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# KATE ANDREWS HIGH SCHOOL

## NEWSLETTER

[www.kateandrewshighschool.com](http://www.kateandrewshighschool.com)

# FEBRUARY

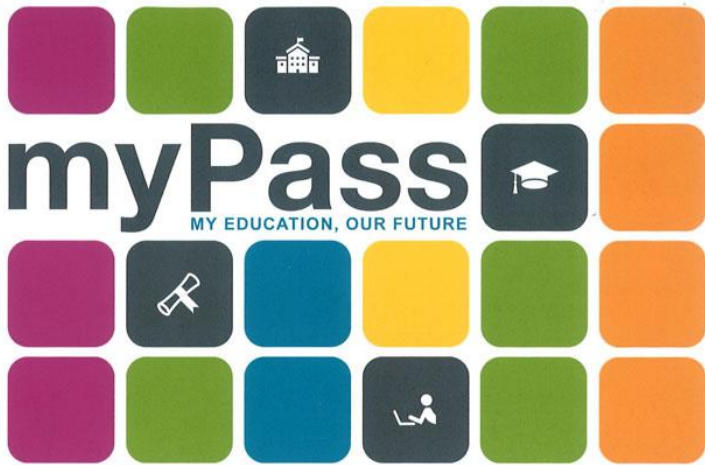


## Semester 1 Report Cards

Semester 1 **REPORT CARDS** were mailed out student's home addresses on Friday, February 2<sup>nd</sup>. If you do not receive your child's report card in the mail soon, please contact the office.

## Diploma Exam Marks

Alberta Education no longer mails out Diploma Exam results. In order to find out your Diploma Exam results you will need to visit [myPass.alberta.ca](http://myPass.alberta.ca).




**myPass**  
MY EDUCATION, OUR FUTURE

myPass is an Alberta Education secure self-service website for high school students to:

- ✓ View and print diploma exam results statements
- ✓ Order transcripts
- ✓ And more

Visit [myPass.alberta.ca](http://myPass.alberta.ca) to request access.



# School Council

The next School Council meeting will be held on **Monday, February 5, 2018** in the KAHS Conference Room at 7:00 p.m.



## SPRING DRAMA PRODUCTION

There will be a meeting in the Drama Room on February 8<sup>th</sup> for anyone interested in Auditioning for the school's annual Spring Production. This will be a brief meeting just to establish how many students are interested in any aspect of the school play. Everyone is welcome to attend.

## Regional Skills Alberta Update

Skills Canada Competitions feature the talents of Alberta's trade and technology students. Regional Skills Canada Competitions (RSCC) connect students to local post-secondary and industry leaders. By taking their skills out of the traditional classroom setting, students gain an appreciation for where their skills can take them and are encouraged to reach for their personal best.

Once again Kate Andrews High School will be sending students to compete in the **Regional Skills Competition** on **April 25, 2018** at the Lethbridge College. Information packages can be picked up from your CTS teacher.

Areas of competition are:

Auto Service

Carpentry

Graphic Design

Photography

Baking

Culinary Arts

Hairstyling Junior

TV/Video Production

Cabinet Making

Fashion Technology

Hairstyling Intermediate

Welding

Other areas of competition to take place in **Edmonton on May 31st and June 1st** are:

Public Speaking

Workplace Safety

Interested students should see their individual CTS teacher for registration. Check out the website at [www.skillsalberta.com](http://www.skillsalberta.com) for more information. GO PRIDE!!!!

## GRAD PORTRAITS

Individual Grad Photos will be taken on **February 26<sup>th</sup>, 27<sup>th</sup>, and 28<sup>th</sup>** in the Drama Room from 8:00 a.m. – 3:30 p.m.

Sessions will be 30 minutes long and the sitting fee is \$40.00 To book your appointment, go to [www.lifetouch.ca/southernalberta](http://www.lifetouch.ca/southernalberta). If you have any questions or concerns, please contact Lifetouch at 403-327-2658.

Every Grad must have a photo taken, even if they do not plan to purchase a package from the Lifetouch so that they can be included in the Yearbook and the 2017 Class Composite. If you do not wish to pay the \$40 sitting fee/do not wish to purchase any grad portraits, please contact the Lifetouch office to set up a quick (5 minute or less) appointment so you can be included.

Further information is available on the Lifetouch website or from the KAHS office.





The "ME to WE" Café presents...

**"WE" WEDS \$5.00 LUNCHES!**

**Weds, Feb. 7<sup>th</sup>:** Pulled Pork, Pop/Water & Bag



**Weds, Feb. 14<sup>th</sup>:** Hamburger, Pop/Water & Chips



**Weds, Feb. 28<sup>th</sup>:** Taco in a Bag, Pop or Water



FREE THE CHILDREN

ME TO WE

WE DAY

Any students, especially Grade 12's who would like to discuss credits and post-secondary plans should see Miss Meurs as soon as possible.

Please email her at [jo-anna.meurs@pallisersd.ab.ca](mailto:jo-anna.meurs@pallisersd.ab.ca) to set up an appointment.

### Course Add/Drop Deadline

The Add/Drop Deadline for students for Semester 2 is **Friday, February 9<sup>th</sup>**. After this date, students will not be able to add or drop courses. (They may withdraw from a course, but not drop one so that it does not appear on their transcript.)

Students should see Miss Meurs to request changes. You can email Miss Meurs at [jo-anna.meurs@pallisersd.ab.ca](mailto:jo-anna.meurs@pallisersd.ab.ca) with details of your change request, or to book an appointment.

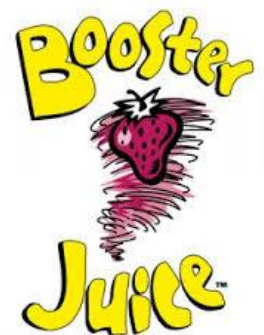
### LETHBRIDGE COLLEGE OPEN HOUSE

Lethbridge College will be hosting an Open House on February 10<sup>th</sup> from 10am to 2pm. Students will be able to apply for programs, on the spot as well be entered in a draw to win \$1500 towards tuition. They can register for the open house at <https://lethbridgecollege.ca/events/open-house-winter-2018>.



### BAND FUNDRAISER

The band students are currently selling **Booster Juice Vouchers**. The vouchers are **\$5 each** and are valid for one 710 ml regular smoothie - a savings of over \$1 as opposed to paying regular price! \$1.25 from each voucher goes towards the band trip in April where band members will travel to Banff to participate in a series of master classes with a guest conductor.





## Volunteering is alive and strong at KA!

~ Doing good makes you feel good! ~



Pictured above are just some of the many students who give of their time at lunch hour to help provide a hot meal every Weds to staff and students, during the school's **WE WEDS!**

## EXPERIENCE FINE ARTS DAY @ the U of L

On Wednesday, February 28<sup>th</sup> the University of Lethbridge hosts its 7<sup>th</sup> Annual Experience the Fine Arts Day from 8:30 am – 3:30 pm. This event provides Kate Andrews High School students the opportunity to experience everything within the Faculty of Fine Arts by participating in customized workshops by professors, instructors and university students. The University offers workshops in art, drama, music and new media.

Grade 10-12 KA students who are currently enrolled in Art, Drama and Music classes are invited to attend this event.

Please contact Mr. Schilling for more details and permission forms.

University of  
Lethbridge







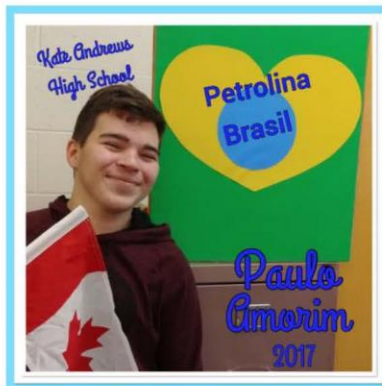
Mr. Gibson's Social Studies 20-1 class with the 7 Brazilian students in the front row.

**Brazilian students say goodbye to Kate Andrews!**

It is with a sad heart that the 7 Brazilian students say goodbye to Kate Andrews's staff and students after spending the entire first semester at our school enrolled in different classes as part of a cultural exchange for the Brazilians. Each of the seven students were billeted out to families in the surrounding area and found Canada to be a place that they could certainly live in. Except for being a little home sick and wishing for a little warmer weather like back home, each of the 7 would have gladly stayed in Canada! Citing job opportunities, safety, and the lack of noticeable poverty in Canada as compared to Brazil, as reasons that would draw them into staying. I had the great pleasure to have all 7 students in my Grade 11 Social Studies 20-1 class and truly appreciated what a leap of faith each made to enter into a new country, culture. Language and school environment. Best of luck in your future endeavors...we'll miss you all!



~Mike Gibson~





**2017-2018 SCHOOL YEAR CALENDAR - Kate Andrews  
KAHS SOUTH PALLISER REGIONAL SCHOOLS**

	1	2	3	4					1	2	3	4	5	6
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27
28	29	30	31		25	26	27	28	29	30	31			

**Nov-17**

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

**Dec-17**

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

**Jan-18**

1	2	3	4	5
8	9	10	11 (D)	12 (D)
15	16	17	18	19
22	23 (D)	24 (D)	25 (D)	26 (D)
29 (D)	30 (D)	31		

**Feb-18**

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

**Mar-18**

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**Apr-18**

2	3	4	5	6
9 (D)	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

**May-18**

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

**Jun-18**

				1
4	5	6	7	8
11	12	13 (D)	14 (D)	15
18	19	20 (D)	21	22 (D)
25 (D)	26 (D)	27 (D)	28 (D)	29

**Jul-18**

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

**NON-INSTRUCTIONAL DAYS**

Division-Wide PD Days	Staff Planning/Collaboration	Prof. Development (ATA)
Opening Ceremony	Aug 28, 2017, June 28 & 29, 2018	Teachers' Convention -
10-Oct-17	Site PD Days	February 22 & 23, 2018
13-Nov-17	29-Aug-17	Parent-Teacher Days Off in Lieu
12-Mar-18	Aug 30, 2017 (DIP/PAT) Alt: Sept 1, 2017	20-Feb-18
14-May-18	May 22, 2018 (AP- survey results/school goals)	21-Feb-18

School year begins: August 28, 2017	XX	No Staff/Students
First day for students: September 5, 2017		Non-Instructional/Prof. Dev. Days (No Students)
Last day for students: June 27, 2018		Parent-Teacher Interview Lieu Days (No Students)
		Summer Break

SCHOOL YEAR	INSTRUCTIONAL DAYS	Diploma Exams (D)	Nov.	Jan.	Apr.	June
182 Instructional Days	91 Semester 1	English LA 30-1 & 30-2A	1	11	9	13
16 Non-instructional Days	91 Semester 2	English LA 30-1 & 30-2B	3	23	11	20
198 Total Operational Days	182 Total Instructional Days	Social Studies 30-1 & 30-2A	2	12	10	14
<b>Achievement Tests (A)</b>		Social Studies 30-1 & 30-2B	6	24	12	22
<b>Gr. 6</b>		Math 30-1 Math 30-2	7	25	13	25
January 2018 (written response)	January 17-23, 2018	Physics 30	8	30	16	28
January 2018 (multiple choice)	January 24-31, 2018	Chemistry 30	7	29	13	26
June 2018 (written response)	May 7-11, 2018	Biology 30	8	26	16	27
June 2018 (multiple choice)	June 11-28, 2018	Science 30		30	17	28

Please note: Diploma Exam schedules are as of December 5, 2016 General Information Bulletin published by Alberta Education.

Day 1	Day 2	Day 3	Day 4	EXAMS	SUMMER	REVISED JAN 29, 2018
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# Healthy Teens

February 2018 Parent Newsletter



## Articles

Activity Trackers – Are they Useful?

Healthy Sleep: Is it Time for a Wake-up Call?

## Activity Trackers: Are they Useful?

There has been a rise in the popularity of physical activity trackers. Currently, 38% of Albertans own a physical activity tracker. These wearable devices let users track their steps, heart rate, calories burned, and even sleep patterns every day.

Activity trackers have been shown to motivate individuals, including teenagers, to be more active. However, they should be monitored by parents so you can help interpret results and offer positive feedback. The emphasis should be on having fun and not things like number of calories burned or hitting 10,000 steps every day. Being active during your

teenage years should focus on doing activities you enjoy, engaging with your peers and improving overall mental health.

As parents, you are often finding creative ways to encourage your teenager to be more active. By providing positive physical activity experiences and encouraging structured and unstructured activity, you're on the right path to developing a healthier teen. If using a physical activity tracker gets your teen active and having fun, it is a win-win.

Let's encourage our teens to be active and more importantly, let's be good role models for them.

### 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.





## Healthy Children

February 2018 Parent Newsletter

### Healthy Sleep

#### Is it time for a wake-up call?

Getting a good night's sleep is not always easy for teens, but it is essential for physical and mental health. Regular quality sleep contributes to our well-being by:

- Enhancing thinking, learning and memory
- Improving emotional regulation and resilience
- Improving immune system function

Lack of sleep can leave teens so tired that it's hard to concentrate, make decisions or get things done. Students struggle with verbal creativity, problem solving and generally score lower on IQ tests with reduced sleep; they might also feel sad, anxious, stressed or grumpy.

Everyone is different and some people need more sleep than others. Canadian sleep recommendations are that 5–13-year-olds need 9–11 hours of sleep per night and 14–17-year-olds need 8–10 hours of sleep per night. You know your teen is getting enough sleep when they don't feel tired or drowsy during the day.



Physical activity and sleep are closely related. Small changes to your teen's daily physical activity routine can make a big impact on sleep quality. Regular physical activity helps us fall asleep faster, spend more time in deep sleep and awaken less often during the night.

Here are a few tips to support your teen in getting quality sleep:

- Maintain a regular sleep-and-wake schedule
- Use the bedroom only for sleeping
- Keep the bedroom dark and free of distractions (e.g. TV and devices)
- Avoid large meals and stimulants before bed (e.g. caffeine, screen time)

- Take time to relax before bed (e.g. read, take a bath or listen to calming music)
- Meditation, guided imagery, deep breathing exercises and progressive muscle relaxation (alternately tensing and releasing muscles) can help to counter anxiety and racing thoughts for those who have trouble falling asleep.

Good sleep sets the stage for a good day at school. A refreshed brain helps improve our mood, decision-making and social interactions – all 'must haves' for a healthy student.



# February

# 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 FIRST DAY OF SEMESTER 1  \$2.50	2 REPORT CARDS MAILED HOME	3
4	5	6	7 We Wednesday: Pulled Pork, Pop/Water & Chips	8  \$2.50	9	10
11	12	13	14 We Wednesday: Burger, Pop/Water & Chips 	15  \$2.50	16	17
18	19 	20 	21 	22 	23 	24
25	26	27	28 We Wednesday: Taco in a Bag  Fine Arts Day at U of L			