

KATE ANDREWS HIGH SCHOOL

JANUARY 2019 NEWSLETTER

WELCOME BACK!

We'd like to welcome all of our students and their families back to KAHS after the holiday break. We hope you all had a restful break filled with friends and family. It's been a great but busy week as we have begun 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 Friday, January 18th**. Final and Diploma Exams will be held in the gymnasium from **January 21th through January 30th** (*with the exception of Part A English and Social Studies Diploma Exams, which will be held on January 14th and 15th*). A detailed Exam Schedule is attached to this newsletter, on our website and printed copies are available from the office.

Semester 2 begins on Thursday, January 31st. 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.

JANUARY 2019 - 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 needs your books back so that they can be used again next semester AND you don't get any textbooks for the start of the next semester until they are returned.

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 **January 31st & February 1st** 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.

BOOSTER JUICE VOUCHERS



Band students are currently raising funds for their upcoming music trip by selling Booster Juice vouchers. Vouchers are sold for **\$5.50 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 Cantando Music Festival in Edmonton, April 6 – 9, 2019



Semester 1 FINAL Report Cards

Final Report Cards for Semester 1 will be handed out to students in their ADVISOR Period on February 6th. **They will not be mailed via Canada Post.** Please ask your child for their report card or use the PowerSchool Parent Portal to view your child's grades. If you would like to pick up a hard copy of your child's report card from the office, please let us know so we can have it ready for you.

The Power School Parent Portal has been open since November 15th, and login information specific to you/your child was included in a letter that was in your child's Semester 1 Mid-term report card in November. If you require a second copy of this letter please advise the office. The instructions for setting up your account are included in the letter, on our website (kateandrewshighschool.com), and in this newsletter. If you require further assistance please contact our office.

GRAD PHOTOS

Grad Photos will take place in the KA Drama Room from February 25 through February 28th. These photos are booked directly through Lifetouch on their website at www.lifetouch.ca/southernalberta or by phoning 403-327-2658.

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



County of Lethbridge Community Learning Council



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- French language classes
- Resume, job search and application assistance

Check out our new brochure of classes which can be found at your local library and businesses in your community and you can always view it on our website: communityclasses.ca

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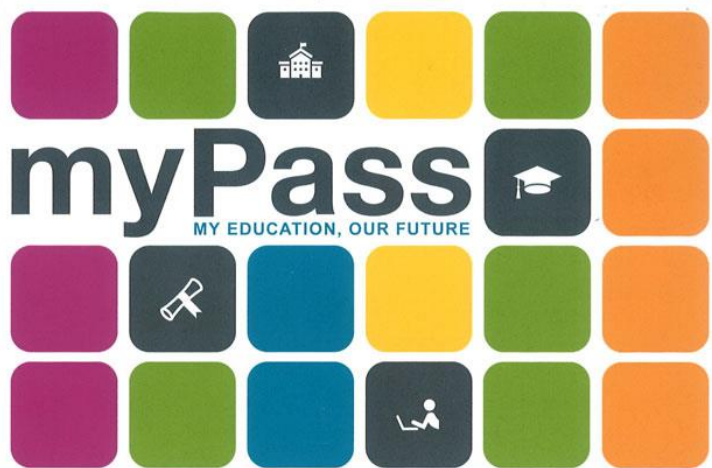
 COMMUNITY ADULT
LEARNING PROGRAM

 Alberta
Advanced Education

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 2019 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.

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.



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

Diploma Exam Marks

To get your Diploma Exam results, you must register with Alberta Education through myPass. This is also how you will request high school transcripts, so it is very **IMPORTANT!** (Transcripts are not obtained from your high school – they are obtained from Alberta Education.) There is a link to myPass on the KA website or you can go to myPass.alberta.ca.

myPass gives you access to your Diploma exam marks weeks before the KA office receives them. It also gives you access to many other important AB Education functions that are not available through high schools. Register as soon as possible!



KA AHLETICS HOCKEY GAME FUNDRAISER

(KA Hockey Academy vs the Coaldale Emergency Services Guns & Hoses)



VS



Wednesday, February 13th @ 6:30pm @ the Coaldale Sportsplex

- Tickets available from the KA Office or the Town of Coaldale office
- 50/50, Puck Toss, Raffle/Silent Auction
- Funds raised will go towards KA Athletics



PowerSchool

Parent Portal

Parents and students now have the ability to electronically access student information such as attendance and grades via an online connection through the PowerSchool Parent/Student Portal. (Grades will be available to view between regular Report Card reporting periods.)

Before you can set up an account, you will need to have your student's **Access ID** and **Access Password**. This is available from the school and is linked to your email address. *The Access ID and Access Password was sent in a letter with Report Cards to each parent on November 9th.* To set up your account, please follow these steps:

Parent Portal link: <https://ps.pallisersd.ab.ca/public/home.html>

1. Open an Internet Browser on your **computer**. (These steps must be completed on a computer, and not a phone or handheld device when you set up your account.)
2. Type <https://ps.pallisersd.ab.ca/public> into the address bar. (We have also placed a link on our webpage.)
3. Click on the **Create Account** tab. Click on the **BLUE Create Account** button.
4. Under the *Parent Account Details* enter the information as requested. Choose a **Username** that you will remember. (It may be a good idea to write this down, as this is the USERNAME that you will use to log into your account.) Choose a **Password** that you will remember, according to the password rules that are outlined. This will be your PASSWORD to log in to your account.
5. *Link Students to Account*. Enter your child's name, and then the **Access ID** and **Access Password** for that student into the appropriate fields. (A letter will be produced for each child, with their individual Access ID and Access Password. If you have more than one child in the school, you may add all of them to your account on this screen.) Choose your **relationship** to the student from the drop-down menu (i.e. mother, father, grandmother, etc.)

PLEASE NOTE: The Access ID and Access Password is used only to set up your account and link you to your student(s). This WILL NOT be your Username and Password. Please choose a username and password that you will remember, and write it down if you need to. We (the KA School Office) does not have access to your password, so we will not be able to tell you what it is, however we can help you to reset it.

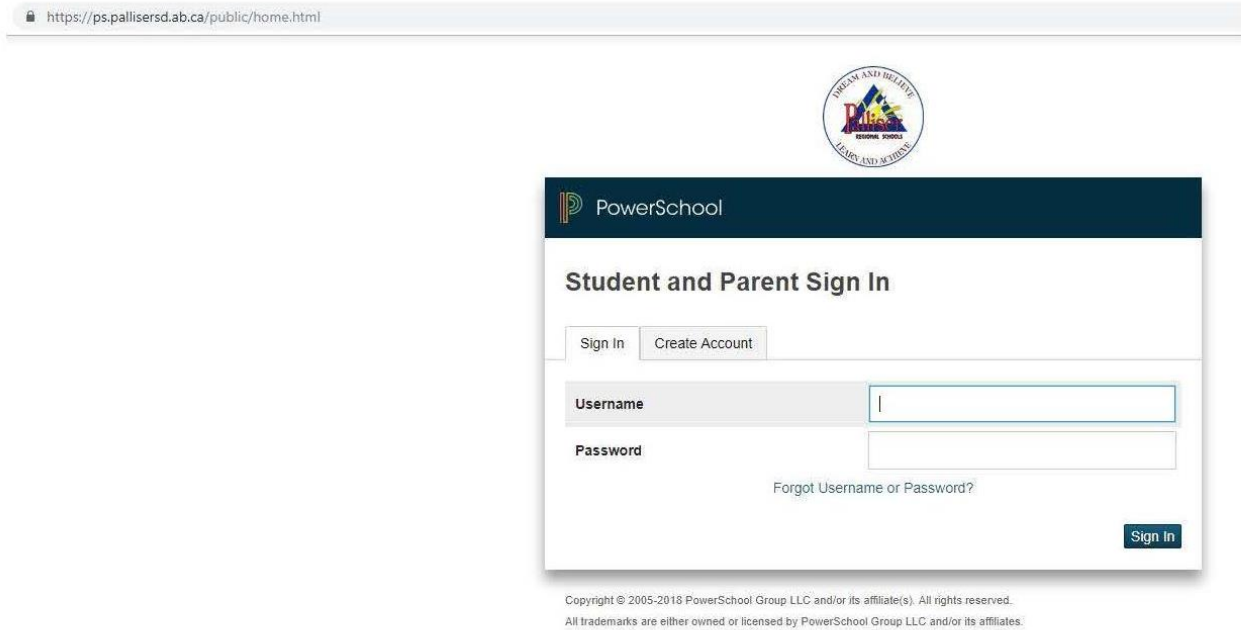
IF YOU HAVE ALREADY SET UP AN ACCOUNT FOR ONE STUDENT (at KA or another Palliser school), AND NEED TO ADD ANOTHER STUDENT TO YOUR ACCOUNT, PLEASE FOLLOW THE INSTRUCTIONS ON THE NEXT TWO PAGES. These instructions are also available on our website.

If you have any questions regarding the use of PowerSchool please contact the school office at 403-345-3383. We have also set up laptop in the KAHS office to assist parents with sign up. If you are experiencing any difficulties signing up your own, please just give us a call or come visit us in the office between 9am - 3:30pm.

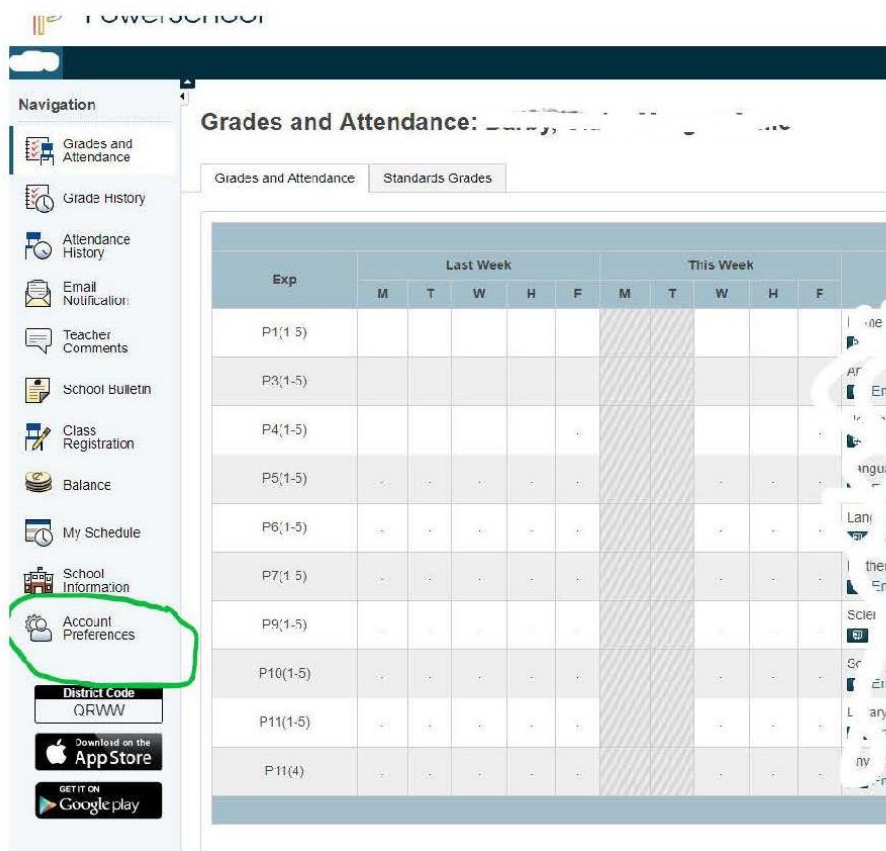
PowerSchool - Parent Portal

To add a student, after you have already created an account for one student:

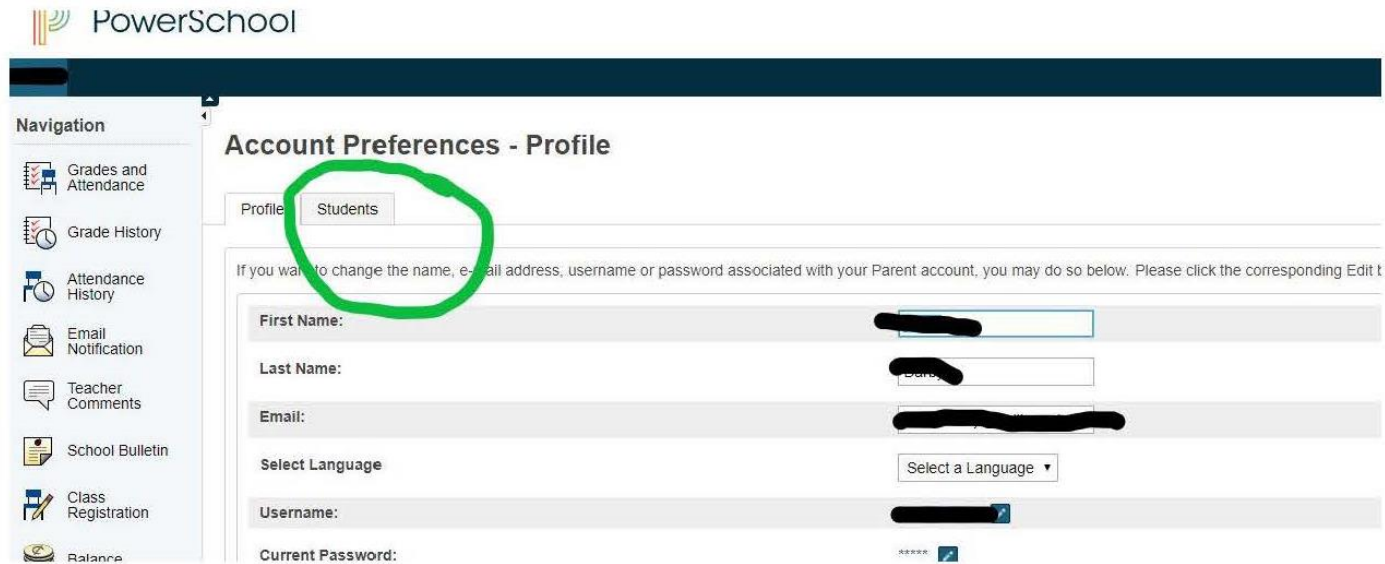
Sign into your **Parent Portal Page**.



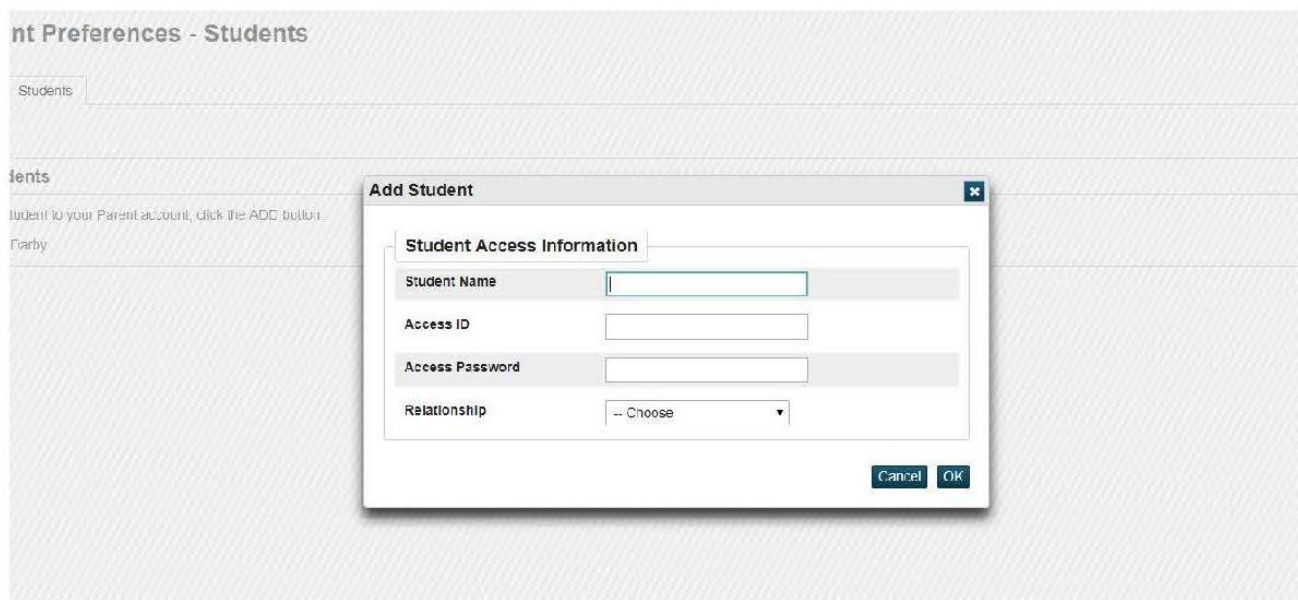
Click on **Account Preferences** in the menu on the left hand side.



Click on the **Students** tab.



The **Add Student** box will open up. You can now enter the student's name, Access ID and Access Password, and your relationship to the student. Click OK.



The student should now appear in your account, and you can toggle between students, by clicking on their names along the top menu bar.

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	Computer lab
Thursday, Jan 24		
9:00-3:00	English 30-1 Part B	Gym
	Social 20-1	
	Social 20-2	
	Students requiring a reader	Computer lab
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	
	Physics 20	
	Students requiring a reader	Computer lab
Monday, Jan 28		
9:00-3:00	Biology 30	Gym
	Math 20-1	
	Students requiring a reader	Computer lab
Tuesday, Jan 29		
9:00-12:10	Science 9 PAT	9B-202
		9D-203
Students requiring a reader		Computer lab
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	

KAHS January 2019 Final Exam RULES

The LAST DAY of Semester 1 classes is Friday, January 18th, 2019.

Students who are scheduled to write **English 30-1, Part A DIPLOMA EXAMS on January 14th** and **Social Studies 30-1 or 30-2, Part A on January 15th** 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 21 – 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

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Healthy Teens

January 2019 Parent Newsletter



Articles

Mirror, Mirror, on the Wall

Relaxation and Your Teen

Mirror, Mirror, on the Wall

Whose health is the fairest of them all?

Looking into your mouth can tell you a lot about your health and well-being. We're familiar with signs of tooth decay and gum disease. But did you know that your mouth can reflect concerns in other parts of your body too? A dentist can spot signs of diseases like diabetes, poor nutrition, and unhealthy habits such as using tobacco and tobacco-like products, and drinking alcohol.

Make regular visits to a dental professional part of caring for your health. Here are a few tips to help your teen keep

their mouth healthy:

- Brush twice a day with a fluoride toothpaste and floss daily.
- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Avoid tobacco and tobacco-like products.
- Choose not to drink or limit the amount of alcohol consumed when of legal drinking age.
- Look in the mirror for any changes in their mouth.

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

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



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

Healthy Teens

January 2019 Parent Newsletter

Relaxation and Your Teen

Relaxation is a great way to reduce your teen's stress levels. When relaxed, the brain produces chemicals called endorphins, which can help make us feel good and promote positive mental health.

PMR – A Powerful Relaxation Tool

Progressive Muscle Relaxation (PMR) is designed to reduce anxiety and stress, as well as physical problems such as stomachaches and headaches. It can even help your teen sleep better. Take time to learn this technique with your teen when you're able to focus and not under stress. When you're good at it, you can use it anytime you feel like it.

The exercise focuses on different muscle groups – first, tightening your muscles and then letting them relax. Follow these step-by-step instructions:

1. Take a breath in.
2. Begin at your feet. Tighten and hold the muscles in your feet and hold your breath for 5-10 seconds. Then relax your muscles and breathe



- out. Take a breath in.
3. Repeat with your legs.
4. Repeat with your hands.
5. Repeat with your stomach.
6. Repeat with your back.
7. Repeat with your neck.
8. Repeat with your face muscles.
9. Finish with tightening your whole body and relax and breathe slowly.
10. Repeat the steps as many times as you need to notice a difference in your muscles as they begin to relax.
11. When you feel your muscles are relaxed, lay still and breathe slowly and evenly for five minutes.

Here are some other tips for adding relaxation into your teen's life – and yours too!

Be active. Get outside for a walk.

Get creative: Draw, dance, make or build something.

Listen to music.

Unplug: Take breaks from texting and talking on social media.

Plug in: Use apps with guided meditations.

Be mindful: It's hard to be anxious when you're focused on the present moment.



Sun.	Mon.	Tue.	wed.	Thu.	Fri.	Sat.
		1 	2	3	4	5
6	7 Staff & Students Return to Classes	8	9	10  \$3 /slice \$5 /2 slices	11	12
13	14 English 30-1 Part A Diploma Exam	15 Social Studies 30-1 & 30-2 Part A Diploma Exam	16 Information Booth ↳ Lunch Break University of Lethbridge 	17  \$3 /slice \$5 /2 slices	18 Last Day of Semester 1 Classes	19
20	21 NO CLASSES Final Exams School Council Meeting ↳ 7pm	22 NO CLASSES Final Exams	23 NO CLASSES Final Exams	24 NO CLASSES Final Exams	25 Final Exams JV Basketball Home Tournament 	26
27	28 NO CLASSES Final Exams	29 NO CLASSES Final Exams	30 NO CLASSES Final Exams	31 First Day of Semester 2 Classes		

