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KATE ANDREWS HIGH SCHOOL

NEWSLETTER

www.kateandrewshighschool.com

MARCH



NO SCHOOL

There will be no school on Monday, February 29th for students as this is a Professional Development Day for teachers.

There will be no school for staff or students from Friday, March 25th – Friday, April 1st for the Easter break. Classes will resume on Monday, April 4th.

We wish all KAHS students and their families a relaxing and enjoyable time off.

MARCH ASSEMBLY

There will be an assembly held on Monday, March 14th during Period 2 for all students. Family and community members are also welcome to attend.



PARENT/TEACHER INTERVIEWS

Parent/Teacher Interviews will be held on March 14th and 15th in the KAHS Gymnasium. These will be drop in, casual meetings rather than scheduled time slots, so please stop by during the following times to meet with your child's teachers:

March 14th: 4:00 – 5:00 p.m. and 6:00 – 8:00 p.m.

March 15th: 4:00 – 6:00 p.m.



FEES

School and Options Fees from **Semester 1** are now **OVERDUE**. Options Fees for semester 2 are **NOW DUE** and are posted on **School Cash Online**. You can view/pay fees online at www.schoolcashonline.com or via cash or cheque in the office. Statements will be mailed home in March.

Students who have not paid fees for **Semester 1** are not able to obtain text books for semester 2, and **final Semester 2 report cards will not be released to students with outstanding fees.**

If there is an issue with paying school fees due to financial difficulties, please contact the school office to speak with an administrator about the possibility of monthly payments or waiving fees. A breakdown/description of all fees is attached to this newsletter.

JANUARY STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for January. 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.

Kace Skipworth (Grade 9)

Eun Seo Hwang (Grade 10)

Lizz Neufeld (Grade 11)

Tyson Jensen (Grade 11)

Peter Neufeld (Grade 12)

The February Students of the Month will be announced at the March 14th Assembly, during period 2.

SAFE GRAD

A SAFEGRAD Facebook Page has been set up for parents of graduating students. For more information, please join [KAHS Safegrad 2016 Parents Group](#) on Facebook, or contact Diana Canfield at 403-915-3426.

SAIT INFORMATION

Anyone interested in attending SAIT is welcome to come to a presentation during **Period 3 on March 9th** in the Drama Room. A SAIT representative will be here to explain how to apply, and answer any questions. For more information, please see Ms. Alexander.

ALBERTA JUNIOR HONOR BAND

Two Kate Andrews High School students are part of the Alberta Junior Honor Band. Students are recommended by their teachers and were selected this year from 39 schools across the province. Congratulations to **Justin Pitcher** and **Elyse Janzen**. KAHS is proud of you!



KAHS ATHLETICS

BASKETBALL ZONES LETHBRIDGE COLLEGE MARCH 8-12

The provincially ranked Kate Andrews Pride Sr. Basketball teams will participate in the 2A Zones at the Lethbridge College. Check out the athletics calendar on the KA website or follow us on Twitter @KAATHLETICS for up to date information. The #3 provincially ranked girls will most likely play their first game on Thursday and are looking to advance to the Provincials in Picture Butte. The #9 provincially ranked boys will be looking to advance to Provincials in LaCrete and most likely play their first game on Tuesday. Good luck to TH, Nicole, and their players!



BADMINTON STARTING MARCH 8th

Students who are interested in badminton are asked to attend practices which begin on Tuesday, March 8th. Mr. Wetmore will be in charge of badminton this year and will be selecting grade 9 players to participate in the LSAA City Championships with a chance to qualify for zones.

High school students must first qualify out of the North Districts in Vulcan to qualify for zones. Zone medalists will then have the opportunity to attend provincials. Mr. Wetmore will have dates and more details for the first practice on March 8th.



SPRING BALL PROGRAMS

Parent meetings will be held on Thursday, March 3rd for high school baseball and slo-pitch. The boys baseball meeting will take place at 6:00 pm with the girls slo-pitch meeting at 7:00 pm. All interested players should have a parent in attendance or talk to Mr. Holland.

Kate Andrews runs one baseball team for students in grades 9-12 and play in the Lethbridge Regional High School Baseball League. The girls slo-pitch program runs a Senior, Junior, and depending on interest we could possibly run a grade 9 team as well. More info will be available at the parent meeting or give Mr. Holland an email or call.

Girls and boys who would like to give it a try are welcome to attend some open gym practices. These can be found on the athletics calendar on the KA website. Official tryouts will take place before Easter after the conclusion of the basketball season.

FALL HOCKEY ACADEMY REGISTRATION



Fall Hockey Academy registration packages are now available from Mr. Holland. In order to make sure we have enough students to run the program, students are asked to register by Friday, March 11. Packages can be picked up from Mr. Holland or parents can email me as well at kevin.holland@pallisersd.ab.ca

GRAD PHOTOS

Individual Grad Photos will be taken on **Friday, February 26th**, and from **Monday February 29th – Friday March 4th** in the **MECHANICS 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. 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.

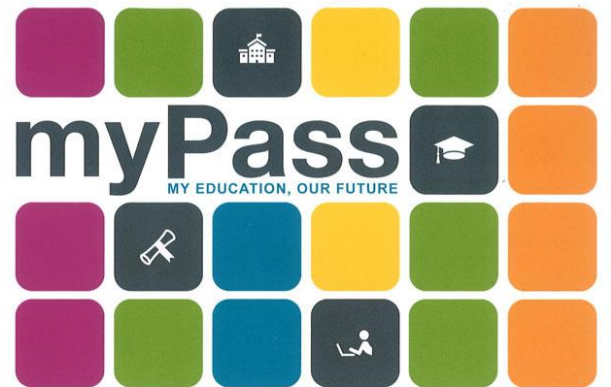
Further information is available on the Lifetouch website or from the KAHS office.

SCHOOL COUNCIL MEETING

The next School Council meeting will be held on March 17th at 7:00 p.m. in the KAHS Conference Room. All parents/ guardians are welcome to attend.

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 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 to request access.

Alberta



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

March 2016

Literacy work starts early and never stops

Hello everyone,

Spring seems to have arrived early and with it, we're already looking forward to the 2016-2017 school year.

Our elementary schools will soon be hosting developmental check-ups for three- to five-year-olds who are entering early learning or kindergarten programs this fall. These check-ups are a fantastic service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support.



These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit the school they'll be attending, have a positive hour of fun activity, and likely alleviate some of the anxiety that might come when school starts.

Our early learning and kindergarten staff help children establish a foundation for vital skills to ensure readiness for Grade 1.

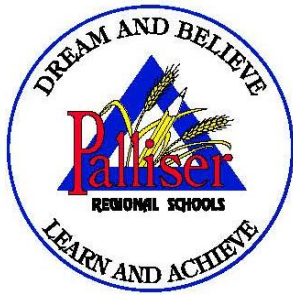
The programs continue to offer children a fun environment, but daily activities are purposeful. Through play, children will be learning everything from letter sounds, co-ordination and muscle control for writing, and the connection between letters, words, sounds and pictures.

If we get these early years right, we will be well on our way to our three-year goal, that by March 2019, 95 per cent of our Grade 3 students will be reading at expected level. Once we achieve that goal, imagine the difference we can make to student learning in every grade that follows. Instead of spending time and energy trying to catch up students who have fallen behind their peers, we'll be able to focus on learning in all of the subject areas, and our students will have the comprehension abilities to begin mastering math, science and social studies.

The early years are an investment in success at all grades. Our literacy program is an investment in success in school and in life. It's spring, and we're sowing seeds that promise a lifelong harvest.

Kevin Gietz, Superintendent
Palliser Regional Schools

*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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Offer your feedback on draft board policy

The Board of Trustees of Palliser Regional Schools is considering a draft policy on “Safe and Caring Learning Environments” and is inviting public and staff input.

The draft is consistent with Bill 10, “An Act to Amend the Alberta Bill of Rights to Protect our Children.” The document is designed to protect students and staff against discrimination based on race, religion, gender, gender identity, sexual orientation, physical or mental disability and other protected human rights

A copy of the draft policy is found on Palliser’s website at <http://goo.gl/3rKhR1>.

Feedback can be submitted by email to feedback@pallisersd.ab.ca or in writing to Central Office by regular mail at #101 3305 18 Avenue North, Lethbridge, AB T1H 5S1.

Please submit feedback by March 9 for consideration at the Board of Trustees next regular meeting March 15.

Alberta Education has asked all school jurisdictions to submit their policies in compliance with Bill 10 to the department no later than March 31. The board expects to hold a special meeting in late March to finalize the policy for submission to Alberta Education by that date.

Back by popular demand in the 2nd Semester are...

“WE” WEDS!

- Feb. 3rd= \$5.00 Burger, Pop/Water & a bag of chips
- Feb. 24th= \$4.00 Hot Dog, Pop/Water & a bag of chips
- March 2nd= \$5.00 Taco in a Bag with a drink
- March 16th= \$5.00 Pulled Pork bun with a drink
- April 6th= \$5.00 Burger, Pop/Water & a bag of chips
- April 20th= \$4.00 Hot Dog, Pop/Water & a bag of chips
- May 4th= \$5.00 Taco in a Bag with a drink
- May 18th= \$5.00 Pulled Pork or Sloppy Joe’s with a drink



“WE” Create Change

Supporting **“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=
(\$1,000.00 raised!)
5. Agriculture & Food Security=

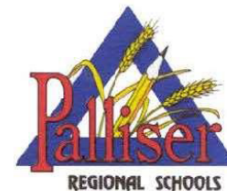
School Goal= \$5,000!

Money Raised= \$3,100!!



KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9
 Phone: 403-345-3383 Fax: 403-345-5767
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SCHOOL FEES: 2015-2016 SCHOOL YEAR

BASIC SCHOOL FEES		
Grade 9	\$154.00	Instructional Supplies & Materials (\$59.00) Palliser Technology Fee (\$35.00) Food Studies (\$30.00) Industrial Arts/Shop (\$30.00)
Grade 10-12	\$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 28th, 2015.

Grades 10 – 12 fees of \$104.00 are due on August 26th, 2015.

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

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



Make online payments with
SchoolCashOnline

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

Register at SchoolCashOnline.com



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>)



Box 1207, 2014 - 18 Street
 (Coaldale Public Library)
 Coaldale, AB T1M 1N1
 Phone: 403-345-6009
 Email: admin@communityclasses.ca
 Website: communityclasses.ca

Upcoming CLCLC classes:

For further course descriptions or to register please call, email or visit our website.

St. Johns Babysitter course

This course is intended for youths **11 - 17 years of age** who want to look after infants and young children. Participants will learn basic skills which will prepare them to deal with emergency situations plus general principles of caring for infants and young children. Students will receive a manual and a certificate.

Please bring a bagged lunch and pen and paper

Coaldale

Date: Saturday, April 16
Where: Coaldale Public Library, 2014 - 18 Street, Coaldale
Register by: Thursday, April 7

Coalhurst

Date: Saturday, April 30
Where: Coalhurst Community Centre, 527 - 50 Avenue, Coalhurst
Register by: Thursday, April 21

Picture Butte

Date: Saturday, May 14
Where: Picture Butte Library, 120 - 4 Street North, Picture Butte
Register by: Thursday, May 5

Safe Food Handling Certificate

Instructor: Alberta Health Services

This fast paced, one day course prepares participants for the exam and certification required by Section 31 of Alberta's Food Regulation. Participants will learn about food safety topics including microbes, foodborne illness, food preparation and storage, and cleaning and sanitizing. Participants complete a 50 question multiple choice exam at the end of the course, and if successful, will receive a certificate and be added to the provincial registry. This course provides the same certificate as the 2 Day Food Safety Alberta Certification course. A good understanding of written and spoken English is recommended.

Date: Saturday, March 19
Time: 9:00 am - 5:00 pm
Where: Coaldale Public Library, McCain Gallery, 2014 - 18 Street, Coaldale
Fee: \$85.00
Register by: Thursday, March 10
 Minimum: 10 Maximum: 25

Facebook, Twitter and Pinterest for Beginners

Coaldale Public Library, March 14, 15 and 16 from 9:00 am - 12:00 pm, \$75

Legal Law Series via video conference through Lethbridge College

Separation and Divorce March 16
 Looking after Dependent Parents March 23
 Picture Butte Library, 6:30 - 8:30 pm, \$5

Registration deadline is always 1 week prior to class start.

Water Facts



We use water in many ways every day.

Every system in our body depends on water. We need water to:

- Cool our bodies (when we sweat)
- Help with digestion
- Absorb and carry nutrients throughout the body
- Remove wastes and help the body repair itself
- Act as a cushion for our organs and joints

Our body also loses a lot of water through our skin, when we breathe and through our urine. To maintain a balance we need to make sure we are drinking enough water and other healthy fluids to replace what we are using.

Kids will usually drink when they are thirsty. Make sure they have water available to drink throughout the day. Tap water found in schools is safe. It is

tested regularly for germs and chemical content. Often children will bring water bottles to school that can be filled with tap water. These bottles must be kept clean so kids don't get sick.

Here are some guidelines to follow when drinking from water bottles:

- Reusable water bottles should be brought home to be washed at least once a week. They should be washed with hot soapy water and allowed to dry.
- The bigger the opening on the container, the easier it is to clean.
- Single service bottles, such as those used for bottled water that you buy at the store, should not be used more than one time. Exposure to heat can cause a breakdown in the plastic and these bottles are not made of durable plastic designed for cleaning.

Drinking water every day is a simple way to stay healthy and feel great!

We get kids up on on their feet!

The Alberta Medical Association and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. We can provide your school with resources and support – from scratch or to enrich an existing run club. For more information visit:

www.everactive.org/alberta-medical-association-youth-run-club

Take A Stand Against Sitting

Increased sedentary behaviour (activities that take little to no physical effort) is becoming a real health concern. You are being sedentary if you are: awake, seated or lying down, not moving much, or not moving at all. Common examples of sedentary behaviour include: driving to work, working at a desk or sitting in class, watching TV and playing video games.

Several recent studies showed that Albertans are spending, on average 8-10+ hours per day being sedentary. That is a lot of sitting! The problem with too much sedentary behaviour is that it can affect your health. Researchers have identified that sedentary behaviour is linked with increased risk of type 2 diabetes, obesity, and some cancers; poor mental health and quality of life; and lower life expectancy. It was also discovered that sedentary behaviour is independent from physical activity. What that means is that even if your teenager is physically active, you still need to be mindful of how much of their day is sedentary because being physically active does not undo the effects of too much sitting.

Here are some things you and your teenager can do to reduce sedentary behaviour:

- Take short, active breaks. When studying, reading or watching TV, take a break every hour for a walk around the house or office, or better yet, walk around the block.
- Reduce sitting time during your commute. See if there is a way to walk or ride to school or work – start with just one day per week. Explore being dropped off a few blocks away from school or the office to get a few minutes of walking before sitting at your desk.

By starting good habits now, your teenager can avoid a sedentary lifestyle as an adult.