel in her studies earned her the second highest average in grade 10, with the top mark in Science 10. In grade 11, she completed her Social 30-1 and received the award for the highest school-awarded

mark in that subject. As graduation approaches, her eye is firmly fixed on excellence in all subject areas. This young woman has been an integral part of Kate Andrews' athletics for the past three years, playing on both the volleyball and the basketball teams. She received the Rookie of the Year award for volleyball and basketball in grade 10, and the Most Dedicated Player award for both sports in grade 11. She is accepting of others, and does her best to support and encourage her teammates. She is incredibly coachable, and works hard to better her team. Her teammates so respect her leadership and team building skills that they recently elected her our Senior Varsity Girls Volleyball Team Captain!

In addition to her academic and athletic contributions at Kate Andrews our September student of the month also enjoys creative expression. She was a member of the Kate Andrews band in grades 10 and 11, and was an integral part of the flute section. She is an excellent seamstress and at Lethbridge Skills, she was awarded gold in sewing.

Our September student of the month is very involved in community activities. She is a member of the St. Ambrose Church where she reads, plays the piano, and assists with lawn maintenance. She plays house league soccer, as well as Tier Three soccer for the Coaldale Thunder. She is also a member of the newly initiated Coaldale Leos Club.

In the summer, this busy young woman works as a lifeguard at the Coaldale pool and in her "spare" time she enjoys swimming, dirt biking, sewing, and running!

After graduation, our September student of the month plans to attend the University of Alberta, major in Science and possibly pursue a career in Pharmacy.

Please congratulate our September student of the month, Christine Boltezar, daughter of Mary and John Boltezar.

The Power of Being A Girl

Four grade nine students; Sarai Greening, Ashley Fritzier, Terrin Fick, and Takara Hurst attended this one day conference in Lethbridge on October 19th. This annual conference is sponsored by the YWCA in partnership with the Lethbridge Public School District #51. This was the tenth annual conference hosted by the Y and many cities across Canada were offering similar days for girls. The theme this year was U-niquely Girl with the emphasis of the sessions addressing self-esteem and being positive.



Fall 2011 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 450 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:

Shaelynn Adams	Jordan Androkovich
Andrew Barker	Shelby Barrus
Dakota Beaudoin	Carson Beers
Dexter Bezooeyn	Ashley Bodie
Christine Boltezar	Brent Clark
Justin Conrad	Meghan Cox
Clay Dorchak	Lukas Dickson
Chloe Emery	Jesse Felske
Jayden Fraser	Brooklyn Gathercole
Chelsea Gerber	Sarai Greening
Jenna Gross	Austin Gurr
Max Hall	Darcy Heitman
Josh Heitman	Ty Hilgersom
Joey Hinton	John Hinton
Takara Hurst	Connor Kingston
McKenzie Kingston	Brayden Kluss
Amy Knelson	Jordan Laturnus
Megan Lavoie	Jessica Lohues
Miranda Lohues	Natasha Lohues
Myriah Marino	Todd Meheden
Layne Murdoch	Kelsey Nadeau
Alyssa Ockerman	Levy Ostrup
Sarah Parker	Jesse Paterson
Kaitlyn Penner	Tyler Penner
Lane Phaff	Mariah Plishka
Courtney Rickert	Sarah Reierson
Rachel Reimer	Rebecca Reimer
Nicolletta Roelofs	Riley Roth
Ty Shaffer	Steven SchAAF
Logan Siebert	Laura Sonnenberg
Kayla Stickel	Colby Stone
Ben Tokariuk	Steve Tokariuk
Matt Tokariuk	Breanna Tonin

Kiana Unger	Cayla Vink-Walters
Rachel Van Maanen	Carrie Wall
Mrs. Swen	Mr. Terakita
Mrs. Arroyo	Mrs. Roth
Mrs. Andre	Mrs. Spahmann
Mrs. S. Janzen	Mr. Schilling
Mrs. Van Rijn	Mrs. Wittebolle

*A huge thank you goes out to the 4 morning helpers: **Kaitlyn Penner, Diana Dyck, Rachel Reimer and Shelby Barrus**...as well as, **Miss Entz** who helped during the lunch hour draws and finally **Mrs. van Rijn** who kept the money balancing. Happy reading everyone! Please remember that every magazine subscription is 100% guaranteed, therefore, if you find that you have not received your magazine in the allotted time period, please call the CCRP number on your receipt.

**if any name has been missed we sincerely apologize, as these were the names that we had when the newsletter went to print. Also, a number of subscriptions were received without the seller/student's name on them so if you do not see your name on this list and you know that you sold some subscriptions, please stop and see Mrs. van Rijn at the office.

~Mike Gibson~

Coaldale Cares Campaign 2011 - Canadian Blood Services

Kate Andrews will be participating in the Canadian Blood Services *Coaldale Cares Campaign* by holding a "What's Your Type" demonstration of blood typing on Monday, December 5th from 11:00 a.m. to 1:00 p.m. Students who are under the age of 17 must have a consent form signed to participate. Please see Mrs. Flexhaug to get a consent form.



Students will also have the opportunity to donate blood on behalf of the *Coaldale Cares Campaign* on Friday, December 9th. Canadian Blood Services LifeBus will pick up student blood donors at 8:45 a.m. and take them to the Lethbridge Blood Donor Clinic. The students will be returned to Kate Andrews by the LifeBus at approximately noon. Interested students need to see Mrs. Flexhaug to sign up.

Kate Andrews High School Community Food Drive



Some of the Staff & Students

On October 21st Kate Andrew's staff and students conducted a food drive throughout the Town of Coaldale. A total of 640 bags were collected equaling a dollar value of \$5,473.00 which is \$2,016.00 more than we collected in 2010-2011. Thank you to the entire community for the tremendous support and to the students, staff and parents who volunteered to help with this annual event.



Some of the goods collected



L-R Levy Ostrup, Courtney Rickert, Carson Beers, Janay Dyck, Austin van Rijn

Terry Fox Fundraiser



The celebration of Terry Fox at Kate Andrews School, in Coaldale, featured apple bobbing, sack races and a BBQ. But by far the most popular event was the teacher dunk tank (with students, anyway!). Featured here, Jason Schilling, teacher and district representative for South West, was one of a number of teachers who sacrificed their dignity and dry clothes to raise funds for the Terry Fox Foundation for Cancer Research. Students and staff exceeded their fundraising goal of \$450 (\$1 per person in the school) by raising \$955—and continued hope that a cure for cancer will be found.

—Photo of students by Jesse Felske; photos of Mr. Schilling by Katie Walmsley

KAHS Marketing Class



Students and Parents of Kate Andrews!

This year's marketing class is proud to present Noshoj Company (Nos-in-hoj). Here's a list of the merchandise we will be selling from Oct 31-Nov 9. Individual prices and Package Deals are listed below. All merchandise can be purchased during the lunch hour in the main hall across from the office. Names can be embroidered for an extra \$4.00.

Open-Bottom Sweats \$36.50 KAHS in block up the leg, wrapped around Pride on the back with claw marks Pockets Name embroidered on left thigh	Package 1 \$75.00 Wristband OR Lanyard Sweats Hoodie
Long Sleeve T-Shirt \$26.50 Pride on the right hip Kate Andrews down the left sleeve Big Lion back piece Name embroidered on right sleeve	Package 2 \$76.00 Wristband OR Lanyard Duffel Bag Hoodie
Boxers \$15.00 Elastic waist embroidered with PUT SOME PRIDE IN YOUR PANTS and the Lion	Package 3 \$88.00 Boxers Sweats Long sleeve Touque
Toques \$15.00 Black fur lined toques Long braided tassels Lion on the front	Package 4 \$20.00 Boxers Lanyard Wristband
Duffel Bag \$37.50 25x12x10 size Lion on the front Comes with shoulder strap as well Name embroidered on the top	BLOWOUT!!!! EVERYTHINNNNNNNG Only \$155.00 Save \$23.00
Lanyard \$5.00 Royal blue woven cord 1 clip KAHS PRIDE and the lion encircling the lanyard	
Pullover Hoodie \$37.50 Lion on chest KAHS over the top of the lion Pride on the hood Name embroidered on the lower back	

Leo Club

Kate Andrews High School is pleased to announce the formation of the LEO Club! LEO stands for **Leadership-Experience-Opportunity** and is the high school arm of Lions Club International. Our LEO Club meets on the 1st and 3rd Wednesdays of each month and organizes community service projects at the school and in the community. Lacey Anwender presides over a committed group of more than 30 enthusiastic volunteers. Joining her on the executive is Natasha Lohues as vice-president, Kelsey Nadeau as treasurer, Tannis Chartier as secretary and Christine Boltezar as the infamous Tail

Twister! If you would like to join our club, contact one of the executive, Mrs. Johnson or Mr. Hogg.



LEO Club members prepare bags for annual food drive to benefit the Coaldale Food Bank.

Gem of the West Museum Fundraiser

Citizens of Coaldale and the community are invited to attend a fundraiser.

University of Lethbridge Singers



Friday, Nov. 18, 2011
 7:30 pm, Gem of the West Museum
 (1306 20 St., North Coaldale)

Tickets: Coaldale Giftware (1723 20 Ave., Coaldale)
 and at the door

\$10/museum member
 \$12/adult
 \$25/family



Family School Liaison Counselor

M. Scott Peck (Schoel & Stratton, 1995, p.19) had this to say about a community.

In genuine community there are no sides. It is not always easy but by the time we reach community, the members have learned how to give up cliques and factions. They have learned how to listen to each other and how not to reject each other. Sometimes consensus in community is reached with miraculous rapidity. But at other times it is arrived at only after lengthy struggle. Just because it is a safe place does not mean community is a place without conflict. It is, however, a place where conflict can be resolved without physical or emotional bloodshed and with wisdom and grace. A community is a group that can fight gracefully.

Submitted by Lavonn Mutch Family/School Liaison Counselor for Kate Andrews High School

Financial Literacy Month

Let's help young people manage their personal finances

This November will mark the first edition of Financial Literacy Month in Canada. This full month of activities and events will highlight the need for increased financial literacy in Canada.

In the current economic climate, it is important that we all improve our knowledge, skills and confidence in making responsible financial choices for ourselves, but we also need to think about the next generation.

Too many young Canadians leave high school lacking financial life skills and don't know the harsh financial realities they'll face in the "real" world. That is why it's imperative that parents and educators teach our children how to handle their money and make wise financial decisions.

As a teacher, I have been using *The City: A Financial Life Skills Resource* in my classroom to teach my students basic concepts such as budgeting and savings, credit and debt, insurance, financial planning and how to avoid fraud. *The City* makes finance more stimulating and engaging by drawing students in with storylines featuring eight characters that are at different stages in their lives. These stories and characters show students some of the financial situations they will face themselves.

During Financial Literacy Month, I would like to encourage all parents and teachers to initiate discussions with teenagers regarding personal money management so that they can be better prepared and have the tools they need to navigate through the financial realities of adulthood.

For more information about *The City*, a program developed by the Financial Consumer Agency of Canada (FCAC) and the British Columbia Securities Commission (BCSC), please visit fcac.gc.ca and go to the "Educational Programs" section. For more information about Financial Literacy Month, visit financialliteracymonth.ca.

Lucy Johnson

CTS Teacher

Kate Andrews High School

Fine Arts Night

Kate Andrews presents an evening showcasing art, drama, music, and song. It all starts at 7:00 pm on Thursday, November 29, 2011.





Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

1. Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
2. Learn about drugs and substance abuse so you can have an informed discussion
3. Listen to them...and then listen some more
4. Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
5. Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and giveaways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

1. After you cough, sneeze or blow your nose
2. Before you eat or serve food
3. After you are near a person who is ill
4. Before you brush your teeth

What to use

1. Use regular soap and water **or**
2. Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

1. Wet your hands with warm, running water
2. Rub on regular soap and lather well
3. Rub all parts of your hands and wrists for 15 seconds
4. Rinse well under warm, running water
5. Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

1. Tell them that most people do not smoke
2. Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
3. Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
4. Be honest about the long term health consequences; about friends or family who have been negatively impacted.
5. Introduce the importance of individual differences and standing up to peer pressure
6. Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.