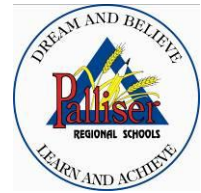




KATE ANDREWS HIGH SCHOOL

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9
Phone: 403-345-3383 Fax: 403-345-5767
www.kateandrewshighschool.com



February, 2015 Newsletter

Grad Photos

Individual grad photos are taken from February 27th, 2015 and March 2 to March 6, 2015.

If you do not wish to book a photo session with a \$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 stop and talk to the photographer and the photographer will book them into a time slot to have the yearbook and composite photo taken. **These photographs must be taken in order to be included in the Yearbook and the Class Composite.** Graduation gowns, hats, roses and props will be provided. Students may also bring their own individual props to personalize their photos.

To book appointments, log on to www.lifetouch.ca/southernalberta any time after January 29, 2015.

Go to the site, scroll to the bottom to choose the first letter of the school from the alphabet, choose Kate Andrews and then follow the instructions.

- Click on "schedule now"
- From the drop-down menu, choose the school name
- From the second drop-down menu, choose "Prestige (30 min) (\$40) sitting."
- The calendar with only our school's grad dates will become available.
- Click on the date and all available times will show. Simply follow the instructions from there.
- It is required that you enter a phone number in each field (you can use the same # twice. You must also enter an email (you can only use a single email one time).

If you have any questions please email Kurt Roy at kroy@lifetouch.ca or you can call Mrs. van Rijn at Kate Andrews 403-345-3383 before 1:30 pm. - or email raylene.vanrijn@pallisersd.ab.ca

All photos taken by Lifetouch are to be ordered through Lifetouch by students and will be sent to the students' home address.

Coaldale Dry Grad 2015 - Celebration Party - June 26th

Parents of Kate Andrews 2015 graduates are invited to the next meeting on February 26, 2015 at 7:30 pm (2015 21 street, Coaldale, AB.)

For more information please contact Heidi at fropep@telusplanet.net or check out our Fb page - Coaldale Dry Grad 2014 to see what we are all about.

Mission Statement:

To provide a fun & memorable celebration for the graduating class of KAHS and Pass+ well planned event that is drug & alcohol free.

Grad Prom

There has been some discussion about a grad prom to be held at Readymade School. Kate Andrews High School will not have any involvement in this activity.

Grad Rings



DESIGN IT.



SHARE IT.



ORDER IT.



WEAR IT.

Design Your Ring At Jostens.com

YOUR RING, YOUR STORY!

Kate Andrews High School
Your graduation ring order day is:

Date - Tuesday, November 4
Time - 11:30 to 12:45
Place - Outside the Office

Don't forget your \$60.00 deposit (cash, cheque, credit, debit)



Catalogues can be picked up in the main office
Prices starting at just \$99.00



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

Take these opportunities to be heard

Hello, everyone,

This month many of our parents/guardians will receive by mail a copy of Alberta Education's annual Accountability Pillar survey. These surveys are quick to complete and I'd encourage you to please fill one out if you're selected for the survey.

In small schools, with fewer than 120 students in Grades 4-12, all parents of all students in Grade 4 and above are surveyed. In larger schools, parents of students in Grade 4, 7 and 10 are surveyed.

Alberta Education also surveys staff and students at this time of year, and they share the data with the school division. I can assure you your opinions are taken seriously.

Another good way for us to hear parent/guardian voice is through our school review process. If your school has been reviewed recently, you would have had opportunity to share your thoughts through our survey as well as through focus group discussions. I know our principals work very hard to encourage as many parents and guardians as possible to participate. Please take advantage when you have the opportunity.

Those of you who were part of Palliser in 2012 may also remember a division-wide stakeholders meeting we held. We called it "A Community Conversation." Over the course of one afternoon, nearly 200 parents, staff, students and public worked in small groups to talk about school success. It was the first time our Board of Trustees brought stakeholders from across Palliser together in this way, and it was incredibly powerful.

It is something the board wants to do again. So please be watching for more information a few weeks from now about another divisionwide stakeholders' meeting where you'll be asked to join us in a conversation about the future.

In the lead up, the board has also committed to four regional stakeholder meetings in February to share information about how Palliser got to where it is today. What do we mean when we talk about needs-based budgeting versus site-based management? Why do we have schools in Calgary? What are school-generated funds vs. board-allocated surpluses? We want to talk about the journey we've taken so you'll have that context when you consider the road ahead.

In short, we need you — your ideas, your passion for strong schools, your commitment to student success.

Whatever opportunity comes to share your voice with us, please take it.

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.*



It's not too late to order your school portraits!

Order online at mylifetouch.ca,
call 1-866-457-8212 if you have
lost your proof sheet or order
form.

Free digital Pictures2Protect card
In an emergency, this digital safety card can provide
authorities quick access to a recent student image.
Get your free Pictures2Protect card at mylifetouch.ca



NO SCHOOL FEBRUARY 16 TO 20TH FOR FAMILY DAY AND TEACHERS' CONVENTION. CLASSES RESUME FEBRUARY 22, 2015.



Once again, the grade 9 Drama class was pleased to present their work to students from Jennie Emery. The students performed well and the "little ones" loved seeing the grade 9's perform. Thank you Jennie Emery for allowing us to showcase our work!

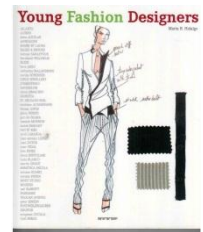


KAHS Band and Choir Disneyland Trip

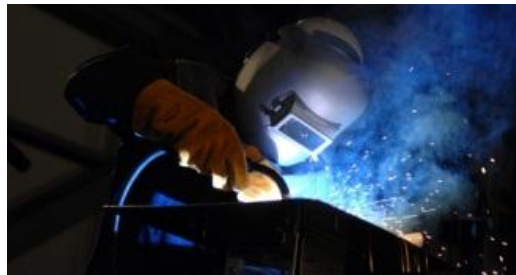
The Kate Andrews High School band and choir are embarking on a 10 day tour of Southern California and Las Vegas on February 13. They will be performing at Knott's Berry Farm, the LA Farmer's Market and Seaworld. They will also take in the sights at Disneyland, California Adventure, Medieval Times, Universal Studios and a Cirque de Soleil show in Las Vegas on their way home. They will be accompanied by teachers Kade Hogg, Robyn Baraniecki, Kevin Holland and Sandra Holland.



The Southwest Regional Skills Canada Competition

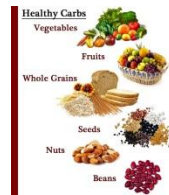


The Southwest Regional Skills Canada Competition registration is February 10. Competition areas are Auto Service * Baking * Cabinet Making * Carpentry * Fashion Technology * Graphic Design * Hairstyling Intermediate * Hairstyling Junior * Photography * TV/Video Production * Welding. Students interested in competing for Kate Andrews must pick up a registration form from their CTS teachers or online. swregionalskillsalberta.com



Health Champions

Kate Andrews High School now has a Health Champions Committee that is looking to focus on several different areas for the remainder of the school year. Our focus for January was test stress and the school hosted Allison Lux on Thursday, January 22 where students could receive information about how to deal with test stress. Students were also a handout that listed a top ten list of stress busters for exams. We will revisit test stress in June.



Each month, KAHS will focus on different initiatives related to health, fitness, and lifestyle. The focus for February will be smoking and the risks to our health. Look for bulletin board displays, interactive websites students can access, and we will be having a guest speaker at our assembly on February 2. For more information and resources about quitting smoking, check out <http://www.albertaquits.ca/>.

We hope that students and staff take advantage of the information provided throughout the year. For the month of March, we will be setting up a 30 day fitness challenge.

Athletic Stuff for February



Basketball Home Games

February 3rd Grade 9's host St. Francis (4:00 pm)

February 4th High School Boys host Immanuel (6:00 pm)

February 5th Grade 9's host Immanuel (4:00 pm)

February 10th 9 Girls host Winston (5:30 pm)

February 11th High School Boys host Willow Creek (JV) and ICS (SR) (6:00 pm)

February 12th Grade 9's host Picture Butte (Exhibition at 4:00 pm)

February 13th High School Girls host Cardston (6:00 pm)

February 14th High School Girls host Medicine Hat (1:00 pm)

February 26th KA host LSAA Grade 9 Championship Games (6:00 pm)

February 27/28 Possible High School Girls 2nd Round Games (TBA by Feb 23rd)

High School Boys Baseball



Kate Andrews has applied and been accepted to the Lethbridge Regional High School Baseball League. A parent/player information meeting will take place on Monday, February 9th at 7:00 pm in room 103. All interested players from grades 9-12 should be represented. The coaching staff has booked some open gym times so players can begin preparing for the season. These are tentative but the first practice is February 6th at 1:00 pm. The entire gym schedule may be found online at www.kateandrewshighschool.com/athletics and the daily athletic schedule is posted daily on twitter @KAATHLETICS

High School Girls Slo-pitch



Kate Andrews will once again offer high school girls slo-pitch teams to its girls this season. The number of teams will be based upon the number of interested girls, suitable leagues, and available coaches. A parent/player information meeting will take place on Wednesday, February 25th at 7:00 pm in room 103. All interested players from grades 9-12 should be represented. The first girls open gym will take place on Friday, February 27th at 1:00 pm, once Mr. Holland returns from the KA Band trip.

KA Curling



Best wishes to Skip Connor Chartier and his team of Dexter Bezooeyen, Ty Hilgersom, and Carson Froese as they begin the High School Curling Qualifications on February 3rd. Districts take place on Tuesday in Picture Butte. Good Luck Boys!

2nd Semester

Textbook Pickup

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!

Be Proactive with Exam Time Stress

Is it exam time? Are your children anxious or stressed about upcoming exams or with the pressure of school? Research shows a strong link between regular physical activity and improved mental health and academic performance. When we are active, our muscle cells get stronger in the heart, in our limbs and in our brains. Being physically active also increases blood flow to the brain, helping us to better understand and learn new concepts and ideas.

One of the best reasons to be physically active is that it is fun. Engaging in physical activity provides an opportunity to get away from the stresses and strains of everyday life. Whatever activities your child chooses – and whether they do it in a group or on their own, indoors or out – they are likely to benefit physically, socially, mentally and emotionally.

Regular physical activity can lift their mood, help them deal with negative emotions (such as frustration and anxiety) and bring a general sense of mental wellbeing. It can help them sleep better, reduce tension levels, feelings of stress or fatigue, and give them more energy. All of this can help when taking exams or dealing with the day-to-day stress of being a student.

Children (5-11 years) and youth (12-17 years) should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. *Moderate-intensity* physical activities will cause a child's heart to beat faster than normal; they will breathe more deeply while still being able to carry on a short conversation but not be able to sing (e.g., biking, playground activities). *Vigorous-intensity* physical activities will cause a child's muscles and heart to work harder and they will be unable to say more than a few words without pausing for a breath (e.g., running, swimming).

Tips for parents:

- The 60 minutes of daily recommended activity does not have to be all at once, but can be accumulated throughout the day.
- Encourage your children to walk, bike or skateboard to school or when visiting their friends. Encourage children to get off the bus or out of the car a few blocks from home or school so they can get some walking time.
- Encourage your family to get active together.
- After school and in the evening, encourage children and youth to connect with friends in person and be active instead of only communicating with them online.



High Fives for Healthy Teachers!

Schools have been supporting student health for years but what about staff wellness? Just as wellness is important for student success, it is also important for staff success. Healthier staff have better mental health, improved moods, and more patience when working with students. Teachers are also important role models for students when it comes to healthy behaviours. Here are some ways that you can support staff wellness at your child's school:

- Support teacher's professional development that includes wellness.
- Recognize healthy habits you see in the school. If you see a teacher running to work, give that guy or gal a high five!
- If you have a special skill or knowledge related to wellness, share it with the school.
- Do you want to thank the staff for a job well done? Steer clear of donuts and choose gifts that support health instead (e.g., gift card to a bookstore, hand soap, fruit basket).
- Send a thank you note to a good role model in your child's school.
- Take care of your own wellness to be a positive example for teachers and students.

The people who work in our schools care for our most precious resources, our children; let's make sure they are able to give their best by showing that we care about their health too. **High Fives for Healthy Teachers!**