

NOVEMBER 2019

# KAHS

NEWSLETTER



## Remembrance Day Assembly

There will be a Remembrance Day Assembly on Friday, November 8<sup>th</sup> at 10:15 a.m. in the gym. Parents, families and the community are welcome to attend.

## Awards Ceremony

### (2018/2019 School Year)

Our Annual Fall Awards Ceremony will take place in the gym on WEDNESDAY, November 6<sup>th</sup> during Period 3 (which begins at 12:24pm).

We apologize for any confusion about the date of this, as it has changed a couple of times due to events which are taking students away from the school.



## NO SCHOOL

There will be no school for students on the following days:

Monday, November 11<sup>th</sup>:  
Remembrance Day Stat. Holiday

Tuesday, November 12<sup>th</sup>:  
Division-wide PD Day

Friday, November 29<sup>rd</sup>:  
Site PD Day

## PRIDE Breast Cancer Donation

In October, the Sr Volleyball teams raised money towards Breast Cancer research during their home tournament. They were able to raise and donate \$814.25!

**GO PRIDE**

PHOTO  
RETAKE

# Photo Retake Day is Friday, November 8<sup>th</sup>!

## *IMPORTANT CONSENT FORMS*

At the beginning of the school year, each student was given a package which included a **WHITE Demographic Information Verification Form**, a **Lime Green coloured Information Technology User Agreement/Permission Form** and a **Light Green coloured Consents for Information Disclosure**. 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.

## *KAHS Fine Arts Night*

Please join us on **Tuesday, November 26 at 6:30 pm** for Kate Andrew High School's 7<sup>th</sup> Annual Fine Arts Night.

**The evening will feature a unique and interactive mix of drama, music and art.**

Join us for an evening in celebration of the arts at our school. Fine Arts Night is on November 26, starting at 6:30. Donations to the Coaldale Food Bank will be accepted in lieu of admission.

The event will kick off in the gym as the KAHS Jazz and Concert Bands will present some of the music they are working on for the Christmas Concert in December. Mr. Godin will take one of the pieces and introduce the audience to the various musical components at work.

Visual Arts students will offer an art show & sale, with many beautiful works available for purchase. We will also be continuing with our tradition of selling holiday cards made by KA students. Proceeds from this sale will be donated to the Coaldale Food Bank. The art room will also offer some mini workshops for those inclined to take part.

The drama program is ready to showcase some of the work that has been taking place this semester. Our blended class of 10 20 and 30 level drama students will present two vocal collages along with some other pieces developed in class.

**Grade 9: Take your Kid To Work Day**  
is Wednesday, November 6<sup>th</sup>.  
Students who are not going to work  
with a parent, are expected to be in  
regular classes that day.

Lethbridge College Open House Field Trip is  
on Thursday, November 7<sup>th</sup>.



**THERE WILL BE A SCHOOL DANCE ON  
THURSDAY, NOVEMBER 28<sup>TH</sup> FROM 7 -  
10PM.**

**THIS WILL BE A WINTER WONDERLAND  
THEME.**

**COME OUT FOR SOME GREAT MUSIC BY A  
DJ, DANCING AND FOOD!**

The TD Canada Trust Scholarship is Due November 15<sup>th</sup>!

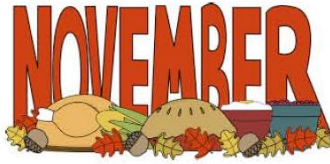
Visit the Career and Academic Counselling Tab at  
[kateandrewshighschool.com](http://kateandrewshighschool.com) for more information about  
this and other scholarships and opportunities!

**WE  
CREATE  
CHANGE**



**Lifetouch will hold an additional Studio Day for  
picture Retakes on Friday, November 22<sup>nd</sup>. If you  
would like an appointment, please call their main  
office at 403-327-2658.**





# “WE” WEDS

## \$6.00 LUNCHES!

Courtesy of the “We Create Change” Group



Weds. Nov 6<sup>th</sup>



**\$5.00 Hot Dog, Pop/Water & Bag of Chips**

or

**\$6.00 Chilli Cheese Dog, Pop/Water & Bag of Chips**



Weds. Nov. 13<sup>th</sup>



**Hamburger, pop/water & bag of chips**



Weds. Nov. 20<sup>th</sup>



**Pulled Pork Bun, pop/water & bag of chips**



Weds. Nov. 27<sup>th</sup>



**Taco in a bag, with a pop or water**





**“WE DAY 2019”** was back in **Edmonton** again this year at Roger’s Place on **Tuesday, October 22<sup>nd</sup>** and for the **7<sup>th</sup>** year **Kate Andrews High School** was blessed to send an incredible 23 very excited students, along with teachers Mrs. Hamilton and Mr. Gibson to the event. Kate Andrews High School is coming off several very successful **“We Create Change”** fundraising campaigns at the school where the students, staff and community have generated over **\$30,000.00** towards local and global causes, since the group started in **2012**.



Kate Andrews “We Create Change” students outside Roger’s Place in Edmonton

The first We Day was held in Toronto in 2007 and every year since **WE DAY** has grown in popularity and is a way to say thank you to all the students and educators who have made a difference helping those less fortunate people in the world locally and globally. You can’t buy a ticket to We Day, you earn it through your volunteer service and again this year there were 16,000 very excited students and educators from across Alberta who travelled to Edmonton to get all revved up for another exciting year of social action and change in the world.

For more information on **“WE DAY”** or the **“We Create Change”** group at the school contact **Mike Gibson** at 403 345-3383.



## **2nd Annual Kate Andrews Alumni Basketball Tournament**

It's back, bigger and better! Year two of the KA Alumni Basketball Tournament is scheduled for December 20 and 21st, with tournaments running for men and women. The early bird registration deadline at a cost of \$40 is November 14th. Registration will be \$55 after that and up until December 13. Please follow the link below or visit the KA website ([kateandrewshighschool.com](http://kateandrewshighschool.com)) for more information and to register.

Email [kendell.wiens@pallisersd.ab.ca](mailto:kendell.wiens@pallisersd.ab.ca) with any questions.

<https://forms.gle/wiW4uemYPsFrqnhUA>

## **The 2019 KAHS Food Drive Another Success!**

We would like to thank the Coaldale Community for the generous support that was displayed in reaction to our Annual Food Drive to benefit the Coaldale Food Bank. We were able to collect and donate **4132 food items** this year!

Thank you also to all of the staff and student volunteers who drove students around to collect the bags, as well as the Grade 9 Phys. Ed. Classes who distributed the bags around town.

Congratulations goes out to Ms. Alexander's Advisor class for winning the competition between Advisor groups within the school, by collecting the most food items and cash to donate to the Food Bank.

# BASKETBALL TRYOUTS

## GR 9 GIRLS

THURSDAY NOV 14  
3:45 - 5:30

WEDNESDAY NOV 20  
3:45-5:30

## GR 9 BOYS

THURSDAY NOV 14  
7:15-9:00

MONDAY NOV 18  
5:30-7:15

## GR 10-12 BOYS

THURSDAY NOV 14  
5:30-7:15

FRIDAY NOV 15  
2:30-4:15

## GR 10-12 GIRLS

TUESDAY NOV 5  
5:30 - 7:15

THURSDAY NOV 7  
7:15-9:00



# Healthy Teens

November 2019 Parent Newsletter

## Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable?

- If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

## Articles

Is Your Teen Considering Body Art?

Surviving the Cut: Staying active when your teen doesn't make the school team

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



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



# Healthy Teens

November 2019 Parent Newsletter

## Surviving the Cut:

Staying active when your teen doesn't make the school team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants.

You could consider sports development camps in order to



further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.

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

# November



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 KAHS Food Drive: Bag Pick-Up	2
3	4	5 <b>Basketball Tryouts:</b> Grade 10–12 Girls 5:30-7:15pm  PIZZA \$3 ea or 2slices for \$5 	6 <b>Awards Ceremony</b> for 2018/2019 School Year  Grade 9 Take Your Kid to Work Day  World of Choices <b>\$6 WE LUNCH</b> <b>Hot Dog or Chili Dog</b>	7 Lethbridge College Open House  <b>Basketball Tryouts:</b> Grade 10–12 Girls 7:15 – 9pm	8 Picture Retakes  <b>Remembrance Day Assembly @ 10:15</b>	9
10	<b>No School: Remembrance Day</b>  	12 <b>No School:</b> Division PD Day	13 <b>\$6 WE LUNCH</b> <b>Hamburger</b>	14 <b>Basketball Tryouts:</b> Grade 9 Girls 3:45 – 5:30 Grade 9 Boys 7:15 – 9pm Grade 10-12 Boys 5:30-7:15pm	15 <b>Basketball Tryouts:</b> Grade 10-12 Boys 2:30-4:15pm	16
17	18 <b>Basketball Tryouts:</b> Grade 9 Girls 5:30 – 7:15pm	19 PIZZA \$3 ea or 2slices for \$5 	1 <b>Basketball Tryouts:</b> Grade 9 Girls 3:45 – 5:30  <b>\$6 WE LUNCH</b> <b>Pulled Pork</b>	2	3 <b>Lifetouch Studio Day for Retakes</b>	4
5	6	7 <b>Fine Arts Night</b> 6:30pm  PIZZA \$3 ea or 2slices for \$5 	8 <b>\$6 WE LUNCH</b> <b>Taco in a Bag</b>	9 WINTER WONDERLAND School Dance 7 – 10pm	10 <b>No School:</b> Site PD Day	11

Please see our Athletics Calendar on our website for up to date practice and game schedules.