

D E C E M B E R , 2 0 1 9

KATE ANDREWS HIGH SCHOOL

CHRISTMAS BREAK

The last day of classes before the Christmas break is December 20th. There will be **NO SCHOOL from December 21st – January 5th**. Classes will resume on Monday, January 6th. We would like to wish all of our KAHS families a joyous holiday season and a restful break.

CHRISTMAS CONCERT

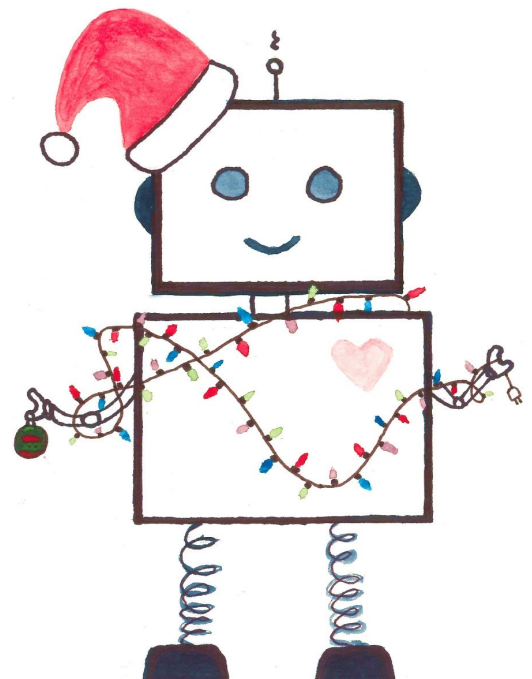
The Kate Andrews High School Band and Choir will be presenting their annual Christmas Concert on **Tuesday, December 17th at 7:00 p.m.** in the gymnasium. Admission is free, however donations of food items for the Coaldale Foodbank will be accepted.



The fantastic Artwork in this Newsletter was produced by KA Art students. We are so proud that we have such talented and creative students. This artwork was turned into Christmas cards that are currently on sale in the office. (1 card for \$3 or 4 for \$10). All proceeds will be donated to the Coaldale Foodbank.



Hailey Neufeld, Art 10



Marissa Heaton, Art 10

Band students are now selling **Booster Juice Vouchers** to help fundraise for their band trip this spring. Booster Juice Vouchers are **\$5.50 each** and are valid for one 710ml (Regular Size) smoothie. \$1.25 from each voucher sold will go towards the band trip.



PowerSchool Parent Portal

If you require assistance to set up your Parent Portal account, please contact the KA office.



Chinnawat Seubkang, Art 10



Victoria Olsen, Art 10

We'd like to encourage everyone to **check the LOST & FOUND** to collect any items that belong to them. There are numerous sweaters, jackets, shirts and water bottles among other smaller items. If you are missing any smaller items of value (i.e. glasses, jewelry, etc.) please check with the office.

Items left over the Christmas break will be donated to charity.

Lost & Found



School/Options Fees Reminder

Base school fees were paid for most students before classes began. If you have not paid for your child's options fees, please pay these fees as soon as possible. Students who have outstanding fees (School fees, Option Class Fees, Athletic fees, etc.) from Semester 1 will not receive text books for semester 2 until their fees are cleared up. If you are not paying fees due to financial difficulty, please contact Mr. Grimes to set up a payment plan or discuss other options.



Find us on
Facebook

Did you know that KA is on Facebook? Like our page and follow us at Kate Andrews High School (@kateandrewshighschool) to keep up to date with everything going on at KA!

Basketball has now started and practices are underway! To view the practice and game schedule, please visit the ATHLETICS page on the KAHS website. Come on out and show your PRIDE at the **SV Girls & Boys Christmas Festival Home Basketball Tournament from December 12th – 14th** and the **Grade 9 Cats Classic Basketball Tournament on December 6th and 7th**.



Kate Andrews High School Alumni are proud to host the

Kate Andrews Alumni Basketball Tournament.

Friday, December 20th (starting at 5pm) and Saturday, December 21st

Full court 5 on 5

Not able to take the court? Everyone is welcome to come watch. Come pack the gym and enjoy the community as we pack the gym with old friends!

(Entry by donation, with proceeds going to KA Basketball)

Reversible Jersey for all participants!

Registration Deadline: December 13th

To Register: Complete form at - <https://forms.gle/wiW4uemYPsFrqnhUA>, before December 13th. Registration Fee is \$50

SPONSORS:

Sponsors are always appreciated to help cover the cost of jerseys, door prizes and other expenses. Any individuals or businesses interested in doing so are asked to contact kendell.wiens@pallisersd.ab.ca. Sponsors will receive recognition at the tournament.

Visit

www.kateandrewshighschool.com or

email kendell.wiens@pallisersd.ab.ca

for more information.





arts www.fotosearch.com



arts www.fotosearch.com

Thanks to everyone who participated in and came out to experience Fine Arts Night at KA on Tuesday, November 26th. We are so proud to showcase and celebrate the amazing talents of our students!



Dreama Grigor, Art 10

Snow Angels

The Coaldale Snow Angels are in need of additional volunteers to help with winter shoveling in the community.

The Town of Coaldale is seeking energetic and motivated individuals who are interested in shoveling driveways for Coaldale residents with physical challenges this winter season. Could you be a Snow Angel for someone in need in our community?

If you can provide a helping hand this winter, please contact Community Services (community@coaldale.ca or 403-345-1323) about the Snow Angels program.

Remember, volunteer service looks great on a resume, and also helps out your community!

GRADE 12 STUDENTS!

Early Admission Deadlines for post-secondary institutions are quickly approaching, as most school close early admission on December 15th. Any students requiring assistance can see Miss Meurs or visit her webpage

(<https://www.kateandrewshighschool.com/career-and-academic-counselling2>)
for assistance.



“WE” WEDS

\$6.00 LUNCHES!

Courtesy of...

“We Create Change”

Weds. Dec. 4th



\$5.00 Hot Dog, pop/water & bag of chips

or



\$6.00 Chili Cheese Dog, pop/water & bag of chips



Weds. Dec. 11th



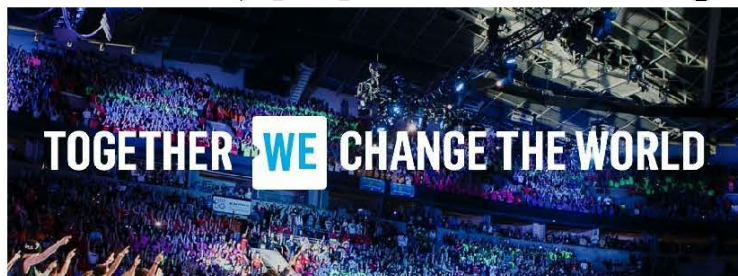
Hamburger, pop/water & bag of chips



Weds. Dec. 18th



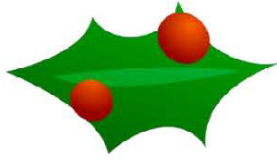
Pulled Pork Bun, pop/water & bag of chips



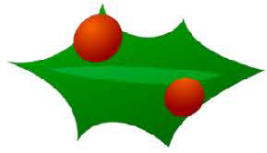
FREE THE CHILDREN

ME TO WE

WE DAY



2019 “Hampers of Hope”



The Kate Andrew’s “**We Create Change**” (*Turkeys for the hampers*) and “**Student Council**” (*Hams for the hampers*) group have joined forces to take on a local challenge to **Give Where You Live** this Christmas season. Since it is the season of giving, the “**WE**” group has decided to give families a Christmas they would otherwise not have. We have teamed up with the goal of sponsoring **4 families** (one from Gr. 9, 10, 11 & 12) this Christmas season through the “**Hampers of Hope.**” Therefore, we are asking all of you and your students to donate whatever you can, whether it’s food stuff, money/gift cards or gently used clothing, toys, movies and books. We appreciate any and all donations and thank you for supporting the give where you live initiative. The 4 hampers will be located on the front counter for the next 3 weeks, while staff and students fill them. Drop off of the 4 hampers will occur on Weds. Dec. 18th by KAHS Staff members.

Below is an **amazing collection** of items that were collected for one of our past **Hampers of Hope** Christmas initiatives.



Thank you from the
We Create Change & Student Council Groups



12th Annual COALDALE CARES Blood Drive

The community of Coaldale joins Canada's Lifeline again this holiday season. This annual campaign is co-sponsored by Intercontinental Truck Body, Kinsmen Club of Coaldale and the Town of Coaldale who are asking Coaldale residents to help hospital patients by rallying friends and family to book an appointment to donate.

KAHS will be showing their support for this community initiative. On December 9th, students 17 and older will have the opportunity to find out their blood type and learn more about blood donation. On December 13, there will be a "Lifebus" (group appointment) donation opportunity for any students who want to donate together and support the Blood Drive. More information will be provided to those students who wish to participate.

The Holiday season can be a challenging time to recruit blood donors. People become busy with friends, family, or Christmas activities, and donating blood is not always top of mind. But sadly, the need for blood never takes a holiday, and every day, hospital patients are depending on blood donors to help save their lives.

Canadian Blood Services needs over 800 more donors to book appointments at the Lethbridge Donation Centre in December to keep up with hospital demand. We are located in the Melcor Centre - #220, 200 4 Ave South in Lethbridge.

Please call 1 888 2 DONATE (1 888 236 6283), visit www.blood.ca, or download the app: GiveBlood to book your appointment and join Canada's Lifeline!





Make saving a life your greatest gift.

Donate blood

Coaldale Cares - December 1-31

Lethbridge Donation Centre - 200 4th Ave S

Tuesday & Wednesday

3:30pm - 7:30pm

Thursday, Friday & Saturday

9:30am - 1:30pm

In partnership with:

Intercontinental Truck Body, Kinsmen of Coaldale & Town of Coaldale



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Book now at blood.ca
or call **1 888 2 DONATE.**

KA Athletics is excited to announce that we will be hosting the 2nd Annual Hockey Game Fundraiser between the KA Hockey Academy and the Coaldale Emergency Services Guns & Hoses team on Wednesday, January 8th @ 6:15pm.

Proceeds from ticket sales, 50/50, Puck Toss, Shoot to Win Contest, Silent Auction and Raffle Table will go towards KA Athletics.

Sponsors are always appreciated and any person or business who is interested in donating can contact the KA Athletic Director at clayton.ressler@pallisersd.ab.ca.

Tickets are \$5 each and available at the KA Office.



KAHS EXAM SCHEDULE, JANUARY 2020

Monday, Jan 13		
9:00-3:00	English 30-1 Part A DIPLOMA	Computer lab
	English 30-2 Part A DIPLOMA	Room 105
Tuesday, Jan 14		
9:00-3:00	Social Studies 30-2 Part A DIPLOMA	Computer lab
Monday, Jan 20		
9:00-3:00	English 10-1	Gym
	English 20-1	
	English 20-2	
	<i>Students requiring a reader</i>	Computer lab
Tuesday, Jan 21		
9:00-3:00	Biology 20	Gym
	Science 10	
9:00-12:00	ELA 9 Midterm	9A- 202
		9B- 203
		9C- 204
		9D-205
	<i>Students requiring a reader</i>	Computer Lab
Wednesday, Jan 22		
9:00-3:00	Math 30-1 DIPLOMA	Gym
	Chemistry 20	
	Social Studies 10-1	
		<i>Students requiring a reader</i>
Thursday, Jan 23		
9:00-3:00	English 30-1 Part B DIPLOMA	Gym
	English 30-2 Part B DIPLOMA	
	Social 20-1	
	Social 20-2	
		<i>Students requiring a reader</i>
9:00-1:00	Math 9 Midterm	9A- 202
		9B- 203
		9C- 204
		9D- 205
	<i>Students requiring a reader</i>	Computer Lab
Friday, Jan 24		
9:00-2:00	Social Studies 30-2 Part B DIPLOMA	Gym
9:00-3:00	Math 10 C	
	Physics 20	
	<i>Students requiring a reader</i>	Computer lab
Monday, Jan 27		
9:00-3:00	Biology 30 DIPLOMA	Gym
	Math 20-1	Computer lab
Tuesday, January 28		
9:00-12:10	Science 9 and K&E PAT	9A-202
		9C-203
		<i>Students requiring a reader</i>
Wednesday, Jan 29		
9:00-12:00	Social Studies 9 and K&E PAT	9B- 202
		9D-203
9:00-3:00	Physics 30 DIPLOMA	Gym
	<i>Students requiring a reader</i>	Computer lab

This exam schedule is current as of time of printing on December 2, 2019. Please visit kateandrewshighschool.com for the most recent exam schedule.

KAHS January 2020 Final Exam RULES

The LAST DAY of Semester 1 classes is Friday, January 17, 2020.

Students who are scheduled to write **English 30-1, or 30-2 Part A DIPLOMA EXAMS on January 13th and Social Studies 30-2, Part A on January 14th** 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.

Students who require the exam to be read to them will write exams in the Computer Lab.

Textbook returns will be possible between 8:30 and 9:00 on each final exam day from January 20th to January 29th. 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

Healthy Teens

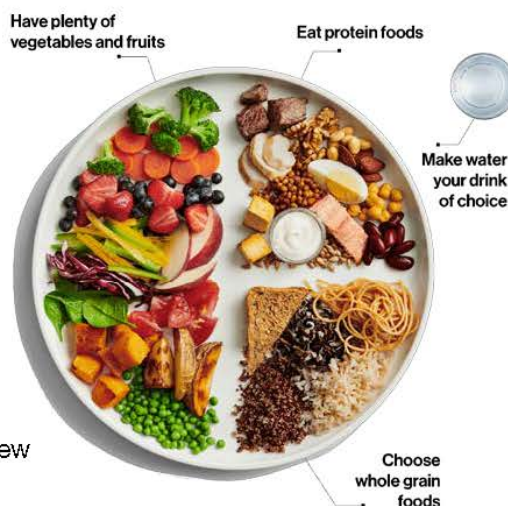
December 2019 Parent Newsletter

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin



D, protein and fluid needs.

- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.
- Visit [Healthy Eating for Teens](#) to learn more about healthy eating habits and a positive eating environment for youth. Learn about healthy eating during the teenage years and how it gives the energy needed to focus, balance moods and perform better.

➤ For more information on Canada's Food Guide, food choices, eating habits, recipes and tips, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



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

Healthy Teens

December 2019 Parent Newsletter

Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may contain nicotine. Many flavoured e-liquids are enticing to young people

(e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Will my teen try electronic cigarettes?

According to a large scale national survey, electronic cigarette use in Alberta is rising at an alarming rate. About 28% (~69,000) of Albertan students in



grades 7-12 have tried an e-cigarette, and 15% (~35,000) use them more regularly. Moreover, 34% of students believe that regular use of electronic cigarettes poses little to no harm to their health.

What should parents do?

Alberta Health Services recommends talking to your teen about e-cigarettes. Discuss the facts about exposure to chemicals and nicotine and correct any misconceptions your teen may have. Since e-cigarettes do not leave a smell like tobacco, it will be harder to know if your teen is using electronic cigarettes. Watch for signs of use such as dry cough and mouth/throat irritation, as well as look for unusual attachment to items like USB stick, sharpie, car fob etc., as this could be an electronic cigarette.











For more information and support, visit Albertaquits.ca or call toll free 1-866-710-QUIT

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



December



SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.	
1	2	3 PIZZA \$3 ea or 2slices for \$5 	4 \$5 HOT DOG OR \$6 CHILI DOG	5	6  <u>CAT'S CLASSIC</u> Basketball Tournament (Grade 9 Girls and Boys)	7	
8	9	10 PIZZA \$3 ea or 2slices for \$5 	11 \$6 HAMBURGER	12  <u>SV GIRLS & BOYS CHRISTMAS FESTIVAL</u> Basketball Tournament	13	14	
15	16	17 <u>Christmas</u> CONCERT @ 7PM PIZZA \$3 ea or 2 slices for \$5 	18 \$6 PULLED PORK	19	20 <u>KA ALUMNI</u> Basketball Tournament 	21	
22	23 NO SCHOOL	24 NO SCHOOL 	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28	
29	30 NO SCHOOL	31 NO SCHOOL 	<p><u>Coming up in January:</u> Monday, January 6th – <i>Classes Resume</i> Wednesday, January 8th – <i>KA Hockey Academy vs Coaldale Emergency Services, Guns & Hoses Hockey Game Fundraiser (for KA Athletics)</i> Friday, January 17th – <i>Last Day of Semester 1 Classes</i> January 20 – 31st – <i>Final and Diploma Exams</i></p>				

