

OCTOBER 2019

KATE ANDREWS HIGH SCHOOL NEWSLETTER



We are excited that we can now offer the Power School Parent/Student Portal as a way to view student grades and attendance online, LIVE! This means that 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 include letters with Parent Access Codes and instructions with student registration packages at the beginning of school. 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.

There are detailed instructions creating your account as well as linking additional students to your account (i.e. if you have more than one child in Palliser Regional Schools) on our website under the Power School Portal Link at the top of the page.

Now that we are LIVE with the PowerSchool Parent Portal, we will not be sending out quarterly, hard copy report cards. If parents require a hard copy report card, they may contact the school office to make arrangements to come in and pick it up.

Please contact our office for assistance in setting up your account if you are having trouble.



Parents are encouraged to download the School Messenger App to their devices or to phone 1-844-260-7166 to report student absences. There is a link to the School Messenger app on the main page of the KA website.

FEES

Options Class, Phys. Ed. And Athletic/Extracurricular fees are now posted to SchoolCashOnline.

Please make sure to clear up any fees for students in your household. Fees can be paid through SchoolCashOnline using Internet banking, eCheque or credit card.

Invoices will be mailed out by the end of October for any outstanding fees. Students who have not paid fees from Semester 1 will not receive textbooks in Semester 2, until all Semester 1 fees have been paid.

KA FOOD DRIVE

Kate Andrews High School will once again be hosting a Community Food Drive to benefit the Coaldale Food Bank.

During the week beginning October 21st, students will be delivering yellow bags to Coaldale homes.

Residents can place nonperishable food items in the bags, and then place the bags back on their doorstep on Friday, November 1st before 10am.

Starting at 10am on November 1st staff and student volunteers will drive around Coaldale to collect the bags. Bags can also be delivered to the school during Parent/Teacher Interviews, on the evening of October 24th if parents wish to do so.

This food drive provides much needed food to those in need within our community, and helps to re-stock the Coaldale Food Bank after an always busy Thanksgiving Holiday.

BAND FUNDRAISER

Band students are currently selling Kernels popcorn bags to help with their annual band trip. Individual bags are **\$2.25 each** and come in eight delicious flavours. Popcorn will be on sale until October 21 so it will be ready for Halloween. Buy some popcorn and support the Band Program! Please talk to a band member or Mr. Godin for more details or to order.



THE KA LOST & FOUND IS ALREADY COLLECTING ITEMS!!! If you are missing a hoodie, jacket, water bottle or other items please come check out the Lost & Found near the gym. Items from the lost and found will be donated periodically throughout the school year to local charities, so please make sure to check it often and take home any items that belong to you!

Information Verification/FOIPP/ Technology Consent Forms

At the beginning of the school year, each student was given a package which included a **WHITE Information Verification Form**, a **LIME GREEN coloured Information Technology User Agreement/Permission Form** and a **LIGHT GREEN coloured Consents for Information Disclosure form**. While most of these forms have been returned to the office, there are still some missing. We have sent new forms home with students who have not returned them yet.

These forms are important and must be completed and returned to the office.

The **Information Verification Form** helps us to keep our contact information for student's families up to date, and allows us to be able to complete government forms, such as requests from Canada Revenue Agency, when they ask for confirmation of where a student lived and who they lived with. Without consistent, proper documentation, we are not able to complete such requests.

The **FOIPP** and **Information Technology Consents** are also important so that we know what permissions students have in regards to Media & Information release and computer/internet access on School computers. Computer Access will be revoked for students who have not submitted a completed Information Technology Form, and students who have not submitted the completed Consents for Information Disclosure will not be included in pictures.

Thank-you to everyone who returned their signed forms promptly. Blank forms can be picked up from the office if needed.

PERSONAL ITEMS REMINDER

Personal items, such as cell phones, calculators or other items are the responsibility of each student. When you cannot have your personal items with you, please make sure that they are locked in a locker. The school is not responsible for lost or misplaced personal items.

Parent-Teacher Conferences will take place on Thursday, October 24th from 4-5pm and 6-8:30 pm in the KA Gym. We encourage all parents to come have a discussion with our teachers and administrators.



Parent-Teacher Interviews

PHOTO RETAKES



Photo Retake Day is Friday, November 8th!



The Sr. Boys & Girls Volleyball tournament will be held October 4th & 5th! Come out to cheer them on and watch some great volleyball action! The theme for the tournament is **PINK as the teams try and raise money for **Breast Cancer Research.****



Get Involved!

KAHS 2019/2020 SCHOOL COUNCIL

The first School Council meeting of the year will be held on Monday, October 7th. (This was rescheduled from Monday, September 30th because of the snow day.)

This meeting will begin with the AGM where elections will be held for positions for the 2019/2020 School Year. Following the AGM will be the regular meeting.

School Council is a group of Parents, School Representatives, and Palliser Trustees who come together to share information and discuss issues facing education, students and the school in general. All parents are welcome and encouraged to attend these meetings. A commitment to taking a position or dedicating a lot of time is not required!

KA Nutrition Program



We are very excited to be able to offer a Nutrition Program to KA students again for the upcoming school year. This program which began with a grant from the Coaldale Community Wellness Association (for the duration of one year, beginning December of 2017) started out as fresh fruit available to students in the office and the library.

In December of 2018 we were able to continue, thanks to grant funding that we received from the AB government. The government has recently announced that they plan to continue Nutrition Program funding in AB schools, however they have not been specific regarding allocating a budget as of yet. They did however allow for a lump sum that we could spend before September 20th to begin our Nutrition program for the year.

At KA we spent this lump-sum funding on non-perishable grocery items like granola bars, oatmeal and hot cereal, as well as frozen food like fruit, microwavable lunches, yogurt and bread, peanut butter & jam as well as equipment like blenders and toasters. Mrs. Roelofs (our Foods teacher) and some dedicated, talented students have also decided to team up to make some healthy treats and lunches for students throughout the school year.

What does all this mean for students? It means that we have food for hungry students!

- Snacks, such as granola bars, or apples & oranges are out on the office counter and in the library for students throughout the school day.
- Starting in October students will have the opportunity to make breakfast of hot cereal, oatmeal or toast in the Foods Room during Period 1 (approximately 8:30 – 10am).
- Students may also ask a teacher or at the office if they need a lunch.

We are grateful for the grant-funding that made it possible to continue this valuable Nutrition Program. Once the provincial budget is officially announced, we are hoping that we will be able to continue purchasing fresh fruit/food on a weekly basis.

Many students are already thinking about what they are going to do after high school. Colleges and Universities are already planning for future years and are holding open houses for current Grade 11 & 12 students.

Applications open for most post-secondary schools on October 1st.
Students seeking help with their applications are encouraged to make an appointment with Miss Meurs for assistance.

Miss Meurs has posted a comprehensive list of post-secondary open houses on her website at: <http://kateandrewshighschool.com/career-and-academic-counselling2>

Miss Meurs is also hosting a Scholarship Information Session on Thursday, October 10th at 5:30pm in Room 103. Grade 10 – 12 students and parents are welcome to attend.

Fall 2019 Open House Schedule

This list encompasses the main colleges and universities in Alberta. Please research your options for out of province and private post secondary institutions.

Many schools offer waived application fees, and sometimes even on-the-spot admissions at their open houses!

List of Post secondary Institutions in Canada

University of Calgary - Saturday, Oct.5, 2019 | 10am - 3pm (Calgary)

King's University - Saturday, Oct. 5, 2019 | 10am - 2pm (Edmonton)

Olds College - Friday, Oct. 18, 2019 | 10am - 3pm (Olds)

SAIT - Friday, Oct. 18 & Saturday, Oct. 19, 2019 | 9am - 3pm (Calgary)

NAIT - Friday, Oct. 18 & Saturday, Oct. 19, 2019 | 9am - 3pm (Edmonton)

University of Alberta - Saturday, Oct. 19, 2019 | 9am - 3pm (Edmonton)

Out of Province University Fair - Wednesday, Oct. 23, 2019 | 6pm-8pm (BMO Centre Hall D, Calgary)

Lakeland College - Friday, Oct. 25 & Saturday, Oct. 26, 2019 | 9am - 3pm (Vermillion & Lloydminster)

University of Lethbridge - Saturday, Oct. 26, 2019 | 9am - 3pm (Lethbridge)

Mount Royal University - Saturday, Oct. 26, 2019 | 9:30am - 3:30 pm (Calgary)

Red Deer College - Saturday, Nov. 2, 2019 | 10am-1pm (Red Deer)

Grant MacEwan University - Saturday, Nov. 2, 2019 | 9am-3pm (Edmonton)

Lethbridge College - Thursday, Nov. 7, 2019 |10am - 2pm (Lethbridge) FIELD TRIP

Medicine Hat College - No Open House [Contact to Book Tour / Student of the Day] | (Medicine Hat)



“WE”

WEDS \$6.00 LUNCHESES!

Courtesy of the “We Create Change” Group



Weds. Oct. 2nd

Taco in a bag, with a pop or water



Weds. Oct. 9th

Hot Dog or Chile Cheese Dog, pop/water & bag of chips



Weds. Oct. 16th



Hamburger, pop/water & bag of chips

Weds. Oct. 23rd



Pulled Pork Bun, pop/water & bag of chips

Weds. Oct. 30th



Taco in a bag, with a pop or water





“WE” DAY 2019!!!

October 22nd!

In **Edmonton** at
Roger’s Place



REDUCING
Exam Anxiety

1. Be prepared and stay on top of your work
2. Practice past papers under exam conditions and without notes
3. Take a moment to gather your thoughts and breathe
4. Don't calculate a passing mark
5. Avoid unnecessary pressure and set realistic goals
6. Go into the exam with a positive mindset
7. Don't think about previous exams that you have failed

THE
Cosmic Road



FIND A CLUB THAT'S RIGHT FOR YOU!

Check Us Out!

TNT-Multi 4-H Club
(Archery, Automotive, Pheasants, Photography and many more!)
October 2 @ 6PM @ Sunnyside School
More info contact Amy @ tarom@telus.net

Lethbridge Coaldale Beef 4-H Club
(Beef Projects!)
October 3 @ 7PM at Sunnyside School
More info contact Rebecca @ Rebecca.tokariuk@hotmail.com

Wild 'n Woolly 4-H Club
(Sheep and Leadership Projects & Cleaver Program)
October 8 @ 6:30PM at Sunnyside School
More info contact Monica @ mchapmanphoto@gmail.com

Readymade Multi 4-H Club
(Beef, Sheep and many non-animal projects!)
More info contact Andy @ lethbridgekeyleader@gmail.com

Kate Andrew’s

We Create Change

Is Proud to be back for an
8th Year supporting...

Local & Global causes
with their
fundraising efforts this year!





Last Year's Year Books are Here!

2018-2019 Yearbooks are available in the office for students that ordered one. There are also some available for purchase if you did not pre-order one. They will be sold on a first come - first served basis.

2019-2020 Yearbooks are currently available for purchase through SchoolCashOnline. They will be available to purchase until May, and will be available for pickup next fall.



BOOK CLUB

THE KA BOOK CLUB WILL BE HELD ON WEDNESDAY'S
AT LUNCH IN ROOM 101.

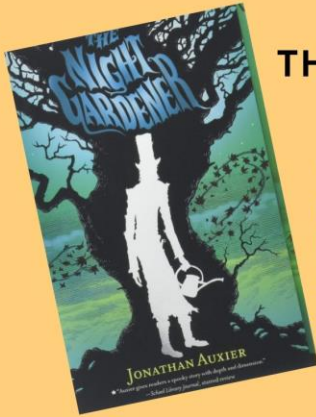
EVERYONE IS WELCOME TO JOIN.

PLEASE SEE MRS. HURLEY IF YOU HAVE ANY QUESTIONS.



SPOOKY HALLOWEEN READS

From the KA Book Club



THE NIGHT GARDENER

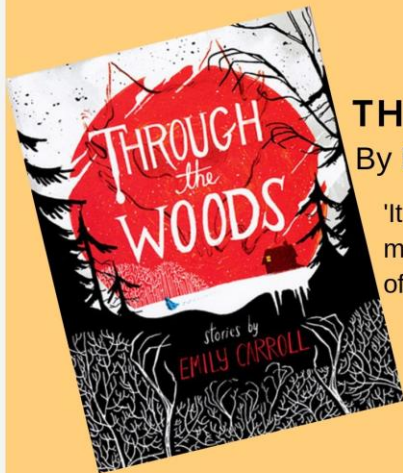
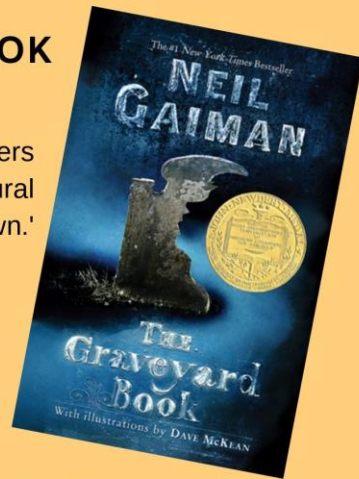
By Jonathan Auxier

"The Night Gardener follows two abandoned Irish siblings who travel to work as servants at a creepy, crumbling English manor house. But the house and its family are not quite what they seem. Soon the children are confronted by a mysterious spectre and an ancient curse that threatens their very lives."

THE GRAVEYARD BOOK

By Neil Gaiman

"After the grisly murder of his entire family, a toddler wanders into a graveyard where the ghosts and other supernatural residents agree to raise him as one of their own."



THROUGH THE WOODS

By Emily Carroll

'It came from the woods. Most strange things do.' Five mysterious, spine-tingling stories follow journeys into (and out of?) the eerie abyss. Written in the form of a graphic novel

AUTHOR SPOTLIGHT

STEPHEN KING



Having published over 60 novels and 200 short stories, Stephen King is often referred to as the "King of Horror". His writing has been adapted to many movies, miniseries and comic books. Pick up any Stephen King book this month and prepare to be spooked!

Book Club recommends:

- It
- Misery
- Pet Semetary





Palliser Regional Schools

Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

Phone: 403-328-4111 Toll-free: 877-667-1234

Fax: 403-380-6890 www.pallisersd.ab.ca

Palliser Regional Schools seeks student submissions for annual greeting card design

The Board of Trustees intends to showcase student art once again on its annual greeting card.

The Board invites submissions of art suitable for reprinting at a size of 4.25" by 6.8" (portrait or landscape) by a Palliser student of any grade level for consideration. The art that will be featured on the card will be decided by a committee of the Board.

The art should be in keeping with the theme '**A Storybook Winter.**'

The original art may not be returned. The artist whose work is selected will receive a gift from the Board, will be recognized on the back of the card, and will receive copies of the greeting card for their use.

Cards and accompanying forms may be submitted by mail or through Palliser's inter-school mail system. Only those submissions, including this form and the original artwork, received by noon Nov. 8, 2019 will be eligible. Address submissions to:

Palliser Greeting Card Showcase
Palliser Regional Schools
#101 3305 18 Avenue North
Lethbridge, AB T1H 5S1

Student Name: _____

(please print)

School: _____ **Grade:** _____

I agree to have my child's art, first and last name and school name featured on the Palliser website and shared with other online or traditional media and published on the Palliser greeting card.

Parent/Guardian Name: _____

(please print)

Parent/Guardian Signature: _____

Date: _____

*Together we will ensure learning success for all students
to develop their unique potential as caring citizens in a changing world.*

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 vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can alter teen brain development.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



1 Vaping liquid, which contains chemicals, is heated to become an aerosol

2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream

3 The remaining aerosol is exhaled



Health Canada Santé Canada





CAREER
TRANSITIONS

PRESENTS:

The 15th Annual Post-Secondary Fair

Wednesday, October 23, 2019

CHINOOK HIGH SCHOOL,
259 BRITANNIA BLVD W, LETHBRIDGE

6:00-8:30pm

FOR MORE INFORMATION

www.careersteps.ca

☎ (403) 328-3996



SEATING LIMITED!!!

**Arrive early and get the best
seat in the house!**

**PRESENTATION WILL TAKE PLACE IN THE
CHINOOK HIGH SCHOOL CAFETERIA**

Don't miss out!

Career Transitions is happy to have Sean Aiken, creator of the One Week Job Project, as a special guest at the 2019 Post-Secondary Fair. Sean Aiken worked 52 jobs in 52 weeks throughout North America in search of his passion. He trekked more than 74,000 km, slept on 55 couches, and raised over \$20,000 for charity. Come hear Sean share his extraordinary story and all the lessons and career advice he learned along the way!

CHECK OUT: WWW.ONEWEEKJOB.COM

5:00-6:15pm

Are you looking for an exciting future in the trades?

JOIN US

OCTOBER 16, 2019

FOR AN INFORMATION SESSION ON THE

INTRODUCTION TO IRONWORKING TRAINING PROGRAM



5:00 - 6:30pm OR 7:00 - 8:30pm

IRONWORKERS LOCAL 725
TRAINING CENTRE
2801-2ND AVE N, LETHBRIDGE



PLEASE CLICK HERE TO REGISTER

OR VISIT

www.careersteps.ca

The Introduction to Ironworking Training Program is a full-time, 10 week, industry standard training program that takes place during school hours (April 20- June 26, 2020). **Please consult with your off campus coordinator or career practitioner** to find out how you can be a part of this amazing program.



CAREER
TRANSITIONS

IRONWORKERS
LOCAL 725

TÉPF
The Educational
Partnership Foundation

Healthy Teens

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting teens with nature has been shown to help them focus in school, boost a positive attitude and increase physical activity. Youth are certainly losing touch with outdoors – a Canadian study shows that the number of children and youth who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting teens to nature are widespread and valuable. Older children who spend more time outside are not only more physically active but also have healthier body weights. Physical activity in outdoor environments improves mental health even more than in other settings and this makes less irritable teenagers.

These improvements in mood and outlook can contribute to better body image and self-esteem. Consistent, positive relationships also exist between students' exposure to nature, test scores and graduation rates.

How parents can help:

- Involve your teen in planning — hikes, kayaking, snowshoeing, cross country skiing, camping.



A personal investment is a powerful way to help connect teens to the natural world around them.

- A garden of their own can help provide youth with structure as they compete with pressures from all areas of their lives. Control over what gets cultivated and maintenance of the fruits of their labor offers both physical and mental outlets.
- Advocate for more time outside for your teens at school, be it through extra gym classes outside or making outdoor learning a part of other class lessons.



For more information and ideas, visit the Children and Nature Network at www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Teen

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your teen and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging thing you did today?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



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

Healthy Teens

October 2019 Parent Newsletter

5 Tips on Talking About Sexual Health with Your Teen

Talking about sexual health topics like puberty, consent, reproduction and relationships will help your teen make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

1. **It's never too late to begin talking.** Even if you haven't talked much about sexuality with your teen yet, find a place to begin. Settings that don't require direct eye contact – car rides, walks, washing the dishes – can lead to open, meaningful conversations.
2. **Have more conversations.** Create opportunities where your teen can ask a question or make a comment. If you can't answer immediately, plan to come back to the conversation more than once to build and reinforce information and answer additional questions.
3. **Watch for teachable moments.** These moments can happen when you least



4. **Encourage your teen to talk about what they think.** An open exchange of ideas can help clarify the values you each hold. Whatever they tell you, remember that they are trusting you with this information. Try to make the most out of the situation by remaining calm and being understanding.
5. **Speak to them as a mature person.** Respect their views and make sure they understand that their feelings are their feelings, whether or not you agree or understand. Use correct terms to show that you respect their age and knowledge.

➤ For more tips on talking to your teen, visit TeachingSexualHealth.ca

October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			<p><u>WE Weds \$6</u> Taco in a Bag</p>		<p>SV Volleyball Breast Cancer Awareness Invitational Tournament</p> 	
6	7	8	9	10	11	12
	<p>Orange Shirt Day (Rescheduled from the Snow Day)</p> 	<p>PIZZA \$3 ea or 2slices for \$5</p> 	<p><u>WE Weds \$6</u> Hot Dog or Chilli Chs Dog</p>	<p>Scholarship Presentation @ 5:30 in Rm 103</p>		
13	14	15	16	17	18	19
<p>NO SCHOOL</p> 		<p>PIZZA \$3 ea or 2slices for \$5</p> 	<p><u>WE Weds \$6</u> Hamburger</p> <p>Iron Workers Information Session</p>			
20	21	22	23	24	25	26
<p>KA Food Drive Begins (Bags Dropped Off)</p>		<p>KA Food Drive (Bags Dropped Off)</p> <p>PIZZA \$3 ea or 2slices for \$5</p> 	<p>KA Food Drive (Bags Dropped Off)</p> <p>Career Transitions Post Secondary Fair 6- 8:30 @Chinook H.S.</p> <p><u>WE Weds \$6</u> Pulled Pork</p>	<p>KA Food Drive (Bags Dropped Off)</p> <p>Parent Teacher Conferences 4-5pm & 6-8:30pm</p>	<p>KA Food Drive (Bags Dropped Off)</p>	
27	28	29	30	31	<p><u>Coming up in November:</u> November 1: Food Drive Pick-Up Day November 8: Picture Retake Day November 11: Remembrance Day/No School November 12: PD Day/No School for Students November 26: KA Fine Arts Night</p>	
		<p>PIZZA \$3 ea or 2slices for \$5</p> 	<p><u>Fall Awards Ceremony</u> (for last year's Grade 9 – 11 students)</p> <p><u>WE Weds \$6</u> Taco in a Bag</p>			

This calendar is current at time of printing/sending out this newsletter (*October 2nd*). Please check out kateandrewshighschool.com for updated information as it happens.