

OCTOBER 2017

KATE ANDREWS HIGH SCHOOL NEWSLETTER

WELCOME TO THE 2017/2018 SCHOOL YEAR!

It is with great pleasure that I introduce myself to the residents of Coaldale and the greater county. Some of you may know that I was principal of County Central High School in Vulcan last year. Furthermore, my administrative experience has included other schools of similar size and configuration as Kate Andrews. I am excited for the opportunities KAHs affords me as a leader. I look forward to building strong productive working relations with the people of the school community and community at large. To be cliché, it “takes a community to raise a child” and so I look to you to support us in that endeavor. Effective communication is key, and so I will strive to do so with the community. With that said, the individual conversations are the best. Engaged conversations with parents and stakeholders allow for real opportunities to create positive change for all students. Please do not hesitate to reach out to me if you have suggestions, ideas or concerns. Through strong dialogue we can work to improve our school and support our students. I believe we all have that obligation for our children.

Regards, *Daniel Grimes, Principal*

KA FOOD DRIVE

Kate Andrews High School will once again be participating in a Food Drive for the Coaldale Food Bank.

On **October 17th**, a yellow bag will be attached to the doors of Coaldale homes. Residents can place nonperishable food items in the bags, and then the bags will be picked up on Friday, **October 20th** around noon. This food drive provides much needed food to those in need within our community. Bags can also be delivered to the school during Parent/Teacher Interviews, the evening of October 19th if parents wish to do so.

Staff and student volunteers are needed to deliver bags and then pick up the donations for this very worthwhile cause. Students can sign up in the office or talk to Miss Mackintosh. This has been incredibly successful over the years and Kate Andrews High School thanks you for your support!

FEES

Options Class, Phys. Ed. And Athletic/Extracurricular fees are now posted to SchoolCashOnline.

Please make sure to clear up any fees for students in your household. Fees can be paid through SchoolCashOnline using Internet banking, eCheque or credit card.

Invoices will be mailed out by the end of October for any outstanding fees. Students who have not paid fees from Semester 1 will not receive textbooks in Semester 2, until all Semester 1 fees have been paid.

Introducing Ms. Kris Van Wieren, Vice Principal

Welcome to the 2017-2018 school year at Kate Andrews. I am excited to introduce myself to you. My name is Kris Van Wieren and I am honored to be the Vice Principal at Kate Andrews High School. I am looking forward to working with our students, parents, staff, and of course, Mr. Grimes, to ensure learning successes for all students at all levels.

High school is an important and critical time for students as they start moving closer to adulthood. What happens during these years will have a lasting impression on who they may become. My goal as Vice Principal is to provide the leadership that will facilitate a school environment that is safe and respectable, in order for your child to receive the best possible academic instruction. I am confident that our school will continue to be a place where our students can learn and grow academically and socially.

Feel free to stop in and say hello, as my door is always open. If there is anything I can assist you with, please let me know.

Yours,
Miss. Kris



BAND FUNDRAISER

Band students are currently selling Kernels popcorn bags to help with their trip in April to the *Sun Peaks Music Festival*. Individual bags are **\$2.25 each** and come in ten delicious flavours. **All orders need to be in by October 20th** so they are ready for pickup on October 31st. Please talk to a band member or Mr. Godin for more details or to order.



Introducing Miss Jo-Anna Meurs, Career & Academic Counselor

Hello! My name is Jo-Anna Meurs and I am excited to be at Kate Andrews and Coalhurst High School as the new Academic and Career Counselor. I grew up in Rainier, Alberta on a small potato farm and later attended the University of Lethbridge where I obtained a Bachelor of Science and a Bachelor of Education. I look forward to helping students meet all the academic requirements for an Alberta High School Diploma. As well, I can assist with application to post secondary schools, scholarships, and discovering what your career interests are. Please feel free to contact me at Kate Andrews High School on **Mondays, Tuesdays, and Thursdays** or e-mail me at jo-anna.meurs@pallisersd.ab.ca.

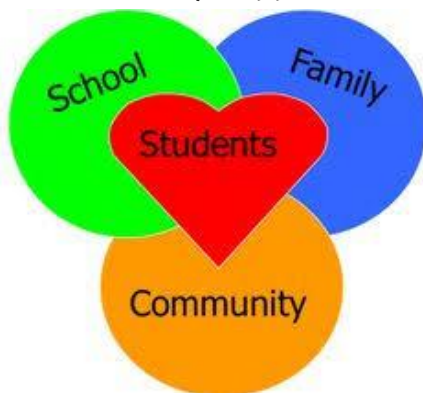


I look forward to getting to know the students, parents, and staff in this wonderful community!

Welcome Back, Mrs. Greenaway, FSLC

This is my 6th year with Palliser, and my second year as the Family School Liaison Counselor (FSLC) at Kate Andrews High School, as I joined the KA team in March of last year. When I'm not at work I love to spend time with my husband, teach/practice yoga and travel any chance I can get.

My goal is to provide a safe space for all students at KAHS. I am able to help students within the school setting manage current challenges, develop skills for coping and connect with community supports when needed.



If students are wanting to connect with me, I am in the Counseling Office at KA on Tuesdays and Wednesdays this year.

If parents are wanting to refer their child for counselling or discuss potential concerns/support needs they can contact the school office or email me directly at melinda.greenaway@pallisersd.ab.ca

Using SafeArrival Parents Can:



1. Call 1-844-260-7166 to report student absences.
2. Log into <http://prs26.schoolconnects.com> to authenticate their Portal Account to report student absences and update contact information.
3. Download the SafeArrival App on an iOS or Android device to report student absences.

Please contact the school office if you have questions or require assistance. More information can also be found on the KA Website at kateandrewshighschool.com.

PERSONAL ITEMS REMINDER

Personal items, such as cell phones, calculators or other items are the responsibility of each student. When you cannot have your personal items with you, please make sure that they are locked in a locker. The school is not responsible for lost or misplaced personal items.

PICTURE RETAKES

Lifetouch Photo Retakes will take place on Wednesday, October 25th.



KATE ANDREWS BOARD GAME CLUB

starts

Monday, October 2

In the Library

Kate Andrews Board Game Club is going to run on Mondays at lunch. If there is enough interest we will run one night after school as well.

BOOK CLUB

THE KA BOOK CLUB WILL BE HELD ON THURSDAYS
AT LUNCH IN ROOM 101.

EVERYONE IS WELCOME TO JOIN.

PLEASE SEE MISS SCOTT IF YOU HAVE ANY QUESTIONS.



KAHS 2017/2018 STUDENT COUNCIL

The KA Student Council is off to a great start with a large group of students who have committed to make it a great year at KA!

Student Council kicked the year off with a Hot Dog Lunch following the Terry Fox Run last week. It was a very successful day, and KA was able to raise \$552 to donate to the Terry Fox Foundation.



Any students are welcome to attend Student Council meetings and become involved. If you are interested, please listen to the announcements for meeting days and times or see one of the School Council Advisors or Members for more information.

School Council Advisors: Miss Baraniecki, Ms. Alexander, Miss Scott, Mr. Schilling

School Council Members: Alyssa Brown (*President*), Zack Wells (*Vice President*), Taylor DeBoer, Alexx Olson, Ethan Carroll, Jenna Penner, Tiana Vandenberg, Carly Cajka, Parker Kasko, Halle Ball, Makayla Kyle, Olivia Hoyt, Susy Peters, Grace Penner, Jenna Petker, Lexie Hornford



KAHS 2017/2018 SCHOOL COUNCIL

The first School Council meeting of the year was held on September 25th, which resulted in the following elections to positions:

Chair: Sherrie Duda

Vice Chair: Tamara Hoogerdyk

Secretary: Diane Gallagher

The next meeting will be *tentatively* held on Monday, October 23rd at 7pm in the KA Conference Room. All parents/Guardians are encouraged to attend.

The Pride @ KAHS Reads: **Fall** into a **New Read**



One Night Only: Conversations with the NHL's One-Game Wonders by Ken Reid, Jeff Marek (Foreword)

From the beer league to the minor league, hockey players from coast to coast often say they'd give anything to play just one game in the NHL. *One Night Only* brings you the stories of 39 men who lived the dream — only to see it fade away almost as quickly as it arrived.

Ken Reid talks to players who had one game, and one game only, in the National Hockey League — including the most famous single-gamer of them all: the coach himself, Don Cherry.

Was it a dream come true or was it heartbreak? What did they learn from their hockey journey and how does it define them today? From the satisfied to the bitter, Ken Reid unearths the stories from hockey's equivalent to one-hit wonders.



Warcross by Marie Lu

For the millions who log in every day, Warcross isn't just a game—it's a way of life. The obsession started ten years ago and its fan base now spans the globe, some eager to escape from reality and others hoping to make a profit. Struggling to make ends meet, teenage hacker Emika Chen works as a bounty hunter, tracking down players who bet on the game illegally. But the bounty hunting world is a competitive one, and survival has not been easy.

Needing to make some quick cash, Emika takes a risk and hacks into the opening game of the international Warcross Championships—only to accidentally glitch herself into the action and become an overnight sensation.

Convinced she's going to be arrested, Emika is shocked when instead she gets a call from the game's creator, the elusive young billionaire Hideo Tanaka, with an irresistible offer. He needs a spy on the inside of this year's tournament in order to uncover a security problem . . . and he wants Emika for the job. With no time to lose, Emika's whisked off to Tokyo and thrust into a world of fame and fortune that she's only dreamed of. But soon her investigation uncovers a sinister plot, with major consequences for the entire Warcross empire.

What to read next...

A Study in Charlotte by Brittany Cavallaro



Post-Secondary Fair

Wednesday, October 11, 2017

Immanuel Christian High School

802 6 Ave N Lethbridge, AB

**Doors Open From:
6:00 pm – 8:30 pm**

Location: Gym



It's time to start thinking
about your next step...

Talk with over 40
post-secondary representatives!

Learning Clicks Presents:

Scholarship/Student Finance Information

TIPS ON FINDING SCHOLARSHIPS & COMPLETING APPLICATIONS

5:30 – 6:30 pm / 7:00 - 8:00 pm

SMALL GYM

Look into early admission

*Learn about program
requirements*

*Get information about
Student Financing*

FOR MORE INFORMATION VISIT:

www.careersteps.ca

OR CONTACT

riley.swanberg@lethsd.ab.ca

(403) 328-3996

chrook regional foundation for
**career
TRANSITIONS**
CareerSteps.ca



“ME to WE” Cafe

“WE” WEDS

\$5.00

LUNCHES!

Weds, Oct. 4th

Taco in a Bag, Pop/Water

Weds, Oct. 18th

Hot Dog, Pop/Water, Bag of Chips





“WE” DAY 2017!!!

November 1st

In Calgary at the
Saddledome

**FREE THE
CHILDREN**

**ME
TO
WE**

**WE
DAY**



CFSC has a skating program for everyone, whether your child has never skated before or has years of experience on the ice.

Our PreCan and CanSkate Programs are the perfect place to learn the fundamental skills of skating!

We welcome all new and returning members to our 2017-18 Season!

Programs to start October 2017:

PreCanskate (3-4 yr olds Learn to stand & skate)

CanSkate (Learn to skate)

StarSkate (Intro, Junior and Senior Figure Skating)

For more information about our club:

Email us at- coaldalefigureskatingclub@gmail.com

Find us on Facebook- <https://www.facebook.com/coaldalefigureskatingclub>

Follow us on Twitter- @skatecoaldale



Last Year's Year Books are Here!

Announcements have been made daily for students, and most have been picked up, however there are still some students that have yet to pick up the YearBook that they ordered last year.

If you ordered a yearbook last year and have not picked it up yet, please see Miss Hanna as soon as possible.

Students who graduated last year can pick up their Yearbook from the office.

Healthy Teens

October 2017 Parent Newsletter

Planning Healthy Eating for Tournaments, Out-of-Town Games or Events

Your active teen needs healthy foods and drinks to do well both mentally and physically when they are at tournaments, out-of-town games or events.

Benefits of Healthy Foods and Drinks

Good nutrition and hydration is important to make sure your active teen:

- Gets enough energy, fluid and nutrients to recover from one event/game and is fuelled for their next one.
- Has enough energy for mental focus and physical performance.
- Doesn't have physical discomfort caused by hunger, upset stomach or dehydration.

Getting Enough to Drink

Water is the best drink choice for most activity. Your young athlete may need a sports drink if they sweat a lot during intense activity that lasts for more than an hour.

Tips for Out-of-Town Events

Before leaving for a tournament or out-of-town event, it can be helpful to find out what foods and drinks will be offered at restaurants, event or sporting centers and hotels. Talk to the coach and ask if the team is planning to visit restaurants. Menus may be posted online where you can view the



nutritional information and pick a few healthy options in advance.

Your teen should plan to bring healthy foods and drinks to support good nutrition and hydration while away from home. Pack extra snacks in case there is a change in schedule or delays on the road. Consider food safety when packing foods and drinks. Cold foods must be kept cold and hot foods kept hot to prevent foodborne illness. Use an insulated lunch bag and ice packs to keep the foods cold at games or events.

➤ **For more information on sports nutrition for youth visit**
<https://vimeo.com/channels/rohkschoolnutrition/116923404>

Articles

Planning Healthy Eating for Tournaments, Out-of-Town Games or Events

Family Communication

Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Family Communication

Healthy communication sets a positive tone for family interactions. When you talk with your children openly and with respect, leaving room for listening too, you are saying that you care and they are important to you. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict.



Here are some things to think about when communicating with your family:

- **Be clear** – Fill family members in on important information and on what they can expect. This promotes healing, closeness, trust and security.
- **Be open** – Talk with each other regularly about what’s happening in your lives. Express your feelings and concerns and invite others to do the same.
- **Care for one another** – Practice listening without judging. Even when you may be struggling with your

emotions or are disappointed in someone’s behaviour, speak calmly, avoid abusive language and blame, and focus on the positive rather than criticizing.

- **Problem solve** – Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team.
- **Share appropriately** – While it’s important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers,

it’s important to be open and direct about things like sex, drugs and alcohol. Take time to discuss the pros and cons together rather than simply telling them, “Don’t do that”.

October



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5	6 SR. GIRLS @ Vauxhall Tournament 	7
8	9 NO SCHOOL 	10 NO SCHOOL for students DISTRICT-WIDE PD DAY	11 POST-SECONDARY FAIR CROSS COUNTRY ZONES in Medicine Hat	12	13 JV. GIRLS @ Milk River Tournament SR. Boys @ Oilfields Tournament (Black Diamond) 	14
15	16	17 KA Community Food Drive <i>(Yellow Bags Dropped off at Coaldale Doorsteps)</i>	18	19 Parent/Teacher Conferences 4-5 pm & 6-9 pm	20 KA Community Food Drive <i>(Yellow Bags Picked up from Coaldale Doorsteps)</i> SR BOYS Pride Invitational Tournament 	21
22	23 SCHOOL COUNCIL MEETING @ 7pm in KA Conference Room	24	25 SCHOOL PICTURE RETAKES  <i>Picture Day!</i>	26 FALL AWARDS CEREMONY (Last Year's Grade 9-11 students)	27 JV GIRLS & BOYS, SR GIRLS @ McCoy Tournament 	28
29	30	31 OCTOBER PROGRESS REPORTS 				