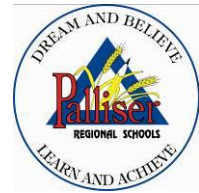




KATE ANDREWS HIGH SCHOOL

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January, 2015 Newsletter

Happy New Year from the Staff and Students at KAHS

KAHS November Student of the Month



Our November Student of the Month is a young man whose presence makes Kate Andrews a better school for students and staff alike. He is incredibly helpful and polite and always has a smile on his face. He's trustworthy, dependable, consistent and reliable; a man of his word who can always be counted on. Mrs. Andre says that he is kind to all, respectful of all, and inclusive of all, and without exception, a friend to all. He's a compassionate and gentle calming force who possesses a quiet confidence that never seeks recognition for doing what is right.

Sports are his passion and according to Mr. Holland, this young man is the only guy at Kate Andrews with worse taste in sports teams than Holland's! He's a huge Oiler fan...and that about says it all!

Hockey has been an important part of his life since very early on. He played for the Coaldale Cobras, and is now a referee for Coaldale Minor Hockey. He has volunteered for the Lethbridge Hurricanes since 2009 and has had the opportunity to meet many hockey greats such as Gordie Howe and Lanny McDonald. When he's not watching hockey or officiating a game he loves to spend most of his free time playing street hockey with one of his best friends, Dutch Moedt. Dutch says that Ty is the second-best player in street hockey...after himself.

This young man's sports interests are not limited to hockey. He loves spending his summers at Spitz Stadium working for the Lethbridge Bulls and through this job he was lucky enough to spend a day with former Blue Jay and baseball legend, Roberto Alomar.

In addition to hockey and baseball, our November Student of the Month has enjoyed a number of other athletics over the years. He played badminton for Kate Andrews in grades 9-11 and has done score keeping for volleyball. He played soccer for Coaldale and District Soccer Association and for the Coaldale Thunder.

After graduation he is considering taking Business at Lethbridge College. Please congratulate our November Student of the Month, Ty Hilgersom, son of Tricia and the late Ron Hilgersom.

Coaldale Cares Blood Drive needs your help!

As of December 15th the Coaldale Cares Blood Drive has only 31 donations towards the goal of 100.

From December 23-31 at the Lethbridge Clinic in four days of clinic we need more donors to book appointments. If you could please share this information with your contacts and via social media, patients would greatly appreciate it.

As Canadians prepare to celebrate this holiday season, many patients will be fighting to celebrate life itself. Collecting blood during the holiday season is a challenge as many donors go away or are busy with family activities. Over 200 more blood donors are needed at the Lethbridge clinic in December to keep up with patient demand. Making a blood donation before or after the holidays helps ensure an adequate supply for hospitals to provide to their patients.



Days of real concern at the Lethbridge clinic are:

- Tuesday December 23 (10:30 am – 6:30 pm) with 21 open appointments
- Wednesday December 24 (9:00 am -2:00 pm) with 26 open appointments
- Friday December 26 (9:00 am – 2:00 pm) with 34 open appointments
- Wednesday December 31 (9:00 am -2:00 pm) with 36 open appointments

Call 1 888 2 DONATE to book a single appointment or [1 877 824 3196](tel:18778243196) to book a group appointment or email Carmen at carmen.caspar@blood.ca.

This holiday season Canadian Blood Services is inviting all Canadians to show their support for hospital patients and blood donors by participating in Wrap It Up Red.

Across the country Canadian Blood Services will be rallying Canadians to wrap up their communities in red to show their appreciation to our generous donors and encourage others to consider donating during the holiday season.

Canadians will also be invited to take a photo or video of themselves wrapping something up in red and post it on Twitter, Facebook or YouTube using the hashtag #WrapItUpRed and tell us why they are supporting Canadian Blood Services this holiday season.



KAHS December Student of the Month



Our December Student of the Month is a young woman whose great personal qualities and creative talents are many. She's an incredible asset to Kate Andrews and is described as hardworking and determined to do well in her classes, compassionate, caring, and encouraging toward others, and always willing to lend a hand. She has a great sense of humour and can be counted on to brighten up any room with her smile! Creativity is one of this young woman's many gifts. Her passions include sewing, knitting, baking, and acting. According to one of her biggest fans, Mrs. Roelofs, during school hours if she's not attending one of her other classes and you're looking for her, she is likely to be found in the fashion room "sewing" -- an understatement, as you stand in awe, watching her creative hands and mind working. She wants to be challenged and desires to inspire others to also reach beyond the ordinary. Some of her amazing sewing projects have included costumes for the Drama department, "footy" p.j.'s, a backpack, and an incredibly intricate Halloween costume, just to name a few. She's a wonderful baker whose decorated cupcakes, cookies, and other desserts are most delicious and in high demand!

It seems that her creative pursuits know no bounds! She was in the Spring Drama Production in grade 10 and grade 11 and has participated in the Fine Arts Night in grades 9-12. She is described by Ms. Alexander as dedicated, committed, and helpful. She is always well-prepared for drama classes, rehearsals, and practices. She made quite an impression on the adjudicator at the drama one-act competition as she was singled out for her interesting character.

In addition to passionately pursuing her creative gifts, this young woman continues to consistently strive to achieve high grades in all of her classes as she completes her senior year. Her hard work and dedication to excellence earned her the award for the highest mark in Math 20-2 as well as the Fashion 20 award in grade 11.

Volunteering both at Kate Andrews and in the community is very important to our December Student of the Month. She was manager of our KA football team in grades 10 and 11 and worked on our yearbook committee in grade 11. She continues to work on the yearbook committee this year, striving to make it a really unique and special keepsake for all who purchase it. She has volunteered at the Soup Kitchen for the past three years and at Coaldale's Candy Parade for the past five years. She is the Youth Representative for her Church Council, helps out with worship at her youth group, and plans and assists with kids' activities at her church all year long. Through her involvement with her church she enjoyed participating in the province-wide Youth Conference in Edmonton in grades 10 and 11.

After graduation this young woman plans to attend Lethbridge College to get her Early Childhood Education diploma. Please congratulate our December Student of the Month, Kathleen Hernandez, daughter of Nancy and Stuart Hernandez.

Highlights of KAHS Fine Arts Night

The Fourth Annual Fine Arts Night occurred on Tuesday, November 25 in a variety of locations throughout Kate Andrews. The evening was kicked off by Mr. Hogg and the Kate Andrews Jazz Band's awesome performance of "Eye of the Tiger." The Kate Andrews Choir followed by a performance that displayed the talented vocal abilities of the choir. Lastly, the Kate Andrews Concert Band performed a couple of pieces that were "a work in progress," including a demonstration of sight reading of source material that they have not even performed yet. It was great to see just how hard students work in the band program to sound as amazing as they do.



After the band, Mr. Schilling's drama class presented Stephen Gregg's *This is a Test* to a packed house in the drama room. The play was produced as a class project that students assisted in designing, the play also highlighted several comedic efforts by the talented students of the class.



The Art room was open for the entire evening allowing parents and students to view various art projects in different stages of completion. The students displayed their fabulous art skills of value scale portraits on a colossal scale, as well as vibrant colour wheel displays of many hues, tints, and shadows. The art work on display in the gallery style art room is breathtaking.

Finally, people were able to enjoy a very amusing production of *Snowball* by Paul Sedgewick produced by Ms. Alexander's drama class. Students worked hard to create all aspects of the production and the play showcased the many talented students in this class.



Throughout the evening, the Kate Andrews' Leo Club hosted a bake sale to raise funds for beautification projects the club undertakes at the school. The Leo Club raised a total of \$170, thank you to those who purchased some delicious baked goods.



A huge thank you to all the staff and students who participated and worked for several weeks to make this year's Fine Arts Night a huge success! Also, a huge thank you to everyone who came out to see first-hand the wonderful and talented students we have here at Kate Andrews. We hope to see you next year as we present the Fifth Annual Kate Andrews Fine Arts Night.

Basketball Games in January

Jan 7 - Chinook at HS Girls
Jan 7 - JV Boys at Willow Creek
Jan 9/10 - Senior Boys at Heritage Christian (Calgary)
Jan 13 - Gr 9 at LCI
Jan 14 - HS Boys at PBHS
Jan 15 - HS Boys at Stirling
Jan 15 - HS Girls at Raymond
Jan 15 - Chinook at Gr 9
Jan 16/17 - SR Girls at Stirling Tourney
Jan 16/17- JV Girls at Eagle Butte (Med. Hat)
Jan 20 - Gr 9 at Immanuel Christian
Jan 23/24 - Cats Classic Grade 9 Tournament at KA and St. Joseph's
Jan 30 - HS Girls at Myers
Jan 30/31 - HS Boys at Winston Tournament
Jan 30/31 - Gr. 9 Boys and Girls at St. Mary's Taber Tournament
Jan 31 - LCI at HS Girls (2 pm)

For all schedule information and tournament draws, check out
www.kateandrewshighschool.com/athletics

**Kate Andrews would like to thank
the following businesses for their donations
to our athletic program this fall:**

SOUTHWEST DESIGN & CONSTRUCTION LTD.

VINCENT A. LAMMI PROFESSIONAL CORP.

LAFARGE LETHBRIDGE

LOGIC LUMBER (LETH) LTD.

NORMANDEAU WINDOW COVERINGS

J.B. CONCRETE PUMPING INC.

VAN RIJN ELECTRIC LTD.

N.C.A. DEVELOPMENTS LTD.

J.B. CONSTRUCTION INC.

COALDALE FOOD MARKET

GATHERCOLE MILK COMPANY

BOSS LUBRICANTS

BERDINA FARMS

KASKO CATTLE COMPANY

UFA LETHBRIDGE

BOOSTER JUICE LETHBRIDGE



Hampers of Hope

This year, **We Create Change** chose to give back to our community by participating in the **Hampers of Hope** through the **Coaldale Food Bank**.

We are proud to say that we have accomplished our goal (in less than a month) of raising \$600 to give four families in our community a Christmas they would have gone without.

We would like to thank everyone who supported this cause and who donated money, clothing, food toys etc. Give where you live this Christmas by supporting your local food bank.

One child, one teacher, one book and one pen can
change the world ~ Malala Yousafzai



WE CREATE CHANGE is **BACK!**

Supporting in 2014-15

THE YEAR OF

EMPOW**ERMENT**



Show your belief that every girl and woman overseas should have the opportunity to empower themselves!

Money raised to date:

\$950.00

School Goal = **\$5,000.00**

Goats Purchased = 19

School Goal = **100**



Textbook Returns - English 30-1/30-2 & Social 30-1/30-2

When: Tuesday, January 20 & Wednesday, January 21

Where: Textbook Room (next to room 110)

Times: 8:30 – 9:00 a.m. (1/2 hour before the exams)

Why: These are the days you write your Part B of the Diploma exam. You are finished the course and need to return all resources.

Textbook Returns For All Other Classes

When: Friday, January 23 to Thursday, January 29

Where: Textbook Room (next to room 110)

Times: 8:30 – 9:00 a.m. (1/2 hour before the exams)

Why: Mrs. Wittebolle hunts you down if you don't return your books AND you won't get any textbooks for the next semester.

CTS Textbooks

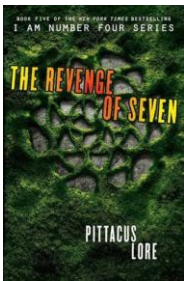
If you are finished with the textbooks or duotangs for your CTS courses you are more than welcome to return the books before exam week to Mrs. Wittebolle in the library.

Textbook Pickup For The 2nd Semester

Mrs. Wittebolle will call your class down in the first couple of days of semester 2 and you will be given all of your textbooks at that time.

Why Can't I Get My 2nd Semester Textbooks?

You haven't returned your textbooks from last semester!! If you have "lost" or damaged 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!

The Revenge of Seven by Pittacus Lore

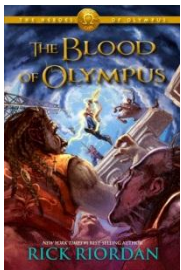
The worst was supposed to be over. We were reunited after a decade apart. We were discovering the truth of our past. We were training and getting stronger every day. We were even happy...

We never imagined the Mogodorians could turn one of our own against us. We were fools for trusting Five. And now Eight is lost forever. I would do anything to bring him back, but that's impossible. Instead, I will do whatever it takes to destroy every last one of them.

I've spent my entire life hiding from them, and they've stolen everything away from me. But that stops now. We're going to take the battle to them. We have a new ally who knows their weaknesses. And I finally have the power to fight back.

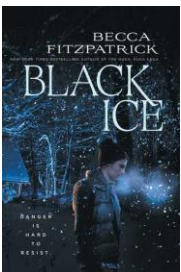
The Blood of Olympus by Rick Riordan

Though the Greek and Roman crewmembers of the *Argo II* have made progress in their many quests, they still seem no closer to defeating the earth mother, Gaea. Her giants have risen—all of them—and they're stronger than ever. They must be stopped before the Feast of Spes, when Gaea plans to have two demigods sacrificed in Athens. She needs their blood—the blood of Olympus—in order to wake.



The demigods are having more frequent visions of a terrible battle at Camp Half-Blood. The Roman legion from Camp Jupiter, led by Octavian, is almost within striking distance. Though it is tempting to take the Athena Parthenos to Athens to use as a secret weapon, the friends know that the huge statue belongs back on Long Island, where it "might" be able to stop a war between the two camps.

The Athena Parthenos will go west; the *Argo II* will go east. The gods, still suffering from multiple personality disorder, are useless. How can a handful of young demigods hope to persevere against Gaea's army of powerful giants? As dangerous as it is to head to Athens, they have no other option. They have sacrificed too much already. And if Gaea wakes, it is game over.

Black Ice by Becca Fitzpatrick

Brit Pheiffer has trained to backpack the Teton Range, but she isn't prepared when her ex-boyfriend, who still haunts her every thought, wants to join her. Before Britt can explore her feelings for Calvin, an unexpected blizzard forces her to seek shelter in a remote cabin, accepting the hospitality of its two very handsome occupants; but these men are fugitives, and they take her hostage.

Britt is forced to guide the men off the mountain, and knows she must stay alive long enough for Calvin to find her. The task is made even more complicated when Britt finds chilling evidence of a series of murders that have taken place there and in uncovering this, she may become the killer's next target.

But nothing is as it seems, and everyone is keeping secrets, including Mason, one of her kidnapers. His kindness is confusing Britt. Is he an enemy? Or an ally?

Did You Know?

You are able to take books from the KAHS Library home over the Christmas break. It's a perfect time to get into a good read!



8 December 2014

Dear Parents, Guardians and School Staff:

RE: Holiday Travel

Many families travel over the holidays. While most holiday travel is within Canada, some people may be planning to travel abroad. Please remember to share holiday joys, not holiday germs.

Here are a few things you can do to protect yourself, your family and the public:

1. **Influenza Immunization:** The peak of influenza disease in Alberta is predicted to occur in later December. Immunization now will ensure that you are protected prior to this peak. Influenza vaccine is free of charge for all Albertans (six months of age and older). For more information on Alberta's influenza immunization program please visit: www.albertahealthservices.ca/influenza.
2. **Hand Hygiene:** Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods. Alcohol-based hand rub or sanitizer can also be helpful if your hands are not visibly soiled. Make a point of keeping your hands and fingers away from your eyes, nose and mouth.
3. **Travel Immunizations:** Please visit a local travel health clinic to review your immunizations and other preventative measures prior to travel:
 - information on health risks according to country or region
 - required and recommended travel immunizations
 - information about preventing travel-related illnesses.

Book your appointment well before you leave to make sure there is enough time to have all your immunizations. There may be fees for some services, please call ahead.

4. **Review Travel advisories:** Be sure to check the Travel Canada website (<http://travel.gc.ca/travelling/health-safety>) for general health and safety information when planning to travel abroad, including specific health advisories. The Public Health Agency of Canada (www.phac-aspc.gc.ca/tmp-pmv/index-eng.php) also has information for travelers.

Travel Safely,

Dr. Vivien Suttorp, MD, MPH, CCFP, FCFP
Lead Medical Officer of Health
Alberta Health Services – South Zone

Lethbridge Community Health • Medical Officer of Health

801 – 1st Avenue South, Lethbridge, Alberta T1J 4L5

Phone (403) 388-6666 Fax (403) 320-0145

Teenagers and Stress – What Parents Can Do

For teens, life can become overwhelming with homework, pressure to get good grades, friendships, relationships, many deadlines, jobs, extracurricular activities, and home responsibilities. As a result, teenagers may start feeling stressed without recognizing or knowing how to cope.

Teens may not see how stress can change their behaviour and impact their thinking. As a parent, you can support your teen by helping them to recognize the signs of stress. Common signs of unhealthy stress for teens include: irritability, anger, excessive worry, sleeping problems, eating too much or too little, and frequent stomach/headaches (when they have been seen by a physician and have been told they are healthy).

Noticing changes in your teen and identifying these changes, is an important step to opening up conversations about stress [e.g., *You are quick to get angry lately. (Provide a specific example: Last week you fought with your sister a lot and this week you've been on edge with everyone). That is not like you. Has something happened?*]. This shows that you care and are there to support them. Ask your teens how they are feeling and listen to what they are saying to build trust. Ask them about what may be causing them to feel stressed and together identify healthy ways to address it.



As parents, you can help your teen to reduce stress.

- Encourage them to take time for themselves. Being physically active, having fun, listening to music, practicing yoga, practicing deep breathing, getting enough sleep, and spending time with friends are all examples of ways to decrease stress.
- Remind them they can make choices and determine how to respond to stress in their lives and that you are there to chat and provide support.
- Model healthy coping by: taking slow deep breaths and trying to remain calm when dealing with stressful situations, problem solving, being active, getting enough sleep, eating well, and seeking support when needed.

Did You Know?

Being physically active every day can help teens:

- increase focus and concentration
- show improved behaviour
- perform better academically
- develop self-esteem
- have a stronger sense of school connectedness
- improve fundamental movement skills
- sleep better and have more energy
- fight off sickness and disease
- improve physical and mental health
- build healthy bones, hearts, muscles, and selves

For fun ideas on how to stay active visit:

- <http://www.participaction.com/get-moving/tips/>
- <http://activeforlife.com/>

A Family Plan for a Tobacco-Free Home and Car

There are 7,000 chemicals in tobacco smoke, 69 of which we know cause cancer. There is no safe level of exposure to tobacco smoke. Tobacco smoke is either:

- First-hand, is what the smoker inhales and then blows out.
- Second-hand, is the smoke inhaled by the person who is near a smoker. It includes first-hand smoke and the smoke released from the end of a burning cigarette.
- Third-hand, is the harmful residue and gases left on surfaces (such as on furniture and in carpet and clothes) after a cigarette has been smoked.

In children, second-hand smoke increases the change of respiratory infections (like chest colds) and ear infections. Children with asthma will likely have more serious attacks and more often. Smoking in the home or in the car affects the health of everyone in the family, including pets. The best way to protect your family from being exposed to second and third-hand smoke is to make your home and car tobacco-free. Work together as a family to make a plan:

- Talk about the benefits of a tobacco-free home and car.
- Give everyone a chance to speak.
- Plan for guests who may want to smoke.
- Set up an area outside, away from doors and windows, in case someone wants to smoke.
- Remove all ashtrays from inside your home and clean the one in your car.
- Hang signs to welcome guests to your smoke-free home and vehicle.

Celebrate your success as a family. It may take some time for everyone to adjust – there may be small setbacks. Always keep in mind that people who smoke are addicted to nicotine, which can make changes, such as smoking outside, hard to do. For more information and support in becoming tobacco-free, call AlbertaQuits at 1-866-710 QUIT (7848) or visit www.albertaquits.ca.

January Exam Schedule

The last day of semester 1 classes is Thursday, January 22, 2015.

Students who are scheduled to write English or Social Part A on January 13 and 14 and English or Social Part B on Jan 20 and 21 will be excused from all morning classes on those days. Their attendance to afternoon classes is expected however. Traffic and noise near the examination areas should be kept to a minimum. **The computer Lab 209, room 212, 213 and the Library will be out of use for all classes on Jan 13 & 14. We will move desks from rooms 101 and 102 for Jan 20 & 21. Classes will need to move rooms. Desks from rooms 103, 104, 105 will be added to the gym during period 4 on Jan 22nd.**

ALL students scheduled to write a final exam MUST be present at the scheduled time unless prior arrangements have been made with the teacher. A student who misses an exam due to illness MUST report the illness to the teacher immediately, **AND** produce written verification from his/her doctor. Students should be in place for their exams 15 minutes prior to the exam start. Diploma exam students may NOT leave until 10:00 a.m. The additional 30 minutes allotted for Diploma examinations has been figured into the times noted.

Text returns will be possible between 8:30 and 9:00 (and 12:00 to 12:30) on each final exam day from January 23rd to 29th. English and Social can be returned on January 20th and 21st. Student should deliver their own texts to the book room immediately prior to writing the subject exam the text was used for.

Second semester text distribution will NOT occur during semester break. February 2nd and 3rd have been designated as text pick-up days. There will be some class interruptions on these two days as groups of students are called out of class in rotation. As usual, no second semester texts will be signed out to students who have failed to return texts from the first semester.

ENGLISH AND SOCIAL STUDIES PART "A"

Tuesday, January 13, 2015 (Day 4)			
Time	Subject	Room	Supervisor
9:00 – 12:00	English 30-1 Part A (25)	Comp. Room 209	Baraniecki (Schilling to cover Chem 30) Terakita
9:00-12:00	English 30-2 Part A (11)	213 Laptops Cart 2	Swen Roelofs (Oikawa to cover Foods)
9:00 – 3:00	Accommodation (4)	Library Laptop Cart 3	Andre

Wednesday, January 14, 2015 (Day 1)

Time	Subject	Room	Supervisor
9:00 – 12:00	Social Studies 30-1 Part A (22)	Comp. Room 209	Langhofer Fritschy
9:00 – 11:30	Social Studies 30-2 Part A (17)	Room 213 Laptop Cart 2	Ronovsky Hogg (Gibson to cover Fin Man)
8:45 – 2:00	Accommodations (7)	Library Laptop Cart 3	Andre

Tuesday January 20th (Day 1)

Time	Subject	Room	Supervisor
9:00 – 12:00 (36)	English 30-1 Part B (25) English 30-2 Part B (11)	Gym	Pritchard/Langhofer Fritschy/Terakita
9:00-3:00	Accommodations (4)	Computer lab	Andre

Wednesday January 21st (Day 2)

Time	Subject	Room	Supervisor
9:00 – 11:30 (39)	Social 30-1-[Part B] 22 Social 30-2-[Part B] 17	Gym	Swen/Pritchard Terakita/Fritschy
9:00-3:00	Accommodations (7)	Computer lab	Andre

Friday, January 23rd, 2015

Time	Subject	Room	Supervisor
9:00 – 11:30 (112)	Social 9 PAT (30) Biology 30 (14) English 10-1 (30) English 20-1 (24) English 20-2 (14)	Gym	Wornell Oikawa Wetmore Langhofer
9:00-3:00	Accommodations (20)	Computer lab	Hogg/Hierath

Monday, January 26th, 2015

Time	Subject	Room	Supervisor
9:00 – 12:00 (120)	Mathematics 30-1(19) Science 9 PAT (30) Social 10-1 (21) Social 10-2 (21) Social 20-1 (28)	Gym	Ronovsky Gibson Schilling Hanna
9:00-3:00	Accommodations	Computer lab	Holland Wetmore

Tuesday, January 27th, 2015

Time	Subject	Room	Supervisor
9:00 – 11:30 (133)	Physics 30 (19) LA 9 midterm (65) Math 20-1 (25) Chem 20 (23)	Gym	Swen Arroyo Roelofs Holland
9:00-2:00	Accommodations	Computer lab	Terakita Alexander

Wednesday, January 28th, 2015

Time	Subject	Room	Supervisor
9:00– 11:30 (130)	Chem 30 (15) Mathematics 9 midterm (65) Science 10 (15) Physics 20 (12) Science 20 (7) Science 24 (17)	Gym	Hanna Wornell Terakita Ronovsky
9:00-2:00	Accommodations	Computer lab	Gibson Hogg

Thursday, January 29th, 2015

Time	Subject	Room	Supervisor
9:00– 11:30 (110)	Science 30 (10) Mathematics 10C (50) Mathematics 10-3 (19) Biology 20 (29)	Gym	Arroyo Langhofer Horlacher Baraniecki
9:00-2:00	Accommodations	Computer lab	Swen Roelofs

Note:

1. Students with testing accommodations are to go to the Computer Room 209 for all exams.
2. All exam time limits **include the extra half hour** if needed; **no student** other than the students with an accommodation for extra time **can go over the time listed**.