

N O V E M B E R 2 0 1 6

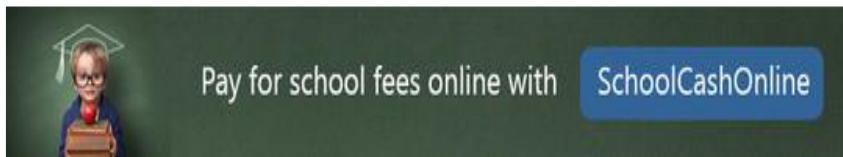
KAHS

NEWSLETTER



Remembrance Day Assembly

There will be a Remembrance Day Assembly on Tuesday, November 10th at 10:30 a.m. in the gym. Parents, families and the community are welcome to attend.



Option class, P.E. and Athletic fees have now been posted to SchoolCashOnline. You can view and pay all your school fees online at <https://palliserregional.schoolcashonline.com>, or by clicking the link at www.kateandrewshighschool.com. Through SchoolCashOnline, you can pay using credit card, direct withdrawal from an account of your choice or e-cheque.

Email reminders have been sent out and paper statements will go home with report cards.

If you have questions, please contact the school office.



Find us on
Facebook

Did you know that KA is on Facebook? Like our page and follow us at Kate Andrews High School (@kateandrewshighschool) to keep up to date with everything going on at KA!



TWITTER

Follow @KAATHLETICS on Twitter to stay current on PRIDE news and results.

REPORT CARDS

Report cards will be mailed to parents/guardians on **Thursday, November 10th**.

ASSEMBLY

The November Assembly will take place on **Friday, November 4th** during Period 1.

NO SCHOOL

There will be no school on, **November 11th or 14th**. We would like to wish all of our students & families an enjoyable extra-long weekend.

SEPTEMBER STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for September. Each month, one 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.

Grade 9: Jack Henderson



Grade 10: Shelby-Lee Stanko



Grade 11: Tony Heavy Runner



Grade 12: Nash Ober



The October Students of the Month will be announced at the November Assembly.

Fall Awards Ceremony

The Fall KAHS Awards Ceremony will be held on Tuesday, November 15th during period 4 (which starts at approximately 2pm). The Fall awards will be awarded to students who achieved high academic success and attended school at KAHS in the 2015-2016 school year. Parents & guardians are welcome to attend this assembly however, the list of award winners will not be released prior to the assembly.



Grad/Prom Dress Designer Trunk Show

Once Upon A Bride is hosting a Grad/Prom designer trunk show at their store from November 3 – 6. The Grad/Prom designers lend the store their 2017 line of samples so that upcoming graduates can come in and try them on, then order their gown in their size and the colour they want. This is an opportunity to order gowns that are not yet available for sale in stores. Tickets cost \$25 each, which goes towards the purchase of a gown during the show. Please call 403-328-3399 to purchase your ticket, which will guarantee your appointment.

ATTENTION GRADE 12 PARENTS/GUARDIANS!

You should have received an email update on your son or daughter detailing where they are in terms of graduation for June 2017. If you have not received the email, please contact Miss Schmidt, Career and Academic Advisor – or provide the office with a current email address if they do not have one on file for you.

KA School Council 2016/17

At the October 24th KA School Council meeting, a new executive was elected as follows:

CHAIR: Tricia Mitchell (tj2095@telus.net)
VICE-CHAIR: Jaime Klasson (jack2119@shaw.ca)
SECRETARY: Donna Nordin (brettt45@telus.net)

School
Council

The next school council meeting will be held on **Tuesday, November 15th at 7pm in the KA Conference Room**. All parents/guardians are welcome and encouraged to attend.



SAFEGRAD

Any parent/guardians who are interested in organizing SAFEGRAD this year can contact Diana Canfield at 403-915-3426 for information.



Fine Arts Night

SAVE THE DATE!

The KA Fine Arts Night will be November 29th, starting at 6:30 pm. This night will include productions and samples from the KA Music, Drama and Art departments. Watch for more information on our website, Facebook page and in your email!



KAHS Drive Against Hunger

Thank-you to those that participated in collecting food for the KAHS Food Drive, and also to those that made donations of food items. We were able to collect 440 bags of food, which equal a monetary value of \$3821.00 worth of food to donate to the Coaldale Food Bank.



The KA band, choir and jazz band will present their annual Christmas Concert on Monday, December 19th at 7:00 p.m. in the KAHS Gymnasium. Admission is free and all are welcome to attend!

LOOK WHAT IS COMING IN NOVEMBER!

“Me to We” Cafe

“WE” WEDS

\$5.00 LUNCHES!

(Every lunch served with Pop or Water & Bag of Chips)

**** Thurs, Nov. 3rd: Hamburger**
*(**On Thursday for this day only due to scheduling conflicts)*

Weds, Nov. 9th: Taco in a Bag

Weds, Nov. 16th: Hot Dog

Weds, Nov. 23rd: Hamburger

Weds, Nov. 30th: Pulled Pork



KA Clothing

For one week only, KA Clothing will be on sale. Toques, hoodies, t-shirts, sweats, and gym bags are now on sale. Order forms are available at the office or you can download them from the school website. The deadline to order is Monday, November 7th to guarantee Xmas delivery. Contact Mr. Holland for more details.



Christmas Concert



“WE DAY” was back in Calgary at the Scotia Bank Saddledome on **Wednesday, October 26th** and for the fifth consecutive year Kate Andrews High School was blessed to send an incredible 30 very excited students and teachers to the event. Another nice bonus this year was to be able to invite 5 RIB students and their teacher Michael Whillems to accompany the students from Kate Andrews to this amazing event. Kate Andrews High School is coming off four very successful “We Create Change” fundraising campaigns at the school where the students, staff and community have generated over **\$26,000.00** towards local and global causes.



The first We Day was held in Toronto in 2007 and every year since WE DAY has grown in popularity and is a way to say thank you to all the students and educators who have made a difference helping those less fortunate people in the world locally and globally. You can't buy a ticket to We Day, you earn it through your volunteer service and again this year there were 16,000 very excited students and educators from across Alberta who travelled to Calgary to get all revved up for another exciting year of social action and change in the world.

For more information on “WE DAY” or the “We Create Change” group at KAHS contact **Mike Gibson** at 403 345-3383.

~As Gandhi always said...

“Be the change you wish to see in the world.”~





Echo Chamber

Kate Andrews is hosting this exhibit from

November 9 – December 7

An art work, regardless of its subject, style or artistic medium, can be described as an expression of an artist's voice: the means by which the artist relates his or her deliberations, emotions, experiences and interests. As such, what is portrayed by the artist is similar to an echo: it is a reflection of something real, whether that reality is physical or exists only in the artist's mind. In the act of creation, meanwhile, the artist functions as an echo chamber, directing his or her reflections and giving them body. Finally, the presentation of individual art works in form of an exhibition can also be likened to an 'artistic' echo chamber where the works, by being displayed together, are given added influence and intensity.

Such philosophical meditations are expressed in the TREX exhibition **Echo Chamber**. Featuring art works by Brenda Kim Christianson, Patrick Higgins and Paddy Lamb, the works in this exhibition explore concepts of realism and Illusion; memory; and fragments of personal, cultural and intuitive experiences. Freely reinterpreting these 'echoes' of the real world, the artists construct images which challenge realistic illusion and where experiences are manipulated, combined with other experiences, and coloured by intellect and emotion to create more substantial encounters with the world.

While inspired by the visible world and personal experiences, the art works presented in the exhibition **Echo Chamber** go beyond documenting individual memories and narratives. Rather, through their works the featured artists seek to actively engage viewers in the fabrication of new memories, narratives and perceptions of reality, thereby constructing echoes of experience which become the viewer's own.

*The exhibition **Echo Chamber** was curated by Shane Goldby and organized by the Art Gallery of Alberta for the Alberta Foundation for the Arts Travelling Exhibition Program. The AFA Travelling Exhibition program is supported by the Alberta Foundation for the Arts.*

The Pride @ KAHS Reads: **New** Reads for November!




Check in with Mrs. Wittebolle and sign out of our new books!

What to read next...

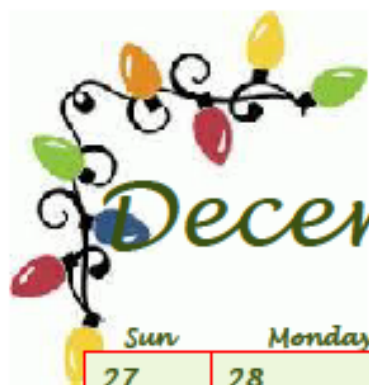
Defender by Graham McNamee

November

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Take Our Kids to Work Day (Grade 9)	3	4 School-Wide Assembly	5
6	7 Quarter 2 Begins (Grade 9) Gr. 9-12 Boys Open Basketball Tryouts 7:15-9pm	8 Gr. 10-12 Girls Open Basketball Tryouts 7:15-9pm	9 Gr. 9-12 Boys Open Basketball Tryouts 7:15-9pm	10 Remembrance Day Ceremonies Gr. 10-12 Girls Open Basketball Tryouts 3:45-5:30pm REPORT CARDS	11 NO SCHOOL 	12
13	14 NO SCHOOL PD Day	15 Fall Awards Ceremony (during Period 4)	16	17 2A Volleyball Zones 	18 Gr. 9 Girls Open Basketball Tryouts 12:45-2:30pm 2A Volleyball Zones	19 2A Volleyball Zones 
	21	22	23	24	25	26
27	28	29 KAHS Fine Arts Night @ 6:30	30 NOVEMBER PROGRESS REPORTS	1	2	3


This calendar is accurate as of the date it is posted (November 2, 2016.) Please visit www.kateandrewshighschool.com for the most up-to-date information.

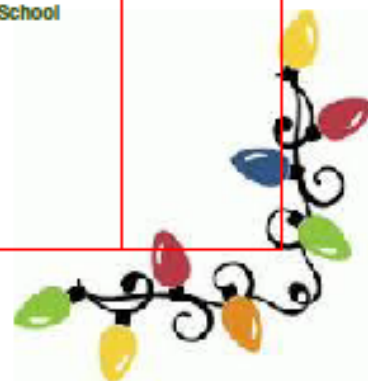


December



2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
				SV Girl & Boys Christmas Festival Basketball Tournament 	SV Girl & Boys Christmas Festival Basketball Tournament 	SV Girl & Boys Christmas Festival Basketball Tournament 
18	19	20	21	22	23	24
	Band/Choir Christmas Concert @ 7pm 			December Progress Reports	No School 	Christmas Eve
25	26	27	28	29	30	31
MERRY CHRISTMAS 	No School	No School	No School	No School	No School	
						



This calendar is accurate as of the date it is posted (November 1, 2016.) Please visit www.kateandrewshighschool.com for the most up-to-date information.

Kate Andrews High School

Fineprints Order Form – Fall 2016

Tshirts and Sweatshirts with New Logo Shown On the Bottom

Order Deadline – Monday, November 7th

Student Name _____ (PLEASE PRINT)

Phone Number _____

All sizing is in Men's Sizing. Please note it is a sweatshirt and not a hoodie!

Only Fineprints Clothing will have this logo!

Sweatshirt Size *Small* *Medium* *Large* *X-large* *XX-large*

Sweatshirt Cost \$22 (25 for XXL)

Tshirt Size *Small* *Medium* *Large* *X-large* *XX-large*

Tshirt Cost \$13 (15 for XXL)

Post Date Cheques for November 15th or 30th

Payment must accompany order form when turned into Mr. Holland

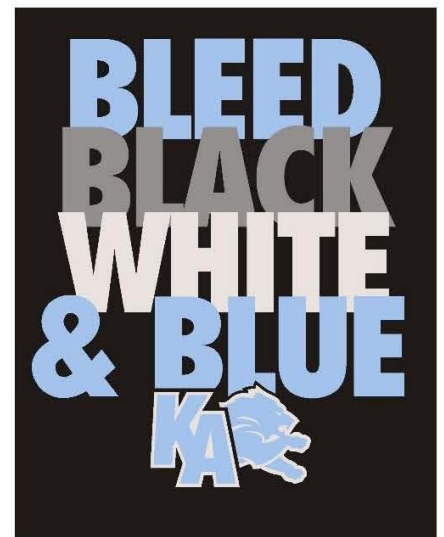
Makes Cheques Payable to Kate Andrews High School



For more information contact:

Kevin Holland 403-345-3383

kevin.holland@pallisersd.ab.ca





KAHS 2016-17 ORDER SHEET

Student Name _____ Grade _____

Date _____ Phone _____ Embroidery _____

ITEMS TO CONSIDER FOR PURCHASE (pricing includes GST)

Order Deadline – Monday, November 6th

All Sizing is in Men's Sizing and will have the KA Logo on it

- Arctic Pullover Hood w/embroidered logo and Name - \$60 – Size _____ = \$ _____
- Pro Fleece Hood with Embroidered logo and Name - \$70 – Size _____ = \$ _____
- Toques (Skull Cap type) with School Logo on Front - \$18 – Quantity _____ = \$ _____
Black ____ Bright Pink ____ Columbia Blue ____ Neon Lime ____ Neon Yellow ____
- Toques (Fold over type) with School Logo on Front - \$18 – Quantity _____ = \$ _____
Black ____ Bright Pink ____ Columbia Blue ____ Neon Lime ____ Neon Yellow ____ CAMO ____
- Adidas Sack Pack with KA Logo - \$30 Quantity _____ = \$ _____
- Adidas Medium Duffle w/embroidered logo and Name - \$45 Quantity _____ = \$ _____
- Adidas Backpack w/embroidered logo and Name - \$65 Quantity _____ = \$ _____
- Gildan Sweat Pants - Closed Bottom with embroidered logo - \$30 – Size _____ = \$ _____
- Athletic Knit - Tear Away Sweat Pants with logo - \$60 – Size _____ = \$ _____
- KAHS Stadium Chair w/ school logo - \$60 – Quantity _____ = \$ _____
- Custom 'PRIDE' Knee length Socks – \$12/pr. Black _____ White _____ = \$ _____
- TOTAL Owing \$ _____

REMEMBRANCE DAY CEREMONY

November 11, 2016

10:30 a.m.

JENNIE EMERY ELEMENTARY SCHOOL

1101 22nd Ave





Pack a Healthier Lunch with Less Litter

On average a teen taking a lunch to school will throw away packaging that can create 30 kilograms/67 pounds of litter in a school year. It's clear that lunches with less packaging will help reduce this litter, but they are also a chance to pack healthier foods. Some pre-packaged foods can have more sugar, salt, and fat than foods you choose and package yourself. Also, these ready-to-go options may not have a lot of fibre, vitamins, minerals, and other nutrients.

Here are two ideas to reduce litter and pack a healthier lunch.

- Instead of buying a small pre-packaged lunch with meat and cheese, a fruit drink or pop, and a candy bar, try this tip:
 - In reusable containers pack:
 - whole grain crackers, lean meat, and lower milk fat cheese
 - water in a reusable water bottle
 - a piece of fruit or cut vegetables
- Encourage teens to use reusable containers for home-made whole grain sandwiches or wraps, and cut up vegetables and fruit. Buying lunch items from the grocery store, restaurants or convenience stores may have more packaging and there may be fewer options that include whole grains or vegetables and fruit.



These simple changes may provide more fibre from choosing whole grain crackers, bread or wraps and fruit or vegetables. The changes may also help you to use less fat by choosing lean meats, lower milk fat cheese, and less sugar by sending water instead of a sugar sweetened drinks, and it is all done without throw away packaging! For more information on lunch ideas you can pack go to: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient and effective but have also contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical health? This isn't easy in a world that is becoming over populated with screens, but here are some tips on balancing technology and physical activity in our teen's, or even our own lives:

- Set daily limits or guidelines (limit the use of screens to certain times of the day, set times to 'unplug').
- Encourage them to get outdoors. Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- Lead by example. Nothing has a greater impact than a positive role model. How often are you on a screen in front of them? Take note of your behaviours and unplug and get moving with them.
- Create a list of unplugged activities. Keep an activity jar at home, have your child help make the list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives!