

O C T O B E R 2 0 1 5

KATE ANDREWS HIGH SCHOOL NEWSLETTER



KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9

Phone: 403-345-3383 Fax: 403-345-5767

www.kateandrewshighschool.com



PARENT TEACHER INTERVIEWS

Parent/Teacher Interviews will take place this **Thursday, October 8th** in the gymnasium from 4:00 – 5:00 p.m. and 6:00 – 9:00 p.m. There will not be scheduled time slots for each student, as it will be a drop-in event.



SCHOOL CASH ONLINE

Paying for school items just got easier!
School Cash Online is an easy to use
and safe way to pay for your children's school fees!

You can click on the link on our webpage (www.kateandrewshighschool.com) or visit SchoolCashOnline.com to register. Most students have already paid their basic school fees, however you may now pay for year books, options fees and athletic fees through School Cash Online.

Note – When you register for School Cash Online, please ensure that your pop-up blocker is **turned off** for SchoolCashOnline.com so that the program is able to run properly.

MESSAGE FROM THE SUPERINTENDENT



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

October 2015

So many reasons to be thankful

Hello everyone,



October is a season for thanksgiving, anchored in traditions of being thankful for a bountiful harvest.

While many of us are no longer directly connected to the ebbs and flows of farming, it's always a positive process to pause and reflect on the many reasons we have to be thankful. As one of our Palliser Wall of Fame inductees suggested in 2014, "thinking is thanking."

In Palliser, I'm grateful for the opportunity to serve our students through our work every day; for parents/guardians who are engaged partners in our schools, supporting the efforts of our teachers and school leaders; and for our staff – teachers and all those in supporting roles – who are teaching students how to learn and how to be engaged, literate citizens of the world. In doing so, they unlock the unlimited potential of our students for life.

I'm also thankful to see Palliser's efforts being acknowledged in many ways. Later this month, members of our literacy team have been invited to present at the Second Calgary Summit, a conference for educators working to support vulnerable readers in kindergarten through Grade 4. On the very same day, our Board of Trustees have been invited to share their story on generative governance and the decision they made to provide centralized services to ensure students across Palliser have access to the supports they need. Our literacy program would not exist had the board not changed the way it ran our division about a decade ago.

Finally, I'm thankful that this month brings our first of four teacher collaboration days, when professionals from across the region meet to work in small learning groups. The topics are self-directed and groups may be united by the grade or subject they teach or by a literacy goal they share. Our first collaboration day is Oct. 13, giving our students an extra-long Thanksgiving weekend and giving our staff precious time to learn together.

As for the bountiful harvest, we can look to our outstanding student results as the crop emerging from the seeds sown by our strong school communities.

I wish you a Happy Thanksgiving!

Kevin Gietz, Superintendent
Palliser Regional Schools

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.

KATE ANDREWS HIGH SCHOOL BELL TIMES 2015-16



MONDAY - THURSDAY		FRIDAY
Period 1	8:40 - 10:10	8:40 - 9:35
Period 2	10:14 - 11:45	9:39 - 10:34
LUNCH	11:45 - 12:25	N/A
Period 3	12:25 - 1:56	10:38 - 11:33
Period 4	2:00 - 3:30	11:37 - 12:32

BOARD GAME CLUB!

Kate Andrews is offering a Monday after-school **BOARD GAME CLUB**. Students can bring their own board games and meet in the library from 3:30-5:00pm. If students would like more info please contact Mrs. Mutch, Family/School Liaison Counsellor.



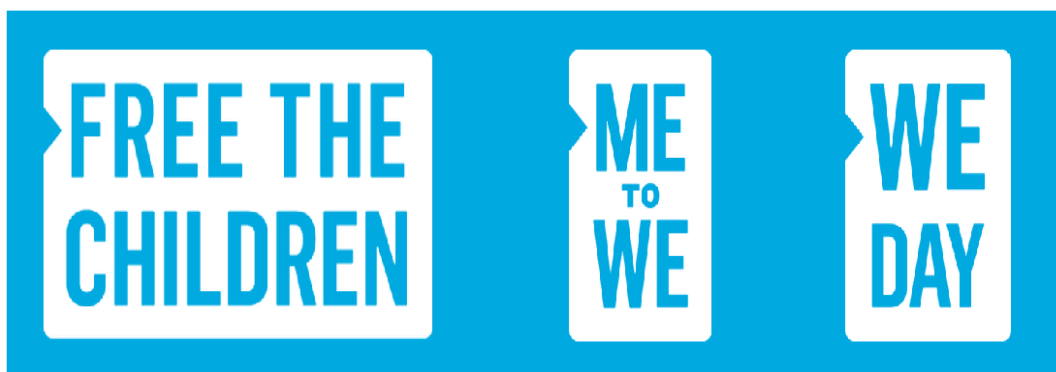
PICTURE RETAKES

Lifetouch Photo Retakes will take place on Wednesday, October 21st beginning at approximately 11:00 a.m. The Lifetouch Photographer will be here until retakes are finished – which will be approximately 1-2 hours. If you would like to have your school photos re-taken, please make sure that you are here at that time.



We Day is back in **Calgary** at the Saddledome on **Oct. 27th** and for the fourth consecutive year **Kate Andrews High School** will be sending an incredible 31 very excited students and teachers on **Oct. 27th**. Kate Andrews High School is coming off three very successful **"We Create Change"** fundraising campaigns at the school where the students, staff and community has generated over \$22,000.00 towards local and global causes. The first We Day was held in Toronto in 2007 and every year since **We Day** has grown in popularity and is a way to say thank you to all the students and educators who have made a difference in the world locally and globally. You can't buy a ticket to We Day, you earn it through your volunteer service and this year there will be 16,000 very excited students and educators from across Alberta getting all revved up for another exciting year of social action and change in the world. For more information on We Day or the We Create Change group at the school contact **Mike Gibson** during school hours. 403 345-3383.

~As Gandhi always said...Be the change you wish to see in the world.~



SCHOOL COUNCIL

2015/16 School Council Executive

Chairperson: Sharon Gurr

Vice Chairperson: Debbie Tonin

Secretary: Tanya Wurzer

I am excited and looking forward to once again have the privilege of working with other parents, both the student council and teacher reps along with Mr. Fritschy to support our students here at KAHS. I hope we continue to gain parental support and engagement to enhance our children's learning in every aspect there is!

Our school motto is "Pride". That is what I feel working collectively with the council and I take "pride" in the successes that we have already achieved this past school year, and we will strive together to attain the goals we are setting for 2015/16.

There are many great initiatives under way at our school! Please feel free to contact me via email with any ideas or concerns, and better yet, come out to our council meetings that are being held every other month! Thank you to those that attended our AGM and first council meeting, an overwhelming response of 15 were present!! Here's to a fantastic 2015/16 at KAHS!

Sharon Gurr, BN, RN

Chairperson
KAHS School Council



School Refusal

It's *Back To School* time for most adolescents. Although they moan and groan about the end of summer, most young people look forward to seeing friends they were unable to connect with over their holiday.

Sadly, there are a few youngsters out there who dread school starting. These kids may start out the year refusing to go to school, or they may start out attending and then their attendance drops off to nothing. It's often after a school break that attendance for anxious youth starts to wane, or even stops completely. Parents become frustrated and can't understand where this behaviour comes from. They can feel stuck about how to support their child and still try to get them to attend school.

Most school refusal stems from anxiety. Young people with anxiety often feel they are going to embarrass themselves in some way, they have no friends, they will be hurt or come down with some disease at school, or they can't manage some aspect of school. This is despite overwhelming evidence that they can manage these things, or have friends, that their school is safe, or that they are no more likely to embarrass themselves than any other child. These anxious thoughts can occur in a child who has attended school fairly well for years already.

Anxiety can be very powerful and there is almost always a grain of truth to the anxious thoughts, making it hard to reassure a youth that he or she is safe, has friends, or that they won't embarrass themselves any more than anyone else. Anxious feelings can be very strong and may cause real headaches and/ or stomach-aches. This complicates the issue for parents and school staff, who now have to figure out if the child is sick, or anxious.

Young people with anxiety need to be reassured that they are safe at school and that they can manage what happens there. Schools and parents can help with a number of interventions like having a friend walk to school with them, a trusted school staff greet them at the door each morning until they feel more comfortable, reassure the child that they are safe and support attendance by driving the teen to school until they are able to do this on their own.

Parents and schools may need support in helping a child attend school. As a parent, if you are unable to get your child to go to school, you can contact the school counsellor, the Child and Adolescent Addictions and Mental Health Clinic, and/ or your family doctor. They will provide counselling or recommendations for the parent and child to assist them in managing anxiety. School staff can connect with parents about what issues get in the way of attendance. If anxiety is a problem, they can get ideas from School Counselling staff and Addictions and Mental Health or School Psychologists who consult to the school.

Alison Lux Alberta Health Mental Health Therapist



Wax On or Wax Off: The Choice is Yours

Did you know that flossing is needed to thoroughly clean your teeth? Brushing alone only cleans two thirds of a tooth's surface area. It is important to floss to take care of the remaining surfaces found between the teeth. The type of floss you choose is up to you. But here are some considerations:

- Waxed floss glides through tight spaces between the teeth more easily. The waxy coating also prevents floss from shredding and breaking.
- Unwaxed floss doesn't leave a waxy feeling in your mouth and works well when you have more space between your teeth.
- Different widths or thickness of floss can help you get into problem spots more effectively. Thicker floss can also be easier to work with, especially when you are first learning to floss.
- Floss can be flavoured and coated with fluoride and bacteria fighting agents to protect gums and teeth.

All types of floss work to remove food debris and plaque from between teeth and prevent gum disease and tooth decay. Whatever type of floss you choose remember these helpful steps:

- Step 1:** Wrap floss around your index and middle fingers, leaving about two inches between your hands
- Step 2:** Slide floss between your teeth and wrap it into a "C" shape around base of tooth and gently under gumline.
- Step 3:** Move the floss up and down the tooth
- Step 4:** Remember to floss both sides of every tooth

Good news, the choice of floss is yours! So choose your floss and start waxing on or off today!



Reminder: Routine immunization consent forms were sent home in September with Grade 5 and 9 students. Immunizations will be starting soon so get your consent forms back as soon as possible.

Also, as the best defense against influenza infection & illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>

The FUNDamentals of Physical Literacy

In an ideal world, all junior and senior high school students will have acquired physical literacy and fundamental movement skills during their middle school years. Physical literacy is when kids have a wide range of basic movement skills and the confidence to participate in a variety of sports and physical activities. The hope is that children are exposed to a variety of fundamental movements (running, jumping, skipping, hopping, throwing, leaping, etc.) that give them the ability and confidence to remain active in sport and activities throughout their high school years and beyond.

Unfortunately, this is not always the case. According to Active Healthy Kids Canada, only 7% of Canadian children and youth are meeting the recommended 60 minutes of physical activity every day. It is important to continue to develop fundamental movement skills at any age. Through junior and senior high, students need to have opportunities to participate in organized and unorganized physical activity for a variety of reasons:

- To maintain a healthy body weight
- To encourage less screen time
- To create opportunities to specialize in sport

We all play a role when developing teenagers to be physically literate. It is important to instill a love for physical activity when they are young, in hopes they will continue to be active as adults. By being an active role model in their life, and providing them opportunities, we can help raise happy, healthy teenagers.

For more information please visit: www.activeforlife.com

Caregivers of Challenging Teens Support Group



Please contact for any questions:

Tanie Reid-Walker at 403 405 4466 Ext 4

Or by email at

amanda.lawrence2013@gmail.com

Please join our open group for Caregivers of Challenging Teens Support Group.

This Support Group offers information on communicating with your teen, teen brain development, support, resources and understanding the developing and challenging teen.

***When: Every Monday
from 7:00pm – 8:45pm
starting October 19th to
December 7th.***

**Where: "The HUB"
located at 2107 13th
street Coaldale, Alberta.
Across from R.I Baker
School.**

*This is an open group, no
registration necessary.
Drop-Ins welcome.*



KATE ANDREWS HIGH SCHOOL

2015-16 SCHOOL YEAR CALENDAR

AUGUST 2015				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

0/4

NOVEMBER 2015				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

18/20

FEBRUARY 2016				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29				

15/19

MAY 2016				
2	3	4	5	6
9	A10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

20/21

SEPTEMBER 2015				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

21/21

DECEMBER 2015				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

14/14

MARCH 2016				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

18/18

JUNE 2016				
		1	2	3
6	7	8	9	10
13D	14D	15	16D	17D
A20	21	A22D	A23D	A24D
27D	28D	29	30	

20/22

OCTOBER 2015				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

20/21

JANUARY 2016				
				1
4	5	6	7	8
11	12	13D	14D	15
18	19D	20D	21	A22D
A25D	26D	27D	28D	29

19/20

APRIL 2016				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

19/20

JULY 2016				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

NON-INSTRUCTIONAL DAYS

Division-Wide PD Days

August 27, 2015 Open. Ceremony
October 13, 2015
November 30, 2015
February 29, 2016
April 25, 2016

Staff Planning/Collaboration

August 25, 26, 2015, June 29 and 30, 2016

Site PD Days

August 28, 2015
August 31, 2015 (DIP/PAT) Alternate: Aug 28, 2 November 13, 2015
February 1, 2016
May 24, 2016 (AP-Survey results/school goals)

Prof. Development (ATA)

Teachers' Convention -
February 18 and 19, 2016
Parent-Teacher Days Off in Lieu
February 17, 2016

School will officially close at normal closing time on December 18, 2015 for Christmas Break.

School year begins: August 26, 2015
First day for students: September 1, 2015
Semester 2 begins: February 2, 2016
Last day for students: June 28, 2016

XX	Holidays (No Staff/Students)
	Non-Instructional/Prof. Dev. Days (No Students)
	Parent-Teacher Interview Lieu Days (No Students)
	No school for staff or students

SCHOOL YEAR	INSTRUCTIONAL DAYS	Diploma Exams (D)	Jan.	June
184 Instructional Days	92 Semester 1	English LA 30-1 & 30-2 Part A	Jan 13	June 13
16 Non-instructional Days	92 Semester 2	English LA 30-1 & 30-2 Part B	Jan 19	June 16
200 Total Operational Days	184 Total Instructional Days	Social Studies 30-1 & 30-2 Part A	Jan 14	June 14
Achievement Tests (A)	Gr. 6	Social Studies 30-1 & 30-2 Part B	Jan 20	June 17
English Language Arts Part A	-	Math 30-1 Math 30-2	Jan 25	June 24
English Language Arts Part B	-	Physics 30	Jan 26	June 27
Mathematics	-	Chemistry 30	Jan 27	June 23
Science	-	Biology 30	Jan 22	June 22
Social Studies	-	Science 30	Jan 28	June 28

Day 1 Day 2 Day 3 Day 4