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KATE ANDREWS HIGH SCHOOL

NEWSLETTER

www.kateandrewshighschool.com

MARCH



NO SCHOOL

There will be **NO SCHOOL** on Monday, March 12th for students, as this is a Professional Development Day for teachers.

PARENT/TEACHER CONFERENCES



Parent/Teacher Interviews will be held on Thursday, March 22nd in the Gymnasium. These will be drop in, casual meetings rather than scheduled time slots, so please stop by during the following times to meet with your child's teachers:



4:00 – 5:00 p.m. and 6:00 – 9:00 p.m

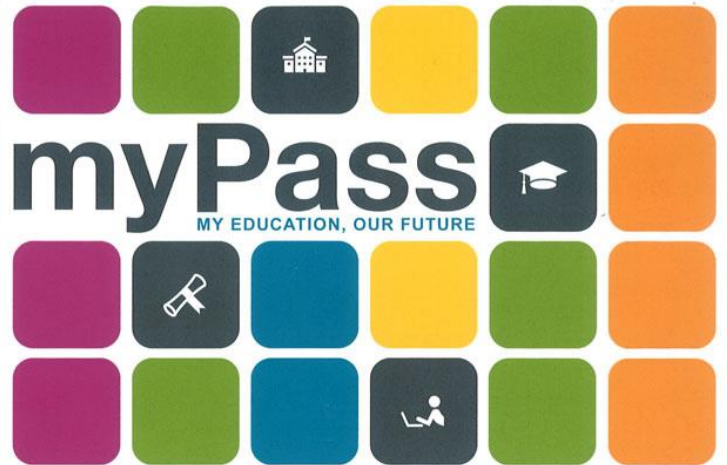
Diploma Exam Marks

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.

We strongly encourage ALL HIGH SCHOOL STUDENTS to register for myPass. You can also use myPass to order transcripts and view credits!

School Council

The next School Council meeting will be held on **Monday, April 16, 2018** in the **KAHS Conference Room at 7:00 p.m.**



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 to request access.

Alberta



COALDALE MUSICAL
ARTS SOCIETY
**DESSERT
CONCERT**

This year's Dessert Concert will be held on Friday, April 13th at 6:30 pm at R.I. Baker Middle School.

Tickets are \$20.00 each and are available through Mr. Godin at KAHS or from Mrs. Conrad at R. I. Baker Middle School.



"Me to We"
Café "**WE**"
WEDS



\$5.00
LUNCHES

Weds. March 7th

Hot Dog/Chili Dog with a Pop or Water & Bag of Chips!



Weds. March 14th

Pulled Pork Bun with a Pop or Water & Bag of Chips!



Weds. March 21st

Hamburger with a Pop/Water & Bag of Chips!



Weds. March 28th

Taco in a Bag with you choice of either a Pop or Water



There are many items, especially clothing in the Lost & Found bins. Please check for items that belong to you, as all unclaimed items will be donated to charity at the end of the school year.

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.



White Nurse

Kate Andrews is hosting this exhibit from

February 28 – April 4, 2018



The exhibition, *White Nurse*, presents a series of 20 artworks that portray Blair Brennan’s battle and rehabilitation from the addiction to prescription pain medication. The name “White Nurse” is a slang term for heroin and morphine. “I have never found this term in common usage, but when I think about it, it feels right,” says Edmonton artist Blair Brennan.

The coloured ink and burned paper artworks feature words and phrases emphasizing key emotions, concepts and realities associated with addiction. The inner world and the inner struggle is clearly, and at the same time vaguely, put to paper. The series’ specific use of burned paper as a mark-making tool is fitting because, unlike a pencil that can be erased from paper, it creates a lasting and permanent impression.

Brennan has been making branding irons since 1987. Brennan’s steel branding irons are in every way similar to the sort of branding iron that would be used on livestock. Regina-based artist and critical art writer Dave Garneau has called Brennan an “Edmonton-based neo-beat poet disguised as a blue-collar industrial artist who brands walls, books, leather and paper with the world’s subtexts.”

Brennan’s sculptures, installations and drawings have been exhibited nationally in numerous group and solo exhibitions. Brennan has contributed articles to a number of printed and digital arts, and cultural publications. His work was recently included in a three-person exhibition in Athens, Greece, the first substantial exhibition of his work internationally.



*The exhibition **White Nurse** was curated by Todd Schaber.*

ART GALLERY
of GRANDE PRAIRIE



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 for more information. GO PRIDE!!!!

The Coaldale Figure Skating Club Present's

"UNDER THE BIG TOP"

Saturday, March 10, 2018, 1:30 PM

Coaldale Arena

Ticket Prices

Immediate Family (2 adults /2 students).. \$20.00

Adult (18-64yrs).....\$7.00

Senior (65+).....\$5.00

Student (6-17yrs).....\$5.00

Child (5yrs and under).....Free



Tickets available by pre-sale on Tuesday March 6 at the Arena from 4-9pm.
Remaining tickets will be available at the door.





On Thursday, March 8th the following speakers will be at KAHS for a presentation and workshop.



Shelby Dorfman

Motivational Speaker and Leadership Facilitator

Shelby was born and raised in Toronto and always had a passion for people and giving back to the community. This was sparked at a very young age by participating in clothing and toy drives, and volunteering at meal programs for the homeless in Toronto. This passion continued to grow as she did, and when she was 15 she decided to live her dream of changing lives on a ME to WE trip to India. There she spent three weeks building a school, planting in the garden and interacting with all the members of the community. It was during this experience that she realized her passion for social change was something she

wanted to pursue in her future.

Following her teenage interactions with WE, Shelby went off to Dalhousie University in Halifax to study Sociology to further her knowledge of people and cultures. Shelby graduated in May 2016 and rejoined the WE movement as a speaker and leadership facilitator, so that she could help empower youth to make an impact and change the world for the better.

During her down time, Shelby can be found living in Toronto and spending time hanging out with her friends and family. She loves going to see movies, baking delicious goods, snowboarding in the winter, and travelling.



Frankie Garnons Williams

Motivational Speaker and Leadership Facilitator

Frankie was born and grew up in London, United Kingdom and only just moved to Canada in the New Year. She is very passionate about social justice and social change on a local and global level and is very interested in seeing how local issues that she has seen and experienced in the UK translate here in Canada. Frankie is no stranger to giving back to her community and social action, whether it is volunteering at her local foodbank and youth group, or participating in social action linked to LGBTQ rights, migrant rights, and gender equality.

Frankie studied International Politics at University, delving deeper into the reasons why so many local and global issues exist. After graduating in 2014, Frankie has been a part of a number of community organisations and joined the WE movement in 2016 as a speaker and facilitator, travelling the length of the United Kingdom and helping empower British youth to shape their world.

When she's not on the road working with youth across Canada, Frankie lives in Toronto. She enjoys reading, binging Netflix and spending time with her friends.

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 to set up an appointment.



If you're between the ages of 16 and 24, passionate about your community and interested in learning more about the impact that federal political decisions have on our constituency, the Lethbridge Youth Advisory Board could be for you!

Eight youth from the Lethbridge riding will be selected to become members of this year's Youth Advisory Board, which will run from April to June and September to March.

The board will meet once a month on a Saturday morning from 10am-12pm, during which time members will have the opportunity to share their perspective and ask questions about federal legislation and key events. The issues and topics put forward for discussion are determined by the youth at the table.

This opportunity is non-partisan and all youth who are passionate about the betterment of their community and curious about the federal political process are encouraged to apply.

Those who successfully complete this year-long initiative will receive a letter of commendation. Students are also encouraged to seek school credit for their participation in the program.

To be considered for this unique opportunity, please complete the following application by 11:59pm on Friday, March 9th.

Visit RachaelHarder.ca to apply.

Healthy Teens

March 2018 Parent Newsletter

Teenagers and Stress

For teens, life can become overwhelming with homework, pressures to get good grades, friendships, relationships, jobs, extracurricular activities and home responsibilities. As a result, teenagers may start feeling stressed without recognizing or knowing how to cope.

Teens may not see how stress can change their behaviour and impact their thinking. As a parent, you can support your teen by helping them recognize the signs of stress. Common signs of unhealthy stress include: irritability, anger, excessive worry, sleeping problems, eating too much or too little and frequent headaches or stomachaches (when they have been seen by a physician and have been told they are healthy).

Noticing changes in your teen and identifying these changes is an important step to opening up conversations about stress [e.g. *You are quick to get angry lately. (Provide a specific example: Last week you fought with your sister a lot and this week you've been on edge with everyone). That is not like you. Has something happened?*]. This shows that you care and are there to support them. Ask your teen how they are feeling and listen to what they are



saying to build trust. Ask them about what may be causing them to feel stressed and together identify healthy ways to address it.

As parents, you can help your teen reduce stress. Encourage them to take time for themselves. Being physically active, listening to music, getting enough sleep, spending time with friends are all examples of ways to reduce stress. Remind them they can make choices and determine how to respond to stress in their lives and that you are there to talk and provide support. Model healthy coping strategies such as problem solving, eating well and getting support when you need it.

Articles

Teenagers and Stress

Energy Drinks and Youth

People who are immunized don't just protect themselves; they also protect those who cannot be immunized. This is sometimes called herd immunity. By immunizing yourselves and your children, you help make the community healthier. For more information visit <http://immunizealberta.ca/should-i-immunize-my-child/all-about-immunity>



Healthy Teens

March 2018 Parent Newsletter

Energy Drinks and Youth

Is your teen asking about drinking energy drinks? If so, here are some important things to discuss.

Energy drinks have caffeine in them. Youth who consume too much caffeine may experience:

- Problems sleeping
- Nausea
- Headaches
- Shaky/nervousness
- Anxiety
- Faster heart rate



Health Canada suggests a daily caffeine limit of 2.5mg/kg body weight for youth 13 years and older. For a teen with a weight of 63.5kg (140lbs), this should be a daily limit of 160mg of caffeine. The table below lists the caffeine content of energy drinks compared to other common caffeine containing drinks.

Energy drinks can contain an average of 14 teaspoons

(56 grams) of sugar per 473ml can. They may also have high amounts of herbs, vitamins, minerals and amino acids added to these drinks. Due to the high levels of caffeine and the lack of information on how the other ingredients affect youth, energy drinks are not recommended for children or teens.

Energy drinks should not be confused with sports drinks.

Consuming energy drinks before or during physical activity is not recommended because it can lead to dehydration, vomiting, increased heart rate and muscle cramps. During physical activity, it is best to choose water first.


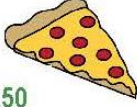
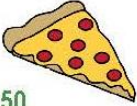
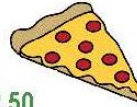


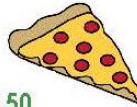
➤ For more information on healthy drink choices for visit healthyeatingstartshere.ca, click on "Healthy Drinks, Healthy Kids".

➤ For more information caffeine and energy drinks, visit Health Canada <http://www.hc-sc.gc.ca/>, and search 'energy drink'

Caffeine Content of Common Drinks

Drink	Drink Size	Average Caffeine (mg)
Coffee, brewed	8 oz (250ml)	100–150mg
Energy Drink	1 can (473ml)	80–180mg
Iced Coffee	8 oz (250ml)	55–80mg
Tea, brewed	8 oz (250ml)	50
Cola	1 can (355ml)	30

March 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1  \$2.50	2	3
4	5 Travel Club Student Meeting @ Lunch in Room 205 <i>Re: Spring, 2019 Trip to Berlin, Prague, Krakow & Budapest</i> EVERYONE WELCOME	6	7 \$5 We Weds Lunch <i>Hot Dog/Chili Dog</i>	8 Basketball Zones @ Lethbridge College  \$2.50	9 Basketball Zones @ Lethbridge College	10 Basketball Zones @ Lethbridge College
11	12 NO SCHOOL Division-Wide PD Day	13	14 \$5 We Weds Lunch <i>Pulled Pork</i>	15  \$2.50	16 GRAD MEETING @ 9:40 for ALL GRADS	17 
18	19 International Students from Japan @ KAHS	20 International Students from Japan @ KAHS	21 International Students from Japan @KAHS \$5 We Weds Lunch <i>Hamburger</i>	22 International Students from Japan @ KAHS PARENT - TEACHER CONFERENCES 4-5pm & 6-9pm In the Gym 	23 International Students from Japan @ KAHS	24
25	26	27	28 \$5 We Weds Lunch <i>Taco in a Bag</i>	29  \$2.50	30 NO SCHOOL Easter Break (Good Friday)	31 