

KATE ANDREWS HIGH SCHOOL NEWSLETTER

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JANUARY

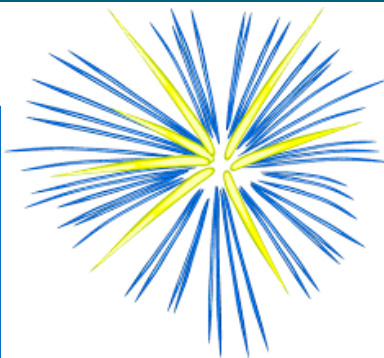
*Happy
New
Year!*

No School

There will be no school for students on Monday, February 1st. There will also be no school for students from February 15th – 19th.

Assembly

There will be an assembly for all students on Monday, January 11 during Period 1.



Welcome
Back!



Eun Seo Hwang, Art 10: Watercolor Painting

We'd like to welcome all of our students & families back to KAHS after the holiday break. We look forward to getting back at it and preparing for final exams and diploma exams.

Final & Diploma Exams

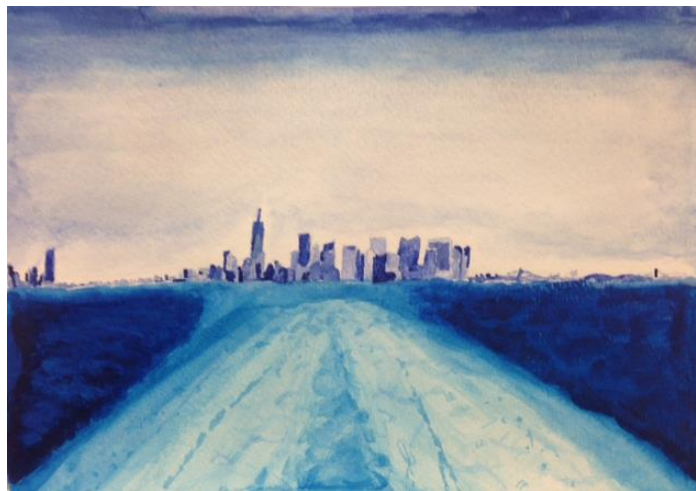
The last day of regular classes will be Wednesday, January 20th. Semester 2 will begin on Tuesday, February 2nd. A schedule of all exams can be found on the KAHS website in the *Calendar of Events*, or in PDF form. There is also a full list of finals exams attached to this newsletter.



School Resource Officer

We welcome Constable Doug Sokoloski to the role of School Resource Officer in Coaldale. We look forward to working alongside him as we continue to strive towards keeping Kate Andrews a safe and caring school.

If you need to contact Constable Sokoloski, his email address is doug.sokoloski@rcmp-grc.gc.ca.



Parker Kasko, Art 10: Watercolor Painting



Joel Dyck, Art 20: Watercolor Painting



Hayley Hansen-Havens, Art 30: Watercolor Painting

Students of the Month for November

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

Emily Granson (Grade 9)

Brooke Tonin (Grade 10)

Zoey Roelofsen (Grade 11)

Nutty Moonpao (Grade 12)

The December Students of the Month will be announced at the January 11th Assembly, during period 1.

There will be a presentation on FENTANYL abuse at the January 26th School Council meeting.

Palliser Beyond Borders

There are a lot of exciting things happening at Palliser Beyond Borders! Check us out at: <http://palliserbeyondborders.com/about/news/post/updates-as-we-wind-down-semester-1-and-start-semester-2>



PALLISER
BEYOND BORDERS

A New Learning Landscape

Twitter: @PalliserBB Facebook: facebook.com/palliserbeyondborders Website: palliserbeyondborders.com

Beauty from the Inside Out

Renae Peterson is offering the Beauty from the Inside Out for girls ages 11-17. This sponsored program will begin on Mondays, starting January 25th and runs for 12 weeks. If you are interested or know someone who is interested please contact Renae Peterson at 403-380-0607. You can also contact Lavonn Mutch, Family/School Liaison Counsellor at Kate Andrews High School at 403 345-3383.

Giving Back

The 1st Kate Andrews High School Charity Pulled Pork Supper was held in the community on November 20th. Our We Create Change group was able to raise \$1000.00 to help support our local Hampers of Hope cause and our global Free the Children cause, in Tanzania and supporting this country through the 5 pillars. This was our first attempt at hosting the supper and from all the comments we received this will hopefully become an annual event in the fall.

A cheque for \$1105.00 was presented to Coaldale's Food Bank representative on Sat. Dec. 19th. The money raised came as a result of the We Create Change group choosing to sponsor 6 families (\$150.00 per family) this year for a total of \$900.00. Through the charity supper, weekly Wednesday concession lunches, as well as running tournament concessions we were able to reach our \$900.00 Hampers of Hope target goal. The remainder of the money came from additional staff and student donations.



Volunteers for the Charity Pulled Pork Supper



Serving the Charity Pulled Pork Supper

Principal, Harry Fritschy & Student Council President, Kayley Dueck presenting a cheque to Renee Bowden of the Coaldale Foodbank.





Palliser Regional Schools

Palliser Centre

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January 2016

No New Year's resolutions here

Happy New Year to all our students, staff and families! This is the time of year when many individuals make sweeping promises of change, resolutions intended to reshape our lives and often our bodies. For Palliser, there aren't new resolutions in store. Instead, 2016 brings a continued focus on the core values that have made us one of the top performing school divisions around.

For many years our focus as a division has been on providing safe and caring learning and working environments. All of our schools commit at least one annual goal to the safe and caring environment. At many schools, that involves working on encouraging student leadership and character education. Our students and staff care about each other and look out for one another. Empathy is one of the greatest life skills we can learn.

For more than a half dozen years, assessment for learning has been embraced across our division as a way to empower our students as learners. The teacher's assessment of what a student has learned already and what they need to master next shapes the teacher's instruction. It is individualized and it builds a meaningful partnership between the teacher and the student that can be a powerful engine of learning.

Our literacy focus was embraced in more recent years and is a natural extension of this commitment to assessment for learning. We continue to see evidence of literacy abilities as key to unlocking learning and comprehension at all levels and all subject areas. By assessing student reading abilities and tailoring instruction to the individual, we ensure our students have the critical thinking and information processing skills they need to make the most of their education and their lives, wherever they might lead.

None of this is new, and none of it is going away. Through this unwavering focus, we have witnessed a positive impact on learning. Our students are building character, they're expressing leadership in a variety of ways and they have the thinking skills to comprehend and analyze information that comes at them in a variety of forms. That sounds like a pretty great recipe for individual success.

Thank you to our teachers and support staff who are giving our students daily opportunities to grow and explore. You can honestly say your daily efforts are helping to unlock the limitless potential of our students.



Kevin Gietz, Superintendent
Palliser Regional Schools

The Pride @ KAHS Reads: New Books For A New Year!

Jan 2016



What to read next...**Thousand Words** by Jennifer Brown.

TEXTBOOK RETURNS

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

When: Tuesday, January 19 & Wednesday, January 20

Where: Textbook Room (next to room 110)

Times: 8:30 – 8:45 a.m.

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: Thursday, January 21 to Thursday, January 28

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!

Kate Andrews January (2016) Exam Schedule

(Last day of classes is Wednesday, January 20)



Notes:

1. **Exams start at 9:00 AM.**
2. Students should be ready to enter the exam room **15 minutes prior** to the start of the exam.
3. Grade 10-12 exams will be written in the gym. Grade 9 exams will be written in assigned classrooms.
4. Text books are to be returned to Ms. Wittebolle in the text book room on the day of that exam.

Date	Exam
January 13	English 30-1 Part A
January 14	Socials 30-1/30-2 Part A
January 19	English 30-1 Part B
January 20	Socials 30-1/30-2 Part B
January 21	English 10-1 English 20-1 English 20-2 Math 9 mid-term
January 22	Biology 30, Socials 10-1 Socials 10-2 Socials 20-1 Socials 9
January 25	Math 30-1 Math 10C Math 20-2 Science 9
January 26	Physics 30 Science 10 Science 20 Chemistry 20
January 27	Chemistry 30 Biology 20
January 28	Science 30



Being Mentally Healthy

Why It's Important for You and Your Teen



The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for teens and adults alike.

The importance of learning the social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social and emotional skills, being resilient and having school success. Teens who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, do better in school and feel positive about themselves and the world around them.

Family life is our first "classroom" for social and emotional learning.

As a parent, you can be a strong positive influence on your teen's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your teen can learn more about and work to improve.

Self awareness: Know your emotions and recognize their impact on your behaviour.

Self-management: Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

Social awareness: Understand, respect and have empathy for all people and their perspectives.

Relationship skills: Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

Responsible decision making: Understand how your choices impact you and others.

Adapted from www.parenttoolkit.com and www.casel.org

Electronic Cigarettes

What are e-cigarettes?

Electronic cigarettes, also known as e-cigarettes, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. Many e-cigarettes look like regular cigarettes, and they come in reusable and disposable varieties. Heat from a battery powered vapourizer turns the liquid chemicals from the cartridge into a vapour that the user inhales. This is called vaping.

What is in e-liquid?

It is hard to know what is in e-liquid because there are no standards or labelling requirements for e-cigarettes. This makes it hard to know exactly what is in the liquid. Common contents can include a mix of water and propylene glycol, a man made product used in anti-freeze and theatre fog. You can also get e-liquid with, or without nicotine. Many e-cigarettes also have flavoured chemicals added (like chocolate or strawberry) that give the vapour a flavour. The flavoured e-liquid may be the first entry to smoking which could eventually lead to smoking cigarettes.

Are they safe?

Although e-cigarettes are promoted as being safe, they haven't been tested to see if they are safe. Because chemicals in the cartridges vary, it is important to know what e-cigarette users and the people around them are breathing in. To sell their product, producers of e-cigarettes describe the vapour as water vapour. However, the U.S. Food and Drug Administration found cancer-causing chemicals in some of the cartridges.

Health Canada warns that e-cigarettes may cause nicotine poisoning and addiction, and remind people to keep the products away from children to prevent nicotine poisoning and choking.

Alberta Health Services recommends talking to your teen about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.