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KATE ANDREWS HIGH SCHOOL NEWSLETTER

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MAY

NO SCHOOL

There will be no school for students on Monday, May, 20th or Tuesday, May 21st

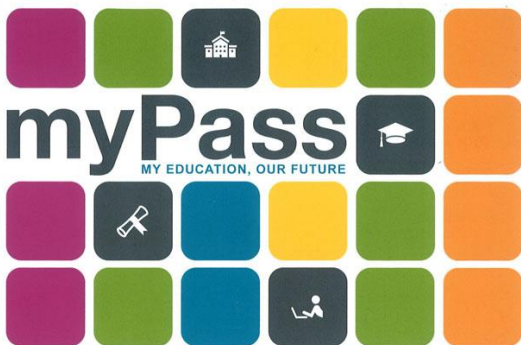
We wish all KAHS students and their families a relaxing and enjoyable time off for these days.

PART A of the Grade 9 English Language Arts P.A.T. will take place on Monday, May 6th, starting at 9am.

KA will host a HOME softball tournament on May 11th!

Track and field will begin ASAP. The city competition for all track and field participants is May 23rd.

Any parents or students who have questions regarding classes for graduation should contact Miss Meurs ASAP by phoning the school office or emailing jo-anna.meurs@pallisersd.ab.ca



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!

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

EXPERIENTIAL LEARNING WEEK

The purpose of Experiential Learning Week (ELW) is to provide opportunities for students to engage in high interest and authentic learning experiences where they can gain practical knowledge, skills and/or credentials to help better prepare them for the workforce, career interests, and/or skill acquisition in hands-on learning environments.

In partnership with **Lethbridge College**, Kate Andrews High School is pleased to be offering Experiential Learning Week (ELW). Students have the opportunity to attend classes at Lethbridge College*, engaging with college instructors from their chosen subject area as well as experience various campus facilities and services. Students will explore subject-specific skills and leave with a better understanding of their chosen subject area and of the student experience at Lethbridge College. (* Please Note: Sessions at Lethbridge College are open to Grades 10-12 students only.)

Some examples of subject areas that students may choose to study at Lethbridge College during Experiential Learning Week are ***Agricultural Sciences, General Studies (Psychology & Sociology or Physical Education & Exercise Science), Health & Wellness (Nursing, Health Care Aide, Massage Therapy, Therapeutic Recreation-Gerontology), Justice & Public Safety, Culinary Careers, Trades "Sampler" (Electrical, Wind, Carpentry, Plumbing, Welding, Automotive, Heavy Equipment), Engineering Technologies.*** **

Students who do not attend Lethbridge College will participate in ELW at KAHS. Some examples of experiences being offered by the staff of Kate Andrews High School, along with community partnerships are: ** (*ELW sessions at KAHS will be held May 7-9*)

Music Coding/Laptop Orchestra: Explore new and infinite ways of making music on the computer (no musical background required).

Volleyball Development Clinic: Volleyball specific fitness plan, skills and drills, tactics and strategy, gameplay, and officiating certification.

Making a Music Video: Work with Cottonwood Records professional team to create an original music video.

Southern Alberta Activities: hiking, U of L climbing wall, and fitness classes

Standard First Aid Certification: Certified instructors will present the material, and at the end of the week, these students will be certified in Standard First Aid, CPR, and AED.

****Please note, this is not a comprehensive list of sessions offered.**

Students in a diploma course will have classes throughout the week. They need to see their individual teachers for a revised timetable for May 7-9 though, as their diploma classes will all be throughout the morning

Students attending Lethbridge College will be there from Mon-Fri and buses will leave KA at 8:40 and return by 3:15

Thank you to the many community partners who have helped to make these learning experiences possible!

IMPORTANT SAFEGRAD/DRYGRAD NOTE:

This information is included in this Newsletter for information sake only. Kate Andrews High School is not involved in the planning of these events.

Safe Grad: Carla Palmer/carpalmer@xplornet.com or 403-317-4290. Check out the Facebook Page: Coaldale Safe Grad 2019.

Dry Grad: Sharon Nieuwenhuis/dsnkids@telus.net. Plans for a fun filled Dry Grad Party are underway! For more information, please follow us on *Instagram* (*coaldale_drygrad_2019*) or *Facebook* (*Coaldale Dry Grad 2019*) or contact Sharon.

GRAD BANQUET TICKETS will be available for purchase via SchoolCashOnline ONLY from May 27th to June 5th. Tickets are \$40 each and students that have outstanding school fees are not eligible to purchase them. Each grad may purchase a maximum of 8 tickets.

Any questions regarding Grad 2019 please contact Robyn Baraniecki (robyn.baraniecki@pallisersd.ab.ca) or Kim Alexander (kimberly.alexander@pallisersd.ab.ca).

Graduation 2019 Important Dates**CONVOCATION CEREMONY**

(Each grad will receive 7 free tickets. This is because seating is limited and we want to ensure that family members have seats. After ticket holders are seated, everyone else will be allowed in.)

Thursday, June 27 1:00pm *Grads need to be at the church at 12:30pm*

College Drive Church (2710 College Dr S, Lethbridge)

Rehearsal: Wednesday, June 26 1:00pm

BANQUET

(Tickets on sale May 27th – June 5th as per information above.)

Thursday, June 27 5:30pm *Grads need to be at the Coast at 5:15pm*

Coast Hotel (526 Mayor Magrath Drive, Lethbridge)

Please refer to the GRAD Tab on the KA Webpage for all details regarding Grad.



“WE” WEDS \$6.00 LUNCHES!



Weds. May 1st:

Hotdog/Chilidog, pop/water & bag of chips



Weds. May 8th

Pulled Pork, pop/water & bag of chips



LAST “WE WEDS” : Weds. May 15th

Taco in a bag with a pop or water



Brought to you by KAHS’s...

WE Create Change!

Healthy Teens



May 2019 Parent Newsletter

Articles

Does My Teen Need a Mouthguard?

All-Terrain Vehicle (ATV) Safety

Does My Teen Need a Mouthguard?

What would happen if your teen lost one or two of their front teeth? While broken bones can heal, broken teeth need to be repaired or even replaced to restore their function. The ways we smile, speak and eat are all affected by broken or missing teeth.

A mouthguard is an essential part of your teen's sports gear. It typically fits over their top teeth and protects the teeth, lips, tongue, face and jaw from injury. Many organized sports require wearing a mouthguard when there is risk of contact with another player or sports equipment. But a mouthguard can protect your teen's mouth during any activity when there is a risk of dental injury or fall (e.g. skating).

There are three different types of mouthguards that your teen could use – stock, boil and bite, and custom fit. They differ in cost,

comfort and how well they protect against injury.

Here are a few tips for taking care of a mouthguard:

- Rinse before and after use
- Regularly clean it in cool water with dish soap
- Store and carry it in a sturdy vented container
- Never leave it in the sun or hot water

If your teen's mouthguard shows signs of wear, damage or is ill-fitting, it is time to get a new one. Teens and children have mouths that are still growing and changing so they may need to have their mouthguard replaced more often.

➤ For more information about mouthguards, visit myhealthalberta.ca and search 'mouthgurads' or ask your dental professional

April 29th – May 5th is Screen Free Week. Take a break from digital entertainment and explore activities beyond the screen such as reading, getting active outdoors, playing games and spending more time with family and friends. For more information, visit <http://www.screenfree.org/>



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

Healthy Teens

May 2019 Parent Newsletter

All-Terrain Vehicle (ATV) Safety

Many Albertans take out their ATVs in the summertime. Riding an ATV can be thrilling but it is important to remember that ATVs are not toys; they are fast, powerful machines that need strength and skill to operate safely.

In 2016, 665 children were seen in Alberta's emergency departments due to ATV-related injuries; 54 required hospital admission. Experts at Alberta Health Services state that nobody younger than 16 years of age should ride an ATV anytime, anywhere, any size. This is because teens under 16 are not physically and mentally ready to handle an ATV, regardless of its size and are at higher risk of serious injury and death than those 16 years and older. When your teen is 16, they should take a Smart Risk Approach to manage the risks of ATVs. Here are a few tips to help keep them safe:

Look First. Make sure headlights, taillights and the muffler work before riding. Follow posted signs and stay on the trails. Driving away from



marked trails can result in encountering unexpected obstacles, like ditches, drop-offs, cliffs and trees.

Wear the Gear. Always wear an approved motorcycle or ATV helmet – it is the law. Make sure it fits snugly and is securely buckled up to protect you from a head injury. Eye protection, like a helmet shield or riding goggles, boots and gloves will also help keep your teen safe.

Get Trained. Taking an ATV training course is the best way to understand and manage ATV risks. Riding safely requires skill and practice.

Drive Sober. Even one drink can

impair your teen's judgement and pose dangerous, even fatal risks. It can also result in impaired driving charges. Your teen should never drink or use drugs and drive an ATV.

These Smart Risk strategies will help your teen, 16 years or older, enjoy many summers of fun and safe ATVing.

➤ **For more information about ATV safety in Alberta, visit <http://www.albertahealthservices.ca/injprev/Page4861.aspx>**