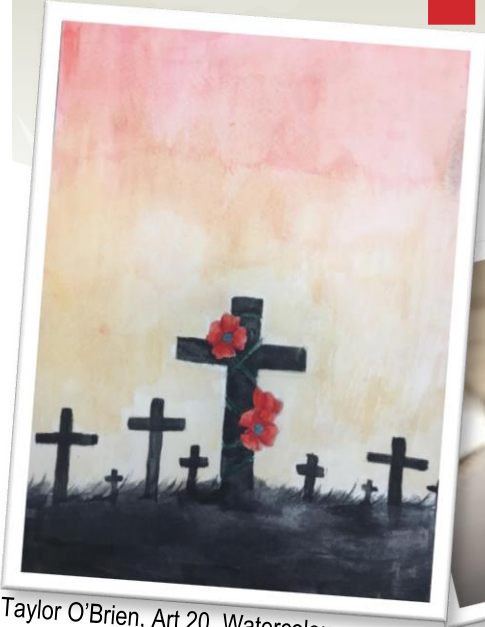


NOVEMBER 2016

KAHS

NEWSLETTER



Taylor O'Brien, Art 20, Watercolour

Remembrance Day Assembly

There will be a Remembrance Day Assembly on **Thursday, November 9th** at 10:15 a.m. in the gym. Parents, families and the community are welcome to attend.

There is **NO SCHOOL** on Friday, November 10th or Monday, November 13th.



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

@KAATHLETICS

&

@KA_STUDENTPRIDE

INSTAGRAM

Follow @KAPRIDEPAGE

PRIDE Breast Cancer Donation

In October, the Sr Boys volleyball team raised money towards breast cancer research during their home tournament.

The Sr. Girls decided to also join in by donating proceeds from Sr. Night towards Breast Cancer Research. Combined, the teams were able to raise and donate \$650! GO PRIDE

REPORT CARDS

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

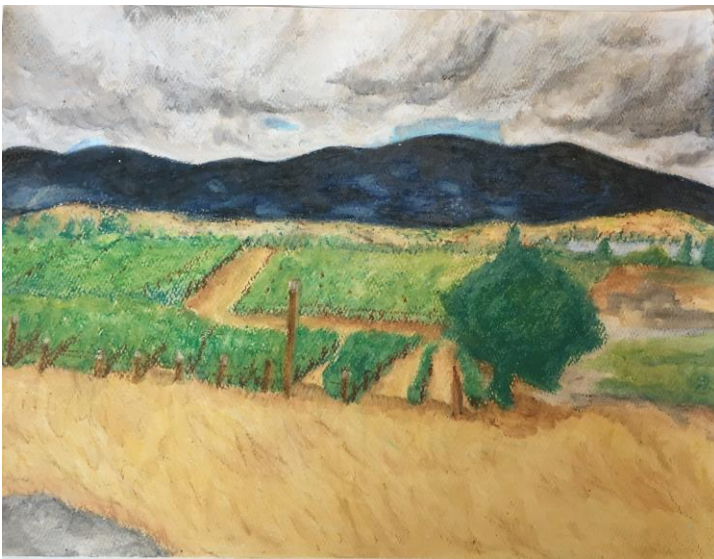
Cross Country Team Competes

The Kate Andrews Cross Country team had a successful season where many runners achieved personal bests in competitions. Runners from grade 9 to 12 participated in two events, one in Lethbridge and one in Medicine Hat at Echo Dale Park. Congratulations to Zaybra Scout, Owen Gallagher, Tony Heavy Runner, Matt Burke, Haysyn Ostrup, Skylar Stanko, Lemmy Ayerhart, Zach Young, Zax Habraken, Isaac Hoogerdyk, and Joel Tkachenko for the great season. As well, we would to extend a special Pride Congratulations to Skylar and Haysyn who qualified for Provincials! Great job. And a final thank you to Mr. Chris Gallagher for volunteering to coach alongside Mrs. Martin and Mr. Schilling. We look forward to another successful season next year.



Basketball

Basketball tryouts start this month, on **Monday, November 6th**. Please keep an eye on the KA website and listen for announcements for tryout dates.



Darian Schoeene, Art 20, Pastel



Using SafeArrival Parents Can:



STUDENT ABSENCE REPORTING

1-844-260-7166

<http://prs26.schoolconnects.com>

SafeArrival

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.

University of Calgary Open House

On **Tuesday, November 7th** the **U of C** will be hosting an **Open House** at Moxie's in Lethbridge starting at **6pm**. More information can be found on the KA Website on the Career and Academic Counselling page, or by contacting Miss Meurs (jo-anna.meur@pallisersd.ab.ca).



KAHS Scholarship Presentation

On **Monday, November 6th at 5pm**, Dakota Tallow from LEARNING CLICKS will be at KA to present about **post-secondary information, focusing on SCHOLARSHIPS**. This presentation is open to all Grade 11 and 12 students and their parents and will be held in Room 104. For more information, please contact Miss Meurs.

FEED THE PRIDE!

We have just received exciting news that we will be receiving a grant from the **Coaldale Community Wellness Association** that will allow us to offer healthy snacks to students on a daily basis. A station will be set up outside of the office, and another in the Library to provide snacks such as fruit and vegetables to students. This program will begin on December 1st and the funding is available for one (calendar) year only. Throughout this year, we will be looking at ways to enhance and continue the program as well as build partnerships in the community.

These healthy snacks will be available to all students, free of charge.

Information Verification/FOIPP/ Technology Consent Forms

At the beginning of the school year, each student was given a package which included a **WHITE Information Verification Form**, a **BRIGHT GREEN Information Technology User Agreement/Permission Form** and a **BRIGHT PINK Consents for Information Disclosure**.

These forms are important and must be complete and returned to the office.

The **Information Verification Form** helps us to keep our contact information for student's families up to date, and allows us to be able to complete government forms, such as requests from Canada Revenue Agency, when they ask for confirmation of where a student lived and who they lived with.

Without consistent, proper documentation, we are not able to complete such requests.

The **FOIPP** and **Information Technology Consents** are also important so that we know what permissions students have in regards to Media & Information release and computer/internet access on School computers. Currently there are photos and videos that have been made by the Media Arts class that we would love to share with the KA Community to showcase their work as well as special events that have taken place, however many students have not returned their forms, so we are not able to showcase the work.

Additional, blank forms can be picked up from the office. Thank-you to everyone who returned their signed forms promptly.

November



The "ME to WE" Café presents...

"WE" WEDS

\$5.00 LUNCHES!

Weds, Nov. 8th

Pulled Pork, Pop or Water, Bag of Chips

Weds, Nov. 15th

Taco in a Bag, Pop or Water

Weds, Nov. 22nd

Hamburger, Pop or Water, Bag of Chips

Weds, Nov. 29th

Hot Dog/Chili Dog, Pop or Water & Bag of Chips



Poppies: Bethany Velthuis, Art 20, Coloured Pencil

Canadian Blood Services will be kicking off the **COALDALE CARES** campaign on December 1st with a number of representatives from the Coaldale Community, including a few staff eligible students, donating blood. If you are eligible, please consider giving the gift of life. **It's in you to give!** More information regarding the Coaldale Cares campaign will be available as we get closer to December.

LIVE TOGETHER. GIVE TOGETHER.
When you donate together, your power to **Give Life** is even stronger.

Canadian Blood Services
it's in you to give

Download on the App Store | GET IT ON Google play

f t i

KA School Council 2017/18

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

CHAIR: Sherrie Duda (rsduda@teusplanet.net)
VICE-CHAIR: Tamara Hoogerdyk (104tammi@gmail.com)
SECRETARY: Diane Gallagher (diane.gallagher@pallisersd.ab.ca)

The next school council meeting will be held on **Monday, November 27th** at 7pm in the KA

KAHS Fine Arts Night

KA's 5th Annual Fine Arts Night will be held on **Tuesday, November 28th** and will include performances and displays from our **Drama, Art, and Music** departments.

The **Drama** 10/20/30 class will perform a Collective Creation titled "**Death of a Rockstar.**" This is a culmination of a cross-curricular project between the CALM, Chemistry, Media Arts, Art and Forensics classes. Students helped write and create the piece from information about famous rock stars whose deaths were due to drug use.

There will be performances from the **Jazz Band** and the **Concert Band**.

The **Art** department will be displaying Artwork and hosting an Open House, including interactive activities. The Art classes have also created the drawings and artwork for the Drama performance.

We hope that many KA families and students are able to attend!



DID YOU MISS ORDERING YOUR GRAD JEWELRY AT SCHOOL?

Design & Order Your Jewelry @ www.jostens.com

or

Contact Your Jostens Representative

403.252.1774 – 1.877.252.1774

sean.kelly@jostens.com

(\$60.00 deposit)



KAHS Food Drive

This year's Annual KA Food Drive was a huge success! We were able to deliver **3847 Food Items** to the Coaldale Foodbank on October 20th. (A slight increase from last year!) Thank-you to the Coaldale community and the staff, students and parent volunteers that made it possible!



Christmas Concert

The KA Band, Choir and Jazz Band will present their annual **Christmas Concert** on **Tuesday, December 19th at 7:00 p.m.** in the KAHS Gymnasium. Admission is free and all are welcome to attend!



Credit: Janet Cardiff, *Drought 1989 From Tableau* (detail), 1989. Colour photograph on paper. Collection of the Alberta Foundation for the Arts.

Rain Dance

is coming to

Kate Andrews High School

November 8th – December 6th, 2017

**This exhibit is hosted by the KAHS library and will be showing in the upstairs display cases, outside of the computer lab. Please make comments regarding the exhibit on the available sheet.

"The sight of low-lying clouds in the distance; the first drop of water that hits your cheek; the steady sound of a heavy downpour—rain can be welcomed or considered menacing depending on the context. For instance, a soft rainfall can be cheerfully embraced when we're well equipped with a rain jacket, boots and umbrella, but it's an entirely different situation when we're caught unprepared in the midst of a storm. Regardless of our attitude toward rain, there's no denying its fundamental significance. It's vital to our ecosystem and way of life. Without rain our vegetation dies; too much can be equally devastating. The ebb and flow of rain operates as a cyclical dance between scarcity at one extreme and overabundance at the other. When the cycle is in balance, we prosper, when it isn't, we suffer.

The works selected for this exhibition all illustrate moments within this perpetual cycle—from heat waves, drought and forest fires to rainstorms and floods. The exhibition features 17 works of art from the collection of the Alberta Foundation for the Arts by 16 artists, including Rick Bennett, Robert Burcher, Janet Cardiff, Diane Colwell, Velma Foster, Frank Haddock, Jonathan Luckhurst, Lelde Muehlenbachs, Dee Parsons De Wit, Jacques Rioux, Mitchel Smith, Matthew Spidell, Takao Tanabe, George Webber, Bruce Weinhandl and Judith Zinkan."

—Shannon Bingeman, Curator/Manager TREX Southwest

Rain Dance is a touring exhibition developed by the Alberta Society of Artists for the Alberta Foundation for the Arts (AFA) Travelling Exhibition Program (Trex). The program is financially supported by the AFA with a mandate to ensure every Albertan is provided with an opportunity to enjoy fully developed exhibitions in schools, libraries, health care centres, and smaller rural institutions and galleries throughout the province.

FOR MORE INFORMATION, PLEASE CONTACT:

SHANNON BINGEMAN • MANAGER/CURATOR
 TREX SOUTHWEST @ the ALBERTA SOCIETY OF ARTISTS
 SUITE 305, 1235 26 AVENUE SE, CALGARY AB T2G 1R7
 Email: trex@albertasocietyofartists.com • Phone: 403.262.4669

Government of Alberta ■





RAP INFORMATION NIGHT

**TUESDAY NOVEMBER 14, 2017 7:00PM - 9:00PM
CATHOLIC CENTRAL HIGH SCHOOL (EAST CAMPUS)**

PARENTS AND STUDENTS JOIN US!!

The Registered Apprenticeship Program (RAP) provides you the opportunity to explore career options in Trades while you are in high school. You can start working as an apprentice in one of Alberta's 50 trades. **EARN WHILE YOU LEARN!**

Ironworkers Local 725 in partnership with Career Transitions will again be running the Introduction to Ironworking - Trades and Climate Change Program. Students in the program will get hands on training in rebar, fabrication, hoisting/rigging and safety tickets. Applications are being accepted now. **IS THIS FOR YOU?**

This is your chance to hear from RAP ambassadors and learn how to sign up for this rewarding program. **GET ALL THE INFO!**

STUDENT BENEFITS

- ⇒ Earn up to 40 high school credits
- ⇒ Worked hours are used towards your apprenticeship training
- ⇒ Gain valuable work experience and employability skills
- ⇒ Earn a wage
- ⇒ \$1000 RAP Scholarship available



Visit www.tradesecrets.alberta.ca to learn about the following trades and more!

- Automotive Service Technician
- Carpenter
- Heavy Equipment Technician
- Painter/ Decorator
- Sheet Metal Worker
- Power Linesman
- Hairstylist
- Cook
- Welder
- Plumber

Please contact your school career practitioner for more information about this event

Discover Entrepreneurship

For students in
Grades 10-12



Do you want to
be your own boss?

Do you have a
knack for technology?

Do you
have a creative mind?

IF SO, TALK TO YOUR TEACHER TODAY!

Thursday, November 23
9:30 – 2:30
Lunch Included!

*****Limited Seating*****

Registration Due **NOVEMBER 7**

[CLICK HERE TO APPLY](#)

Questions? Contact Career Transitions
(403)328-3996

chinook regional foundation for
career
TRANSITIONS
CareerSteps.ca

tecconnecto
orinsa.ca
Regional Innovation
Network of Southern Alberta

Healthy Teens

November 2017 Parent Newsletter

Surviving the Cut: Staying Active When your Teen Doesn't Make the School Team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants. You could consider sports development camps in order to further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how



playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.

Articles

Surviving the Cut: Staying Active When your Teen Doesn't Make the School Team

Understanding Consent

Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



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

Healthy Teens

November 2017 Parent Newsletter

Understanding Consent

As a parent, you may have heard the word 'consent' but might not know what it means or what it includes. Simply put, consent is permission for something to happen or an agreement to do something. When talking with teens, the conversation about consent needs to include sexual activities.

Sexual consent means both partners agree to the sexual activity and understand what they're agreeing to. Sexual activity includes kissing, sexual touching and sexual intercourse (oral, anal and vaginal). Consent is the foundation of healthy sexual relationships, and must be given for every sexual activity, every time.

Consent is freely given, affirmative and enthusiastic. Agreeing to do something is consent only if it's voluntary. If a person feels forced or bullied, or there's something to lose by saying "no" (e.g. safety or a relationship), it's not consent.



Consent is ongoing. One person asks permission for an activity and another person gives it. This conversation continues as the activity continues or changes. The person who starts the sexual contact or who wants to move to the next level of intimacy is the one who must ask for and clearly get consent before continuing with the sexual contact. Sexual activity (even kissing) without consent is sexual assault.

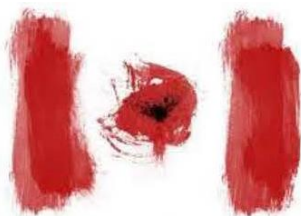
It's important to talk to your teen about consent. Here are some tips for talking about sexual consent:

- Discuss family values about sexuality.
- Talk about personal boundaries. Ask your teen to think about situations where they might have to be clear about personal boundaries.
- Talk about sexual consent, coercion, pressure, harassment, manipulation and sexual assault. Tell your teen they have a voice and you'll listen to them.
- Talk about the legal, social and emotional consequences of committing sexual assault.

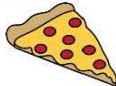
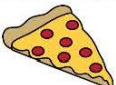




➤ **For more information about consent and sexual assault, please visit Alberta Health Services**
www.teachingsexualhealth.ca

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

November



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 WE Day in Calgary Take Our Kids to Work Day (Grade 9)	2 PIZZA for \$2.50 	3	4
5	6 Learning Clicks Post-Secondary Scholarship Presentation @ 5pm First Basketball Tryouts	7 U of C Open House @ Moxies @ 6pm.	8 Semester 1, Midterm Report Cards Mailed Home WE WEDNESDAY Pulled Pork	9 Remembrance Day Ceremony @ 10:15am PIZZA for \$2.50 	10 No School  REMEMBRANCE DAY	11
12	13 No School: Division-Wide PD Day 	14 RAP Information Night 7-9pm @ CCHS	15 WE WEDNESDAY Taco in a Bag	16 PIZZA for \$2.50 	17	18
19	20	21	22 WE WEDNESDAY Hamburger	23 Discover Entrepreneurship PIZZA for \$2.50 	24	25
26	27 School Council Meeting @ 7pm	28 KA Fine Arts Night @ 6:30 pm	29 WE WEDNESDAY Hot Dog/Chili Dog	30 PIZZA for \$2.50 