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KATE ANDREWS HIGH SCHOOL

NEWSLETTER

www.kateandrewshighschool.com

MARCH



NO SCHOOL

There will be **NO SCHOOL** on Friday, March 8th or Monday, March 11th for students, as these are Professional Development Days for teachers.

PARENT/TEACHER CONFERENCES



Parent/Teacher Interviews will be held on Thursday, **March 21st** 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:



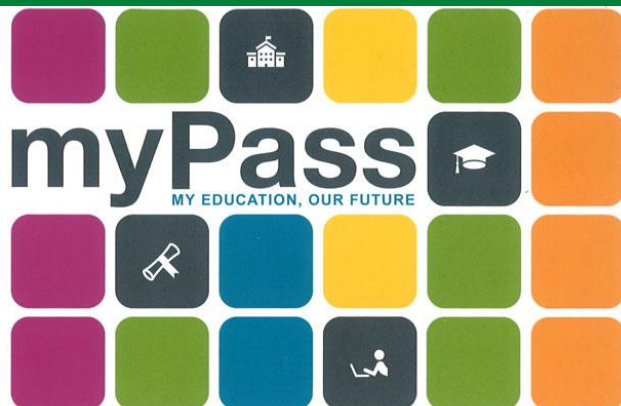
4:00 – 5:00 p.m. and 6:00 – 8:30 p.m

If you are not able to attend Parent/Teacher Conferences or have concerns about your child at any time throughout the school year, please contact their teachers. You do not have to wait for Parent/Teacher Conferences to speak to their teacher.

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!



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



There are many items, especially clothing and water bottles in the Lost & Found bins. Please check for items that belong to you and take them home. Smaller items like jewelry, electronics and glasses are kept locked up in the office. If you are missing something like this, please just come and describe it in the office. All unclaimed items will be donated to charity at the end of the school year.

PowerSchool
Parent Portal

We are really excited that so many parents have signed up for the Power School Parent Portal as a way to view student grades and attendance online, LIVE! Students are also now able to sign into their own Student Portal using their computer lab computer log in.

Using the Parent Portal, 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” WEDS \$6.00 LUNCHES!

Weds. March. 6th
Taco in a Bag, pop/water 

Weds. March. 13th
Hamburger, pop/water & bag of chips 

Weds. March 20th
Hotdog, pop/water & bag of chips 
\$5.00
Or
Chili Dog, pop/water & bag of chips
\$6.00

Weds. March 27th
Pulled Pork Bun, pop/water, bag of chips 

**Brought to you by KAHS's...
WE Create Change!**

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Quick facts

- > Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- > Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.

Set a positive example

If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience.

Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.

Vaping is not intended for youth and non-smokers.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

- > Avoid criticism and encourage an open dialogue.
- > Remember, your goal is to have a meaningful conversation, not to give a lecture.

Get support

- > Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.
- > You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING

Don't expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD'S SCHOOL

- > Confirm that there is no tobacco or vaping product use at school events.
- > Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- > Lobby for tobacco and vaping prevention and cessation training for teachers.
- > Encourage other parents to get involved in school-based tobacco and vaping prevention programs.

For more information, visit: CANADA.CA/VAPING





COALDALE MUSICAL ARTS SOCIETY DESSERT CONCERT



The 13th Annual CMAS Dessert Concert will be held on Friday, March 29, 2019th 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.

The Coaldale Musical Arts Society (CMAS) is a non-profit, parent-run organization that supports the musical arts programs at Kate Andrews High School and R.I Baker Middle School. By supporting these music programs, students have more learning opportunities and experiences, enhancing their musical education. In recent years, CMAS has assisted with the purchase of instruments and interactive teaching tools, as well as subsidized musical retreats and participation in festivals. Our only major fundraiser is the Annual Dessert Concert and Silent Auction. This event gives students a chance to perform in a formal setting, while showcasing their talents to peers, teachers and parents alike.

Anyone interested in donating Silent Auction Prizes, or purchasing tickets should contact Mrs. Conrad or Mr. Godin.



Did you know Kate Andrews now has a fundraising society? The Kate Andrews Pride Society (KAPS) was formed to raise money for the needs of KAHS and its students. We'd love to have more members! At the moment we need someone to take on the role of *treasurer* and people to sign up to be members. If you'd like to help out, contact Sherrie Duda (rsduda@telusplanet.net).

The next KA School Council Meeting will be held on **March 25th** at 7 pm in the KA Conference Room. All parents are welcome to attend.

BAND FUNDRAISER

The band students are currently selling **Booster Juice Vouchers**. The vouchers are **\$5.50 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.



Interested students should see their CTS teacher for registration. Check out the website at www.skillsalberta.com for more information. GO PRIDE!!!!

2019 REGIONAL SKILLS CANADA COMPETITION



South West Regional Skills Canada Competition

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 inspired to develop their skills and reach for their personal best.

March 30, 2019

Event	Location
Automobile Technology*, Baking*, Cabinet Making*, Carpentry*, Culinary Arts*, Fashion Technology, Graphic Design, Hairstyling Junior*, Hairstyling Intermediate*, Photography, Public Speaking, Video Production*, and Welding*	Lethbridge College 3000 College Drive South, Lethbridge AB

*To compete at the Provincial Skills Canada Competition in Automobile Technology, Baking, Cabinet Making, Carpentry, Culinary Arts, Hairstyling — Junior, Hairstyling — Intermediate, Video Production and Welding students must qualify at their RSCC.

In 2019, nine RSCC’s will take place across Alberta. The top performers at the South West RSCC will earn a spot at the 27th Provincial Skills Canada Competition (PSCC), on May 8-9, 2019 at the Edmonton EXPO Centre. Teachers may register their students directly into the PSCC for events that are not hosted at the regional level.

Gold medalists at the PSCC will become part of Team Alberta and will compete at the Skills Canada National Competition in Halifax, NB May 27-30, 2019.



Study Skills

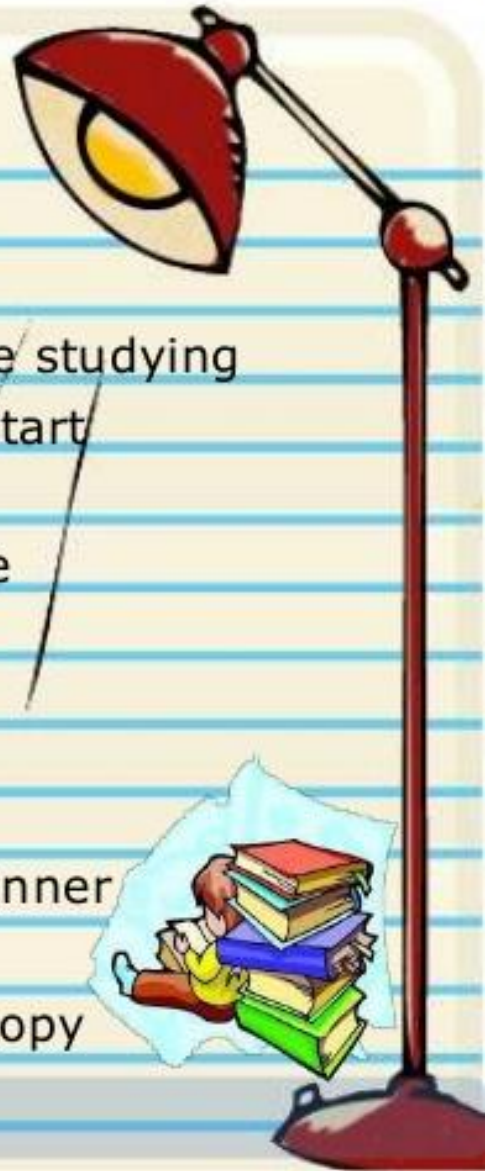
○ At Home

- Ignore or remove distractions while studying
- Take snacks & drink water before start
- Have a set study time everyday
- Do your homework at desk or table

○ At School

- Listen with 100% attention
- Always write your homework in planner
- Ask for help when needed
- Cover your work, don't let others copy

www.sisj.in



YEARBOOKS

Yearbooks are currently on sale through School Cash Online. They cost \$41 each and will be delivered in **October of 2019** (so that Grad can be included). March 30th is the deadline to order a 2018/19 KAHS yearbook, so make sure to order yours soon!

GRAD TASSELS

Grad Tassels are currently available for pre-sale. They can be purchased in the lunch room on Wednesday, March 13th or through School Cash Online for \$7.50. **Only those that are pre-paid will be ordered**, so if you have indicated that you want one, but have not paid for it, please do so right away. We will not be hunting people down for payment – their tassel just won't be ordered if not paid for **before Tuesday, March 12th**.



Pride Mini-Basketball Camp



Friday Afternoons @ Kate Andrews High School

March 29th, April 5th/12th, May 3rd-31st

Grades 2-3 1:00-2:00 Grades 4-5 2:15-3:15



Camp consists of 1/2h of skills and instruction and 1/2h of games.

Instruction by Kate Andrews Coaches and Players.

All participants receive a t-shirt and a size 5 basketball *(unless they have indicated otherwise.)*

Registration deadline is March 25th or until camp is full. Late registrations will not be accepted as spaces are limited.

To register, complete the registration form and return it with cash or cheque to the office of R.I. Baker, Jennie Emery or Kate Andrews High School.

Cheques payable to *Kate Andrews High School*

2019 Pride Mini-Basketball Camp Registration Form

Name: _____

Grade: _____

Emergency Contact: Name: _____

Number: _____

T-shirt size: Youth XS S M L XL

Adult S M L XL



Basketball: _____ Yes my child requires a basketball/would like a new one (\$60)

_____ My child already has a size 5 basketball and will bring it each day(\$52)

** Please note: Spots are limited and registrations will no longer be accepted once camp is full **

Grads, it's time to start applying for post-secondary studies, if you haven't already done so. It is also time to start looking at applying for **scholarships**. 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 or stop by her office to set up an appointment.

Visit the **Career & Ac. Counselling** tab at kateandrewshighschool.com for a list of scholarships, bursaries and post secondary application deadlines.

Students interested in job shadow opportunities should also see Miss Meurs.



The application process for Rachael Harder's Youth Advisory Board is now open! Eight youth from the Lethbridge riding will be selected to become members of this year's Youth Advisory Board, which will run from April 2019 to March 2020. 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.

The 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.

To be considered for this unique opportunity, you must apply by 11:59 on Saturday, March 9th.

For more information and to apply, visit: <http://www.rachaelharder.ca/youthadvisoryboard>

Healthy Teens



March 2019 Parent Newsletter

Articles

Nutrition Math: Are “treats” adding up?

How Much Sleep Do Teens Need?

Nutrition Math: Are “treats” adding up?

Your teenager may have more chances to choose or purchase their own foods as they get older. It can become challenging for parents to influence their teen’s food choices when peer pressure, time, marketing and cost also affect their decisions. Your teen could walk to the corner store for a snack, buy cookies from the cafeteria, grab a pop from the vending machine, or eat a hotdog and some chips while attending a sports game. It can add up!

When teenagers fill up on “treat foods”, they miss out on healthy foods with more nutrition, such as whole grains, healthy fats, and vitamins and minerals. Good nutrition is important for teens, it supports physical and mental growth and development. This is also an important time to help your teen develop healthy eating habits for their future. Talk with your teen about food and nutrition. Let them

know that unhealthy eating habits can impact growth, physical performance and their ability to learn and concentrate in school. As they grow up, they may begin to think of these things on their own and shift towards healthier choices. To help you teen develop healthy eating habits try to:

- Keep cut-up vegetables in the fridge and a fruit bowl on the counter for easy access.
- Have whole grain crackers and cheese on hand for a fibre and protein rich snack.
- Encourage your teen to make a healthy lunch in the evening for the next day. Have them pack healthy snacks if they are buying a cafeteria lunch on other days.

➤ **For healthy food and snack ideas, visit**

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

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.



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

Healthy Teens

March 2019 Parent Newsletter

How Much Sleep Do Teens Need?

According to the *Canadian 24-Hour Movement Guidelines, for Children and Youth*, youth aged 14-17 years should get 8-10 hours of sleep a night. Yet only 15% percent of teens reported sleeping 8 hours on school nights!

Why so many Z's? Teens are growing rapidly and need enough rest to support these changes. Not getting enough sleep will limit your teen's ability to learn, listen and solve problems. It's also linked to obesity, depression and anxiety.

What makes it harder for your teen to get to sleep? Teen's sleep patterns shift toward later times for both sleeping and waking. This is because melatonin (the hormone that makes you feel sleepy) is produced later at night in teens. So it's natural for your teen to feel awake later and sleep in later (e.g., 11pm to 8 am). As well, there are many things that can compete with your teen's time and attention versus the need for sleep (e.g., homework, sports, social media, work, worries and friends).



Here are some tips to help your teen to get a good night sleep:

- Talk to them about why it's important to go to bed and wake up at the same time each day.
- Avoid caffeine (e.g., pop, energy drinks, coffee) after 3pm.
- Keep their bedroom screen-free (e.g., no cell phones, tablets, TVs, computers).

If you are worried that your teen is getting too little or too much sleep, consult with your healthcare provider.

Here are some tips for your sleep:

- Be active. But not within 3 hours of bedtime.
- Avoid alcohol before bedtime. It can wake you up during the night.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid smoking too close to bedtime.
- Avoid difficult conversations before bedtime.

MARCH

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4	5	6 We Weds \$6. Taco in a Bag	7  \$3	8 NO SCHOOL (PD Day for Teachers)	9
10	11 NO SCHOOL (PD Day for Teachers)	12	13 We Weds \$6. Hamburger	14  \$3	15	16
17 	18	19	20 We Weds \$6. Hot Dog/ Chili Dog	21 Parent Teacher Conferences 4-5pm & 6-9pm World Down Syndrome Day: LOTS OF SOCKS!  \$3	22	23
24	25 School Council Meeting @ 7pm Everyone Welcome!	26	27 We Weds \$6. Pulled Pork	28  \$3	29	30
31						