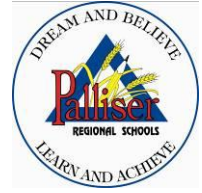




# KATE ANDREWS HIGH SCHOOL

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## Message from the Superintendent

Hello, everyone,

Welcome to the 2011-2012 school year! To our students and their families, I say thank you for entrusting Palliser to meet your educational needs.

This year, Palliser Regional Schools has adopted a theme of “TEAM: Together Everyone Achieves More.” Those few words speak volumes about our division’s values. We view education as a shared responsibility, best served through the meaningful collaboration and partnership of all parties – school administration, teaching and support staff, students, parents and others in the community. As a society, we all benefit when our children are educated, literate and independent thinkers. Likewise, our students benefit when the people around them support their learning needs. Even something as simple as a consistent message that school is important can make a difference to a child and his/her attitude toward learning. How can you be a partner in education? One of the best ways to do this is to attend school council meetings. Through school council, parents/guardians can provide valuable input and stay informed about what’s happening at the school. You don’t have to commit to attending every meeting of the council, but come once, and we think you’ll see the value of it and you’ll come back for more.

Thank you for being part of Palliser. I wish you all the best for a successful 2011-2012 school year.  
Kevin Gietz, Superintendent  
Palliser Regional Schools

## New Visions – Art Exhibit for October

New Visions focuses on the growth of the TREX program, with over 400 exhibitions to date, combined with the influence technology has had on art-making over the last quarter of a century. This exhibition features works from the collection of the Alberta Foundation for the Arts, and is comprised of printmaking and photographic techniques called “photo etching”, mixed media pieces created with oil paint, collage and handmade paper, hand printed silver gelatin pinhole photographs, as well as techniques that combine photography and water color painting. Inspired by the very first exhibitions that traveled over twenty-five years ago, this exhibition reconnects to themes of “abstracting from nature” and “other spaces, other places”. It is a compilation of 15 works of art, featuring renowned Alberta Artists who have evolved their practice through technological advancements in materials and techniques.

This travelling art exhibit will be located in the upstairs large display case for the month of October. If you have any comments please let Mrs. Wittebolle know.

## KAHS Picture Retakes

*Picture retakes will take place on October 27, in the morning, at KAHS.*

## Health Unit Immunizations

Grade 9 immunizations will occur on October 5<sup>th</sup>.

## KAHS Annual Magazine Fundraiser

Once again the magazine fundraiser is underway at KAHS. All students are encouraged to participate in this annual fundraiser as these funds are used to support various activities and projects throughout the school.

All athletes are asked to sell 5 subscriptions in order to have their one-time \$50.00 athletics administration fee waived. Any athletes who do not sell 5 subscriptions will have to pay this fee.

## Grad Rings

The Class of 2012 graduation ring order day is coming soon. Jostens graduation rings will be at our school on Thursday, October 13. Catalogues are available on the office counter. Order now to receive your ring before Christmas. A link to Jostens website is on the Kate Andrews website listed under “news items”.



Design your ring at [jostens.com](http://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](http://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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10 104 07 028 000117

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

## KAHS Band Activities

Kate Andrews High School Band recently participated in their first annual band retreat at the Southern Alberta Bible Camp in Lomond. This was a great opportunity to get a head start on new music and to welcome their new Grade 9

players! Many thanks to Mr. Holland and parent volunteers, Sherry Murdoch and Linda Klima, for chaperoning and driving students and equipment.

Kade Hogg



## Terry Fox 2011

Kate Andrews held its annual Terry Fox celebration on Wednesday, September 28. For this year's activities, we held a carnival including events such as apple bobbing, three legged races, sack races, a lemonade stand, a BBQ, and the highly popular dunk tank. The day started off with an assembly where the five year participation banner was presented to the school, it reads "Terry Fox Lives Here." And based on the enthusiasm of the students on Wednesday, Terry did. Our school goal is always to raise one dollar per person in the school; roughly \$450.00, and this year we exceeded that amount and raised well over \$700.00 for the Terry Fox Foundation for Cancer Research. Several staff took the plunge in the dunk tank which saw a lot of students succeed in submerging their teachers. Thanks to Mr. Holland, Mr. Rollingson, Mr. Atwood, Mr. Swen, Mr. Schilling, and Mr. Hogg (who went in his dress clothes!) for risking the platform. A special thanks to the KAHS Students' Council for organizing and supporting the event. It was definitely one of the

best Terry Fox events that KA has ever had! We look forward to the assembly on October 3, where the final amount and check are presented, as well as the winners of the prizes will be drawn. Terry Fox wrote in a letter in October 1979 that, "I am not a dreamer, and I am not saying that this [the Marathon of Hope] will initiate any kind of definitive answer or cure to cancer. But I believe in miracles. I have to." Thirty one years after Terry's passing, his dream lives on and that dream was alive and in high spirits at Kate Andrews. Congratulations to everyone at Kate Andrews for a spectacular day.

Mr. Schilling



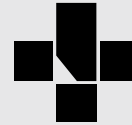
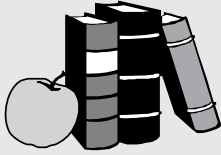
**Mr. Holland going down!**



**Riley Roth, Dantan Bertsch, Taylor Anthony, Kaylee Neufeld and Grady Nielsen, cooking up some hotdogs for the Terry Fox fundraiser.**

### **Thanksgiving Holiday**

**Reminder to parents and students that there is no school on October 10<sup>th</sup> for the Thanksgiving holiday and again on the 11<sup>th</sup> due to a PD day for staff.**



## VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

## SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAllm>.

## INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)

