

D E C E M B E R , 2 0 1 8

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 6th**. Classes will resume on Monday, January 7th. 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 18th at 7:00 p.m.** in the gymnasium. Admission is free, however donations of food items for the Coaldale Foodbank will be accepted.



We are excited that we can now offer the Power School Parent/Student Portal as a way to view student grades and attendance online, LIVE! This means that you can now see if your student is marked late or absent from class, and even have a notification sent right to your phone the instant that your student is marked absent by the teacher. You now have a live link to your student's current grades as well as seeing if they have any missing assignments.

We sent out Parent and Student Access Codes and instructions with report cards in November. If you did not receive yours or are having any difficulties in setting up your account or linking students to your account, please contact our office so that we can help you out. We can try to walk you through it over the phone, or we also have a lap top set up in the office so that we can see your screen and walk you through the process in person.

We have also included the instructions for creating your account as well as linking additional students to your account (i.e. if you have more than one child in Palliser Regional Schools) on our website in the School News section under ***PowerSchool Parent Portal***.

FEED THE PRIDE

We'd like to express our appreciation to the Coaldale Community Wellness Association for providing us with the Grant Money that was used to start our Feed the Pride Program. We received this grant, to provide healthy snacks to students throughout the school year, from December 1st 2017 to December 1st, 2018.

We are very happy to announce that we have been granted funding, through the provincial government to continue this program for another year!



Cassandra Conan, Art 10



The fantastic 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. This artwork was turned into Christmas cards that are currently on sale in the office. (1 card for \$3 or 4 for \$10). All proceeds will be donated to the Coaldale Foodbank.



Paige Olinek, Art 10

Are you interested in competing in a TRADE at the Regional Skills Alberta competition? The competition will be held on March 30th at Lethbridge College. You can find out more information from Mr. Griffith or Mrs. Roelofs or by going to <https://skillsalberta.com/regional-skills-canada-competition-dates>.

IMPORTANT CALENDAR CHANGE!

The last day of classes for Semester 1 will be Friday, January 18th

Semester 2 begins on Thursday, January 31st

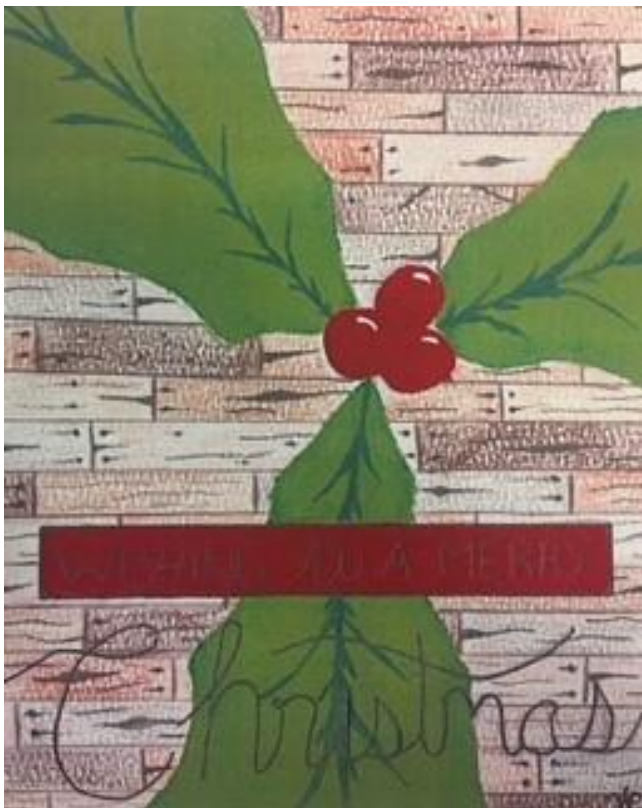
A complete *Exam Schedule* is attached to this newsletter and will be emailed to students & parents in December. It will also be posted to our website and made available in hard copy form from the office in January.

Band students are now selling **Booster Juice Vouchers** to help fundraise for their band trip to the *Cantando Festival* in Edmonton from April 6 – 9, 2019. Booster Juice Vouchers are **\$5.50 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 Friday, November 9th. 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.



Kailee Dueck, Art 10



Javdon Trncik, Art 10

We'd like to encourage everyone to check the **LOST & FOUND** to collect any items that belong to them. There are numerous sweaters, jackets, shirts and water bottles among other smaller items. If you are missing any smaller items of value (i.e. glasses, jewelry, etc.) please check with the office.

Lost & Found



School/Options Fees Reminder

Base school fees were paid for most students before classes began. If you have not paid for your child's options fees, please pay these fees as soon as possible. Students who have outstanding fees (School fees, Option Class Fees, Athletic fees, etc.) from Semester 1 will not receive text books for semester 2 until their fees are cleared up. If you are not paying fees due to financial difficulty, please contact Mr. Grimes to set up a payment plan or discuss options.

Pay for school fees online with [SchoolCashOnline](#)



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 13th – 15th** and the **Grade 9 Cats Classic Basketball Tournament on December 7th and 8th**.



Kate Andrews High School Alumni are proud to bring back the
Kate Andrews Men's Alumni Basketball Tournament.
Friday, December 21 and Saturday, December 22

Full court 5 on 5

Everyone is welcome to come watch!

(No entry fee, however donations to the KA Basketball Program are welcome)

Refereeing by the legend himself, Terry Hanna

Score keeping by Kate Andrews Basketball Players

SPONSORS:

We are looking for sponsorships to cover the costs of shirts and door prizes. Any individuals or businesses interested in doing so are asked to contact kendell.wiens@pallisersd.ab.ca.

Sponsors will receive recognition at the tournament.





arts www.fotosearch.com

arts www.fotosearch.com

[Kate Andrews Fine Arts Night](#) occurred on [Tuesday, November 27](#) in a variety of locations throughout Kate Andrews. The evening was kicked off by Mr. Godin and the Kate Andrews Jazz Band. Next, the Kate Andrews Concert Band performed a couple of pieces that were “a work in progress,” including a demonstration of sight reading of source material that they have not even performed together yet. It was great to see just how hard students work in the band program to sound as amazing as they do. If the night’s performance was an indication of the upcoming Christmas concert, then the community is in for a real treat! We hope to see you there.

Miss Hierath’s Art students drew the crowds allowing parents and students to view various art projects in different stages of completion. The students displayed their fabulous art skills, and several students provided art talks about their work and how they are influenced. The artwork on display in the gallery style art room is breathtaking. Student created Christmas cards were also on sale that night with proceeds going towards the Coaldale Food Bank.

Finally, people were able to enjoy an original production titled *An Irreparable Wrong* by Mr. Schilling’s Drama 10/20/30 class. Students worked hard to create all aspects of the production and the play showcased the many talented students in this class. The play centered on two main issues chosen by the students and explore the dynamics of toxic friendships and the impact they have on our mental health.

A huge thank you to all the staff and students who participated and worked for several weeks to make this year’s Fine Arts Night a huge success! Also, a huge thank you to everyone who came out to see first-hand the wonderful and talented students we have here at Kate Andrews.

Thanks to Mr. Ressler, Mr. Wiens, Mr. Grimes and Mr. Griffith for their MOVEMBER efforts! They were able to raise \$437.50 for men’s health issues through the Movember foundation. Thanks to everyone who donated!





“Me to We” Café “WE” WEDS

\$6.00 LUNCHES!



Weds. Dec. 5th

Hotdog/Chili dog, pop/water & bag of chips

Weds. Dec. 12th

Hamburger, pop/water & bag of chips

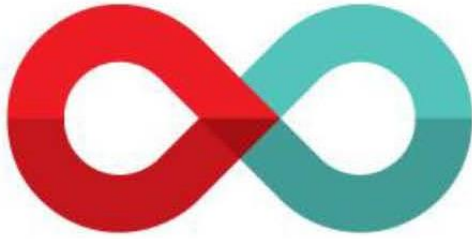
Weds. Dec. 19th

Taco in a bag with pop or water



Brought to you by KAHS's...

WE Create Change



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Intercontinental Truck Body, Kate Andrews High School, Kinsmen Club of Coaldale and the Town of Coaldale are proud to cosponsor the 2018 Coaldale Cares Blood Drive!

To help ensure patients continue to get the blood they need over the holidays,
We are proud to partner with Canadian Blood Services!

In 2018 our goal for the Coaldale Cares campaign is 100 donations from residents of Coaldale and surrounding area.

Over **553** more miracle workers are needed to donate blood in Lethbridge this December!!

How can you help?

- **Join the Kate Andrews group donation on Friday December 14 at 10:45 am. Talk to Jo-Anna Meurs for more information.**
- [FAQ's about donating blood](#)
- Question about travel [Have you travelled?](#)
- [Book an appointment NOW](#)
- Spread the word by recruiting family members and friends to donate on behalf of the Coaldale Cares campaign.

Please contact Carmen Casper to book a group appointment at 1-877-824-3196 or carmen.caspar@blood.ca.

Lethbridge Blood Donor Clinic
200-4th Avenue South, Lethbridge

Tuesday/Wednesday/Thursday	12:30 pm – 6:30 pm
Friday/Saturday	10:30 am – 2:30 pm

KAHS January 2019 Exam Schedule

Monday, Jan 14		
9:00-3:00	English 30-1 Part A	Computer lab
Tuesday, Jan 15		
9:00-3:00	Social Studies 30-1 Part A	Computer lab
	Social Studies 30-2	
Monday, Jan 21		
9:00-3:00	English 10-1	Gym
	English 20-1	
	English 20-2	
	Students requiring a reader	Computer lab
Tuesday, Jan 22		
9:00-3:00	Biology 20	Gym
	Science 10	
9:00-12:00	ELA midterm	9A- 202
		9B- 203
		9C- 204
		9D-205
	Students requiring a reader	Computer lab
Wednesday, Jan 23		
9:00-3:00	Math 30-1	Gym
	Social Studies 10-1	
	Social Studies 10-2	
		Students requiring a reader
Thursday, Jan 24		
9:00-3:00	English 30-1 Part B	Gym
	Social 20-1	
	Social 20-2	
		Students requiring a reader
9:00-1:00	Math 9 midterm	9A- 202
		9B- 203
		9C- 204
		9D- 205
	Students requiring a reader	
Friday, Jan 25		
9:00-2:00	Social Studies 30-1 Part B	Gym
	Social Studies 30-2 Part B	
9:00-3:00	Math 10 C	Computer lab
	Physics 20	
	Students requiring a reader	
Monday, Jan 28		
9:00-3:00	Biology 30	Gym
	Math 20-1	
		Students requiring a reader
Tuesday, Jan 29		
9:00-12:10	Science 9 PAT	9B-202
		9D-203
		Students requiring a reader
Wednesday, Jan 30		
9:00-12:00	Social Studies 9 PAT	9A- 202
		9C-203
9:00-3:00	Physics 30	Gym
1:00-7:00	Science 30	
	Students requiring a reader	Computer lab

SKILLS DISCOVERY DAY

DO YOU LIKE WORKING WITH YOUR HANDS?

DO YOU LIKE A CHALLENGE?

ARE YOU CREATIVE?

DEC 18, 2018

COME AND DISCOVER YOUR SKILLS!

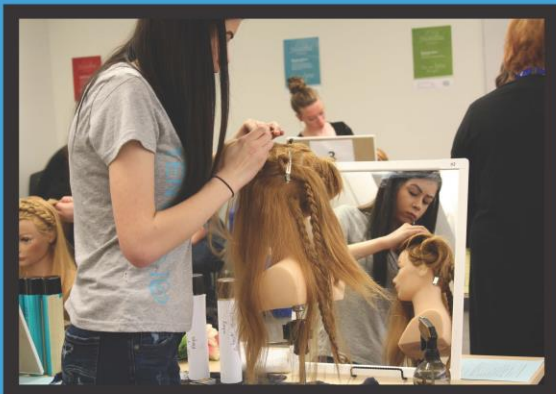
Skills Discovery Day provides a non-competitive and non-threatening introduction to the Skills Canada Competition.

Explore a few skill areas and learn all about what Skills Canada can offer you!

We hope by participating in Skills Discovery Day that you will consider competing in the SW Regional Skills Competition in the spring.

SIGN UP TODAY

Talk to your career practitioner about attending Skills Discovery Day!



TESTIMONIALS

"It opens the student's mind to possibly getting into a trade." - INSTRUCTOR AT SDD 2017

" My favorite part of the day was meeting professionals in multiple fields." - STUDENT AT SDD 2017

12 SKILL AREAS TO BE DISCOVERED

****SPACES LIMITED****
OPEN TO STUDENTS IN GRADES 10-12

WANT MORE INFO?

www.careersteps.ca/skills

 (403) 328-3996



CHECK US OUT ON:



Healthy Teens

December 2018 Parent Newsletter



Let's Talk About Cannabis and Tobacco Use

With the legalization of non-medical cannabis, many parents have questions about what that means for their kids. According to a Canadian survey, Canadian youth have the second highest cannabis use rates worldwide. We know that cannabis impairs brain development of those under 25 and damage can have life-long consequences. Use prior to the age of 25 can impact memory, learning, attention, judgement and decision making, mental health and dependency.

When cannabis and tobacco are used together, there are some things to be aware of, such as:

- Teens and young adults have a higher risk of becoming addicted to nicotine.

- Stopping smoking may be more difficult for people who mix tobacco with cannabis because the combination may make nicotine withdrawal stronger.
- People are at risk of making unsafe decisions such as driving while impaired and other risky behaviours.
- People have more breathing problems than those who only use tobacco because of the increased exposure to harmful chemicals.
- There is an increase in learning and memory problems.



For more information or support with quitting, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Articles

Let's Talk About Cannabis and Tobacco Use

Cyberbullying 101: What it is and what you can do!

With the legalization of cannabis in Canada it is important to talk to your teen early and regularly about it. To learn more about the facts, risks of cannabis use and how to talk to your teen about it, access the *Cannabis Talk Kit: Know How to Talk with Your Teen*

<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>



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

Cyberbullying 101: What it is and what you can do!

By learning what cyberbullying is, how it could affect your teen and what you can do about it, you'll be better prepared to talk with your teen and respond to their questions or concerns.

Cyberbullying is a type of bullying that uses technology (smartphones, computers, tablets, etc.) to intimidate, put down or spread rumors about someone using social media or social networks (e.g., Facebook, Twitter, Snapchat, Instagram, gaming sites, blogs, etc.). Sexting can become cyberbullying when pictures or videos are obtained without consent and are sent to others without permission with the intent to hurt the person and their reputation.

Cyberbullies often feel safe because they're hiding behind their computer or phone and can be more secretive about their behaviours. The only limits to what can be done are based on the bully's imagination and access to technology.

Research suggests cyberbullying may cause damaging effects to teens, such



as low self-esteem, anxiety, missing or skipping school, poor grades, anger, depression, violence against others and suicide. Cyber threats can cause more harm than face-to-face bullying, because there's no escape. It can happen any time, any place.

What you can do about cyberbullying:

- Talk to your teen about their online activities and behaviours.
- Encourage your teen to speak out against bullying of any kind.
- Teach your teen not to post or say anything that they wouldn't want the whole

world – including you – to read.

- Check in with your teen often to make sure everything's okay.
- Watch for changes in your teen's behaviour when using their phone or computer.
- Make sure your teen feels comfortable coming to you with any issue.



To learn more about cyberbullying, please visit Alberta Health Services

www.teachingsexualhealth.ca

December

2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5 We Weds Lunch \$6 HotDog/Chili Dog	6  \$3	7 Cats Classic Grade 9 Basketball Tournament Crazy Sock Day (by Student Council)	8 Cats Classic Grade 9 Basketball Tournament
9	10	11	12 We Weds Lunch \$6 Hamburger	13 KA Basketball Christmas Festival Tournament KA Pride Day! Wear your Pride Gear to School!  \$3	14 Coaldale Cares Campaign, blood donation KA Basketball Christmas Festival Tournament Ugly Sweater Day (by Student Council)	15 KA B-Ball Christmas Festival Tourney
16	17	18 Discovery Skills Day KA Band Christmas Concert 	19 We Weds Lunch \$6 Taco in a Bag	20  \$3	21 Last Day of School before Christmas Break KA Alumni Men's Basketball Tournament PJ's Day (by Student Council)	22 KA Alumni Men's Basketball Tournament
23	24	25 	26	27	28	29

Happy  Holidays!