

OCTOBER 2018

KATE ANDREWS HIGH SCHOOL NEWSLETTER

WELCOME TO THE 2018/2019 SCHOOL YEAR!

We have gotten off to a great start with the 2018-2019 school year. It has been a busy, but very productive first month. As always, I welcome input from parents and am available for questions or concerns.

This year, we plan to look at our methods of communication, and how we get information out to parents and students. We'd like to encourage parents and students to follow us on Social Media, to make a habit of checking our website for updates about everything that is going on around KA. We'd like to put a greater emphasis on timely and consistent updates, rather than relying on our once-per-month newsletter to convey information. We may also start sending more frequent updates via email to both parents and students regarding events at KA. Please, if you have suggestions or comments in this regard, feel free to contact me accordingly.

~Regards, Daniel Grimes, Principal



SCHOOLMESSENGER®

School Messenger is now functioning and reporting attendance to our office.

Parents are encouraged to download the School Messenger App to their devices or to phone 1-844-260-7166 to report student absences. There is a link to the School Messenger app on the main page of the KA website.

FEES

Options Class, Phys. Ed. And Athletic/Extracurricular fees are now posted to SchoolCashOnline.

Please make sure to clear up any fees for students in your household. Fees can be paid through SchoolCashOnline using Internet banking, eCheque or credit card.

Invoices will be mailed out by the end of October for any outstanding fees. Students who have not paid fees from Semester 1 will not receive textbooks in Semester 2, until all Semester 1 fees have been paid.

KA FOOD DRIVE

Kate Andrews High School will once again be hosting a Community Food Drive to benefit the Coaldale Food Bank.

This week (October 3rd – 5th), grade 9 students will be delivering yellow bags to Coaldale homes. Residents can place nonperishable food items in the bags, and then place the bags back on their doorstep on Friday October 19th before noon.

In the **AFTERNOON** staff and student volunteers will drive around Coaldale to collect the bags. Our goal this year is to **FILL THE BUS!** We are hoping to fill our small school bus with food donations that will be passed along to the Coaldale Food Bank. This food drive provides much needed food to those in need within our community. Bags can also be delivered to the school during Parent/Teacher Interviews, the evening of October 18th if parents wish to do so.

In addition to our *Community* Food Drive, we are also holding a competition within our Advisor Groups. **Whichever Advisor Group is able to collect the most to donate to the Coaldale Foodbank will receive a PIZZA PARTY!**



BAND FUNDRAISER

Band students are currently selling Kernels popcorn bags to help with their annual band trip. Individual bags are **\$2.25 each** and come in ten delicious flavours. Please talk to a band member or Mr. Godin for more details or to order.



THE KA LOST & FOUND IS ALREADY OVERFLOWING!!! If you are missing a hoodie, jacket, water bottle or other items please come check out the Lost & Found near the gym. Items from the lost and found will be donated periodically throughout the school year to local charities, so please make sure to check it often and take home any items that belong to you!



Kate Andrews is so excited to be hosting a day with Harry Baker on October 24th! In case you didn't know, Harry Baker was the youngest ever Poetry World Slam Champion in 2012 and has published a collection of poems

called *The Sunshine Kid*. He lives in the UK and is coming all the way to little old Coaldale to share his work with the students of Kate Andrews and to workshop with a limited number of them for the whole day! Check out his TED talks (which have been viewed over 4 million times) and let Ms. Alexander or Miss Scott know if you would like to take part in one of the workshops that day.

Many students are already thinking about what they are going to do after high school. Colleges and Universities are already planning for future years and are holding open houses for current Grade 11 & 12 students.

Miss Meurs has posted a comprehensive list of post-secondary open houses on her website at: <http://kateandrewshighschool.com/career-and-academic-counselling2>

Miss Meurs is also hosting a Scholarship Information Session on Wednesday, October 10th at 5pm in Room 103.

All Grade 11 and 12 students along with their parents are welcome to attend to receive information about scholarships that are available and application instructions & tips.

Parent-Teacher Conferences will take place on Thursday, October 25th from 4-5pm and 6-8:30 pm in the KA Gym. We encourage all parents to come have a discussion with our teachers and administrators.



Parent-Teacher Interviews

PHOTO RETAKES



Photo Retake Day is Tuesday, October 23rd!

The Sr. Boys volleyball tournament will be held October 19th & 20th! Come out to cheer them on and watch some great volleyball action!



Check out the KA Athletics page for schedules and announcements related to athletics at KA

KAHS 2018/2019 SCHOOL COUNCIL

The first School Council meeting of the year was held on September 24th, which resulted in the following elections to positions:

Chair: Sherrie Duda Vice Chair: Monica Chapman Secretary: Diane Gallagher

The next meeting is scheduled for Monday, November 5th at 7pm in the KA Conference Room. All parents/Guardians are encouraged to attend.

As part of School Council, a fundraising society has been formed. The **Kate Andrews Pride Society (KAPS)** was incorporated on June 7th. Finalizations for this are currently happening and there will be a meeting regarding this in the near future. Watch for details to come.

We'd like to thank the Coaldale Community Wellness Association once again for the grant that we received for our Feed The Pride initiative. They are funding this program that provides healthy snacks for students throughout the school day. The program started in December, 2017 and ends November 30, 2018.

We have received a verbal promise of continued funding from a provincial initiative, to continue this program for one more year. We are very excited to continue to offer healthy snacks such as fruit, yogurt, cheese and granola/fibre bars to students.

FREE THE CHILDREN

ME TO WE

WE DAY

Kate Andrews High School's

“WE” Create Change

is back in 2018-19!

Helping to support Local & Global Causes!!

If you are interested in joining, please come out to our weekly meetings and get involved. See Mr. Gibson for more information.

Back by popular demand:

“WE WEDS”

The “WE” Create Change group is once again offering up delicious lunches for staff and students every Wednesday in the school canteen starting in October.



PIZZA THURSDAY IS BACK!

Brought to you by Student Council – come down to the canteen on Thursdays at lunch for an extra large, piping hot slice of pizza for \$3.00.





The Kate Andrews Board Game Club meets on Tuesdays at Lunch in Room 202. Everyone is welcome. Talk to Mr. Wens if you have any questions.

PERSONAL ITEMS REMINDER

Personal items, such as cell phones, calculators or other items are the responsibility of each student. When you cannot have your personal items with you, please make sure that they are locked in a locker. The school is not responsible for lost or misplaced personal items.



The KA Art Club meets on Mondays at lunch in the Art Room. Everyone is welcome. Talk to Ms. Hierath if you have any questions.

BOOK CLUB

THE KA BOOK CLUB WILL BE HELD ON THURSDAYS AT LUNCH IN ROOM 101.

EVERYONE IS WELCOME TO JOIN.

PLEASE SEE MISS SCOTT IF YOU HAVE ANY QUESTIONS.





Last Year's Year Books are Here!

2017-2018 Yearbooks are available in the office for students that ordered one. There are also some available for purchase if you did not pre-order one. They will be sold on a first come - first served basis.

2018-2019 Yearbooks are currently available for purchase through SchoolCashOnline. They will be available to purchase until May, and will be available for pickup next fall.



There will be a Grad Parent meeting on Tuesday, October 23rd at 6pm. There is a Grad Information Handout available on the Grad Page of the KA website as well.





FOLLOW US ON
SOCIAL MEDIA

WE CREATE CHANGE

KEEP UPDATED ON NEWS, GOALS,
AND EVENTS!

Facebook: @kahswe

Twitter: @kahswe

Instagram: @kahswe

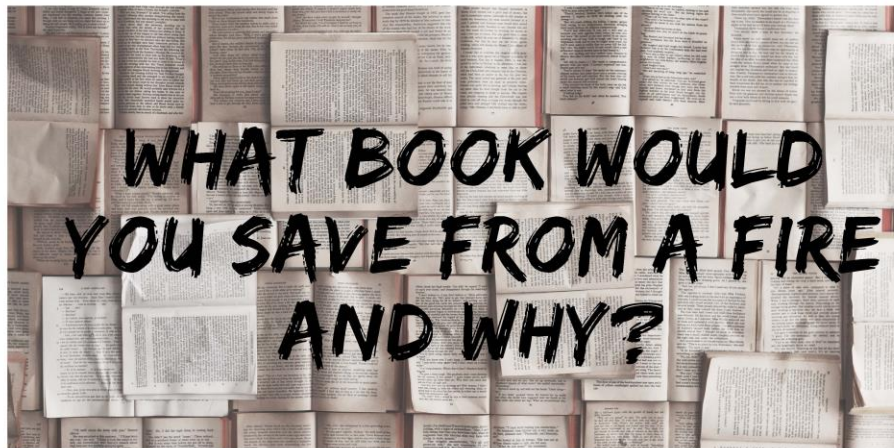
Snapchat: @kahswe



TEEN READ WEEK

OCTOBER 7-13 2018

MS. WITTEBOLLE WANTS TO KNOW...



THE ALA OFFICE FOR INTELLECTUAL FREEDOM TRACKED 354 CHALLENGES TO LIBRARY, SCHOOL AND UNIVERSITY MATERIALS IN 2017 (IN THE U.S.). HERE ARE SOME OF THE MOST CHALLENGED OR BANNED:

#1. THIRTEEN REASONS WHY BY JAY ASHER

#2. THE ABSOLUTELY TRUE DIARY OF A PART-TIME INDIAN BY
SHERMAN ALEXIE

#4. THE KITE RUNNER BY KHALED HOSSEINI

#7. TO KILL A MOCKINGBIRD BY HARPER LEE

#8. THE HATE U GIVE BY ANGIE THOMAS



PRESENTS:

THE 14TH ANNUAL POST-SECONDARY FAIR

OCTOBER 17

LCI

1701 - 5 Ave S, Lethbridge

PRESENTATIONS FROM:

5:30-8:00 pm

FAIR DOORS OPEN:

6:00-8:30 pm



LOOK INTO EARLY ADMISSION!

**LEARN ABOUT
PROGRAM REQUIREMENTS**

ATTEND PRESENTATIONS ON:

SCHOLARSHIPS / STUDENT LOANS

5:30-6:00 PM & 6:50-7:20 PM

TRANSITIONING TO POST-SECONDARY

6:10-6:40 PM & 7:30-8:00 PM

CONNECT WITH
OVER 30 POST-SECONDARY INSTITUTIONS
FROM ACROSS ALBERTA & THE COUNTRY

For more information

Visit careersteps.ca

Call (403) 328-3996

CHECK US OUT ON >>>



JOB SHADOW PROGRAM

EXPLORE YOUR FUTURE TODAY



CONNECT WITH US:

CALL: (403) 328-3996

E-MAIL: CAREERTRANSITIONSYQL@GMAIL.COM

VISIT: WWW.CAREERSTEPS.CA/JOB-SHADOW



1 DAY OPPORTUNITY TO EXPLORE A CAREER OF YOUR CHOICE

Hate the question "What do you want to be when you grow up?" We do too! That's why Career Transitions established connections with Business & Industry in Southwestern Alberta to offer **YOU** the chance to dive into an occupation of **YOUR** choosing. Get a real world glimpse at what the future can hold!

INDIVIDUAL PLACEMENTS

OPEN TO GRADE 11 & 12 STUDENTS ONLY

The individual job shadow experience is typically 1/2 day to 1 day in length *during* school hours.

Explore an occupation of YOUR choosing!

Shadow a professional in *any* field and find out what an average day in their job is like.

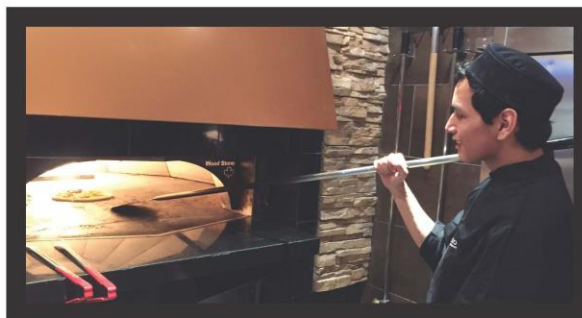
CAREER EXPLORATION GROUPS

OPEN TO GRADE 10, 11, & 12 STUDENTS

Career Exploration Groups invite multiple professionals from an occupational area to discuss their profession and educational background to a large group of students.

Due to privacy & liability consideration and numerous student requests these Career Exploration Groups are offered.

- Armed Forces
- Business
- Child & Youth Care
- Dental Health
- Doctor *** (SPRING ONLY)
- Engineering
- Firefighter & Paramedic
- Law Enforcement
- Lawyer
- Mental Health
- Nurse *** (SPRING ONLY)
- Fitness & Wellness Instructor/ Trainers
- Ultrasound/ X-Ray Technologist
***(SPRING ONLY)



CHEF JOB SHADOW, FIRESTONE RESTAURANT-NOV 2017

"It helped me understand this industry better, and will definitely impact my choice in career. I know more about what to expect if I decide to follow this route."

Gr. 11 Student, Chinook High School.

SIGN UP TODAY

TALK TO YOUR SCHOOL'S CAREER PRACTITIONER OR CAREER COUNSELOR.

PLACEMENTS RUN FROM:

NOV 05- DEC 13 MAR 19- APR 19

Healthy Teens

October 2018 Parent Newsletter



Hand Hygiene

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if children and youth wash their hands as few as four times during the school day they have as much as 50% less colds, flu and sore throats.

There are five important steps for effective hand washing:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use a lotion if skin gets dry.

What about waterless hand gels?

If the dirt is visible, waterless hand gels do not work. The best way to keep the microbes away is to use plain soap and water, spend time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Articles

Hand Hygiene

Food in the Media

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your teen and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging part of your day?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



Healthy Teens

October 2018 Parent Newsletter

Food in the Media

Has your teenager ever asked for food because they saw it advertised? If so, you're not alone. Marketing strongly influence teen's food requests, purchasing and eating habits. The problem is, 90% of foods promoted to teens are high in sugar, salt and fat.

Youth see food and drink ads in television commercials, magazines, videos on social media, games websites and cell phone apps. Teens see over 2.5 million food and drink ads per year on their favourite websites!

Advertising in schools and recreation centres includes accepting gifts, sports or education equipment and uniforms with food company logos on them. Food or drink companies may offer money for selling or promoting their products.

What can parents do?

Teach media literacy: Talk to your teen about ways



companies market foods to them. Ask your teen what they think about being targeted in ads for products that will harm their health. Discuss the multi-billion dollar industry trying to convince teenagers that unhealthy food and sugary drinks are cool.

Limit screen time: Decrease your teen's exposure to marketing by limiting screen time. Encourage your teen to socialize with others in-person and enjoy screen-free hobbies.

Parents and teens can eat the same foods: Skip the products marketed to teens as they are often high in fat, sugar or salt.

For example, fruit-flavoured drinks or smoothies are usually high in sugar and contain little-to-no fruit.

Support schools and recreation centres that are trying to avoid food ads: Tell them you support their efforts to make healthy changes. Work with others to keep your community free from this advertising.

➔ **For more information, visit the Raising Healthy Kids media literacy channel:**
<https://vimeo.com/channels/rohkfodliteracy>

October

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
						
7	8	9	10	11	12	13
	NO SCHOOL	NO SCHOOL for students DISTRICT-WIDE PD DAY	Scholarship Information Session @ 5pm X-Country Zones in Cardston			
						
14	15	16	17	18	19	20
			Career Transitions POST-SECONDARY FAIR hosted by LCI		KA FOOD DRIVE Collection Day! SR. Boys Invitational Volleyball Tournament 	
21	22	23	24	25	26	27
		SCHOOL PICTURE RETAKES  Grad Parent Meeting @ 6pm		Parent/Teacher Conferences 		
28	29	30	31			
	FALL AWARDS CEREMONY (Last Year's Grade 9-11 students)					