

KATE ANDREWS HIGH SCHOOL

JUNE NEWS, 2019

FINAL EXAMS & LAST DAY OF CLASSES

Friday, June 14th is the last day of regular classes for students. A schedule of Final exams is available in the newsletter, on the KA website (kateandrewshighschool.com) and printed copies are available for pick up at the office.

BAND CONCERT!

The final band concert of the school year will take place on Tuesday, June 4th at 7pm in the KA gym. Admission is free, however donations for the Coaldale Foodbank will be accepted at the door. Come enjoy some great music and see what Doctor G and the band students have been working hard on all year. You won't be disappointed!



Grace Edwards, Art 10, Watercolour & Ink

The Art Work displayed throughout this newsletter was created by KAHS Art class students.



Ciara Besaw, Art 10, Watercolour & Ink

ATHLETIC AWARDS

The Annual Kate Andrews High School Athletic Awards will be held in the gym on Thursday, June 13th at 7pm. All KA Athletes and their families are encouraged to attend this Semi-Formal event that will celebrate and honour both TEAM and INDIVIDUAL accomplishments. Please contact Mr. Ressler if you have any questions.



Locker Clean Out

Students must have their lockers cleaned out by the end of the day on Friday, June 14th.

Please clean all belongings out of your locker and bring the lock to the office. Any lockers that have not been cleaned out by June 14th will be emptied by staff, and any belongings left in lockers will be put in the Lost & Found.



LOST & FOUND

The Lost & Found bins at KAHS are OVERFLOWING with countless clothing items & water bottles along with smaller items like glasses, keys and jewelry. Please check the Lost & Found for items that belong to you (or your children). Small items and items of value are kept in the office, so please ask office staff if you are looking for something specific. Items that are left at the end of the school year, will be donated to charity.



Art 10 Students learning the art of creating STAINED GLASS.

SCHOOL FEES ARE NOW OVERDUE.

Statements have been sent home and any School, Athletics, Text Book, Option Class or other fees should be cleared up via SchoolCash Online immediately.

Unpaid fees will carry over to the next school year and students will not receive text books or be allowed to play sports until the previous year's fees are paid.



Mackenzie Hamer, Art 10, Watercolour & Ink

CONCEPTUAL ART



Artist: Claire Dueck, Art 30

Title: *Unrealistic Beauty Standards*

Medium: Acrylic Paint, Barbie doll

I chose to do a painted barbie doll to bring awareness to the unrealistic beauty standards that people around the world have. I chose the the medicine wheel because it kind of represents the different races.

Black=African. Red=Native. Yellow=Japanese. White=caucasian.

Society has unrealistic beauty standards because it brings too much attention to every individual's flaws, and it affects 98% of teenagers and young adults. So many negative things arise when you label someone "perfect." Mental health issues like depression, anxiety, anorexia and much more can develop in young minds. I wanted to use a Barbie because Barbie dolls are seen as a perfect relaxation of the "perfect body."

I also wanted to bring awareness to racism. Racism is bad for everyone's health. I don't think that beauty should be defined by a person's skin colour. There is more to beauty than just the colour of your skin. Your mind, the way you think, treat other people, and the kindness that you can give to other people. There are much more important things to someone than their body shape or the colour of their skin. I think that this is very important for young people to learn and understand. Especially young girls in high school.

Artist: Judy Peters, Art 30

Title: *Running Out of Time*

Medium: Acrylic Paint, Clock

The meaning behind it is that because of global warming and pollution, Earth is dying at a rate much faster than it should. We are slowly killing the Earth and we are running out of time to save it. We have until 2030 to prevent the dangerous destabilization of Earth's climate - according to a new UN climate change report- or else the damage is irreversible.

I created this artwork to show that the clock is ticking on our planet and that clock won't tick forever. When it stops ticking, the Earth along with everything on earth will be very negatively affected and will eventually die so we need to act fast before it's too late. I chose this theme because I feel that it's very important and I knew that I would be able to represent the idea of it.



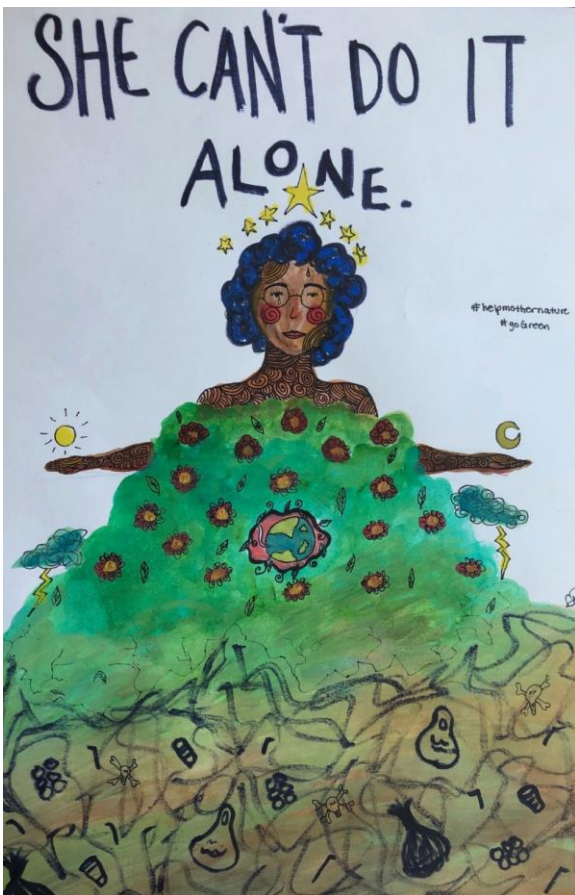
When working on this composition I felt at peace and I felt that the whole process worked very smoothly. It didn't take a lot of time and wasn't too difficult to create which was nice. I selected an actual clock because you can actually see and hear it ticking, which makes the message behind it more real and I chose acrylic paint because I thought it would help pop out the earth more.

I want other people to be more aware of what's happening to our planet and hopefully, want to help save it.

SIGN UP FOR myPass!

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!



Claire Dueck, Art 30, Art for Change Project

KATE ANDREWS

High School

NEW STUDENT ORIENTATION

Where: KAHS

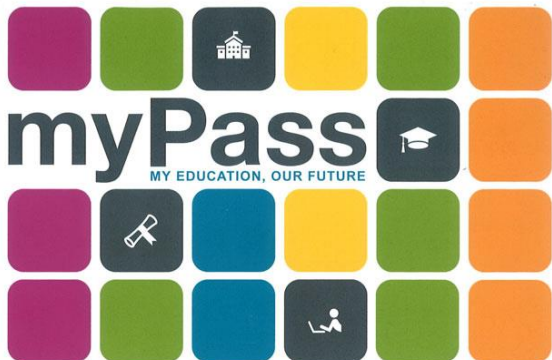
When: June 5, 2019 at 1:00

What: Orientation Activities

- Opening Assembly (gymnasium)
- Free BBQ
- School Tour & Info Sessions
- Games *(may include water games!)*

Welcome to the

PRIDE



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



GRAD INFORMATION

Grad is quickly approaching! Here are some reminders/information to help you keep track of everything going on! Congrats Grads – you're almost there!

Banquet Tickets are currently on sale, until June 5th, 2019 ONLY. **The first round of ticket sales will close at midnight on Sunday, June 2nd.** Each graduate has the opportunity to purchase 8 tickets (7 guests + Graduate) during this round. **After this, additional tickets will be available to those who need them, until June 5th ONLY.**

Tickets are \$40 each and are available through SchoolCashOnline. Students who have outstanding school fees (Option Classes, Athletic, Text or Library Books, etc.) will not be eligible to purchase tickets until those fees are paid.

If there are any dietary concerns or requests, please email Ms. Alexander at kim.alexander@pallisersd.ab.ca as soon as possible.

CONVOCATION CEREMONY

Thursday, June 27th @ 1pm/Grads must arrive by 12:30pm

@ College Drive Community Church (2710 College Drive S., Lethbridge)

The Convocation Ceremony is free to attend, however since seating is limited each graduate will be given **7 tickets to distribute to friends and family**. These ticket holders will be seated in the church first. Non ticket holders are welcome, but will be seated after ticket holders as there may be standing room only. **This is to ensure that families of graduates will be ensured a seat during the ceremony.**

Rehearsal @ 1pm on Wednesday, June 26th

BANQUET

Thursday, June 27th at 5:30 pm/Grads must be there by 5:15pm

@ the Coast Hotel (526 Mayor Magrath Drive, Lethbridge)

Safe Grad and Dry Grad is organized independently of the school by parent volunteers. For more information about either of these events, please contact the appropriate parent representative, found on the Grad Tab of the KAHS website.

Further information regarding anything about Graduation 2019 can be found on the KA Website under the GRAD tab.

We Create Change Does it Again in 2019!

The 2018-19 ***"We Create Change"*** group enjoyed another very successful year of supporting local and global causes. This year the group's major global initiative was to raise \$1,000.00 to help support the **country of Dominica**, which was devastated by Hurricane Maria last year. The group was successful in reaching their target goal and the money raised will go to helping fund medical supplies, books, food and computers, just to name a few. Over the last seven years at Kate Andrews, the "WE" group has been extremely successful in helping local and global causes out. Whether it was having bake sales, collecting bottles and cans, running tournament concessions, having "WE WEDS" lunches, or having very generous community members step up and donate, the group has been supported in so many ways. A huge thank you goes out to all students, staff and community members who are the ***"change we wish to see in the world!"***

Mike Gibson
~We Create Change Coordinator~



Members of the KA's **"We Create Change"** group proudly display the amount raised to help the country of Dominica.

KAHS June 2019 Exam Schedule

Wednesday, June 12		
9:00	English 30-1 Part A DIPLOMA	<i>Computer Lab</i>
9:00	English 30-2 Part A DIPLOMA	<i>Room 105</i>
Thursday, June 13		
9:00	Social Studies 30-1 Part A DIPLOMA	<i>Room 105</i>
9:00	Social Studies 30-2 Part A DIPLOMA	<i>Computer Lab</i>
Monday, June 17		
9:00	English 10-1/10-2	<i>Gym</i>
	English 20-1	
	Accommodated Students	<i>Computer lab</i>
Tuesday, June 18		
9:00	Math 10C	<i>Gym</i>
	Math 20-1	
	Math 20-2	
	Accommodated Students	<i>Library</i>
Wednesday, June 19		
9:00	Math 30-2 DIPLOMA	<i>Gym</i>
	Social Studies 20-1	
	Social Studies 10-1	
	Accommodated Students	<i>Library</i>
Thursday, June 20		
9:00	English 30-1 & 30-2 Part B DIPLOMA	<i>Gym</i>
9:00	Biology 20	
	Science 10	
	Students requiring a reader	<i>Computer lab</i>
9:00	ELA 9, P.A.T. Part B	9A- 201 9B- 203 9C- 202 9D- 204
Monday, June 24		
9:00	Social Studies 30-1 & 30-2 Part B DIPLOMA	<i>Gym</i>
	Chemistry 20	
9:00	Math 9, P.A.T., Part B	9A - 202 9C - 203
1:00	Math 9, P.A.T., Part A	9B - 204 9D - 205
	Accommodated Students	<i>Computer lab</i>
Tuesday, June 25		
9:00	Biology 30 DIPLOMA	<i>Gym</i>
9:00	Science 20	
9:00	Science 9, P.A.T.	9B - 201 9D - 202
	Accommodated Students	<i>Computer lab</i>
Wednesday, June 26		
9:00	Chemistry 30 DIPLOMA	<i>Gym</i>
9:00	Social Studies 9 P.A.T.	9A-202 9C-203
	Accommodated Students	<i>Computer lab</i>

KAHS June 2019 Final Exam RULES

The **LAST DAY** of Semester 2 classes is **Friday, June 14th, 2019.**

Students who are scheduled to write **English 30-1, or 30-2 Part A DIPLOMA EXAMS on June 12th and Social Studies 30-1 or 30-2, Part A on June 13th** 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 on each final exam day from June 17 to 26th. 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

INVITATION TO TAKE PART IN THE YOUTH DO CREW

(4 0 3) 3 3 2 - 0 6 2 9

K A I T L Y N N . W E A V E R @ F C S S . C A

To the parents, students, teachers, and staff at Kate Andrews High School:

- **What is it?** The Youth DO Crew is a group of young people (grades 10-12) in Raymond, Taber, Coaldale, and Coalhurst who lead a variety of volunteering projects from start to finish. Youth will gain confidence in themselves through lessons in skill building, empowerment, and mentorship.
- **Why is it important?** Participating in the Youth DO Crew is good for young people's futures! Committed Youth DO Crew students will be provided with letters of recommendation for scholarship or post-secondary applications. Youth will also have fun, build life-long friendships, and receive Youth DO Crew swag (t-shirts, hats, etc).
- **When is it?** This will be decided based on the project/the youth's schedules
- **Who is running it?** The Youth DO Crew is a partnership with the Boys and Girls Club (BGC) and Family Community Support Services (FCSS) and is funded by the Government of Canada Service Corps.
- **How do you get involved?** Contact Kaitlynn Weaver at kaitlynn.weaver@fcss.ca or (403) 332-0629

Best wishes,

Kaitlynn Weaver



kaitlynn.weaver@fcss.ca / (403) 332-0629
Facebook/Twitter/Instagram: @YouthDOcrew

Healthy Teens

June 2019 Parent Newsletter



Tobacco in the Media

Understanding media and its influence is an important skill for your teen. Studies have shown that youth who have good media literacy are less likely to use substances that are advertised, such as tobacco or e-cigarettes.

Although we have come a long way with advertising of tobacco products, smoking is still very present in movies. There is no restriction on smoking in movies that are rated for children and teens. This presents challenges, but also a great opportunity for building media literacy.

When smoking is shown on-screen, pause the movie or point it out. Later, have a discussion with your teen. Ask questions such as: Why was there smoking

shown? Did it add to the storyline? Who do you think decided to add it to the movie? Try to encourage your teen to think critically about who is influencing the presence of smoking in movies, and why they might want to show that specifically to young people.

Helping your teen to build the skill of questioning media can help them in areas other than avoiding smoking – it can encourage critical thinking in all areas of influence in their life!

➤ To learn more, or for support in quitting tobacco, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Articles

Tobacco in the Media

Exercise is Good for Your Mental Health

Skin cancer is largely preventable, with about 82% of melanomas linked to factors we can change. Exposure to ultraviolet radiation (UVR) is the main cause of skin cancer but other harmful effects include sunburn, premature skin aging, and eye damage. Choose sun-safety strategies that work: a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher, use shade, clothing, a hat with a wide brim, and sunglasses. For more information visit <http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/>



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

Exercise is Good for Your Mental Health

We know that physical activity supports our physical health, but did you know that physical activity can also improve mental health? In a world where digital devices keep social pressures constantly in their back pockets, and competing priorities from school, work, and activities demand the attention of our teens, exercise might be their best defense against stress and anxiety.

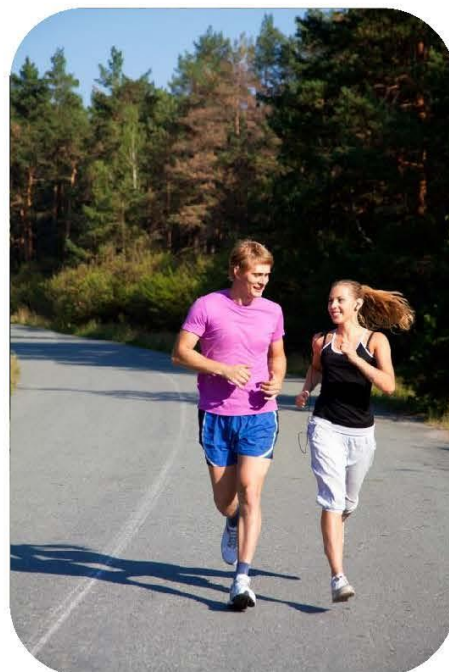
Exercise has a chemical effect in the brain that can help reduce stress, anxiety and fight depression. By stimulating the release of feel-good hormones (endorphins) and reducing levels of stress hormones (adrenaline and cortisol), exercise can do some amazing things for our mood! According to the Canadian Psychological Association, these are some noticeable benefits of exercise on teen mental health:

- Boosts academic performance.
- Increases self-reported happiness and lowers levels of sadness and loneliness, both in the short term and later in life.

- Reduces feelings of fatigue, improves sleep quality, and lowers risk of insomnia (provided physical activity is not done too soon before bed).
- Boosts self-esteem from early childhood straight through older adulthood.

So, how much exercise is recommended? The Canadian 24-Hour Movement Guidelines for Children and Youth recommend accumulating 60 minutes per day of moderate to vigorous physical activity as well as several hours of light physical activity throughout the day. Here are some easy ways to support your teen's mental health through physical activity:

- Encourage them to take 5-10 minute walking breaks during study sessions.
- Drop them off a few blocks from school or encourage them to walk home.
- Encourage them to go for a run or walk during their noon-hour break.
- Plan family outings (e.g., nature walks, tennis matches, playing catch).



Remember that all activity is good activity, and getting active for just 5 minutes can help boost your teen's mental health. Start small, and do it often.

➤ To learn more about the **Canadian 24-Hour Movement Guidelines for Children and Youth**, visit <http://www.csep.ca/CMFiles/Guidelines/24hrGlines/Canadian24HourMovementGuidelines2016.pdf>