

J U N E 2 0 1 6

KATE ANDREWS HIGH SCHOOL

NEWSLETTER



PALLISER ORGANIZATIONAL REVIEW

An independent organizational review is being conducted of Palliser Regional Schools.

Information on the process as provided by the two-member review panel, the terms of reference and other details are available online at <http://goo.gl/W9z9al>

DRESS CODE

With the arrival of warm spring weather, we would like to remind students that KAHS does enforce a dress code, as outlined on page 17 of the 2015-2016 KAHS Student Handbook. The Dress Code reads as follows:

Dress Code: Students and staff are expected to dress in a “business appropriate” manner. This means that all clothing should be both clean and modest. The following rules will assist students, teachers, and parents in interpreting the “clean and modest” guidelines.

Clean means:

- The clothing is free from all references to drugs, violence, sexism, and racism.
- Clothing or accessories that could be classified as a potential weapon are not permitted (i.e., chains, spiked necklaces/bracelets, etc.).

Modest means:

- Clothes are not revealing.
- No undergarments should be visible.
- Strapless or “Spaghetti” strapped garments are not permitted and tops must cover cleavage.
- Clothing which results in the baring of the midriff is not allowed.
- “Muscle” type shirts are not permitted.
- Shorts and skirts should be no shorter than the level of the student’s fingertips when the arms are held down the student’s sides.

Students who are in violation of the Dress Code will be asked to change their clothes, cover the clothes, or turn offending clothes inside out. Some cases will result in a student being sent home to change if we cannot resolve the issue by any of the aforementioned solutions.

Students may wear caps, hats, or other head coverings while in the hallways. These items must be removed prior to entering a classroom and may be worn again when a student returns to the hallway.

FINAL EXAMS

June 15th is the last day of regular classes for students. A schedule of Final Exams is available on the KA website at www.kateandrewshighschool.com in both the Calendar of Events or a PDF version is available in the School News Section. Printed copies are also available for pick up in the School Office.



KA ATHLETICS AWARDS

The Annual Kate Andrews Athletic Awards will take place in the KA gym on Thursday, June 9th at 6:30 pm. Numerous awards will be handed out for our various sports with special recognition being given to our graduating athletes, the Zone Champion Grade 9 Girls Volleyball team, Athletes of the Year, and Career Athletes. We hope to have all the athletes and parents in attendance!

TRACK & FIELD

Congratulations to all track and field athletes who made it to Zones this year! A special congratulations to Kaitlin Cooper and Dayton Jans who will be representing Kate Andrews at the High School Track Provincials in Edmonton! Good luck to them.

KAHS FINANCE TEAM

Congratulations to the KAHs Finance Team who placed 3rd at the First Annual High School Finance Competition at the University of Lethbridge! Team members included Alyssa Brown, Carly Cajka, Ty Oelke and Nico Peters. They participated in weekly trading challenges, prepared a presentation for industry professionals, and competed in real time with 9 other high schools on the trading room floor at the U of L.



COALDALE MUSICAL ARTS SOCIETY DESSERT CONCERT

The 10th Annual Coaldale Musical Arts Society Dessert Concert will be held on Friday June 10 at R.I. Baker Middle School. Tickets for this fundraising concert are \$20 each and available from any Kate Andrews band or choir student. The concert begins at 6:30 pm and will feature musical ensembles from both R.I. Baker Middle School and Kate Andrews High School.

MAY & JUNE STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for MAY and for JUNE. 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.

**M
A
Y**

Brody Curtis (Grade 9)
Haylee Hilgersom (Grade 10)
Coral Skiba (Grade 11)
Kayley Dueck (Grade 12)

**J
U
N
E**

Christopher Kluss (Grade 9)
Tony Heavy Runner (Grade 10)
Christen Gross (Grade 11)
Kaitlin Cooper (Grade 12)

DRAMA DEPARTMENT WRAP-UP

The Kate Andrews drama department produced a one act play, a dramatic comedy titled *4 am*. We purposely chose a script this year that challenged our students in a way we have not in the past. The play focused on the feelings we all have at 4 am in the morning, whether they are good or bad. The play does end on a positive note that there is always someone out there willing to listen, even at 4 am. A couple of highlights of the show this were was watching KAHS students mix, mingle, play games and laugh with kids from other schools at Shed the Mask, which is a drama festival held on April 29 at the University of Lethbridge. Shed the Mask also provided students to attend workshops put on by University and community theatre professionals. It was a great time, and we look forward to having students attend Shed the Mask 2017. The play was also performed at the High School One Act Festival on April 27 and though we did not win, we enjoyed the experience and the feedback from the adjudicator.

Thank you to our dedicated cast and crew! We have enjoyed working with you and watching you grow as performers and though we are sad to see our grade 12 students leave us, we look forward to seeing where their talents take them!



RED CROSS DONATION – Fort McMurray Fires

We would like to congratulate Cody Gergely on heading up fund-raising efforts to earn \$1000.00 to donate to the Red Cross to benefit those displaced by the Fort McMurray Fires. This money was raised through various means including a very successful bottle drive, a bake sale, and other monetary donations. This money is eligible for government fund matching, so will be turned into \$2000.00 by the time it reaches those that need it most. Cody made the donation to the Red Cross on Friday, May 27th.

PALLISER BEYOND BORDERS

The Palliser Beyond Borders June Newsletter is now available. If you currently take courses through PBB or PASS+ or are interested in registering for summer school courses please visit www.palliserbeyondborders.com

LOCKER CLEAN OUT

Students must have their lockers cleaned out by June 15th. Please take all personal belongings home as lockers will be emptied on June 15th, and locks will be removed.

DRY GRAD

Dry grad early bird registration is \$35 ending May 31st. Registration after May 31st is \$40. We are also in need of volunteers for the Coaldale Carnage on June 4 & 5. Please call or text Charlene at [403-345-5389](tel:403-345-5389) for further details and times.



June Tip of the Month: Binge Drinking

As graduation draws closer, the excitement and celebrations begin and many soon-to-be-graduates will indulge in alcoholic beverages. It is during this point of the school year that we spend extra time discussing safer drinking options if they decide to consume alcohol...remember it is okay to choose **not** to drink. According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is a pattern of consumption that leads to a Blood Alcohol Content (BAC) of 0.08. Higher BAC levels can result in impaired decision making and judgment, decreased motor control, sporadic moods, memory loss, and increase one's susceptibility to injury. Canada's Low Risk Drinking Guidelines recommend those under 19 do not exceed 2 drinks for girls and 3 for boys at one time. Talk to your grads about alcohol use and make a plan to ensure everyone's well-being. Graduation is a remarkable achievement and should be celebrated....safely.

Please see the link below on tips for safer alcohol use.

<http://mindcheck.ca/alcohol-use/tips-safer-alcohol-use>



Courtney Barks

Addictions Counsellor

Library Book Returns: All library books **MUST** be returned by **Friday, June 10th**.

Textbook Returns

When: Thursday, June 16th to Friday, June 24th

Where: Textbook Room (next to room 110)

Times: 8:30 – 9:00 a.m. (1/2 hour 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 start of the next school year.

You will receive an email, sent to your school email account, before exams start with a list of ALL the books you have signed out. This will have books from both the library and the textbook room.

CTS Textbooks

If you are finished with the textbooks or duotangs for your CTS course you are more than welcome to return the books before exam week to Mrs. Wittebolle in the library.

The Pride of KAHS Reads: Get Caught Reading a New Book!

June 2016

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What to Read Next...

Gris Grimley's Frankenstein by Gris Grimley and assembled with original text by Mary Shelley

“WE” DID IT AGAIN!

Congratulations go out to all Kate Andrews Staff, Students and the community as a whole!



The **“We Create Change” group** is proud to announce that we have been able to successfully raise **\$4,250.00** this year in support of Free the Children’s **“5 Pillars 1 Purpose”** fundraising campaign. Now the money will go towards supporting our adopted country of **“Tanzania”** with...

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|--|-------------------|
| 1. Education | = \$850.00 raised |
| 2. Clean Water & Sanitation | = \$850.00 raised |
| 3. Health | = \$850.00 raised |
| 4. Alternative Income/Livelihood | = \$850.00 raised |
| 5. Agriculture & Food Security | = \$850.00 raised |

Thanks to all the staff, students, community groups and church groups that helped support our chosen cause this year!

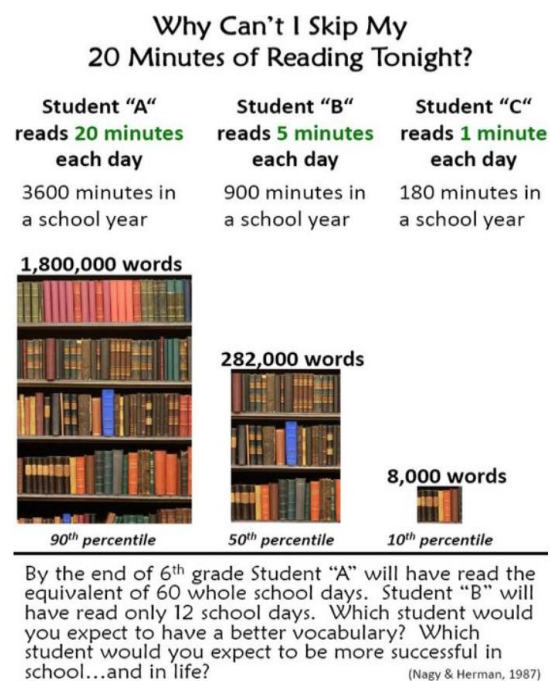


Dear Parents,

Children acquire new skills throughout the school year, but they can lose ground if learning stops during the summer break. Fortunately, learning never has to stop. Research has proven that the best way for students to become better readers is to read!

Children who read throughout the summer gain skills and develop a better understanding of language and the world around them. When children do not read over the summer months, they lose reading performance and fall victim to summer slide. Summer slide is when students regress one or more reading levels.

Reading over the summer significantly makes a difference to your child's learning. Please encourage your child to experience the joy of reading, the doorway to all other learning!



There are many websites and apps, which offer free audio books and literacy related games. The following website has a list of apps for summer reading. <http://classtechtips.com/2015/05/22/18-apps-for-summer-reading/>

This is an excellent website to help you and your child choose the right books. <http://www.scholastic.com/parents/blogs/scholastic-parents-raise-reader/help-kids-to-pick-right-books>

Scholastic Education suggests the following ways to help your child reduce summer slide.

Make reading important: Be a role-model for reading. Let your child see you reading throughout the day and use daily routines as reading opportunities. Cooking, reading TV listings, looking for information on-line, reading directions, or following a map all provide authentic reading experiences.

Give your child the power of choice: Having reading materials available is key to helping kids love to read, and the reading materials kids choose themselves are best. In fact, 92% of children and teens say they are more motivated to read and are more likely to finish a book they have picked out. Help your child find texts that appeal to his or her interests, yet are age appropriate and 'just right' in difficulty.

Set aside time to read every day: We know that the more kids read, the better they become at reading and the more they will enjoy reading. During the summer, encourage your child to read for at least 20 minutes per day. Make reading 'down-time'—an opportunity for family members to read together, either aloud or quietly to themselves. Keep track of progress by recording book titles, pages read, and minutes spent.

Talk it up: Talking about books during and after reading helps improve comprehension. Encourage kids to share their ideas and opinions by asking open-ended questions. Talk about what you read to let them know that reading is an important part of your life. Tell them why you liked a book, what you learned from it, or how it helped you—soon they might start doing the same.

Be part of a reading challenge: Most local libraries have summer reading programs that help engage and motivate readers. Kids set a goal, track books they read, and receive incentives for achieving goals. Summer programs also promote reading club opportunities where children can discuss and share books with others, either on-line or in-person. You can even create your own family reading challenge.

Have a great summer, and happy reading!

Sincerely,

Orishia Asher
Literacy Specialist
Palliser Regional Schools

EXAM STRESS: 5 THINGS PARENTS CAN DO TO HELP

(taken from: <http://www.cbc.ca/news/canada/british-columbia/exam-stress-tips-for-parents-1.3530392>)

Stress can manifest into anxiety or depression if not alleviated, warn experts.

The stress of exam season is weighing heavy on many students and experts are warning them to keep their stress level in check, otherwise it could manifest into something bigger.

"Stress can get so bad for a young person, that it can start to bring on some of those symptoms such as depression and anxiety," said Nina Krack, a clinical nurse educator with Fraser Health.

Stress impacts individuals differently, but common symptoms are feelings of exhaustion, inability to sleep, irritability, changes in appetite or sleep patterns and difficulty concentrating.

Krack says students should monitor their health and make sure they are still living a healthy lifestyle by getting enough sleep, eating well and exercising.

She says parents and family members can help students ease the stress of exams. Here are her top five tips:

1. Stay in touch

Stay connected during stressful times. Krack suggests taking time out for a quick break to connect.

"If students have a connection with their family, they will more likely go to them when they need help," said Krack.

2. Help out with healthy meals

She says sometimes it's the little things, like providing a good home-cooked meal or doing their laundry, that can make a big difference.

3. Remind them of the big picture

To help put things into perspective, Krack suggests talking to students about their dreams and aspirations to keep them focused on the positive aspect of exams.

4. Don't make assumptions

Krack says stress impacts everyone differently, so it is important to put yourself in their shoes to understand their stressors.

"It's important for family members to stay up-to-date with the reality of what their children are going through and not make assumptions about their lives."

5. Intervene early

If things do get worse, team up together and get professional help.

"Be open to discussions around what they're going through and then be their partner in helping them access the resources they need so they don't feel overwhelmed and isolated," she said.

Green Teen

Gardening is good for teens: it is a proven stress reliever, it helps clear the head, it is an excellent source of fresh food and it can serve as a great form of exercise. However, as you have already learned time and time again in your parenting career, educating your teen about the benefits of gardening is unlikely to result in an overall-wearing, shovel-wielding farmer of tomorrow.

Just like adults, teens' interests are wonderfully diverse; what appeals to one teen will be seen as totally lame by another. You might be a parent of a teen who loves to garden, or perhaps junior hasn't yet discovered his green thumb. While gardening isn't the trendiest hobby amongst today's teens, it is actually a truly broad hobby with elements that can appeal to almost anyone - even teenagers! If you'd like to nudge your youth towards the soil, try prodding his interest by selling a feature of gardening that suits him best.



- ☐ Do you have a book worm in your home? She might enjoy agriculture themed books or studying the variety in seed catalogues.
- ☐ A hands-on kid might enjoy building a raised flower bed.
- ☐ Your young activist might enjoy the idea of planting food for the purpose of donating to your local food bank.
- ☐ With endless possibility for creativity, a garden can offer a creative teen a chance to be expressive.
- ☐ Does your teen have a passion for the environment? Link gardening to environmental issues.
- ☐ Is it tough to pry your social butterfly away from her friends? Consider how friends could be included.
- ☐ A teen with a competitive spirit might be convinced to get digging if challenged to grow the biggest pumpkin, tallest sunflower or most bountiful potato hill.

Engaging your teen in gardening, whether it be a few small pots on the front step or several acres, has powerful physical and mental health benefits. It may take some clever thinking on your part, but if you're successful in recruiting them into the soil, the reward is huge and can last a lifetime.

Health Hazards of Hookah

We all know that smoking a cigarette or a cigar comes with health risks but what about products like hookah, which often is viewed as being a safer alternative?

Traditional hookah is a mix of tobacco, glycerin and/or honey. Smoke from hookah has been linked to diseases that are usually seen when you smoke cigarettes, such as cancer, heart disease, lung disease, and complications in pregnancy. Burning hookah, including hookah that is tobacco-free, still creates cancer causing chemicals. That means that people who are around the hookah smoke, including those who work in hookah bars, are at risk of health problems seen from being exposed to the second-hand smoke.

A lot of people believe that hookah is safer than using other tobacco products because of the water in the base of the pipe. Again, research tells us that this isn't true. The water doesn't act as a filter. In fact, the World Health Organization found that a hookah user may inhale as much smoke in a 1-hour sessions as someone who inhaled 100 or more cigarettes!

Another concern is about sharing the mouthpiece and germs. Diseases like herpes and other communicable diseases can be spread because people are sharing the same mouthpiece.

As with anything that poses a health risk, talking to kids and teens about hookah is important. For more information and support visit: www.albertaquits.ca



Harmony Music Studio

Venue: Coaldale Mennonite Church
2316 - 17 St., Coaldale, AB T1M 1G3
For all inquiries call: (403) 345-6191
harmoniymusiccoaldale@gmail.com

We are offering the following programs
beginning in September 2016

- Sing -

Jubilation - ages 8 to 12,
Tuesdays, 6-7 pm

Exult - ages 13 to 18,
Thursdays, 6-7 pm

- for those who love to sing!
- variety of folk, sacred, pop music
- by audition only,
held the week of Aug. 29 - Sept. 2.
Please contact us to arrange your time slot.

- Play -

**Junior African Drumming
Ensemble** - ages 7 - 11

African Drumming Ensemble - ages
12 and up
Tuesday or Wednesday evenings, tba

Pop / Rock Band

Worship Band

(Voice, guitar, keyboard, bass, drums, and other
instruments)

Tuesday or Wednesday evenings, tba

Flute Ensemble

Day and time tba as participants' schedules
allow

Individual Instruction

Flute Piano Drumset
Steel Pan Beginner Guitar

Harmony Music Studio's goals are to provide excellent music instruction and
opportunities for our community to sing, play, and joyfully serve one another.

- Admission to recitals will be food bank contributions.
- We will seek opportunities to sing or play for the seniors in the Sunny South Lodge, in the Coaldale Carol Festival at the Gem of the West, and in our community churches as interest and opportunities arise.