JUNE 2017

## KATE ANDREWS HIGH SCHOOL

**NEWSLETTER** 

### **FINAL EXAMS**

<u>June 15<sup>th</sup></u> is the last day of regular classes for students. A schedule of Final Exams is available in this newsletter, on the KA website at <u>www.kateandrewshighschool.com</u> and printed copies are for pick up in the KA Office.

### **SAFE ARRIVAL**

Thank-you to those parents/guardians who are using the Safe Arrival app & phone system to report student absences. We are finding that this program to be very efficient for reporting student absences.

Absences can be reported through an app for both Android or Apple devices or simply by phoning 1-844-260-7166. Absences can also be *viewed* through this program, if using the app or when logged into the website. Further information can be found on the KA website and was sent to all parents/guardians via email.

If you experience any troubles accessing SafeArrival, please contact the school office.



Palliser Regional Schools

Call toll-free 1-844-260-7166 to report an absence. Report online at http://prs26.schoolconnects.com.

### KA ATHLETICS AWARDS

The Annual Kate Andrews
Athletic Awards will take place
in the KA gym on Thursday,
June 8th at 6:00 pm. Numerous
awards will be handed out for
our various sports with special
recognition being given to our
graduating athletes, Athletes of
the Year, and Career Athletes.
We hope to have all the athletes
and parents in attendance!
Anyone is welcome to attend.

### BAND/CHOIR FINAL CONCERT

The final KA Band and Choir will perform their final concert of the year on June 6<sup>th</sup> at 7pm in the gym.

The theme for this concert is

Canada's 150<sup>th</sup> Birthday and it will include music by famous Canadian composers as well as others.

Admission is free and we hope to see you there!



### KA ATHLETICS AWARDS

The Annual Kate Andrews Athletic Awards will take place in the KA gym on Thursday, June 8th at 6:00 pm. Numerous awards will be handed out for our various sports with special recognition being given to our graduating athletes, Athletes of the Year, and Career Athletes.

We hope to have all the athletes and parents in attendance!

### **LOCKER CLEAN OUT**

Students must have their lockers cleaned out by the end of the day on June 15th. Please return your lock to the office this day and take all personal belongings home. Any lockers not cleaned out on June 15th will be emptied and cleaned by staff on June 16th. Personal items remaining in lockers after June 15th will go into the Lost and Found.

### 2017-2018 CLASS SCHEDULES

The office is currently working on creating schedules for students for next year. Students and parents/guardians will be notified as soon as they are available for pick-up.



Throughout this newsletter you will find samples of some of the artwork created by KA students.

The artwork included here is from Art 10, Art 20 and Art 30 classes that considers the concept of autobiographical self-portraits.



ost in Thoughts by Alexx Olsen

Are you working or volunteering this summer? Do you know you can gain credit for your summer employment and these credits can be used towards the Rutherford scholarship and some post-secondary applications? If you are interested, contact our Off-Campus Coordinator, Jen Nieboer via email at Jennifer.nieboer@pallisersd.ab.ca for more information. Also, check out our website to learn more about PBB's Off Campus Programs including work experience, RAP, and Green Certificate.



A New Learning Landscape

🔰 @PalliserBB 🦸 facebook.com/palliserbeyondborders 💍 palliserbeyondborders.com 🔈



The following students were selected as April Student of The Month for their respective grades. We'd like to congratulate each of them and express our pride for all that they contribute to KA.

### **Grade 9: Sierra Roszell**

Signra is an incredibly kind and earing individual. Her ealm, friendly nature makes her a role model in the classroom; she is someone who is always willing to help her peers and offer encouragement. Signra is a dedicated and positive-minded student whose excitement can be infectious. She tries her best and does not give up easily! She is willing to laugh off mistakes positively (including a certain injury to the eye) and will keep on being a team player regardless of circumstances.

### **Grade 10: Griffen Fraser**

Griffen is dedicated, supports school based events, a positive role model, is mature, kind in heart toward others and eager to learn and do his best. He is mature in thought and in conversations and he shares his knowledge and experiences with his peers and teachers. Griffen has a great sense of humor. He enjoys travelling, sports, and competitive hockey and excels at whatever he puts his mind to.

### **Grade 11: Sian Hernandez**

Sian is unique, self motivated, and a pleasure to watch as she creates and showcases her many passions. She treats everyone kindly, is a role model and has a sense of humour about many situations. Sian is also one to pick up any extra work and help out without even being asked, which is most admired and always appreciated about her. She rocked Regional Skills and noted by her director, "that she was a really important part of our spring production of Peter/Wendy, playing a wonderful Smee, she was dedicated and fun to work with".

### **Grade 12: Naomi Van Liere**

Naomi is a dedicated and pleasant young lady who is leaving a legacy at KA of dedication, resilience, and outstanding leadership. She exudes kindness in all aspects of her life. Hardworking, creative, personable, well liked, honest, accepting, determined and humble words that describe Naomi. She will tackle any task and is the epitome of a strong school ambassador. Naomi's success in leadership is evident as she strives to get others involved in school activities. Naomi is an active member of the Kate Andrews High School Pride softball team. She leads by example and encourages others to do the same always giving 110 percent.



## **Palliser Regional Schools**

**Palliser Centre** 

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1 Phone: 403-328-4111 Toll-free: 877-667-1234 Fax: 403-380-6890 www.pallisersd.ab.ca

May 16, 2017

### APPOINTMENT OF PRINCIPAL TO KATE ANDREWS HIGH SCHOOL

We are pleased to announce that Daniel Grimes has been appointed to the role of Principal, Kate Andrews High School, commencing August 28, 2017.

Daniel started with Palliser Regional Schools in August 29, 2016, as the Principal of County Central High School and is pleased to continue with Palliser in this new Principal assignment.



He began his administrative career in the North West Territories

in 2002, and was later a Principal with Peace Wapiti School Division in Grande Prairie for four years. Daniel returned home to Newfoundland in 2008 to assume the Vice-Principal then Principalship roles within the Newfoundland and Labrador English School District.

In addition to his 15 years of administrative experience, Daniel also taught Grade 7 through Grade 12 in Fort Liard, North West Territories, middle school and high school Math, Science and P.E. in Trout River, Newfoundland. Daniel continues to bring a wealth of experience in the area of Educational Leadership.

Daniel obtained his Bachelor of Science degree from Memorial University in Newfoundland in 1996 and then received his Bachelor of Education degree in 1997. In 2008, Daniel obtained his Master of Education degree from the University of Aberdeen (Kings College), Scotland.

Daniel, his wife, Charlene, and ten year old son, Noah relocated to Alberta in August, 2016.

Daniel is also excited at the prospect of continuing to work with his colleagues in the Administrators' Association and the Superintendent's Leadership Team, and welcomes any new challenges or opportunities this new role may provide.

Congratulations Daniel!

Ken Garinger, Associate Superintendent

(Human Resources)

Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world.



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June 2, 2017

## APPOINTMENT OF VICE- PRINCIPAL TO KATE ANDREWS HIGH SCHOOL

We are pleased to announce that Kris Van Wieren has been appointed to the role of Vice-Principal, Kate Andrews High School, commencing August 28, 2017.

Kris started her teaching career in Invermere, British Columbia, after completing her Education Degree in Biology and Physical Education from the University of Victoria in 2001. She then moved to Alberta and quickly started a teaching position at Picture Butte High School in 2002 and continued on to Noble Central School until 2003. After starting a family, she made the move into Lethbridge School District #51 where she worked as a Learning Support Teacher at both middle and



high school levels. It was during this time that Kris completed a Master of Education Degree in School Leadership and Administration from Gonzaga University in 2011. After 9 years as a Learning Support Teacher, Kris returned to the classroom to master her skills as an instructional leader. Kris brings a diverse teaching background at multiple levels with a focus on building positive relationships in a safe and caring environment. Kris continues to live with her family in Southern Alberta, where they enjoy spending time skiing, hiking, and cycling.

"I believe each child is a unique individual who requires multiple approaches to support her/his fullest learning potential. A teacher's genuine relationship based on mutual respect and trust with every student allows this learning to take place."

Kris is excited about returning to Palliser Regional Schools and looks forward to establishing strong positive relationships within the district and school community. She is thrilled to be working with the dedicated staff, and supporting the amazing students and families at Kate Andrews High School.

Congratulations Kris!

Ken Garinger, Associate Superintendent

(Human Resources)

Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world.

### WELCOME TO NEW SHOP/MECHANICS TEACHER

KA will be welcoming Dan Griffith to their staff in September. He will be joining Mr. Horlacher in the shop area to teach MECHANICS and FABRICATION for Grade 10-12 students, and SMALL ENGINE MECHANICS for Grade 9 students. We are very happy to welcome Dan to KA!



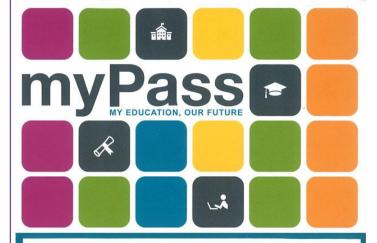




Fixed/Broken by Jason Kelly



Self-Portait by Taylor O'Brien



## my Pass

myPass is an Alberta Education secure self-service website for high school students to:

- ✓ View and print diploma exam results statements
- Order transcripts
- And more

 ${\bf Visit}\ my Pass. alberta. ca\ {\bf to\ request\ access.}$ 

Alberta

# STUDENT COUNCIL YEAR -END BBQ

Student Council will be hosting a year end BBQ that is **FREE** FOR ALL STUDENTS on **Wednesday**, **June 14**<sup>th</sup> during the lunch break, in the KA courtyard. On the menu will be hot dogs, chips and pop.





## GRAD INFORMATION

Grad is quickly approaching! Here are some reminders/information to help you keep track of everything going on! Congrats Grads – you're almost there!

LIFETOUCH has one last studio date for Grads to get retakes of their Grad Photos on June 9th.
Please call Lisa at Lifetouch at 403-327-2658 to book an appointment.

Banquet Tickets are currently on sale, until June 5<sup>th</sup>, 2017. For this first round of ticket sales, each graduate has the opportunity to purchase 8 tickets (7 guests + Graduate). If there are tickets remaining after each grad has had an opportunity to purchase 8 tickets, there will be another round of ticket sales. Tickets are \$40 each.

If there are any <u>dietary concerns or requests</u>, please email Ms. Alexander at <u>kim.alexander@pallisersd.ab.ca</u> as soon as possible.

### **CONVOCATION CEREMONY**

Wednesday, June 28th @ 1pm/Grads must arrive by 12:30pm @ College Drive Community Church (2710 College Drive S., Lethbridge)

The Convocation Ceremony is free to attend, however since seating is limited each graduate will be given 8 tickets to distribute to friends and family. These ticket holders will be seated in the church first. Non ticket holders are welcome, but will be seated last as there may be standing room only.

Rehearsal @ 1pm on Tuesday, June 27th

### **BANQUET**

Wednesday, June 28th at 5:30 pm/Grads must be there by 5:15pm @ the Coast Hotel (526 Mayor Magrath Drive, Lethbridge)

Safe Grad and Dry Grad is organized independently of the school. For more information about either, please contact the corresponding parent rep:

### SAFE GRAD

Brandi Roelofsen 403-795-3151

Brandi.roelofsen@ama.ab.ca

 $\mathbf{or}$ 

Debbie Tersteeg 403-332-2181 tersteeg@telus.net

### **DRY GRAD**

Sharon Nieuwenhuis 403-794-3511 dsnkids@telus.net

Further information regarding anything about Graduation 2017 can be found on the KA Website under the GRAD tab and in the Graduation Handbook.

### **Library Book Returns**

All library books **MUST** be returned by Monday, June 12<sup>th</sup>.

Did you know that Ms. Wittebolle has signed out over 1100 books to KAHS students and staff! She's also checked out over 3200 textbooks in the 2016-2017 school year.

### Exam Week - Textbook Returns

**When:** Friday, June 16<sup>th</sup> to Tuesday, June 27<sup>th</sup> **Where:** Textbook Room (next to room 110)

**Times:** 8:30 – 9:00 a.m. (1/2 hour before each exam)

Why: Mrs. Wittebolle hunts you down if you don't return your books AND you don't

get any textbooks for the start of the next school year.

You will receive an email, sent to your school email account, before exams start with a list of ALL the books you have signed out. This will have books from both the library and the textbook room.

### **CTS Textbooks**

If you are finished with the textbooks or duotangs for your CTS course you are more than welcome to return the books before exam week to Mrs. Wittebolle in the library.







Self-Portrait in Tiananmen Square by Johnson Xi



As part of CALM classes at Kate Andrews, post-secondary institutions visit class and present to students on topics such as admissions, programs, housing, financing, etc.



The University of Lethbridge will be here during period 3 on June 6, and Lethbridge College will visit during period 3 on June 8th. <u>Any students</u> with spares are welcome to attend these presentations in room 203.



Please be advised that concerned residents have contacted the school regarding deer living in the neighborhood. Please be aware that they may be in the area at any time of day, and may jump out over fences from nearby yards onto the roadway without warning.

Please drive carefully and be considerate of KA area residents. The area surrounding KA is a School Zone and speed limits need to be respected for everyone's safety.



### **KAHS June 2017 Final Exam Schedule**

The <u>LAST DAY</u> of Semester 2 classes is <u>Thursday</u>, <u>June 15<sup>th</sup></u>, <u>2017</u>.

Students who are scheduled to write **English 30-1 or 30-2**, **Part A DIPLOMA EXAMS on June 15** will be excused from all morning classes on that day. However, their attendance to afternoon classes is expected.

ALL students scheduled to write a final exam MUST be present at the scheduled time unless prior arrangements have been made with the teacher. A student who misses an exam due to illness MUST report the illness to the teacher immediately, <u>AND</u> produce written verification from his/her doctor (in the case of a Diploma exam). Students should be in place for their exams 15 minutes prior to the exam start time. Diploma exam students may NOT leave the exam room until 10:00 a.m. The additional 30 minutes allotted for Diploma examinations has been figured into the times noted. Students arriving one hour after the exam start time, will not be allowed to write the exam.

Grade 9 exams will be written in classrooms. Grade 10-12 exams will be written in the gym.

Textbook returns will be possible between 8:30 and 9:00 (and 12:00 to 12:30) on each final exam day from June  $16^{th}$  to  $27^{th}$ . Students should deliver **their own textbooks** to the *BOOKROOM* immediately prior to writing the subject exam the text was used for.

For detailed information about DIPLOMA EXAMS including rules and practice guides please visit: https://education.alberta.ca/writing-diploma-exams/about-grade-12-diploma-exams/

Tues. May 9         9-11         LANGUAGE ARTS 9, P.A.T., PART A         Rooms, 101 & 105           Thurs. June 15         9-12         ENGLISH 30-1 DIPLOMA EXAM, PART A         Computer Lab (209)           Financia         9-3         Students with Diploma Exam Accommodations         Library           Fri. June 16         9-12         SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART A         Computer Lab (209)           Fri. June 16         9-12         ENGLISH 20-1 Final         Gym           ENGLISH 10-1 Final         Gym         Gym           Mon. June 19         9-12         PHYSICS 20 Final         Gym           Mon. June 19         9-12         BIOLOGY 20 Final         Gym           Mon. June 19         9-12         BIOLOGY 20 Final         Gym           Mon. June 19         9-12         BIOLOGY 20 Final         Gym           Morriam         Science 10 Final         Gym           Science 10 Final         Gym           9-12         SOCIAL STUDIES 10-1 Final         Gym           9-12         SOCIAL STUDIES 20-2 Final         Gym           9-12         SOCIAL STUDIES 20-2 Final         Gym           9-12         MATH 10-C, Final         Gym           Wed. June 21         9-12         MATH 10-C, Final	DATE	TIME	EXAM	ROOM			
Thurs. June 15   9-12   ENGLISH 30-1 DIPLOMA EXAM, PART A   Room 203	Tues. May 9	9-11	LANGUAGE ARTS 9, P.A.T., PART A				
BEGLISH 30-2 DIPLOMA EXAM, PART A   Room 203			Students with Exam Accommodations	Computer Lab			
P-3   Students with Diploma Exam Accommodations   Library	Thurs. June 15	9-12	ENGLISH 30-1 DIPLOMA EXAM, PART A	Computer Lab (209)			
Fri. June 16   9-12   SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART A   Computer Lab (209)			ENGLISH 30-2 DIPLOMA EXAM, PART A	Room 203			
ENGLISH 20-1 Final   Gym		9-3	Students with Diploma Exam Accommodations	Library			
BINGLISH 10-1 Final   Gym	Fri. June 16	9-12	SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART A	Computer Lab (209)			
9-3   Students with Diploma Exam Accommodations   Library			ENGLISH 20-1 Final	•			
Mon. June 19         9-12         PHYSICS 20 Final         Gym           9-12         BIOLOGY 20 Final         Gym           9-3         Students with Exam Accommodations         Computer Lab (209)           Tues. June 20         9-12         SOCIAL STUDIES 10-1 Final         Gym           9-12         SOCIAL STUDIES 20-1 Final         Gym           9-12         SOCIAL STUDIES 20-2 Final         Gym           9-12         MATH 9 Final         Rooms 201, 202 & 203           9-3         Students with Exam Accommodations         Computer Lab (209)           Wed. June 21         9-12         MATH 10-C, Final         Gym           9-12         CHEMISTRY 20 Final         Gym           9-12         SCIENCE 20 Final         Gym           9-12         SCIENCE 20 Final         Gym           19-12         ENGLISH 30-1 DIPLOMA EXAM, PART B         Gym           9-12         ENGLISH 30-2 DIPLOMA EXAM, PART B         Gym           9-12         MATH 20-1 Final         Gym           9-12         MATH 20-1 Final         Rooms 203 & 204           9-12         SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART B         Gym           9-12         SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART B         Gym           9-12<			ENGLISH 10-1 Final				
9-12   BIOLOGY 20 Final   Gym		9-3	Students with Diploma Exam Accommodations				
SCIENCE 10 Final   Gym	Mon. June 19	9-12	PHYSICS 20 Final				
P-3   Students with Exam Accommodations   Computer Lab (209)		9-12	BIOLOGY 20 Final	Gym			
Tues. June 20         9-12         SOCIAL STUDIES 10-1 Final         Gym           9-12         SOCIAL STUDIES 20-1 Final         Gym           9-12         SOCIAL STUDIES 20-2 Final         Gym           9-12         MATH 9 Final         Rooms 201, 202 & 203           9-3         Students with Exam Accommodations         Computer Lab (209)           Wed. June 21         9-12         MATH 10-C, Final         Gym           9-12         CHEMISTRY 20 Final         Gym           9-12         SCIENCE 20 Final         Gym           9-3         Students with Exam Accommodations         Computer Lab (209)           Thurs. June 22         9-12         ENGLISH 30-1 DIPLOMA EXAM, PART B         Gym           9-12         ENGLISH 30-2 DIPLOMA EXAM, PART B         Gym           9-12         MATH 20-1 Final         Gym           9-3         Students with Exam Accommodations         Computer Lab (209)           Fri. June 23         9-12         SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART B         Gym           9-12         SCIENCE 9 Final         Rooms 203 & 204           9-3         Students with Exam Accommodations         Computer Lab (209)           Mon. June 26         9-12         MATH 30-2 DIPLOMA EXAM         Gym           <			SCIENCE 10 Final	Gym			
9-12   SOCIAL STUDIES 20-1 Final   Gym     9-12   SOCIAL STUDIES 20-2 Final   Gym     9-12   MATH 9 Final   Rooms 201, 202 & 203     9-13   Students with Exam Accommodations   Computer Lab (209)     Wed. June 21   9-12   MATH 10-C, Final   Gym     9-12   CHEMISTRY 20 Final   Gym     9-12   SCIENCE 20 Final   Gym     9-12   SCIENCE 20 Final   Gym     9-3   Students with Exam Accommodations   Computer Lab (209)     Thurs. June 22   9-12   ENGLISH 30-1 DIPLOMA EXAM, PART B   Gym     9-12   ENGLISH 30-2 DIPLOMA EXAM, PART B   Gym     9-12   MATH 20-1 Final   Gym     9-3   Students with Exam Accommodations   Computer Lab (209)     Fri. June 23   9-12   SOCIAL STUDIES 30-1, DIPLOMA EXAM, PART B   Gym     9-12   SCIENCE 9 Final   Rooms 203 & 204     9-3   Students with Exam Accommodations   Computer Lab (209)     Mon. June 26   9-12   MATH 30-2 DIPLOMA EXAM   Gym     9-12   SOCIAL STUDIES 9 Final   Rooms 203 & 206     9-12   Students with Exam Accommodations   Computer Lab (209)     Tues. June 27   9-12   CHEMISTRY 30 DIPLOMA EXAM   Gym		9-3	Students with Exam Accommodations	Computer Lab (209)			
9-12 MATH 10-C, Final Gym  9-12 CHEMISTRY 20 Final Gym  9-12 SCIENCE 20 Final Gym  9-12 ENGLISH 30-1 DIPLOMA EXAM, PART B Gym  9-12 MATH 20-1 Final Gym  9-12 MATH 20-1 Final Gym  9-13 Students with Exam Accommodations Computer Lab (209)  Thurs. June 22 9-12 ENGLISH 30-2 DIPLOMA EXAM, PART B Gym  9-12 SCIENCE 9 Final Gym  9-13 Students with Exam Accommodations Computer Lab (209)  Fri. June 23 9-12 SCIENCE 9 Final Gym  9-13 Students with Exam Accommodations Computer Lab (209)  Fri. June 24 9-12 SCIENCE 9 Final Rooms 203 & 204  9-13 Students with Exam Accommodations Computer Lab (209)  Mon. June 26 9-12 MATH 30-2 DIPLOMA EXAM Gym  9-12 SCIENCE 9 Final Rooms 203 & 206  9-12 CHEMISTRY 30 DIPLOMA EXAM Gym  Fues. June 27 9-12 CHEMISTRY 30 DIPLOMA EXAM Gym  9-12 SCIENCE 9 Final Rooms 203 & 206	Tues. June 20	9-12	SOCIAL STUDIES 10-1 Final	Gym			
9-12 MATH 9 Final Rooms 201, 202 & 203  9-3 Students with Exam Accommodations Computer Lab (209)  Wed. June 21 9-12 MATH 10-C, Final Gym  9-12 CHEMISTRY 20 Final Gym  9-12 SCIENCE 20 Final Gym  9-3 Students with Exam Accommodations Computer Lab (209)  Thurs. June 22 9-12 ENGLISH 30-1 DIPLOMA EXAM, PART B Gym  9-12 ENGLISH 30-2 DIPLOMA EXAM, PART B Gym  9-12 MATH 20-1 Final Gym  9-3 Students with Exam Accommodations Computer Lab (209)  Fri. June 23 9-12 SCIENCE 9 Final Rooms 203 & 204  9-12 SCIENCE 9 Final Rooms 203 & 204  9-3 Students with Exam Accommodations Computer Lab (209)  Mon. June 26 9-12 MATH 30-2 DIPLOMA EXAM Gym  9-12 SOCIAL STUDIES 9 Final Rooms 203 & 206  9-12 SUDIENCE 9 Final ROOMS 203 & 206  9-12 CHEMISTRY 30 DIPLOMA EXAM Gym  Tues. June 27 9-12 CHEMISTRY 30 DIPLOMA EXAM Gym  9-12 CHEMISTRY 30 DIPLOMA EXAM Gym  P-12 CHEMISTRY 30 DIPLOMA EXAM Gym  ROOMS 202, 203, 204		9-12	SOCIAL STUDIES 20-1 Final	Gym			
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		9-3	Students with Exam Accommodations	Computer Lab (209)			

 $This\ information\ is\ also\ available\ on\ -line\ at\ kateand rewshighs chool. com$ 

## "WE" Create Change is back at

**Kate Andrews High School** for the **2016-17** school year and now is your best chance to open doors for children everywhere.

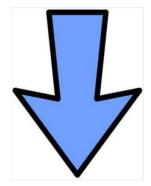




Helping to Build a School in **ECUADOR!** 

\$20.00 per brick means 500 bricks needed to build a school!

KA GOAL= \$10,000.00/500 BRICKS!



MONEY RAISED TO DATE= \$9786.00!!! or 490 BRICKS!!!



This is a photo of what the school in Olorien, Kenya looks like today. This school was built with funds that the KAHS We Create Change group raised in 2013. To date, we are only 10 bricks away from building another one-room school house just like this one, which will be located in Kanambu, Ecuador.





Split by Grant Bergen

Broken by Rylan Dyck



### KANAMBU COMMUNITY PROFIL

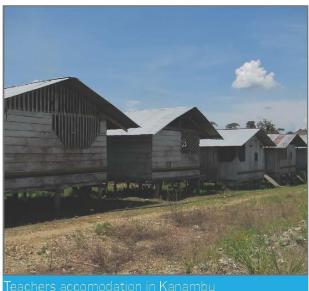
The indigenous community of Kanambu was founded 35 years ago and is located in the Amazon region of Ecuador. The community is affected by severe poverty, limited access to education and harsh environmental conditions.

The school in Kanambu provides an education to students from over 15 other communities. Many of the classrooms are not in adequate condition and require repairs or entirely new structures in order to ensure students have a safe and secure environment to learn in. The school also struggles with insufficient infrastructure to provide boarding for students and teachers that have to travel great distances to get to school each day. Some students walk five hours each way to attend class.

The main water source in Kanambu is a nearby river that contains contaminated water, often resulting in incidents of waterborne diseases. Some of the community has access to piped water from a nearby spring but the water is not treated and there is often not adequate water pressure to deliver water to the entire community.

A lack of economic opportunity, often means community members are dependent on subsistence farming and the selling of crops including plantain, maize and cacao. Men sometimes have to seek employment in the province capital of Tena to provide for their families.

Free The Children is excited to be working with the community of Kanambu and the local government to remove barriers to education. Free The Children will implement programming in Kanambu by empowering community members through increased access to quality education, clean water and sanitation facilities, health education and economic opportunities through alternative income and livelihood projects. Together, we will break the cycle of poverty in Kanambu.





Healthy Teens
Parent Newsletter
June 2017

### **Check Your Breath**

Have you ever tried to check your breath by breathing into your hand? Most of us have done this but it is not a true test. When we breathe we do not use our throat the same way as when you talk. Talking brings out odors from our mouth, where most bad breath starts. If we do not brush and floss daily, odor-producing bacteria accumulate on food left between our teeth, around our gums and on our tongue. The sulfur compounds released by these bacteria make our breath smell bad. Here are some tips you can share with your teen:

- Brush all the surfaces of your teeth for at least 2 minutes twice a day.
- Include brushing your tongue where bacteria love to hang out.
- Floss daily to clean between your teeth and gums where a toothbrush cannot reach.
- Choose an antibacterial mouth rinse to supplement your daily cleaning.
- Drink water to stay hydrated and wash away food particles that cause bad breath



- Foods like garlic and onions. These enter our bloodstream after digestion and are carried to our lungs and breathed out.
- Smoking and using oral tobacco products. Not only does their use produce bad breath, tobacco products can cause tooth decay and gum disease, both of which also lead to bad breath
- Having a dry mouth with no saliva to wash away food particles. Causes of dry mouth include mouth breathing during sleeping or when stuffed up with a cold, smoking and some prescription medications.
- Medical conditions like respiratory infections, diabetes, liver and kidney disease can also cause bad breath.



With summer approaching, most of us spend at least a little time in the sun every day. You may know someone that works outdoors, and others who use indoor tanning equipment. The fact is that ultraviolet radiation from both the sun and indoor tanning is linked to not only skin cancers, but also many other health risks including eye damage, a weakened immune system and an increased risk of other types of cancer. Protect yourself and your family at home, at work and at play. For more information visit: albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/

### Seeing Through the Vapour

Across Canada, 20 percent of youth between the ages of 15 and 19 report having tried e-cigarettes. A tobacco-like product emerging in popularity, e-cigarettes are battery-operated devices that have cartridges with liquid chemicals in them. Heat from a battery powered atomizer turns the chemicals into vapour that's inhaled, which is commonly referred to as vaping. There are no standards or labeling requirements for vapes. This makes it hard to know exactly what is in the liquid. Because chemicals in the cartridges can vary, it's hard to know what users and people nearby are breathing in. What we do know is vapour has been found to have toxic chemicals and cancer causing agents. And even though it is illegal in Canada to sell vapes or liquids that have nicotine, tests done by Health Canada found about half of vape liquids that were labeled "nicotine-free" actually contained nicotine.

What do parents need to know?

- Nicotine can affect brain development in teens. Teaching your teen the negative effects early could make the difference.
- Some e-cigarettes have candy flavouring, which could make them appealing to someone who has not smoked before, especially teens.
- E-cigarettes don't leave a smell like tobacco so it's going to be harder to know if your teen is vaping.

### What can parents do?

- Be clear that smoking of any kind is off limits.
- Educate your kids that e-cigarettes may contain nicotine which is highly addictive.
- . Learn as much as you can about e-cigarettes and know what they look like.
- Watch for signs of use, such as dry cough, as well as mouth and throat irritation.

For more information and support, visit albertaquits.ca or call toll free 1-866-710-QUIT (7848).

To find an electronic copy of this newsletter, visit: www.albertahealthservices.ca/csh.asp

50110					<u> </u>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				Public Public Superintendent Recruitment Meeting at Palliser Central Office 4 – 7pm	2	3	
4	5	6 BAND/CHOIR Concert @ 7pm	7	8 Athletic Awards Night @ 6pm	9	10	
11	12	13	Student Council Year-End BBQ @ Lunch	LAST DAY OF CLASSES  Lockers must be cleaned out  ENGLISH 30-1 DIPLOMA	16 FINAL/DIPLOMA EXAMS*	17	
18	FINAL/DIPLOMA EXAMS *	FINAL/DIPLOMA EXAMS*	FINAL/DIPLOMA EXAMS*	FINAL/DIPLOMA EXAMS *	FINAL/DIPLOMA EXAMS *	24	
25	76 FINAL/DIPLOMA EXAMS*	FINAL/DIPLOMA EXAMS * GRAD Rehearsal @ 1pm	28  GRAD  Commencement Ceremony @ 1pm  Banquet @ 5:30pm	29	30		

<sup>\*</sup> Please see Final Exam Schedule at KA website, attached to this newsletter or pick up a printed copy at the KA office.

2017-2018 SCHOOL YEAR CALENDAR - Kate Andrews																
KAHS SOUTH PALLISER REGIONAL SCHOOLS																
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	May-18						Jun-18		Jul-18							
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Division-Wide PD D Opening Ceremony	Jays				Staff Planning/Collaboration Aug 28, 2017, June 28 & 29, 2018						Prof. Development (ATA) Teachers' Convention -					
10-Oct-17				Site I	Site PD Days						February 22 & 23, 2018					
13-Nov-17 12-Mar-18					9-Aug-17						Parent-Teacher Days Off in Lieu 20-Feb-18					
7-May-18				31-Ja	30, 2017 (DIP/PAT) Alt: Sept 1, 2017						20-Feb-18 21-Feb-18					
					200000000000000000000000000000000000000	AP- surve	y results/s	chool goa	ls)							
Cahaal waar bagina	August 2	0 2017						vv	No Staff/S	tudoni						
School year begins: First day for students			17					XX	Non-Instru			ev. Days (	No Studer	its)		
Semester 2 begins:	February	1, 2018							Parent-Teacher Interview Lieu Days (No Students)							
Last day for students	s: June 2	7, 2018		_					Summer E	Break						
										$\dashv$						
SCHOOL YEAR					RUCTION				Diploma F			Nov.	Jan.	Apr.	June	
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Please note:Diploma Exa															_	
Day 1 Day 2	рау 3	Day 4	EXAI	VIS	SUM	MER	T	HIS CA	LENDAR	RISC	URRE	NT AS	OF MAY	17, 201	7	

Further information about the 2017/2018 school year will be shared throughout June and will be posted to the KA website throughout the summer months.