



## Semester 1 Report Cards

Semester 1 **REPORT CARDS** have been mailed out to student's home addresses. If you do not receive your child's report card in the mail, please contact the office.

## February Assembly

There will be an assembly held on Monday, February 8<sup>th</sup> during Period 1 for all students. Family and community members are also welcome to attend.

## Outstanding Fees

School and options fees from Semester 1 are now **OVERDUE**. Students with outstanding **SCHOOL FEES** or **OPTION CLASS FEES** will not be able to sign out textbooks for semester 2 until fees from semester 1 are paid.

Statements were mailed home twice during Semester 1, and also with report cards that have just been mailed out. Fees can be paid in person, at the office by cash or cheque or via online banking or credit card through SchoolCashOnline, which can be accessed on the KAHS webpage. A breakdown/description of all fees is attached to this newsletter.

If you have questions regarding fees or believe that you received a statement in error, please stop by the office or contact us at 403-345-3383.



Makayla Bissonette, Art 20: Cultural Mask, Plaster & Paint

# DECEMBER STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for November. Each month a student from grade 9, 10, 11 & 12 are presented with this award. Students are nominated by teachers or support staff and acknowledge a student's character, attitude, work ethic, and contributions to our school.

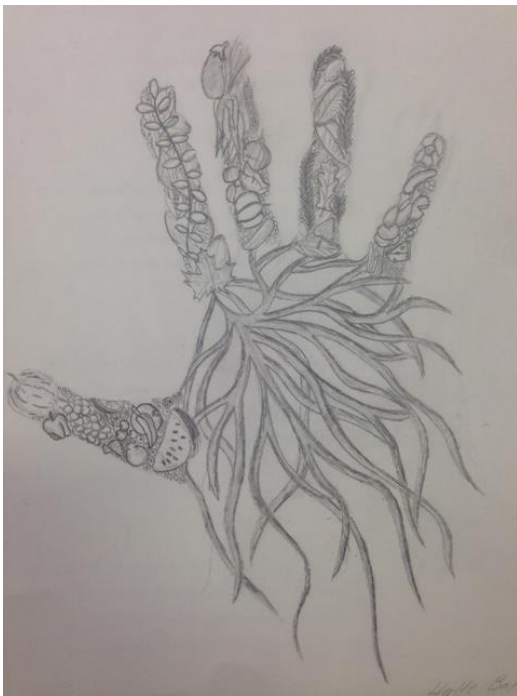
Pancho Peters (Grade 9)

Hanna Janssens (Grade 10)

Alyssa Braun (Grade 11)

Curtis Dzioba (Grade 12)

**The January Students of the Month will be announced at the February 8<sup>th</sup> Assembly, during period 1.**



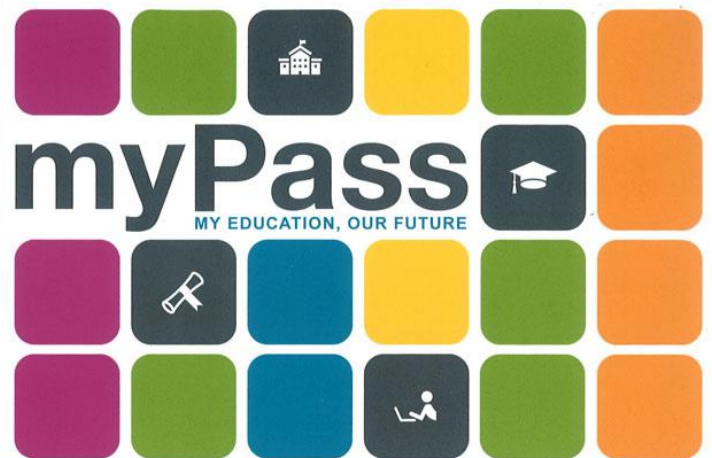
Halle Ball, Art 9: Surreal Hand, Graphite

## Attendance

If a student is going to be absent from school, they must be excused by a parent or legal guardian. Parents/guardians can phone the office starting at 8:00 a.m. or attendance can also be reported by clicking "Report Now" under **Attendance** on the left-hand side on the KAHS website at [kateandrewshighschool.com](http://kateandrewshighschool.com).

## Diploma Exam Marks

Alberta Education no longer mails out Diploma Exam results. In order to find out your Diploma Exam marks, students are required to visit [myPass.alberta.ca](http://myPass.alberta.ca) to request access.



**myPass**  
MY EDUCATION, OUR FUTURE

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

Visit [myPass.alberta.ca](http://myPass.alberta.ca) to request access.

Alberta

## Regional Skills Alberta Update

Once again Kate Andrews High School will be sending students to compete in the **Regional Skills Competition** on **April 13, 2016** at the Lethbridge College. Information packages can be picked up in the lunch room or from your CTS teacher.

Areas of competition are:

Auto Service

Baking

Cabinet Making

Carpentry

Culinary

Fashion

Graphic Design

Hairstyle Braiding

Hairstyle Bridal Updo

Photography

TV/Video Production

Welding

Other areas of competition to take place in Edmonton are:

Fashion Technology

Job Search

Job Skills Demonstration

Public Speaking

Workplace Safety

Workplace Safety

Registration is February 11, 2016. Please see your individual CTS teacher for registration. Check out the website at [www.skillsalberta.com](http://www.skillsalberta.com) for more information. GO PRIDE!!!!

## Spring Drama Production

The Spring Drama Production is in the works again! Any students who are considering auditioning for our show are asked to meet in the drama room at lunch on February 4<sup>th</sup>. This number helps us determine the size of cast we are looking for in a play. Official auditions will take place at lunch on February 10<sup>th</sup> and 11<sup>th</sup>. No prepared monologues necessary just come ready to read part of a script!

## School Council

The next School Council meeting will be held on March 17, 2016 in the KAHS Conference Room at 7:00 p.m.



Anielly Nascimento, Art 10: Untitled, Acrylic Paint and Marker





Eun Seo Hwang, Art 10: Untitled, Watercolor



Brianna Wiersema, Art 20: Untitled, Watercolor

## GRAD PHOTOS

Individual Grad Photos will be taken on **Friday, February 26<sup>th</sup>**, and from **Monday February 29<sup>th</sup> – Friday March 4<sup>th</sup>** in the Drama Room from 8:00 a.m. – 3:30 p.m.

Sessions will be 30 minutes long and the sitting fee is \$40.00 that can be paid with cash, cheque, debit or credit. Cheques should be made out to Lifetouch. To book your appointment, go to [www.lifetouch.ca/southernalberta](http://www.lifetouch.ca/southernalberta). If you have any questions or concerns, please contact Lifetouch at 403-327-2658.

If you do not wish to book a full photo session with the \$40.00 sitting fee: Every Grad must have a photo taken, even if they do not plan to purchase a package from the photographer. In that case, grads must let the office know ASAP. These photographs must be taken in order to be included in the Yearbook and the Class Composite.

Further information is available on the Lifetouch website or from the KAHS office.



Alex Galland, Art 10: African Mask, Metal



## 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](http://www.pallisersd.ab.ca)

February 2016

### New legislation about ensuring all students feel safe

There has been a flurry of questions raised about changes to provincial legislation and new requirements of school boards related to ensuring safe and caring learning environments that respect diverse sexual orientation, gender identities and gender expressions. I can appreciate that this is new to many of us and change naturally raises questions of what, how and why.



Palliser Regional Schools considers the new guidelines and legislation as an extension of the important work our principals, teachers, counsellors and support staff have always done to ensure our students feel safe, cared for and respected. The premise that all students need to feel safe at school is not new. What's changed is that legislation is now specific to gender diversity and sexual orientation and it applies to all schools, public, separate, charter or private.

Our school division has been awaiting release of Alberta Education's Guidelines for Best Practices on this issue as we work toward creating our own policy and procedures to align with new legislation. That document was made public Jan. 13, 2016, and you can read it online at <https://education.alberta.ca/topic-search/?language=English>

Soon, we expect to be able to share our draft policy and procedure to reflect the new legislation and our continued commitment to ensure all students feel safe at school.

Our schools already offer a wide range of opportunities for students to explore leadership, develop character and build empathy for each other. That ongoing work to nurture caring, empathetic individuals is beneficial to every student and all of society.

We know there is stigma faced by students based on their sexual orientation or gender identity. When students are hurting for whatever reason, they need our support. A student who feels insecure, unsafe or fearful can't be a fully engaged learner.

Our goal is not to make some students feel safe at the expense of others. The goal is inclusion and safety for all, an ideal I believe we can all share.

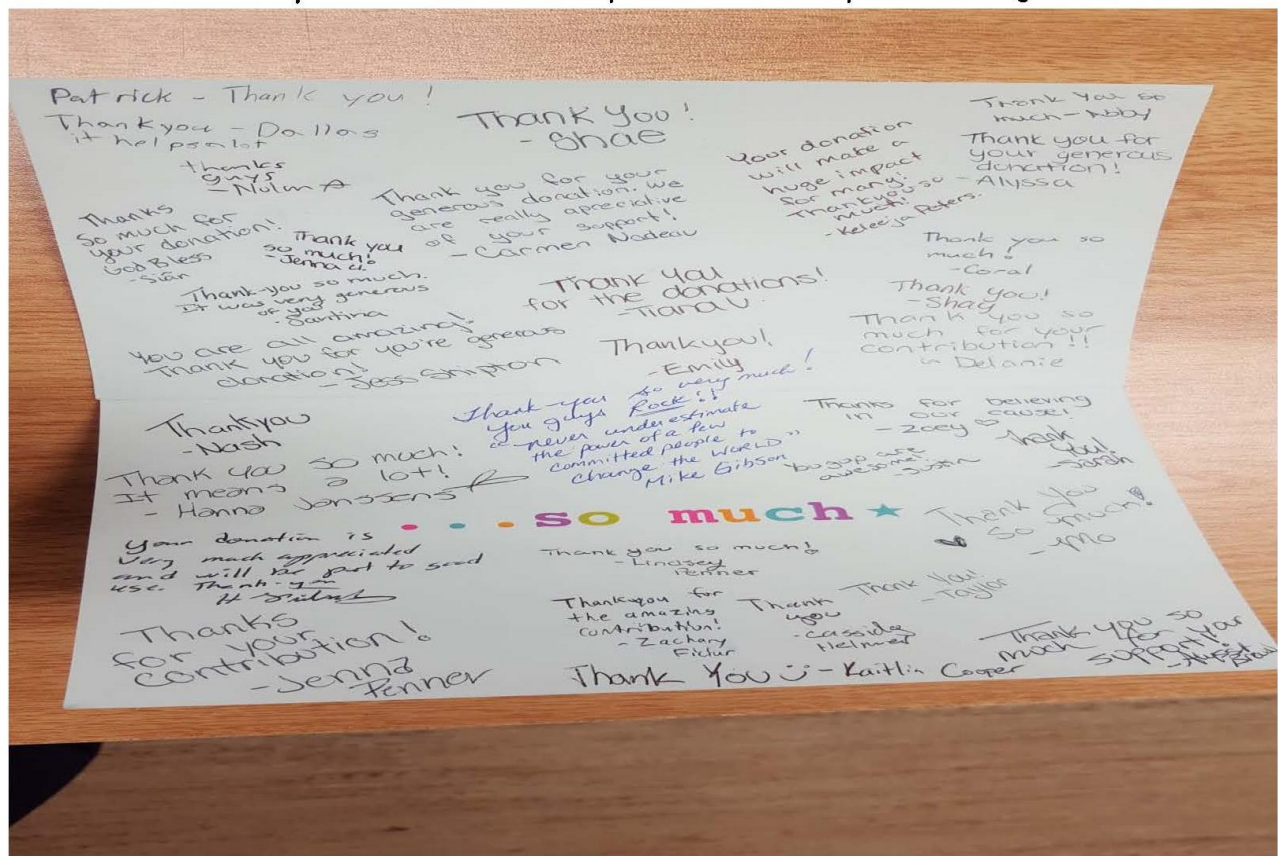
Kevin Gietz, Superintendent  
Palliser Regional Schools



# A Very **HUGE** Thank You!



A great big thank you goes out to the United Church of God membership who recently gave a sizeable donation to the KAHS "We Create Change" in the amount of \$880.00. Your generosity and giving spirit to help the less fortunate people in our world is greatly appreciated and has helped us reach the halfway mark towards our \$5,000.00 school goal. To date our "We Create Change" group has been able to raise \$2500.00 towards the "Five Pillars One Purpose" initiative to help assist our Adopt a country of Tanzania.



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. ~Margaret Mead~

# “WE” Create Change

Is helping to support

## “Tanzania” with...

## “5 Pillars One Purpose”

1. Education Pillar (\$1,000.00 raised!)
2. Clean Water & Sanitation Pillar
3. Health (\$1,000.00 raised!)
4. Alternative Income/Livelihood (\$500.00 raised!)
5. Agriculture & Food Security

**KAHS School Goal = \$ 5,000!**

**Money Raised to Date = \$ 2,500!**







Do you want to know more about

# Video Game Play?

Can it be **PROBLEMATIC**?

Can it be **ADDICTIVE**?

What can I do as a concerned parent/loved one?

Come to an Information and Discussion Night offered by  
Alberta Health Services Child, Family and Adolescent  
Addictions Counselors

Where: Friend's Place @ The Crossings Branch Lethbridge  
Public Library, West

When: 6:30 - 8pm, Thursday, February 18<sup>th</sup>, 2016

For more information please contact AHS-Child, Youth and Family  
Addiction & Mental Health at (403) 381-5278

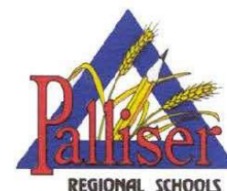






## KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9  
 Phone: 403-345-3383 Fax: 403-345-5767  
[www.kateandrewshighschool.com](http://www.kateandrewshighschool.com)



### SCHOOL FEES: 2015-2016 SCHOOL YEAR

BASIC SCHOOL FEES		
<b>Grade 9</b>	\$154.00	Instructional Supplies & Materials (\$59.00) Palliser Technology Fee (\$35.00) Food Studies (\$30.00) Industrial Arts/Shop (\$30.00)
<b>Grade 10-12</b>	\$104.00	Instructional Supplies & Materials (\$69.00) Palliser Technology Fee (\$35.00)
OPTIONAL FEES:		
Grade 9 – 12	\$40.00	Yearbook
PER COURSE FEES:		
Grades 10 – 12	\$20.00	Cosmetology
Grades 10 – 12	\$30.00	Art
Grades 10- 12	\$30.00	Construction
Grades 10 – 12	\$30.00	Fashion Studies
Grades 10 – 12	\$30.00	Food Studies
Grades 10 – 12	\$30.00	Physical Education
Grades 10 – 12	\$30.00	Music
Grades 9 – 12	\$400.00	Hockey Academy (Fees to be submitted to Mr. Holland, with completed forms.)

*Grade 9 fees* of \$154.00 are due when students receive their lockers, books and opening day packages on August 28<sup>th</sup>, 2015.

*Grades 10 – 12 fees* of \$104.00 are due on August 26<sup>th</sup>, 2015.

The *Per Course fees* (which apply only to Grades 10-12) for the first semester will be invoiced on September 30<sup>th</sup>, 2015 and again February 29<sup>th</sup> for the second semester.

Students in Grades 10-12 who drop courses after September 30<sup>th</sup>, 2015 and February 29<sup>th</sup>, 2016 will forfeit their fee.

NOW AVAILABLE

Make online payments with  
**SchoolCashOnline**

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

Register at [SchoolCashOnline.com](http://SchoolCashOnline.com)

**KEY GROUP**  
School Cash Simplified

New to Palliser this year – you can now pay your school fees online! This fast and convenient way to pay allows you to pay school fees with a credit card or directly from your bank account. For further information or detailed instructions on how to sign up and use this service, please visit the Palliser Regional Schools website.

(<http://www.pallisersd.ab.ca/about-us/news/post/online-fee-payment-system-now-available>)

## Mental Wellbeing in Youth

Adolescence is an important time in the development of lifelong mental wellbeing. Mental wellbeing is more than just being happy. It is having self-esteem and confidence, being connected to others and enjoying the good feelings that come from participating in and giving back to your community. When youth develop the best possible mental wellbeing, it lessens the likelihood of future substance abuse or mental problems.

Mental illness and mental wellbeing are not opposites. Youth with mental illness can enjoy good mental wellbeing, while youth with no symptoms of mental illness can struggle with poor mental wellbeing. All young people benefit when they connect with others, feel valued and learn important skills.

Here are some ways to help youth build mental wellbeing:

**Connecting with others** - increases self-worth and provides a source of support during hard times. Help your youth to form relationships with people close to them and with the wider world. Connections can be made by joining teams, clubs and groups, volunteering, getting a part-time job and spending time together with family and friends.

**Being active** - causes chemical changes in the brain that makes us feel good. Physical activity can also help youth form relationships and learn new skills which builds self-esteem.

**Encourage trying new things** - and be willing to do the same. Learning new things challenges us and setting/reaching goals makes us feel proud and capable.

**Acts of kindness** - can give us a sense of purpose and improve self-worth. Youth can be encouraged to give to others by saying thank you to someone who has helped them, phoning a relative or friend who needs support, becoming active in peer support or mentoring or lending a helping hand to others. Check for youth volunteer opportunities in your community.



### Health advice as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1? Health Link is Alberta's free, 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.

## Will Putting Toothpaste on a Pimple Make It Go Away?

There are 101 stories about uses for toothpaste but it does nothing for pimples. So what does it do? Well we know that it makes a mess, hardens like a rock, and causes arguments about who forgot to put the cap on. So why use it? Fluoride. Turns out toothpaste is a great way to get fluoride on your teeth and prevent tooth decay.

Choose a toothpaste with fluoride and brush two times a day. You only need a pea-sized amount. Spit it out – but don't rinse it out for best results.

It is hard to imagine that the outer surface of your teeth can absorb fluoride, but that is what happens when you brush. Fluoride adds to all the minerals in teeth to harden and protect them from decay. But watch out, those minerals, including fluoride, can be removed from your teeth when you eat anything sweet or acidic. Too much mineral loss is called tooth decay.

Cut down on sweet and sticky snacks, drink tap water for thirst (particularly in locations where fluoride is added), and remember to use fluoride toothpaste.