

KATE ANDREWS HIGH SCHOOL

JANUARY 2018 NEWSLETTER

WELCOME BACK!

We'd like to welcome all of our students and families back to KAHS after the holiday break. We hope you all had a restful break filled with friends and family. We look forward to getting back to work to prepare for final and diploma exams, as Semester 1 wraps up at the end of this month.

FINAL EXAMS & SEMESTER 2

The **LAST DAY of Semester 1 classes is Wednesday, January 17th**. Final and Diploma Exams will be held in the gymnasium from **January 18th through January 30th** (*with the exception of Part A English and Social Studies Diploma Exams, which will be held on January 11th and 12th*). A detailed Exam Schedule is attached to this newsletter, on our website and printed copies are available from the office.

There is **NO SCHOOL on Wednesday, January 31st**.



Semester 2 begins on Thursday, February 1st. Please note that all school fees from Semester 1 must be paid and textbooks from Semester 1 courses must be returned before students will be allowed to get text books for Semester 2 classes.

BOOSTER JUICE VOUCHERS



Band students are currently raising funds for their upcoming music trip by selling Booster Juice vouchers. Vouchers are sold for **\$5 each** and are good for one regular sized smoothie. Not only do you save money with each voucher, you support a great cause, since \$1.25 from each voucher sold goes directly towards the band trip to the Sun Peaks Music Festival in April.

JANUARY 2018 - TEXTBOOK RETURNS

When: Thursday, January 18th to Tuesday, January 30th

Where: Textbook Room (next to room 110)

Times: 8:30 – 9:00 a.m.

Why: Mrs. Wittebolle hunts you down if you don't return your books AND you don't get any textbooks for the start of the next semester.

*You will receive an email, sent to **your school email account**, before exams start with a list of ALL of the books you have signed out. This will have books from both the library and the textbook room.*

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.

Semester 2 Textbook Pick Up

Mrs. Wittebolle will be handing out textbooks on **February 1st and 2nd** in the textbook room. She will call classes down and hand students all of their books at once. All first semester fees must be paid and all textbooks must be returned in order to get 2nd semester textbooks.



The "ME to WE" Café presents...

"WE" WEDS

\$5.00 LUNCHES!

Weds, Jan. 10th

Hot Dog/Chili Dog, Pop or Water & Bag

Weds, Jan. 17th

Taco in a Bag, Pop or Water

Weds, Jan. 24th: NO "WE" WEDS.

Weds, Jan. 31th: NO "WE" WEDS.



Coaldale
Community
Wellness
ASSOCIATION LTD.

In December we were fortunate enough to receive a grant from the Coaldale Community Wellness Association for our *Feed The Pride* program, which aims to provide healthy food to KA students throughout the school day. Healthy snacks such as fruit and vegetables are available to students in the office and in the library.

December proved to be a huge success with this program, and we look forward to building community partnerships in the coming months.



HOMESTAY FAMILIES NEEDED

From January 29th – February 11th Palliser Regional Schools will be receiving a group of high school students from Guangzhou, China for an English Immersion Program. All of these students will be 15 years old, and Kate Andrews High School will be receiving 7 or 8 of these students.

Palliser Central Office is looking for Homestay Families for these students, and will pay \$400.00 per student for homestay accommodations for each student hosted.

If you are interested in hosting a homestay student from China for this period of time, please contact Barb McDonald, International Education Coordinator at Palliser Central Office by phone to 403-328-4111 or email to barb.mcdonald@pallisersd.ab.ca.

**KATE ANDREWS HIGH SCHOOL
FINAL EXAM SCHEDULE, JANUARY 2018**

DIPLOMA EXAM		P.A.T.
TIME	EXAM	LOCATION
Thursday, January 11		
9:00 - 3:00	English 30-1, Part A	Computer Lab
	English 30-2, Part A	Computer Lab
Friday, January 12		
9:00 - 3:00	Social Studies 30-1, Part A	Computer Lab
9:00 - 2:00	Social Studies 30-2, Part A	Computer Lab
Thursday, January 18		
9:00 - 3:00	English 10-1	Gym
	English 10-2	Gym
	Accommodated Students	Computer Lab
9:00 - 12:10	Social Studies 9 PAT	9B - Rm 202 9C - Rm 203
Friday, January 19		
9:00 - 3:00	Math 10C	Gym
	Math 20-1	Gym
9:00 - 12:00	Science 9 PAT	Rm 202
	Accommodated Students	Computer Lab/Library
Monday, January 22		
9:00 - 3:00	Social Studies 20-1	Gym
	Social Studies 20-2	Gym
	Science 10/14	Gym
	Accommodated Students	Computer Lab
9:00 - 12:00	English Language Arts 9 (Mid-term)	9A - Rm 202 9B - Rm 203 9C - Rm 204
Tuesday, January 23		
9:00 - 3:00	English 30-1, Part B	Gym
	English 30-2, Part B	Gym
	English 20-1	Gym
	English 20-2	Gym
	Accommodated Students	Computer Lab
Wednesday, January 24		
9:00 - 2:00	Social Studies 30-1, Part B	Gym
	Social Studies 30-2, Part B	Gym
9:00 - 3:00	Social Studies 10-1	Gym
	Social Studies 10-2	Gym
	Accommodated Students	Computer Lab/Library
9:00-1:00	Math 9 Midterm	9A - Rm 202 9B - Rm 203 9C - Rm 204

**KATE ANDREWS HIGH SCHOOL
FINAL EXAM SCHEDULE, JANUARY 2018**

DIPLOMA EXAM		P.A.T.
Tuesday, January 25		
9:00 - 3:00	Math 30-1	Gym
	Math 30-2	Gym
	Accommodated Students	Fish Bowl/Library
Friday, January 26		
9:00 - 3:00	Biology 30	Gym
	Biology 20	Gym
	Accommodated Students	Computer Lab/Library
Monday, January 29		
9:00 - 3:00	Chemistry 30	Gym
	Chemistry 20	Gym
	Accommodated Students	Computer Lab
Tuesday, January 30		
9:00 - 3:00	Physics 30	Gym
1:00 - 7:00	Science 30	Rm 202
	Accommodated Students	Computer Lab

[KAHS January 2018 Final Exam Schedule](#)

The LAST DAY of Semester 1 classes is Wednesday, January 17th, 2018.

Students who are scheduled to write **English 30-1 or 30-2, Part A DIPLOMA EXAMS on January 11th and Social Studies 30-1 or 30-2, Part A on January 12th** will be excused from all classes on that day. However, they are welcome to attend afternoon classes if they are finished their exams.

ALL students scheduled to write a final exam **MUST** be present at the scheduled time unless prior arrangements have been made with the teacher. A student who misses an exam due to illness **MUST** report the illness to the teacher immediately, **AND** produce written verification from his/her doctor (in the case of a Diploma exam).

Students should be in place for their exams 15 minutes prior to the exam start time. Diploma exam students may **NOT** leave the exam room until 1 hour after the exam start time.

Students arriving one hour after the exam start time, will not be allowed to write the exam.

Grade 9 exams will be written in classrooms. Grade 10-12 exams will be written in the gym.

Accommodated students will write exams in the Computer Lab (if they require the exam to be read to them) or in the Library (if they require an extra quiet space).

Textbook returns will be possible between 8:30 and 9:00 (and 12:00 to 12:30) on each final exam day from January 18 – 30th. Students should deliver **their own textbooks** to the **BOOKROOM** immediately prior to writing the subject exam the text was used for.

For detailed information about DIPLOMA EXAMS including rules and practice guides please visit:
<https://education.alberta.ca/writing-diploma-exams/about-grade-12-diploma-exams/>

This information is also available on-line at kateandrewshighschool.com

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:



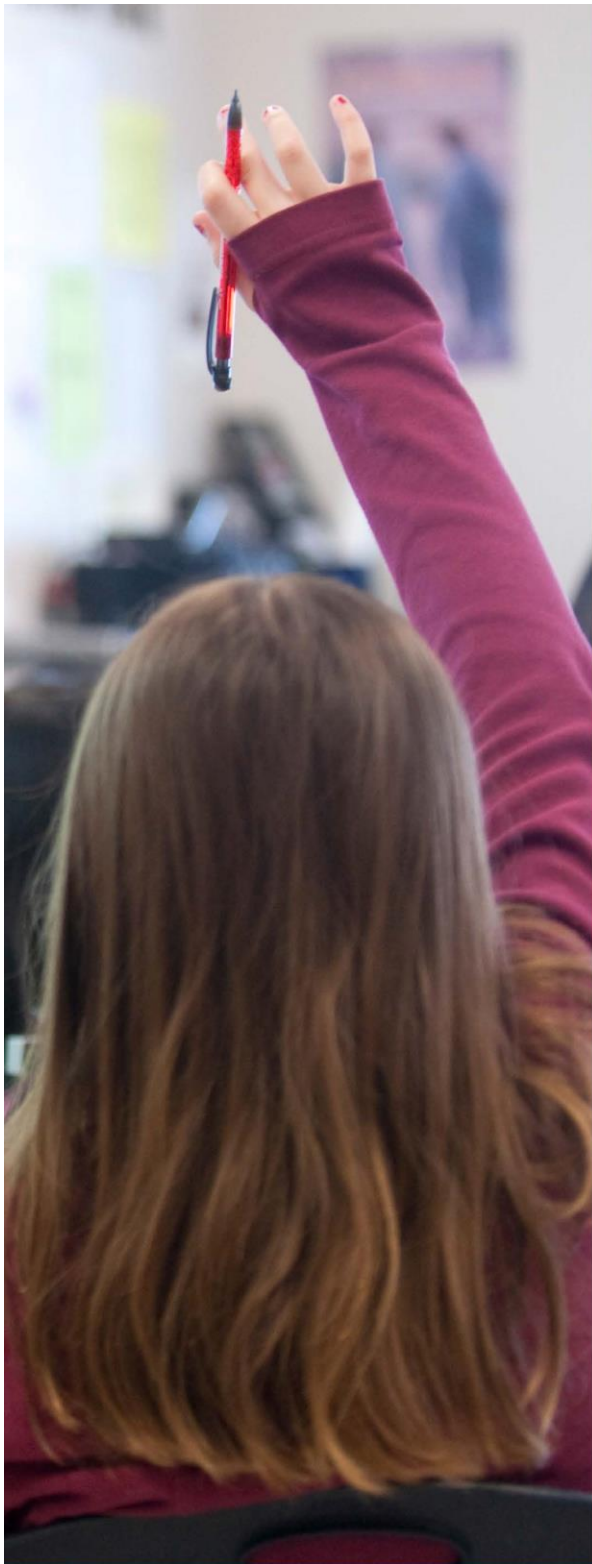
Barb McDonald

403-328-4111

barb.mcdonald@pallisersd.ab.ca

www.mlihomestay.com





Invest in the future.

Alberta Education invites you to play an important role in your child's education.

By completing this survey, you are giving your school, your school authority and your provincial government important information about the quality of education your child is receiving and helping to ensure they are being prepared for success.

When you fill out the attached Accountability Pillar survey, you're adding your voice to the future of education in your school and throughout Alberta. Results are used by schools, school authorities and government to see what's working and what needs to be improved.

We all have a part to play in the important work of educating the next generation of Albertans.

Thank you for your participation.

David Eggen
Minister of Education

If you have any questions, please contact:
Reginia Yan, Alberta Education
E: Reginia.Yan@gov.ab.ca
T: (780) 427-6893
(toll-free access within Alberta by dialing 310-0000 first)

Please return your completed survey in the enclosed, pre-paid envelope by February 23, 2018.

A true picture of our success.

Measuring the quality of your child's education

We want to know that our children are receiving a quality education in a great school. Grades are important, but there's more to it.

A great school and its staff help every child to make the most of their talents and abilities. Great schools are caring, secure and encourage parents to play a key role. It's all about each student's success.

While it's easy to agree on such goals, how do we measure our progress toward them?

The Accountability Pillar is an innovative and straightforward way to measure our learning goals as schools, school authorities and as a provincial government.

Results are provided in a colour-coded and easy-to-read report so everyone in the community can review it. At a glance, it points out successes and areas of concern from both a local and provincial perspective.

The results report shows which measures have improved, remained consistent and which have declined. It allows everyone - parents, teachers, school authorities, students and the province - to celebrate successes and respond to challenges together.

The Accountability Pillar looks at:

- **Survey results** - every year between January and March we survey students, their parents and teachers to see how they perceive the quality of education they receive and take part in
- **Student learning indicators** such as dropout rates, high school completion rates and the number of students eligible to receive Rutherford Scholarships
- **Student results** from Provincial Achievement Tests and Diploma Exams

Details about the Accountability Pillar and how to obtain results are available online at <http://www.education.alberta.ca/accountability>

Healthy Teens

January 2018 Parent Newsletter



Promote Positive Mental Health with Nutrition

Did you know there may be a link between what teens eat and their mental health? Teenagers need nutritious food to grow healthy bodies and healthy brains. Your brain uses natural chemicals called neurotransmitters as signals, affecting how you think, feel and act. The foods teenagers eat can impact the release of neurotransmitters in the brain. To support positive mental health encourage your teen to eat vegetables and fruit every day, and limit processed foods that are high in sugar, salt and fat. Encourage water when they are thirsty and limit drinks

with added sugar and caffeine. There are simple ways you can help your teen eat a healthy diet:

- Encourage your teenager to eat breakfast and lunch every day and not skip meals: eat regularly for all-day energy!
- Eat meals together: this allows you to serve nutritious food, role model healthy eating and enjoy social time as a family.
- At meal times plan a healthy plate by making half of your plate vegetables and fruit.



For more ideas visit

<http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

Articles

Promote Positive Mental Health with Nutrition

The Toothpaste Truth

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



Alberta Health
Services

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

Healthy Teens

January 2018 Parent Newsletter

The Toothpaste Truth

It may be difficult to believe, but toothpaste doesn't actually clean your teeth! It's the motion of the toothbrush that removes the sticky film on our teeth, called 'plaque'. Similar to cleaning peanut butter off a spoon, no matter how much water or soap you use, only a brushing motion will successfully remove that sticky peanut butter. Test it out yourself! Use a dry toothbrush to clean your teeth and then use your tongue to feel your teeth. Were you able to make your teeth feel smooth without using toothpaste?

So why do we use toothpaste? Let's start with the most important reason.

Fluoride

The most essential component added to toothpaste is fluoride. Fluoride strengthens teeth and repairs damage caused by tooth decay acids. Brushing with fluoride toothpaste twice a day is an effective and low cost way to prevent tooth decay.



Freshens breath

Toothpaste contains mint or often some other flavoring. This flavoring makes toothpaste taste good and also helps to freshen your breath.

Addresses Special Needs

Specialty toothpastes contain specific ingredients to address needs like sensitive teeth.

So although toothpaste may not clean your teeth, it is important because it will keep your teeth strong and decay free.



For more information about oral health, visit www.ahs.ca/oralhealth



JANUARY



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	1 HAPPY NEW YEAR	2 No School	3 No School	4 No School	5 No School	6
7	8 Welcome Back!	9	10	11 ENGLISH 30-1 & 30-2 DIPLOMA EXAM: Part A  \$2.50	12 SOCIAL STUDIES 30-1 & 30-2 DIPLOMA EXAM: Part A	13
14	15	16	17 LAST DAY OF SEMESTER 1 CLASSES	18 NO CLASSES: EXAMS	19 NO CLASSES: EXAMS Cats' Classic Grade 9 Basketball Tournament 	20
21	22 NO CLASSES: EXAMS	23 NO CLASSES: EXAMS	24 NO CLASSES: EXAMS	25 NO CLASSES: EXAMS	26 NO CLASSES: EXAMS	27
28	29 NO CLASSES: EXAMS	30 NO CLASSES: EXAMS	31 NO SCHOOL 	FEB 1 FIRST DAY OF SEMESTER 2  \$2.50	FEB 2 SEMESTER 1 FINAL REPORT CARDS Mailed Home 	3

