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# KATE ANDREWS HIGH SCHOOL NEWSLETTER

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



APRIL



## NO SCHOOL

There will be no school for staff or students from Friday, April 19<sup>th</sup> – Friday, April 26<sup>st</sup> for the **Easter** break. Classes will resume on Monday, April 29<sup>th</sup>.

We wish all KAHS students and their families a relaxing and enjoyable time off.

## **POWERSCHOOL PARENT PORTAL**

The Power School Parent Portal allows parents to have **LIVE ACCESS** to their student's attendance, grades, missing assignments and more! The 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](http://kateandrewshighschool.com)). If you require assistance to set up your account please contact our office. We are able to help you set up your account over the phone or in person if you come in to the office. We have a computer set up, specifically for this purpose in the office.

Students are able to access their own Student Portal account by logging in with their **COMPUTER LAB** computer log-in. Any students experiencing difficulty can ask for help at the office as well.

### **A note to students from Miss Meurs:**

**Grade 12's, please remember to stick to your graduation plans to make sure that you are meeting all graduation requirements. Please come meet with me if you have any questions or concerns.**

**Students in grades 9-11 who have questions about courses for next year can start meeting with me to start planning.**



**Justin Paterson**  
Culinary Arts

*"I like cooking and releasing my style."*



**Dallas Mihaliez**  
Carpentry

*"I like Skills Canada because even though it is a highly stressful environment and a competition you still work together."*



**Ajay Coutts**  
Carpentry

*"I like carpentry."*



**Elyse Janzen**  
Photography

*"I love the way photography lets you show emotion without words."*

## Kate Andrews High School Skills Competitors



March 30, 2019 @  
Lethbridge College

### The KA PRIDE GEAR STORE IS OPEN!

Use Discount Code "schooliscool" to get 10% off your order!

Go to: <https://kateandrews.itemorder.com/sale> to view items and to order.



The store will CLOSE on Sunday, April 7. LATE ORDERS will not be accepted.

## **APRIL is World Autism Month and Tuesday, April 2nd is World Autism Awareness Day.**

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 59 children.



**Wear Blue on April 2nd to help raise awareness and show support for those affected by Autism.**



in Honour of the  
[#LoganBouletEffect](https://www.instagram.com/LoganBouletEffect)

**STAFF AND STUDENTS ARE ASKED TO WEAR GREEN ON MONDAY, APRIL 8<sup>TH</sup> IN HONOUR OF THE LOGAN BOULET EFFECT, AND IN SUPPORT OF ORGAN DONOR AWARENESS.**

**GRADS . . . . It's not too late to book Grad Photos!**

If you didn't get your grad portraits done while Lifetouch was at KA in February, you can still make an appointment at the Lifetouch studio in Lethbridge. Call them at 403-327-2658 to book your sitting.

**Staff from KAHS have no affiliation with planning Dry Grad or Safe Grad.**

Both of these events, are planned completely independently of the school, by parent volunteers. The following is being shared for the sake of information sharing only. If you have questions, please contact the parent volunteers as indicated.

**Safe Grad:** Carla Palmer/[carpalmer@xplornet.com](mailto:carpalmer@xplornet.com) or 403-317-4290. Check out the Facebook Page: *Coaldale Safe Grad 2019*.

**Dry Grad:** Sharon Nieuwenhuis/[dsnkids@telus.net](mailto:dsnkids@telus.net). Plans for a fun filled Dry Grad Party are underway! There will be a meeting on April 15<sup>th</sup> at 7pm, at 2131 - 30A Avenue. This meeting is open to all Grads, grade 11 students and their parents. For more information, please follow us on **Instagram** ([coaldale\\_drygrad\\_2019](#)) or **Facebook** (*Coaldale Dry Grad 2019*) or contact Sharon.

**GRADS – PLEASE KEEP AN EYE ON THE GRAD PAGE OF THE KA WEBSITE. Information will be posted frequently.**

**BABY PHOTOS** are due to Miss Baraniecki by May 1<sup>st</sup>. Anyone not submitting a baby photo before the deadline will not have one included in the Grad slideshow. Late photos won't be added, because we have been asking for them since SEPTEMBER. Students can bring their photos to the office to be scanned or you can email them directly to [robyn.baraniecki@pallisersd.ab.ca](mailto:robyn.baraniecki@pallisersd.ab.ca).



**APRIL**  
**"WE" WEDS \$6.00 LUNCHES!**




**Weds. April 3<sup>rd</sup>**  
**Taco in a Bag, pop/water**

**Weds. April 10<sup>th</sup>**  
**Hamburger, pop/water & bag of chips**

**Weds. April 17<sup>th</sup>**  
**NO "WE WEDS" TODAY!**

Brought to you by KAHS's...




KAHS WE CREATE CHANGE

# AID FOR DOMINICA

BASIC MEDICAL SUPPLIES, BOOKS, FOOD, COMPUTERS

HURRICANE MARIA HAS LEFT DOMINICA IN A STATE OF TURMOIL



HELP KAHS WECREATECHANGE RAISE MONEY TO SEND RELIEF TO DOMINICA



Are you interested in **Careers in HEALTH** this summer?

The registration for the 2019 Summer Health Sciences Academy is now open!

Please click on the link below to find out more information.

For more information please visit: <https://careersnextgen.ca/health-camps>



Erin Stinson  
*Resilience: Fireweed, August 2016*  
 Photography on Hahnemühle Fine Art Baryta  
 Collection of the artist

## Beyond 'the patch' Stories from Wood Buffalo

**Kate Andrews High School Library  
 is hosting this exhibition**

**April 10 – May 8, 2019**

Until May 3, 2016, the urban area of Fort McMurray and the Regional District of Wood Buffalo, nestled in the boreal forest of north-eastern Alberta, were basically known for one thing – the oil patch. Described as the economic engine of Canada the story of Fort McMurray – a narrative of migrant workers; enormous wages; and high costs – was either praised or reviled by the rest of Alberta’s population, across the nation and internationally. On May 3, 2016, a new chapter was added to this story: the devastating Fort McMurray wildfire. Forcing the evacuation of 88,000 people and eventually destroying 15% of the city ‘the beast’, as it became know, gave birth to new perceptions of the region.

The story of Fort McMurray and the regional district of Wood Buffalo, of which it is a part, is about much more than oil or devastation. As tragic as the fire of 2016 was and while the oil industry continues to drive the economy of the region, these are only two aspects of life in the north-eastern part of Alberta.

The Alberta Foundation for the Arts Travelling Exhibition (Trex) **Beyond ‘the patch’ Stories from Wood Buffalo** examines the little known region, investigating what it has to offer and what it is like to call this area home as these themes are rendered in the work of five artists from the Wood Buffalo region. Through their drawings, paintings and photographs artists David Ball, Lucie Bause, Shauna Kelly, Kritsana Naowakhun and Erin Stinson share what they see and experience, inviting viewers to see beyond the conventional chronicles of ‘rig pigs’ and pipelines and offering opportunities for the creation of new and more profound narratives.



Lucie Bause  
*Forest Bathing, 2016*  
 Acrylic on canvas  
 Collection of the artist





Dear Educators,

New West Theatre is proud to present, *Girls Like That*, by Evan Placey.

When a naked picture of Scarlett goes viral, she becomes the center of attention for all the wrong reasons. Rumors run wild while everyone forms an opinion.

This play asks hard questions about the relationships between teenage girls in the light of advancing technology. The development of a feminist consciousness was hard fought and social media challenges our definition of what it means to be a girl. The play explores what is acceptable for girls and how that differs for boys. Technology provides a landscape that advances us and threatens us at the same time.

Awarded Best Play for Young Audiences at the Writer's Guild, *Girls Like That* explores gender equality and the pressures on today's digital generation.

\*\*\* Recommended for ages 14+ - strong language

**Matinee performances at the Sterndale Bennet Theatre**

May 15 – 12:30 & May 16 - 12:30

May 22 – 12:30 & May 23- 12:30

Thank you to Telus for subsidizing large school groups making the ticket price 10:00 per seat. There is limited seating, so please book as soon as possible.

**We are also pleased to offer matinee pricing to large groups wishing to attend an evening performance.**

To book seats for your class contact - Kelly Reay New West Theatre General Manager –  
genrealmanager@newwesttheatre.com

Thanks for all you do for students.

See you at the theatre.

*Sharon Peat*

Artistic Director  
New West Theatre  
10A 12A Street North, Suite 111  
Lethbridge Alberta T1H 2J1  
(403) 381 – 9378  
newwesttheatre.com





Are you interested in healthy eating?  
Do you want your voice heard?  
Do you want to help others?  
Are you in Grade 10, 11, or 12?  
(for 2019-2020 school year )

**THE YOUTH ADVISORY COUNCIL IS NOW ACCEPTING APPLICATIONS!**

**What does the council do?**

- Attend Monthly meetings (via skype) with youth from around Alberta
- Share with Alberta Health Services what nutrition issues you care about
- Give feedback on nutrition and other health resources

**Benefits:**

- Develop leadership skills
- Network with other youth throughout Alberta
- Enhance and expand your resume
- Gain valuable volunteer experience



The youth Advisory Council (YAC) is part of the School Nutrition Integrated Working Group (SNIWIG) within Alberta Health Services (AHS)

**APPLICATION DEADLINE:**

**Friday May 3rd, 2019**

Apply at <http://bit.ly/ahsyac2019>

For more information please e-mail:  
nutritionyouthadvisory@ahs.ca





# COALDALE Centennial Homecoming



**August 3 & 4**

## CENTENNIAL BOOK "Coaldale - Gems of the Past"

Books \$15.00 or \$10.00 before June 1, 2019. To order call Doreen 403-315-3636 or email [coaldale100@coaldale.ca](mailto:coaldale100@coaldale.ca)

### SATURDAY

- A.M - Pancake Breakfast, Registration and Book Sales
- Tour of Museum - Including Blacksmith Demonstration
- Birds of Prey Tour
- Lunch - Ethnic Choices
- 2 P.M - Centennial Homecoming Program
- 5 P.M - Barbecue and divide into Individual Group Gatherings

### SUNDAY

- 10 A.M - Worship Service
- Speaker - Ron Nikkel - President of International Prison Fellowship
- Community Choir - Director John Pauls - Former Music Teacher in Coaldale
- 11:30 - Lunch

### OTHER ACTIVITIES

- Photo Booth with Props
- Antique Car Display
- Silent Auction - Including Gold Foiled Limited Edition Book "Coaldale - Gems of the Past" and Historic Picture Wall Hanging Quilt
- Presentation of Fashions Throughout the Decades
- Powerpoints to Recognize Local Seniors, Artists, Authors, Inventors and Athletes

For details and registration go to [www.coaldale.ca/100](http://www.coaldale.ca/100)



*Join us!  
Call your friends & classmates!  
Register today!*



Project sponsored by Real Estate Centre and The Town of Coaldale





### Coaldale Centennial Committee

Did you know that Coaldale got its name from a house that was built by the Galt family? The Galt family was originally from Scotland and the name of their house in Scotland was Coal Dale. When they came to Southern Alberta and started the coal industry around the Lethbridge area, they built a house in Coaldale and called it by the name of their house in Scotland.

Did you also know that from 1919 to 1923, many exhibitions that were held in Coaldale were held in the Alfalfa Hay Palace? The hay palace was a structure built out of 2000 alfalfa bales and was used to house many community events.

Did you know that Miss A. Potts was the first school teacher in Coaldale and that Harry A. Suggitt is credited as being the first person to settle where the present site of Coaldale is? The year he settled was 1904.

The Centennial Committee is finding many treasures as they trace Coaldale's history in preparation for its 100<sup>th</sup> anniversary, or centennial, this year. Although our history and past are important, so is our future and we'd like to invite you to be part of that future and our centennial celebration.

We'd like you to help us commemorate Coaldale's centennial by telling us why you like Coaldale. What makes Coaldale a great place to live? Why do you like living here? What are your favorite things to do in Coaldale? What do you and your family like best about living here?

Your response to one of the questions above can be in any form you wish; a story, a picture, a drawing, a painting – basically anyway you want to show, tell or describe what makes Coaldale a special place to live is acceptable.

The deadline for your stories or pictures is May 31, 2019. We'll pick up your responses from the school office and display them during the Homecoming Weekend, August 3 - 4, 2019.

Thank you for helping us highlight our town and what makes it a great place to live. And please join us for the many activities we have planned throughout the year. Let's make our 100<sup>th</sup> anniversary a year to remember for our town.

Visit [www.coaldale.ca/100](http://www.coaldale.ca/100) for all Centennial activities and information.

## Summer Job

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We are looking for a highly motivated Secondary School Students (Grade 11 or Grade 12) to work at Agriculture and Agri-Food Canada Research Centre in Lethbridge, Alberta. The student will be working in the Dry Bean Breeding program.

**Duties** will include but not limited to: general plot maintenance (weeding and mowing), seed cleaning, and maintenance of plants in the greenhouse.

**Requirement:** Students applying for the positions should be willing to work outdoors in all types of weather, and be able to control any allergies.

**Number of student positions:** 1

**Level:** Grade 11 or Grade 12

**Duration:** July 2, 2019 (Tuesday) to August 30, 2019 (Friday)

**Rate of Pay:** \$10.91 to \$11.88 per hr (<https://www.canada.ca/en/treasury-board-secretariat/services/pay/rates-pay/student-rates-pay.html>)

If you are interested and would like to apply, you must register online with the Federal Student Work Experience Program (FSWEP) by **April 30, 2019**

<https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>

Please note: click on "Apply now!" under "Ongoing Student Recruitment Inventory".

If you need more information regarding the position in the dry bean breeding program, please contact Parthiba at 403-317-2275.

**THE COALDALE PUBLIC LIBRARY IS LOOKING INTO MAINTAINING A TEEN ADVISORY GROUP. THIS IS A GROUP WHERE TEENS MEET AND DISCUSS HOW THEY WOULD LIKE TO SEE SERVICES IN THE LIBRARY TARGETED TOWARDS THEM EVOLVE TO MEET THEIR NEEDS EFFECTIVELY. PLEASE CONTACT THE COALDALE PUBLIC LIBRARY IF YOU ARE INTERESTED IN BEING A PART OF THIS PROGRAM.**



# Healthy Teens

April 2019 Parent Newsletter



## Safe Lunches

One of the tasks many of us do before leaving for work or school is make sure everyone in the house has a lunch. Whether taking a lunch for work or school, here are some tips to make sure the lunch is still safe to eat at lunchtime.

Wash your hands before starting to make lunch. Wash fruits and vegetables that you are including in the lunch. Use clean tools to prepare the lunch.

Prepare the items the night before and keep them refrigerated. This will keep the food safe and save time in the morning.

Choose an insulated lunch bag that is easy to clean. You can

use a small ice pack or frozen juice box to keep items cold.

Keep hot foods hot by pre-warming your insulated container with boiling water and letting it stand for a few minutes. Empty the water and put the hot food in the container. This will help hot food stay hot until lunchtime.

Some options that do not need to be kept cold are whole fruits and vegetables, dried fruit and vegetables, cereals, bread and crackers and unopened cans of meat or fish.

➤ **For more information about food safety, visit**  
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

## Articles

Safe Lunches

Talking with Your Teen about STIs

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



Alberta Health  
Services

To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

## Healthy Teens

April 2019 Parent Newsletter

### Talking with Your Teen about STIs

Parents don't usually want to think about their kids being sexually active. But the fact is, the rate of sexually transmitted infections (STIs) in teens continues to climb in Alberta. By the age of 15 about 15% of kids have had sex at least once. Talking with your teen about sexual decision-making and STIs can go a long way in helping them make healthy and safe decisions.

While abstinence (no sexual contact at all, including intercourse or oral sex) is the only 100% way to prevent an STI and pregnancy, talking with your teen about safer sex practices will help them make healthy decisions.

Here's what your teen needs to know about STIs:

- STIs are infections that are passed on by sexual contact
- Any type of sexual contact or activity involves some risk
- Although most STIs can be cured, some can't, such as HIV, genital herpes and HPV



- Practicing safer sex by using a condom or latex barrier (a thin square of latex that can be used to prevent the spread of STIs during oral sex) lowers the risk of a STI
- Where to get tested and treated for STIs
- They should talk to their partner about their past sexual relationships and their history of STI testing and treatment
- Limiting sexual partners reduces the chance of getting an STI
- How drugs and alcohol make a person less inhibited, which makes them less likely to make healthy decisions

Teens with same sex partners may not have to worry about preventing pregnancies, but everyone needs to consider STI protection, for every activity. Consent must also be given by all people involved, for every sexual activity. Starting the conversation before your teen has sex means they are more likely to make healthy decisions and stay protected.



**To learn more about development from birth up to 18 years of age, please visit Alberta Health Services**  
[www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)