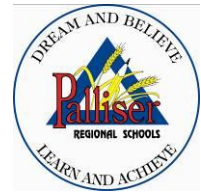




# KATE ANDREWS HIGH SCHOOL

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



## April 2015 Newsletter

### Information Evening for Grade 9's

For students coming into grade 9 next year, there will be an information evening at Kate Andrews High School on Tuesday, April 14<sup>th</sup> at 6:30 pm. All students and parents should attend.

### February Student of the Month



Our February Student of the Month is described by staff as being a hard worker who is eager to learn. He works to the best of his ability at whatever task he's given. He is a delightful and charismatic young man who is always respectful and polite to both staff and students. He has a great mixture of teasing and playfulness, but also knows when it is time to stop and get to the task at hand! He has faced adversity and difficulty in his life, but always maintains a positive attitude and a smile. When others might dwell on these challenges, and complain, this young man does the opposite. He laughs, he jokes, and in the process, makes

others happier. His combination of hard work and personality are what makes him a great choice for Student of the Month!

He has been score keeping for Kate Andrews for two years and really enjoys watching our teams play while he's making some extra money. He has a flair for drama and was in 8 productions during his time at R.I. Baker. This semester he's in drama and plans to audition for the spring production.

This young man lives on an acreage and was raised owning and loving horses his whole life. He enjoys interacting with and helping the many animals he and his family have rescued from bad homes and have rehabilitated through much time and unconditional love. They have rescued a variety of animals including cats, dogs, horses, lambs, goats, and pigs and have found many of them loving new homes! One of his favorite rescues was that of Lady Bird, a bloodhound who just needed a new home and someone to really care about her.

Through an organization called NASH (Neglected Animals Serving Humanity) he volunteers countless hours helping people with physical challenges or emotional challenges, such as PTSD, learn to connect with special animals who love them, no matter what difficulty or disability they may be experiencing. When he's not at school or feeding, bedding, and interacting with his collection of special animals, he works two jobs. He's the assistant manager at Chinook Meadows Equestrian Centre and a customer service specialist at Wal-Mart.

This young man is very passionate about making a difference in our world. He is a proud supporter of MADD (Mothers Against Drunk Driving) and CMTA, an organization which assists and supports people with muscle-wasting disease.

He has a very interesting bucket-list of activities he'd like to pursue including travelling to the UK and to Europe, skydiving, participating in a demolition derby, and eating lion tacos in New York City. Yes, lion tacos!

After high school, our February Student of the Month plans to attend Lethbridge College in the Social Work program, with a career goal of working with troubled teenagers. He will make an enormous impact on others with his caring and compassionate nature, wonderful sense of humor, and ability to choose to be happy despite difficult circumstances.

Please congratulate our February Student of the Month, Kyle Clark, son of Hayley Scott and Shane Clark and step-son of William Scott.

## **Palliser Beyond Borders is pleased to Offer Online Learning Summer 2015 – Alison Hancox, Principal, Palliser Beyond Borders**

Ctrl+Click on the following link for more information:

<http://goo.gl/VewB1t>

## **KIDS OF STEEL TRIATHLON**

	<p><b>NICHOLAS SHERAN COMMUNITY CENTRE</b></p> <p><b>WEST SIDE LETHBRIDGE</b> <b>Sunday June 14, 2015 8:30 AM</b></p> <p>REGISTRATION OPENS MARCH 15th, 2015</p> <p>INDIVIDUALS and TEAMS Welcome Entry deadline: June 6th, 2015 Entry LIMIT 250 Athletes</p> <p><a href="http://www.lethkos.com">www.lethkos.com</a> <a href="mailto:lethbridgekos@gmail.com">lethbridgekos@gmail.com</a></p>
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## KA Fitness Challenge



The KAHS Health Champion Committee organized a KA Fitness Challenge for 21 days in March. Events such as dodge ball, badminton, belly baseball, Zumba, many others were hosted over the lunch hour with all students invited to participate. Students who participated entered a draw for gift certificates to Sport Chek. Thank you to the staff and students who supported our first ever fitness challenge. Next month, the KAHS Health Champion Committee will focus on nutrition and healthy food choices.



## Track & Field

"Track and Field practice will start shortly after Easter Break! Follow the KA athletics website, the twitter link or contact Miss. Ronovsky for details!"

## Badminton



Badminton districts and zones will take place in April. High School Districts are in Vulcan during the afternoon of April 16th while zones will be in Medicine Hat on April 22nd. The LSAA Grade 9 City Championships will take place on Monday, April 20th at Chinook. Grade 9 students who advance will compete in zones on Saturday, May 1st in Lethbridge. For more details see Mrs. Swen or Mr. Holland

## Boys Baseball



The boys' baseball team will open on Tuesday, April 14th against Catholic Central. Game time is 2:00 pm at Spitz Stadium. Other league games during April are:

April 16th vs. LCI - 5:00 pm at Spitz Stadium  
April 22nd vs. Winston - 6:00 pm at Lloyd Nolan

April 23rd vs. CCH - 5:00 pm at Spitz Stadium  
April 27th vs. Chinook - 6:00 pm at Lloyd Nolan  
April 28th vs. Chinook - 5:00 pm at Spitz Stadium

The boys are coached by James Olson, Dennis King, Anthony Malinowski, and Matt Clarke.

## Girls Slo-pitch



The girls' slo-pitch program will run 3 teams again this spring with all home games taking place at the Quads. Game times for the month are:

April 22nd - Bow Island at JV Girls

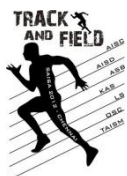
April 24th - Butte at SR Girls

April 29th - Vulcan JV at JV Girls

April 30th - Nobleford at SR Girls

The grade 9 girls will play their first game on May 6th vs. Taber at 6:00 pm. The Senior Girls are coached by Kevin Holland, Tanis Shaffer, and Jesse Pomreinke. The JV girls are coached by Myriah Marino and Nicoletta Roelofs. The grade 9's are coached by Bailey Parkinson, Devany Holland, Kevin Holland, and Nicole Hanna.

## Track



Track Practices will begin after Easter. All track meets will take place in May but interested students should be attending practices in April. Contact Chantel Ronovsky for more information.

## Coaldale Dry Grad 2015 - Celebration Party - June 26th

*Next meeting: Tuesday, April 28, 2015 at 7:30 pm*

*Location: 2015 21 street, Coaldale*

*Registration Forms for Dry Grad 2015 can be picked up from Nicole Lefler or Mackenzie Kingston.*

*Check us out at Facebook page - Coaldale Dry Grad 2015 to see what we are all about.*

*Mission Statement:*

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



## Safegrad 2015

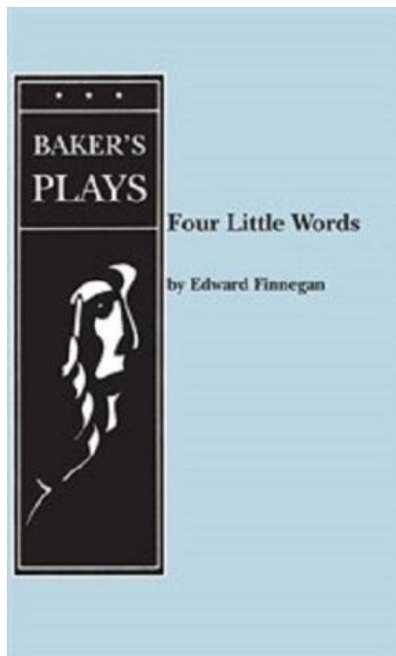
*Grad's and parents are encouraged to follow KAHS Safe Grad 2015 on Facebook and KASafeGrad2015 on Twitter. All announcements and updates will be made there.*

*Start saving your bottles and cans! We will be having a bottle drive in May for a fundraiser.*



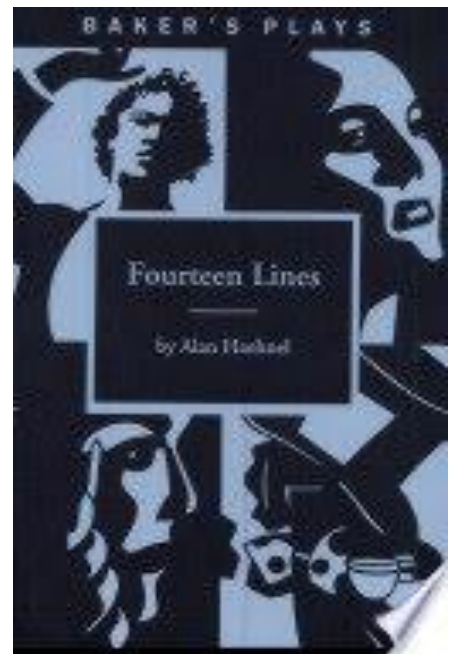
© wondercliparts.com

*Please contact Jayden Fraser (Student Rep) or Tricia Hilgersom (Parent Rep) via Facebook or email at [tricia.hilg@gmail.com](mailto:tricia.hilg@gmail.com) for any questions.*



The KAHS Drama Department will be presenting two one act plays from April 28 to May 01 in the Drama room at Kate Andrews. Show time will begin at 7:00 pm. There will be one comedy titled *Four Little Words* by Edward Finnegan and one dramatic play titled *Fourteen Lines* by Alan Haehnel. We look forward to seeing you here at the school to enjoy the plays. Or if you would like to catch a sneak peak, come and check out *Fourteen Lines* as the students compete in the Regional One Act Festival at the University of Lethbridge on April 22 (time TBA). Students who are participating in both one act plays will have the opportunity to attend and perform at a non-competitive drama festival called SHED the Mask, which is also held at the University of

Lethbridge on April 24 and April 15. Lots of drama (the good kind) happening in the drama department. We hope to see you there!!







## Bird Frieze: New Works in Porcelain

The exhibition *Bird Frieze: New Works in Porcelain*, offers viewers a charming narrative of a bird's life but under the whimsy lies a sombre message about the loss of avian habitat. The works include fifteen two-dimensional tiles and three sculptures by Dawn Detarando and Brian McArthur, all created in fine white porcelain.

The two Alberta artists live and work together at a custom-designed studio they built in the country outside Red Deer. Surrounded by bush and nestled near a stream, their creative getaway is also a haven for native and migratory birds. Watching the various species each day and following their activities through the seasons inspired Detarando and McArthur to create a new body of ceramic works based on the theme, a bird's life.

The artists chose porcelain as a medium because it allows them to carve fine details—relief—into each piece. The use of porcelain also creates interesting contrasts between the subject and the medium. The birds are warm, soft, natural and familiar while porcelain is cold and hard, a manufactured emblem of civilization.

Porcelain, also known as china, is a mixture of fine clay particles shaped and then fired to 1300 degrees Celsius. It was invented in China around 200 AD but the process was not used in the western world until the 1700s when a Jesuit priest returned to Europe from China with the specialized knowledge. Today, that ancient method is still used by ceramic artists all over the world, even right here in our own backyard.



VENUE: Kate Andrews High School

DATES: April 15 – May 13, 2015

LOCATION: Upstairs display cases

### CONTACT

Xanthe Isbister, Program Manager/Curator  
xanib@medicinehat.ca, 403.502.8586  
Esplanade Arts and Heritage Centre, 401 1st St SE  
Medicine Hat, AB, T1A 8W2  
[www.trexprogramsoutheast.ca](http://www.trexprogramsoutheast.ca)



I recommend for guys...

The Running Man by Stephen King

# WE CREATE CHANGE is BACK!

## Supporting in 2014-15 THE YEAR OF EMPOWERMENMENT



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

Money raised to date:

**\$2500.00**

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

**Goats Purchased = 50**

School Goal = **100**





## Calling all Artists!

We are looking for a graphic design for the 2015 Southern Alberta Summer Games T-Shirt logo. If your design is selected to be on this year's shirt, you will receive **\$100 cash!** Selection will be announced June 1, 2015.

Please drop off your design at the Gem of the West Museum (1306 – 20 Street) or submit online to [commserv@coaldale.ca](mailto:commserv@coaldale.ca) by May 11, 2015 with your name, address and phone number.



### Criteria for Logos:

1. Must be one full size page (8.5 x 11 inches) portrait orientation.
2. Must symbolize Lethbridge County.
3. Should be related to the sports and events in the games.
4. Should show what the games are about (ie. Grassroots sports level, for all ages, family, team, passion, communities coming together, etc.)
5. Include "Lethbridge County," "Southern Alberta Summer Games" and "2015"
6. Color may be included but is not needed.
7. If designed on paper, the drawing must be clean and reputable as it will be scanned onto the T-shirts (limit shading).

Open to all ages and skill level. Check out [SouthernAlbertaSummerGames.com](http://SouthernAlbertaSummerGames.com) to find ideas. A panel of judges across Lethbridge County will make the final decision.

Get Creative County!



Lethbridge County Southern Alberta Summer Games ([View last year's design](#))



@LethCountySASG

## Parents as Role Models



Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit. As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too. A similar outcome can be expected with respect to alcohol. If your child sees that you choose to celebrate special occasions with or without alcohol – they learn something. If alcohol is used, it is critical to model responsible drinking. This is not a moral

judgement about choosing or not choosing to drink alcohol, but an observation that what a child sees and experiences is more likely what they will choose for themselves.

**Communicate** - Talk to your teen about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

**Provide opportunities** - Find opportunities for your teen to act as a role model for younger children. Ask if your teen's school has such opportunities and/or seek them out in your community.

**Be aware of other influences** - Know your teen's friends and their friends' parents. Be aware of what is being modeled in the homes that your teen is visiting. Help your teen try to make sense of the lifestyles they see in advertising and on TV shows.

**Learn from mistakes** - Everybody makes mistakes; it is part of being human. If you do make a mistake, such as losing your temper or over-drinking at a family function, it is possible to talk to your teen about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure your teen that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices (e.g., What would they do differently next time? What did they learn from this? What do they think would happen if they tried it differently?).

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents please visit <http://www.albertahealthservices.ca/2434.asp>

## What's Bugging You?

Have you ever seen a bedbug, a cockroach, or a mouse? Most pests are looking for food, water and shelter. If we provide them what they need they will stick around. Some pests carry germs, others do not. Some will bite humans while others will not. Pest control begins with some basics:

- Try not to panic. Most pests are harmless.
- Get a positive identification. If you know what you have you can find out how to prevent the pests from becoming a problem.
- Clean. Many pests will hide in clutter. Get rid of items you do not need. Get items off the floor.
- Fix water leaks. Pests need water. Turn off taps, do not have standing water around and fix leaks.
- Food. Clean up food spills. Keep food in tight containers.
- Travel. Keep suitcases up off the floor and off the bed. Check for bugs prior to returning home. Launder items when you return home and keep the suitcases outside in the garage. If you have brought any pests home they won't be brought in.

If you are renting the landlord should be providing pest control. If you have questions about what is bugging you please contact Environmental Health or visit [www.albertahealthservices.ca/eph.asp](http://www.albertahealthservices.ca/eph.asp)

**To School Administration, Staff and Parents:**

As spring holidays approach, we know that many families have vacations planned, both within and outside of Canada.

Travelling increases your family's risk of exposure to many different diseases, including measles. Measles is a very real threat in many parts of the world, including as close to home as California, where a measles outbreak is currently ongoing.

It is always important to ensure all your immunizations are up to date before you travel.

If you are travelling to an area where a measles outbreak is currently active (including, but not limited to, California), it is very important to ensure all travellers have received the right number of doses, for their age, of the MMR vaccine – the vaccine that protects against measles - before departing on the trip. Children six months to six years old may require an earlier dose of vaccine than provided in the routine schedule, anyone born in or after 1970 should ensure they have had two doses of vaccine, and adults born before 1970 should have one dose.

If you are uncertain whether you and/or your children need the MMR vaccine before travelling, please call your local community health centre to discuss. If you are not sure how to reach your local community health centre, you can also call Health Link Alberta at 1.866.408.5465.

**Please remember:****Measles is a serious disease:**

In addition to fever, rash and other symptoms, about one in three persons with measles will have one or more complications, including diarrhea, ear infections (which can lead to permanent hearing loss), pneumonia, inflammation of the brain and seizures. Measles can also lead to death.

Although complications are more common among children under five years of age, individuals 20 years of age and older and those with compromised immune systems, even healthy people are at risk of complications. In fact, about one in ten people with measles need hospital treatment.

**Measles is extremely contagious:**

Measles disease is caused by a virus that spreads easily through the air. When someone with measles has been in a room, the virus can survive in the air for up to two hours after the person has left and infect people who simply breathe the air during that time. People who have never been vaccinated or who have never had measles disease are 90 per cent likely to get sick with measles, if exposed to the measles virus.

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**Measles can be prevented with vaccine:**

Two doses of the MMR vaccine, at the appropriate ages and intervals, are required to be protected against measles. One dose of MMR vaccine provides approximately 95% protection. The second dose of MMR vaccine is required for 99% protection. Although everyone's body responds slightly differently to vaccine, we do know that without any vaccine, you are 100% at risk.

Be sure you and your family are protected. For more information on measles disease and the MMR vaccine, please visit [www.immunizealberta.ca](http://www.immunizealberta.ca) or call Health Link Alberta at 1.866.408.5465.

Sincerely,

Dr. Richard Musto  
Medical Officer of Health  
Alberta Health Services  
Calgary Zone

Dr. Christopher Sikora  
Medical Officer of Health  
Alberta Health Services  
Edmonton Zone

Dr. Albert de Villiers  
Medical Officer of Health  
Alberta Health Services  
North Zone-West, North Zone Lead

Dr. Wadieh Yacoub  
Medical Officer of Health  
First Nations Inuit Health Branch  
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Dr. Deena Hinshaw  
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Dr. Vivien Suttorp  
Medical Officer of Health  
Alberta Health Services  
South Zone