

D E C E M B E R , 2 0 1 7

KATE ANDREWS HIGH SCHOOL

CHRISTMAS BREAK

The last day of classes before the Christmas break is December 21st. There will be **NO SCHOOL from December 22nd – January 5th**. Classes will resume on Monday, January 8th. We would like to wish all of our KAHS families a joyous holiday season and a restful break.

CHRISTMAS CONCERT

The Kate Andrews High School Band and Choir will be presenting their annual Christmas Concert on **Tuesday, December 19th at 7:00 p.m.** in the gymnasium. Admission is free, however donations of food items for the Coaldale Foodbank will be accepted.



PRINCIPAL'S MESSAGE

The old saying "time flies when you are having fun" certainly applies to my brief time here at Kate Andrews. It is hard to believe that we are nearing Christmas already. For me, it is time to take stock. I do this personally and professionally. Personally, I ask my self if I am being a good father and husband. Have I done things to help my immediate family and my larger family?

Professionally, I ask myself those same questions. Kate Andrews is my family. Granted we are a large family with all of its inherent strengths and weaknesses, but we are just that. It's a good one and we can all work together to make our family stronger.

Christmas is that time to count our blessings, to help our fellow person and give to the less fortunate. As a school we can help each other and we can help our greater community. Christmas brings out the best in people.

Please accept my sincerest wishes for a safe and happy Christmas!

Thank-you to everyone who came out to support our students at the Fine Arts Night! It was so rewarding to share the student's hard work in Art, Drama, and Music, and to collect donations for the Coaldale Food Bank.

FEED THE PRIDE

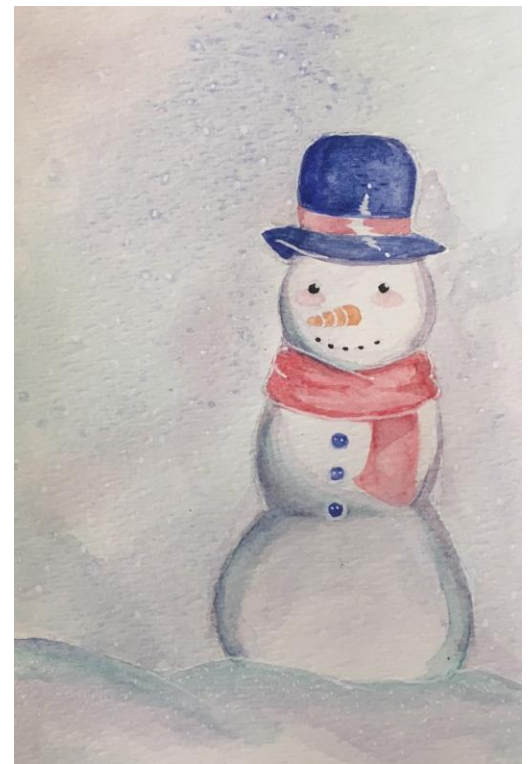
December kicks off our FEED THE PRIDE program, with thanks to the Coaldale Community Wellness Association. The CCWA has provided KAHS with a grant to help make healthy snacks available to students, free of charge. Students can stop by the office or the library to grab a healthy snack.



Darian Schoenne, Art 20



The Artwork in this Newsletter was produced by Art 10, 20 & 30 students. We are so proud that we have such talented and creative students – it was hard to select just a few to showcase in this newsletter.



Taylor O'Brien, Art 20

IMPORTANT CALENDAR CHANGE!

Please note, **January 17th**, which was originally on the KA 2017/2018 School Year Calendar as a “*Study Day*” will now be a **REGULAR SCHOOL DAY**. Regular Classes will take place and this will be the last day of classes for Semester 1.

Semester 2 begins on Thursday, February 1st.

A complete *Exam Schedule* will be posted on our website, emailed to students & parents, and available in hard copy form from the office as soon as it is finalized in the coming weeks.

Band students are now selling **Booster Juice Vouchers** to help fundraise for their band trip to the *Sun Peaks Music Festival* from April 26 – 30, 2018. Booster Juice Vouchers are **\$5.00 each** and are valid for one 710ml (Regular Size) smoothie. \$1.25 from each voucher sold will go towards the band trip.



REPORT CARDS

Report cards were mailed home on Thursday, November 8th. If you have not received your child's report card or have noticed any errors with the address information, please inform the office right away so we can update our records.



Samara Bissonette, Art 10



Ali Taylor, Art 20

15th Annual Sock It To 'Em SOCK DRIVE



Up until **December 15th**, the Caretakers and Maintenance Staff in Lethbridge & area schools are collecting **NEW SOCKS** to be donated to local charities for Christmas. Socks for men, women and children will be gladly accepted and donated to the Coaldale Foodbank to be distributed to families in Coaldale. Donations can be dropped off at the KAHS office in the big sock box!



School/Options Fees Reminder

Base school fees were paid for most students before classes began. Statements for student's options fees were sent home with report cards on November 8th. If you received a statement for your child's options fees, please pay these fees as soon as possible. Please see the description for options fees at the end of this newsletter for further information, or feel free to contact the office if you have any questions.

An advertisement banner with a dark background. On the left, there is a small image of a young child wearing a graduation cap and holding a book. To the right of the child, the text 'Pay for school fees online with' is written in white. Further right, there is a blue button with the text 'SchoolCashOnline' in white.



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!

Basketball has now started and practices are underway! To view the practice and game schedule, please visit the ATHLETICS page on the KAHS website. Come on out and show your PRIDE at the **SV Girls & Boys Christmas Festival Home Basketball Tournament from December 14th – 16th** and the **Grade 9 Cats Classic Basketball Tournament on January 19th & 20th**.



THE BEST GIFT YOU CAN GIVE THIS SEASON.

Your donation gives someone their holidays back.
Book your appointment to Give Life at **Blood.ca**



COALDALE CARES

December 1-31, 2017

Co-Sponsored by: Intercontinental Truck Body,
Kate Andrews High School, Kinsmen Club of Coaldale
& Town of Coaldale

Over 800 appointments in December need to be filled to keep up with patient needs

Lethbridge Centre - 220, 200 4th Avenue S, Lethbridge

Clinic Hours	
Tuesday, Wednesday & Thursday	12:30 – 6:30
Friday & Saturday	10:30 – 2:30

Give Life now by downloading the **GiveBlood App** or visit **Blood.ca**



Anna Baldock, Art 20



Zoltan Bezooyen, Art 10

Coaldale “Makes Holidays Possible” in the 10th Annual COALDALE CARES Blood Drive

The community of Coaldale “Makes Holidays Possible” this holiday season by giving life. This annual campaign is co-sponsored by Intercontinental Truck Body, Kate Andrews High School, Kinsmen Club of Coaldale and the Town of Coaldale who are asking Coaldale residents to help hospital patients by rallying friends and family to book an appointment to donate.

The Holiday season can be a challenging time to recruit blood donors. People become busy with friends, family, or Christmas activities, and donating blood is not always top of mind. But sadly, the need for blood never takes a holiday, and every day, hospital patients are depending on blood donors to help save their lives.

The blood you donate goes to help save the lives of people right here in Southern Alberta. People like Mason Lammers, who on July 15th, 2015 was diagnosed with Acute Myeloid Leukemia. Since that day Mason has received numerous blood transfusions and a bone marrow transplant. He wouldn't be alive today if it weren't for blood donors!

Canadian Blood Services needs over **800** more donors to book appointments at the Lethbridge clinic in December to keep up with patient demand. We are located at #220, 200 4 Ave South in Lethbridge Centre.

Please visit www.blood.ca, or download the app: GiveBlood to book your appointment and give someone their holidays back!





WE CREATE CHANGE is back at Kate Andrews High School for the 2017-2018 School Year.

Our group helps to support
Local and Global Causes!
~Be a part of the change you wish to see in the world. ~ Gandhi

For more information on how you can donate or be a part of We Create Change at KAHS please contact Mike Gibson.



DECEMBER

The "ME to WE" Café presents...

"WE" WEDS \$5.00 LUNCHES!

Weds, Dec. 6th

Pulled Pork, Pop or Water, Bag of Chips

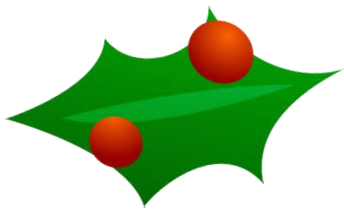
Weds, Dec. 13th

Taco in a Bag, Pop or Water

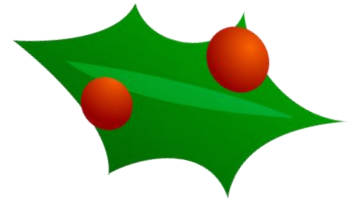
Weds, Dec. 20th

Hamburger, Pop or Water, Bag of Chips





4th Annual “Hampers of Hope”



The Kate Andrew’s **“We Create Change” and “Student Council”** group have joined forces to take on a Local challenge to **“Give Where You Live”** this Christmas. Since it is the season of giving, we have decided to give families a Christmas they would otherwise not have. We have teamed up with the goal of sponsoring **4 families** this Christmas season through the **4th Annual Kate Andrews “Hampers of Hope”**. Therefore, we are asking all of you to donate whatever you can, whether its food, money or gently used clothing, toys, movies and books. We appreciate any and all donations and thank you for supporting the give where you live initiative.

Cut off date for all items to be collected is **Monday, Dec. 18th**

Delivery of the Hampers will take place on Weds. Dec. 20th after school.

(Help will be needed and it took maybe 30 mins with all the helpers last year).

Gr. 9: Jayden, Lexie, Shianne (Gr. 9 student helpers)

Grace Martin’s room for drop off of **Gr. 9 items.**

Gr. 10: Makayla, Elliot (Gr. 10 student helpers)

Kim Alexander’s room for drop off of **Gr. 10 items.**

Gr. 11: Halle, Dallas (Gr. 11 student helpers)

Mike Gibson’s room for drop off of **Gr. 11 items.**

Gr. 12: Alyssa (Gr. 12 student helpers)

Angie Roelofs’ room for drop off of **Gr. 12 items.**

~We Create Change & Students Council~

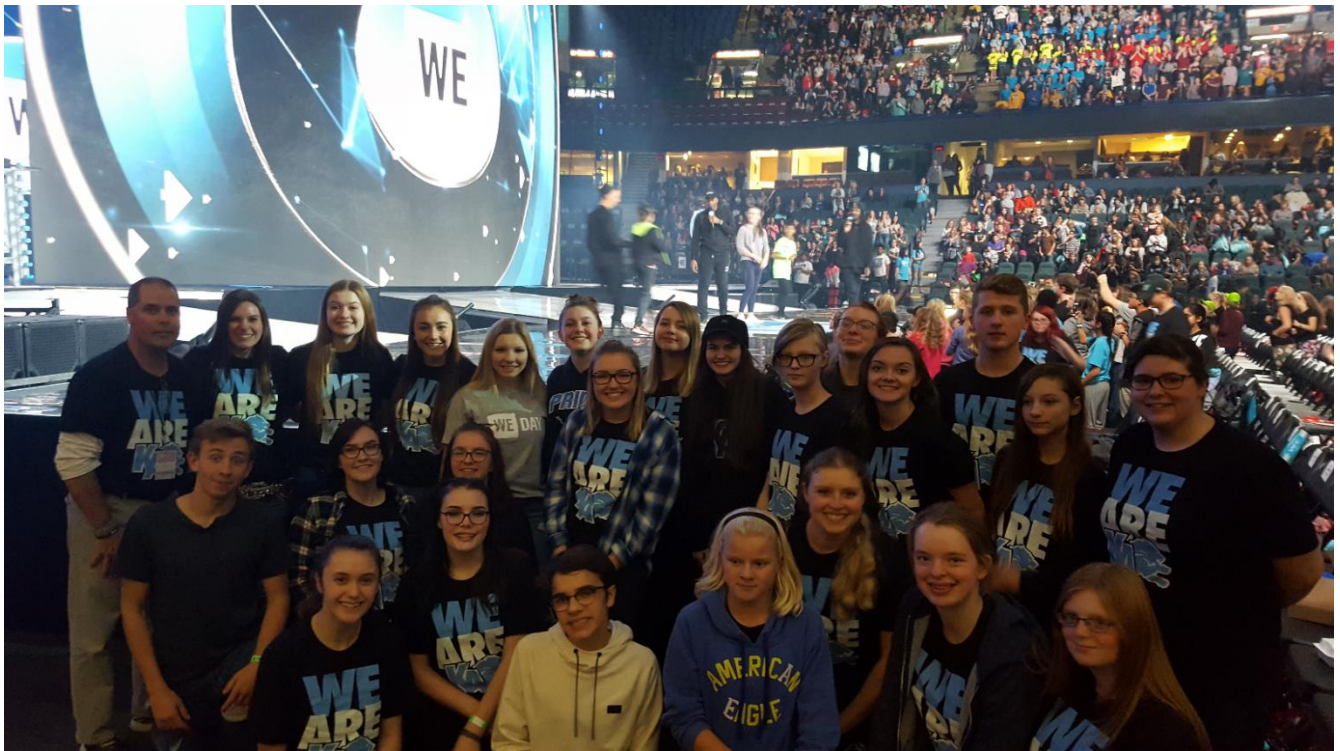
Some items that are good to include in each hamper are: *laundry detergent, dryer sheets, body wash/soap, shampoo & conditioner, dish soap, toilet paper, Kleenex, toothbrushes, tooth paste, deodorant, blankets, gifts, canned soup, canned fruit/vegetables, pasta, pasta sauce, hot chocolate, stuffing mix, tin foil, saran wrap, Christmas candy/nuts, rice, cake mixes, cereal, baking supplies, peanut butter, canned meat, crackers, pancake mix, syrup, any other non-perishable food items or household items.*

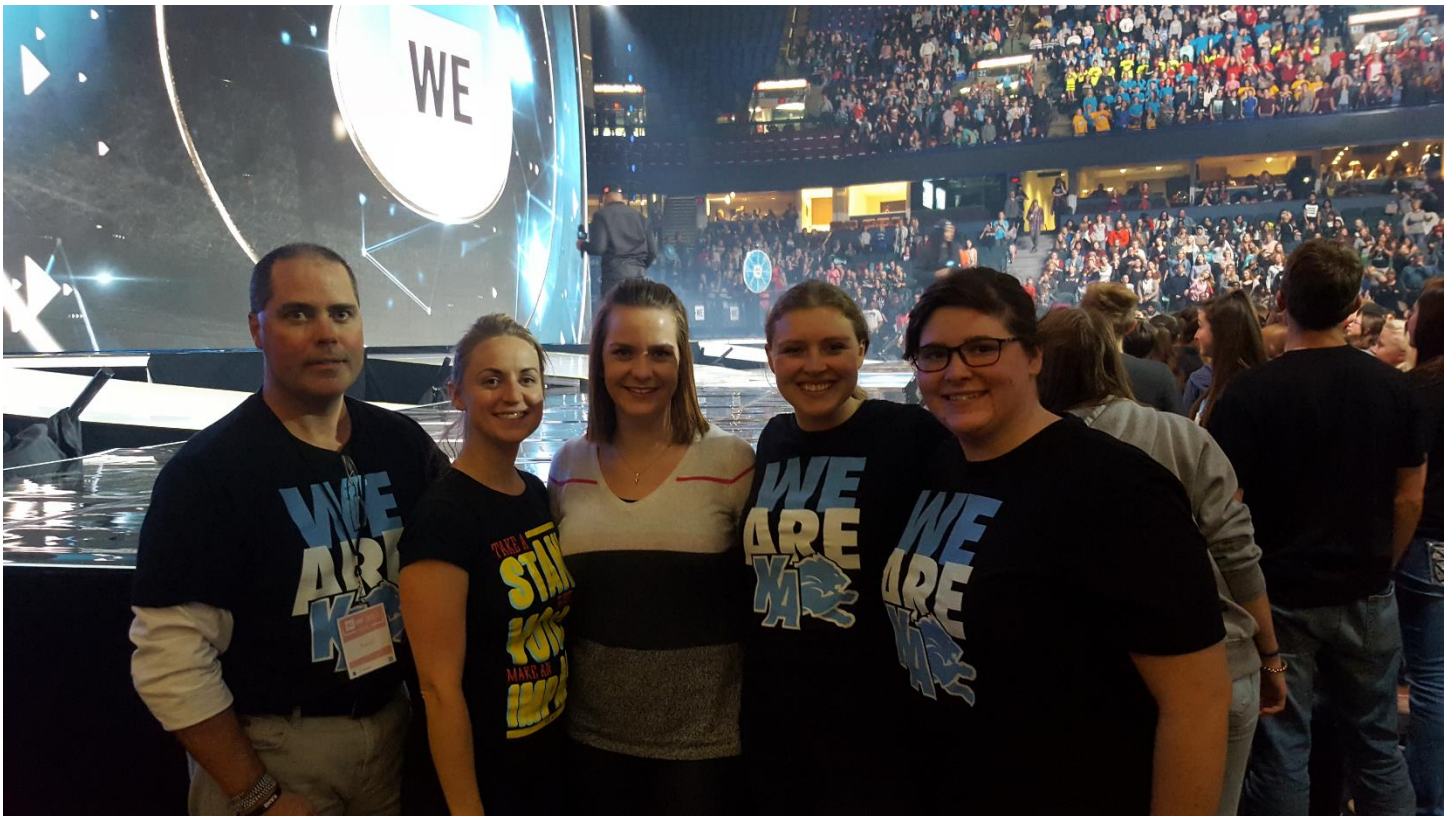
This is not a complete list – but a starting point of items that could be useful.



WE DAY 2017...WHAT A DAY!

“WE DAY” was back in **Calgary** at the Scotia Bank Saddledome on **Wednesday, Nov. 1, 2017** and for the sixth consecutive year **Kate Andrews High School** was blessed to be able to send an incredible 30 very excited students and teachers to this year’s event. Another nice bonus this year was to be able to invite 8 students and teachers from Coalhurst High School to accompany the students from Kate Andrews, to help generate interest in starting their own We Create Change group at their school. Kate Andrews High School is coming off five very successful **“We Create Change”** fundraising campaigns at the school where the students, staff and community have generated over **\$35,000.00** towards local and global causes. An added treat this year was that Kate Andrews High School and teacher Mike Gibson were given shout outs in the live show for being a **Champion “WE” school and “WE” teacher.** Congratulations go out to both! Keep up the great work and keep the momentum going.





From left to right: Mike Gibson (KAHS), Nicole Swen (CHS), PS III Student Jaime Hummel (CHS), Grace Martin (KAHS), Alex Sim (KAHS)

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 the school contact **Mike Gibson** at 403 345-3383.

~As Gandhi always said...

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

**FREE THE
CHILDREN**

**ME
TO
WE**

**WE
DAY**

HOST *an* international student!



Learn new customs and create lifelong friendships

MLI Homestay is seeking enthusiastic and caring
Coaldale/Lethbridge
families to host **Japanese middle and high-school students**
for our upcoming spring program

MALE AND FEMALE STUDENTS

Staying 8 nights from March 16-24, 2018

Students will attend Kate Andrews High School

They look forward to spending evenings and weekend with their host families!

Register online at www.mlihomestay.com/apply-to-host.html

To sign-up, or learn more about this exciting cultural-sharing opportunity, please contact:



Barb McDonald

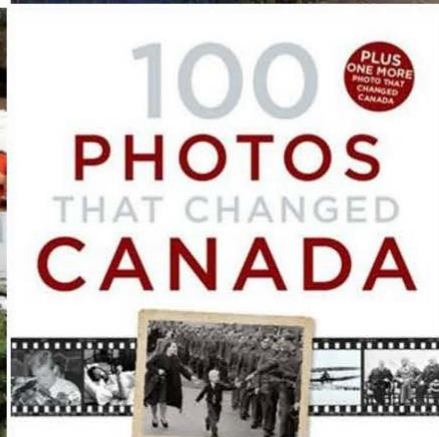
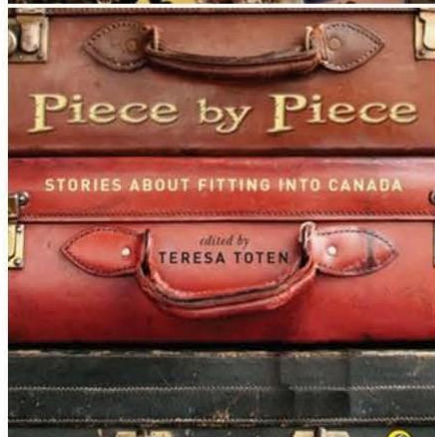
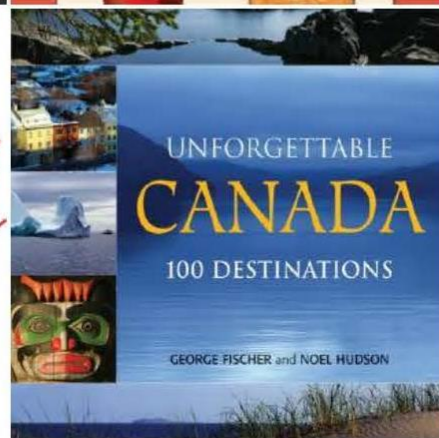
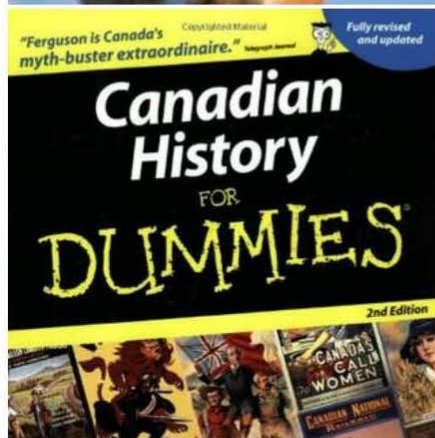
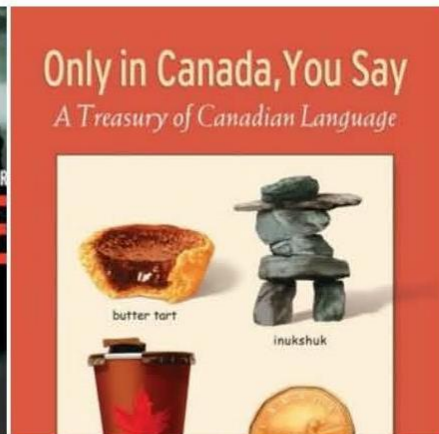
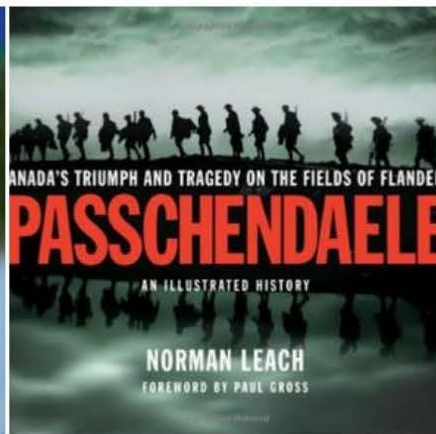
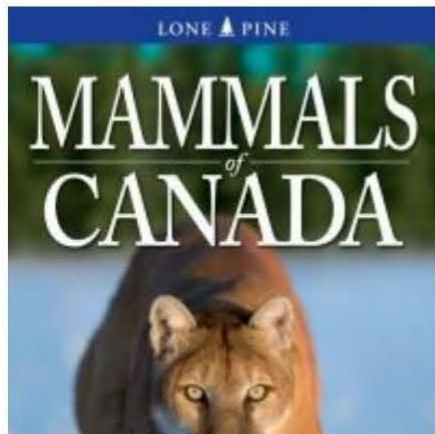
403-328-4111

barb.mcdonald@pallisersd.ab.ca

www.mlihomestay.com



The Pride @ KAHS Reads: **Canada** is Cool at **150!**



What to read next...

The Philosophy Book (Big Ideas Simply Explained)

By Will Buckingham

Skills Discovery Day

For students in Grades 10-12

Tuesday,
December 19, 2017
9:30am-2:30pm
Lunch included

Additional details are available [HERE](#) or on our website (careersteps.ca under Events/Skills).

Check it out!



Limited Spots Available

Requests Due **DECEMBER 4**

[CLICK HERE TO REQUEST A SPOT](#)

Questions? Contact Career Transitions

(403) 328-3996

- ◆ Have you thought about competing in the Regional Skills Completion?
- ◆ Are you interested in what the Skills competition is all about?
- ◆ Discover how participation in the Skills Canada program can be a positive experience and support future career decision making!

chinook regional foundation for
career
TRANSITIONS
CareerSteps.ca


Lethbridge
College

Healthy Teens

December 2017 Parent Newsletter



Hand Washing

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if teens wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

When it comes to hand washing, there are five important steps:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Articles

Hand Washing

Smokeless Doesn't Mean Harmless

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

Smokeless Doesn't Mean Harmless

In Alberta, using spit tobacco or smokeless tobacco is a concern. As a matter of fact, spit tobacco use is higher in Western Canada than in any other part of Canada. In 2012, 40% of all spit tobacco shipments in Canada were sent to Alberta.

Spit tobacco is a mixture of tobacco, nicotine, sweeteners, salt, abrasives and other chemicals. It's highly addictive. As a parent, it's important to know that flavours, such as cherry and grape are added to mask the harsh taste of the tobacco. This creates 'starter products' that are easier for new customers to use. Although spit tobacco was once used mainly by older men, it is now used most often by boys and young men.

Using spit tobacco is not harmless. There are over 3000 chemicals in spit tobacco,



including at least 28 that cause cancer. Because nicotine is so addictive, it can be very hard to quit using. Using spit tobacco can cause hairy tongue, harmless but ugly raised stains on the tongue.

Spit tobacco has been linked to many serious health problems, such as:

- Mouth cancer
- White patches inside the mouth, called leukoplakia,

that may turn into cancer

- Heart disease
- High blood pressure
- Heart attacks



For more information and support visit

www.albertaquits.ca or call 1-866-710-QUIT (7848)

Juniors Curling

Coaldale Granite Club

Every Tuesday 4 – 5 pm

\$60 for the season

Bring shoes, warm sweater and a good attitude

First Time Curlers Welcome!

Call / Email for more information

Megan Graham

Office Manager

W: (403) 345 4742

C: (403) 894 1173

coaldalegraniteclub@gmail.com



December 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
			Donate Blood this month! The Coaldale Cares campaign runs from December 1 st – 31 st , and aims to collect at least 100 blood donations from Coaldale & area residents.			
3	4	5	6	7	8	9
			We Wednesday: Pulled Pork/Pop/Chips, \$5	 \$2.50		
10	11	12	13	14	15	16
			We Wednesday: Pulled Taco in a Bag, \$5	SR Girls and Boys PRIDE Christmas Festival Basketball Tournament		
17	18	19	20	21	22	23
		BAND/CHOIR @ 7pm 	We Wednesday: Burger/Pop/Chips, \$5	Last Day of Classes \$2.50	No School Winter Break 	
24	25	26	27	28	29	30
		Happy Boxing Day! 				

**A VERY MERRY
CHRISTMAS
and Happy New Year!**