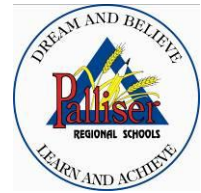




KATE ANDREWS HIGH SCHOOL

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January 2013



November Student of the Month

Our November Student of the Month is a remarkable young woman who possesses many wonderful personal qualities. Kate Andrews' staff describes her as patient and kind, humble and calm, sensitive and caring, and very concerned for the welfare of others. She's well-mannered, appreciative of every opportunity she's given, and very respectful of staff and students alike. One staff member commented that if our school was filled with people like this young woman, the teachers would go home singing because this student is enjoyable to teach, has an optimistic attitude, and is always cheerful.

This young woman is dedicated to being a successful learner. She has an excellent work ethic,



is always on time for class, and without exception completes whatever task she's given to the very best of her ability. Doing an "okay" job is just not something she would consider. She's determined and focused on achieving her goals.

In addition to focusing very hard on her studies, this young woman has been a valuable part of our Kate Andrew's Pride football team for the past three years. Mr. Buckler says that "she is the most dedicated member of the Pride Football team. She attended more practices than any other member of the team and worked before and after practice performing a number of duties which included taping, sanitizing the hydration station, laundry, first aide, and organizing the equipment and keeping an inventory of it. Loyalty to our Pride team and to our school is one of her greatest qualities."

Outside of her studies and with our Kate Andrew's Pride football team, our November Student of the Month's passion is animals! She's tenderhearted

and caring and has raised a number of pets over the years. She is currently raising two cats that she's been caring for since they were three days old, providing them with the constant care and feeding they needed to stay alive during their early days.

When our November Student of the Month graduates she plans to attend the Western College of Veterinary Medicine in Saskatoon, Saskatchewan, or to attend the University of Lethbridge. Please congratulate our November Student of the Month, Ashley Fritzler, daughter of Calvin Fritzler and Shauna Cyr.

CATS CLASSIC: January 24 & 25 (Grade 9 Boys & Girls Tournament)



Dry Grad 2014

All grade 11 and 12 students of KAHS and Pass Plus are invited to the next Dry Grad meeting on Jan 21, 2014. Parents are encouraged to attend.

Call Charlene Friesen at 403-345-5389 or email dcfriesen1@telus.net for details

2013-14 Yearbooks

Yearbooks are still on sale for the current year. If you did not purchase one at the start of the year you can still place your order stopping by the office with \$30.00. Don't miss out!

We Create Change is back at Kate Andrews Be apart of the change and Dream Big!



Show your belief that all children, girls and boys,
have the right to go to school.

“We Create Change” is back at Kate Andrews High School and now is your best chance to open doors for children everywhere. Collect coins to fundraise for Free the Children’s Year of Education initiative to build 200 schools and improve access to education in developing communities around the globe.

Collect \$20 in coins, and your change can provide a brick for the construction of a new school. Build a school, and your change can educate hundreds of children. Give children a chance to learn, and your change can help a generation make change for themselves. We are approx. 1/4 way to our goal with 2500.00 raised so far.

\$20 in change = one brick

One brick = the cornerstone of education

Education = change for the world



For more information on how you can donate contact **We Create Change & We Day** coordinator Mike Gibson

In support of this year's **Free the Children Campaign**, the grade 9A class participated in a mentor reading fundraiser with Jenny Emery Elementary. The event was a smashing success and enjoyed by all parties involved. It was an excellent opportunity to have a community and global impact whereby the students of Kate Andrews were able to demonstrate their leadership skills. In total, the students of Jennie Emery Elementary and 9A's were able to raise \$160.00 that will go directly towards supporting education in developing nations throughout the world. Big thank-you goes to the 9A's who gave their time and to Jennie Emery Elementary for joining our fundraising efforts.



KAHS Grade 9 class and Jenny Emery Elementary.

Marketing Class

Mrs. Johnson's Marketing Class is set up and run as a Business Simulation (real world) using the Junior Achievement In-School Company Program. The students in this course have the opportunity to participate in a unique learning experience. They learn how to run their own business, from capitalization (raising funds through the sale of shares) to liquidation. Students elect and appoint the management team for their business, market a product/service, maintain complete financial records, compile a final report and liquidate the business. Profits from their business ventures are donated to a nonprofit organization of their choice.

Last year's Marketing Classes (KASA, LION Co, and Pirtiks) pooled their profits together and selected Big Brothers and Sisters as their charity. After contacting the Executive Director of BBBS they headed out to shop for a Christmas gift for 20 Little Brother and Sisters ranging from 2-15. The class then wrapped the gifts and presented them to the Executive Director at our Christmas Assembly.



This semester's Marketing Class, OzzyBloos, ran a very successful business venture as well. A big shout out goes out to all those students, staff, and parents of Kate Andrews who purchased Coco Brook Pizzas, KA Apparel, and/or KA Toques. OzzyBloos selected Little Warrior's as their nonprofit organization and presented a cheque for \$700.00 to Alison Lee at the same assembly.

Textbook Returns

Textbook Returns

When: Monday, January 20th to Wednesday, January 29th

Where: Textbook Room (next to room 110)

Times: 8:30 – 9:00 a.m. and 12:00 – 12:30 p.m. (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 next semester/school year.

CTS Textbooks

If you are finished with the textbooks or duo-tangs for your CTS course(s), you are more than welcome to return the books before exam week to Mrs. Wittebolle in the library.

Textbook Pickup for the 2nd Semester

We will be handing out the 2nd semester textbooks February 3 and 4. Your class will be called down to the textbook room and you will receive all of your textbooks at that time. You must have returned all of your textbooks in order to get your new ones.

Why Can't I Get Textbooks?

You haven't returned your textbooks from last semester!! If you have "lost" a textbook you will need to pay for it before you can get your new texts. If you're not sure if you've returned all of your books check with Mrs. Wittebolle. She doesn't bite...honest!

January 2014 Exam Schedule

Monday January 13th 2014

English 30-1 9:00-12:00
English 30-2 9:00-12:00

Tuesday January 14th 2014

Social 30-1 9:00-12:00
Social 30-2 9:00-11:30

Monday January 20th 2014

English 30-1 9:00-12:00
English 30-2 9:00-12:00
Math 9 mid 12:30-3:00

Tuesday January 21st 2014

Social 30-1 9:00-11:30
Social 30-2 9:00-11:30
English 20-1 9:00-11:30
Science 10 12:30-3:00
Science 14 12:30-3:00

Wednesday January 22nd 2014

LA 9 mid 9:00-11:30
Social 20-1 12:30-3:00
Social 20-2 12:30-3:00
English 10-1 12:30-3:00

Thursday January 23rd 2014

Biology 30 9:00-11:30
Social 9 PAT 9:00-11:30
Math 20-1 9:00-11:30
Math 20-2 9:00-11:30
Math 10C 12:30-3:00

Friday January 24th 2014

Science 9 PAT 9:00-12:00
Math 30-1 9:00-12:00
Math 30-2 9:00-12:00

Monday January 27th 2014

Physics 30 9:00-11:30
Social 10-1 9:00-12:00
Physics 20 12:30-3:00
Social 10-2 12:30-3:00

Tuesday January 28th 2014

Chemistry 30 9:00-11:30
Chemistry 20 9:00-11:30
Biology 20 9:00-11:30

Wednesday January 29th 2014

Science 30 9:00-11:30

No Year's Resolutions for Health

A new year. A fresh start. Another long list of New Year's Resolutions for a healthier 2014? Not necessarily. This year, why not try something REALLY new and resolve NOT to resolve? Try on a different perspective and embrace and expand on the good things you already do for yourself.

For many of us, January often means conjuring up a steely resolve to get up and get to the gym bright and early (wait, I'm not a morning person), or to haul out the sneakers and start running again (wait, I hate running too). Getting sufficient exercise is important, but it shouldn't be painful. Instead of torturing yourself, schedule physical activities you KNOW you've enjoyed in the past, as this will help activate your brain's pleasure centers and you'll be more likely to repeat them.

Widen your support network and make plans to spend time with those people who you know bring good energy to your life. Think about what you already do for social activities and tweak these occasions to be a bit more healthful. Do you find yourself often going for coffee with your colleagues or fitting in a lunch date with a friend? Then grab a to-go cup and stroll through the park as you catch up, or choose a restaurant that's within walking distance and stretch your legs on the way. Letting those close to us know that healthy activities are important to us reinforces our intentions and models healthy behaviours to others who might also struggle with finding time to be active.

For many of us, working 9-to-5 involves long stretches sitting in front of a computer. Current research reveals this sedentary time is more damaging to our overall health and longevity than lack of exercise. Simply standing every 20 minutes for two minutes increases fat metabolism, stabilizes blood sugar levels and improves muscle function. Set your timer to go off every 20 minutes during your work day and enjoy some health benefits as you take a stand against sitting!

Silence your "inner critic" this year with more positive self-talk and more fun and easy health actions. By assessing what you currently do and changing how you interpret these events to see the potential good in them, you will find that you already have a solid foundation for a healthy and promising 2014!

National Non-Smoking Week - January 19-25, 2014: Helping Your Child Stay Tobacco Free

Most smokers begin using tobacco in adolescence and evidence suggests that if you make it to adulthood without smoking, you will likely stay smoke-free for life!

Preventing kids from starting to smoke can be as simple as talking to them about the dangers of smoking and addiction:

- If your child is concerned about appearance, talk about the way smoking causes bad breath, stinky hair and clothes, stains on fingers and teeth, and hair loss.
- Give them a tour of the garage, basement, or under the kitchen sink where you might have some of the chemicals contained in cigarettes: acetone (nail polish remover), toluene (paint thinner), benzene (gasoline), cadmium (batteries), phenol (disinfectant)
- If your child is physically active or into sports, talk about the shortness of breath and loss of endurance caused by smoking.
- Talk about the money it costs to smoke for a week, for a year. What else could they buy with that money?
- Let your child know that four out of five Albertans DON'T smoke.

For more helpful tips go to www.albertaquits.ca or www.albertahealthservices.ca

