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KATE ANDREWS HIGH SCHOOL

NEWSLETTER

www.kateandrewshighschool.com

MARCH



NO SCHOOL

There will be **NO SCHOOL** on Friday, March 20th or Monday, March 23th for students, as these are Professional Development Days for teachers.

PARENT/TEACHER CONFERENCES

Parent/Teacher Interviews will be held on Thursday, March 26th in the Gymnasium. These will be drop in, casual meetings rather than scheduled time slots, so please stop by during the following times to meet with your child's teachers:

4:00 – 5:00 p.m. and 6:00 – 8:30 p.m

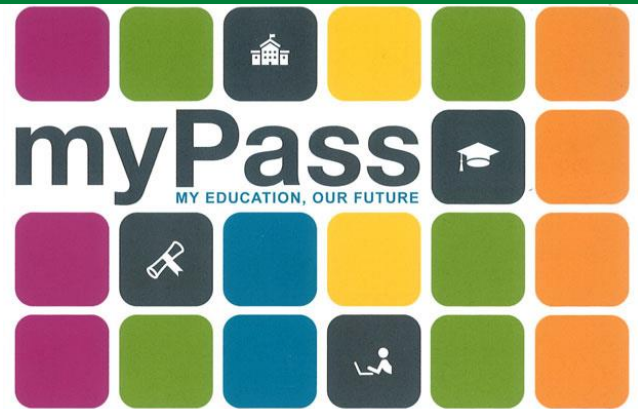
If you are not able to attend Parent/Teacher Conferences or have concerns about your child at any time throughout the school year, please contact their teachers. You do not have to wait for Parent/Teacher Conferences to speak to their teacher.



Diploma Exam Marks

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!




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.



Surf 'N Slam Info Meeting

There will be a meeting in room 202 on Monday, March 9th at 7:30pm, for parents of those interested in participating in the Surf 'N Slam. This San Diego Basketball Tournament will take place December 2021 and is for current grade 9/10 boys and girls. Email Mr. Wiens at Kendell.wiens@pallisersd.ab.ca with any questions.



KAHS SKI TRIP!

The KAHS Ski Trip will be held on March 19, 2020. This trip can accommodate up to 40 students, and spots are granted on a first-come, first served basis.

Information packages/permission forms are available from the office front counter. Once a student returns their completed permission forms to the office, the fee will be added to their School Cash Online account.

Completed forms and payment must be received by the end of the day on March 3rd.

Any questions can be directed to Mr. Griffith (Daniel.griffith@pallisersd.ab.ca).

YEARBOOKS

Yearbooks are currently on sale through School Cash Online. They cost \$41 each and will be delivered in October of 2020 (so that Grad can be included). March 30th is the deadline to order a 2019/20 KAHS yearbook, so make sure to order yours soon!

Are you attending the U of L next year? On March 18th at 5pm there will be a University of Lethbridge representative in the KAHS Computer Lab, to assist students to choose courses and learn how to register for them. Parents are also welcome to attend.

University of
Lethbridge



MEDICINE HAT
COLLEGE



On March 24th, Medicine Hat College will be giving a presentation in Room 103 during lunch break regarding course and programs.

Grads, it's time to start applying for post-secondary studies, if you haven't already done so. It is also time to start looking at applying for **scholarships**. Any students, especially Grade 12's who would like to discuss credits and post-secondary plans should see Miss Meurs as soon as possible. Please email her at jo-anna.meurs@pallisersd.ab.ca or stop by her office to set up an appointment.

Visit the **Career & Ac. Counselling** tab at kateandrewshighschool.com for a list of scholarships, bursaries and post secondary application deadlines.



COALDALE MUSICAL ARTS SOCIETY DESSERT CONCERT



The 14th Annual CMAS Dessert Concert will be held on Friday, March 27th at 6:30 pm at R.I. Baker Middle School.

Tickets are \$20.00 each and are available through Mr. Godin at KAHS or from Mrs. Conrad at R. I. Baker Middle School.

The Coaldale Musical Arts Society (CMAS) is a non-profit, parent-run organization that supports the musical arts programs at Kate Andrews High School and R.I Baker Middle School. By supporting these music programs, students have more learning opportunities and experiences, enhancing their musical education. In recent years, CMAS has assisted with the purchase of instruments and interactive teaching tools, as well as subsidized musical retreats and participation in festivals. Our only major fundraiser is the Annual Dessert Concert and Silent Auction. This event gives students a chance to perform in a formal setting, while showcasing their talents to peers, teachers and parents alike.

Anyone interested in donating Silent Auction Prizes, or purchasing tickets should contact Mrs. Conrad or Mr. Godin.

BAND FUNDRAISER

The band students are currently selling **Booster Juice Vouchers**. The vouchers are **\$5.50 each** and are valid for one 710 ml regular smoothie - a savings of over \$1 as opposed to paying regular price! \$1.25 from each voucher goes towards the band trip in April where band members will travel to Banff to participate in a series of master classes with a guest conductor.



Interested students should see their CTS teacher for registration. Check out the website at www.skillsalberta.com for more information. GO PRIDE!!!!



South West Regional Skills Canada Competition

Skills Canada Competitions feature the talents of Alberta’s trade and technology students. Regional Skills Canada Competitions (RSCC) connect students to local post-secondary and industry leaders. By taking their skills out of the traditional classroom setting, students gain an appreciation for where their skills can take them, and are inspired to develop their skills and reach for their personal best.

April 4, 2020

Event	Location
Automobile Technology*, Baking*, Cabinet Making*, Carpentry*, Culinary Arts*, Fashion Technology, Graphic Design, Hairstyling Junior*, Hairstyling Intermediate*, Photography, Public Speaking, Video Production*, and Welding*	Lethbridge College 3000 College Drive South, Lethbridge AB

*To compete at the Provincial Skills Canada Competition in Automobile Technology, Baking, Cabinet Making, Carpentry, Culinary Arts, Hairstyling — Junior, Hairstyling — Intermediate, Video Production and Welding students must qualify at their RSCC.

In 2020, nine RSCC’s will take place across Alberta. The top performers at the South West RSCC will earn a spot at the 28th Provincial Skills Canada Competition (PSCC), on May 6-7, 2020 at the Edmonton EXPO Centre. Teachers may register their students directly into the PSCC for events that are not hosted at the regional level.

Gold medalists at the PSCC will become part of Team Alberta and will compete at the Skills Canada National Competition in Vancouver, BC May 27-30, 2020.



This year Kate Andrews
"WE CREATE CHANGE" has chosen
 the
 two **GLOBAL** pillars of
EDUCATION & HEALTH
 to raise funds for!

OUR GOAL

↓

\$2500.00!

Money raised:

↓ ↓

Education **Health**

\$1000.00 + **\$1000.00**

"WE" WEDS

\$6.00 LUNCHES!
 Courtesy of...
"WE" Create Change

  **Weds. March 4th** 

Taco in a Bag with your choice of pop or water

 **Weds. March 11th** 

Reg. Hot Dog with pop/water & bag of chips **(\$5.00)**
 Chili/Cheese Dog, pop/water & bag of chips **(\$6.00)**

 **Weds. March 18th** 

Hamburger, pop/water & bag of chips

 **Weds. March 25th** 

Pulled Pork Bun, pop/water & bag of chips

Are you interested in travelling to Japan to study **SCIENCE** after High School?

There will be a presentation about the Integrated Science Program at Hokkaido University on Thursday, March 5th during Period 3 in the KA Library for any students who are interested.



The Coaldale Figure Skating Club Presents
"An Enchanted Journey"

Saturday March 14, 2020

1:30 PM at the Coaldale Arena

Special Guest Skater: Brooklyn Watmough

Ticket or Entrance Fee \$5.00

Child (5 yrs and under) FREE

Program and Door Prize \$3.00

Flowers to purchase for the Skaters \$2.00

Tickets available for pre-sale on Thursday
 March 12 at the Arena from 4-9pm.
 Remaining tickets will be available at the door.





TIE
DYE
PARTY



PINK SHIRT DAY | FEB 26



On February 24th and 25th during lunch students had the chance to Tie-Dye their own white shirts for Pink Shirt Day. Pink Shirt Day aims to raise awareness of bullying prevention and highlight where to turn if in need of help.



A Slow Light

February 26 to April 1, 2020

**Kate Andrews High School
Library**

The history of the Crowsnest Pass in southwestern Alberta is one of subtle and dramatic shifts. The area is notable for its geological formations, history of resource extraction, and the 1903 Frank Slide incident when the eastern slope of Turtle Mountain gave way in a rockslide, burying a part of the young mining town below. Over the years, the coal mining industry that once served as the community's economic bedrock gradually shut down, and the area has become increasingly dependent on tourism. The shards of crumbled limestone that remain scattered at the site of the rockslide have proven to be a draw for many curious visitors, but also serve as a humbling reminder of an ever-evolving environment. The site is a stark counter-narrative to the popular conception of mountains as steady, permanent fixtures.

In 2015, Canmore-based artist, Tyler Los-Jones, began his investigation of the Crowsnest Pass during a residency program organized by the Southern Alberta Art Gallery at the Gushul Studio in Blairmore, Alberta. He recalls encountering the region's stories in the way one encounters bands of strata – *there are those that are large and obvious that you can determine at a distance and those that are more contorted that you need to experience up close.* The layered geological and economic narratives within the region became the basis for photographs and sculpture in this exhibition, along with references to orientation markers that have helped people navigate the dynamic environment.

In *a slow light*, Los-Jones generates wayfinding experiences by disorienting and reorienting the viewer with the material history of the Crowsnest Pass. The interplay of man-made objects with coal and limestone reminds us of humanity's short time within the region by alluding to the geological forces that have been at play for millions of years – forces that are too slow to watch, but too powerful to overlook.

Curated by Shannon Bingeman

LEFT TO RIGHT / TOP TO BOTTOM

Tyler Los-Jones
As Lichens no. 8
2017
Archival inkjet print
30.5 x 35.6 cm
Courtesy of the artist

Tyler Los-Jones
Sediments and Sunlight no. 8
2017
Archival inkjet print
30.5 x 40.6 cm
Courtesy of the artist

Tyler Los-Jones
Medusa's Ferns no. 2
2017
Archival inkjet print
61 x 61 cm
Courtesy of the artist



Alberta
Foundation
for the Arts



ESPLANADE
Arts & Heritage Centre



Medicine Hat
The Gas City



TREX

Healthy Teens

March 2020 Parent Newsletter

Self-management

Why it's important to you and your teen

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't? We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions.



In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Healthy Teens

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Teens often model what they see their parents do – and eating is no exception! It’s important to know how your own relationship with food can affect teens. By eating a variety of healthy foods, you can set a positive example for your teens.

Tips for healthy role modeling:

- **Eat together.** Enjoy family meals as often as you can as a way to stay connected with your teen. Keep distractions like TVs and phones away from the table.
- **Offer healthy foods.** Keep healthy foods on hand to make healthy choices easy for teens. Involve your teen in making the grocery list so they can pick a few healthy foods that they enjoy.
- **Let them cook.** Help your teens to build skills in the kitchen then let them cook on their own! Teens who cook are more likely to eat well and feel good about themselves.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoiding fad diets is positive role modeling for your teen. The eating habits that teens learn can form patterns



that last a lifetime. Avoid diets that:

- Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten, or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.
- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.

- **Talk positively about bodies.** Focus on health, not size. This can help teens develop positive self-esteem and body image.

➤ **Do you want to know more about helping teens to develop healthy habits and positive body image? Visit [Raising Our Healthy Kids: https://vimeo.com/160413076](https://vimeo.com/160413076)**

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ski Trip Forms Due	3 Ski Trip Payment Due	4 WE WEDS \$6 Lunch 	5  1 Slice for \$2 2 Slices for \$5 Hokkaido University Presentation Period 3 in Library	6 CURLING PROVINCIALS @ ATB CENTRE IN LETHBRIDGE. Come cheer on our team! <u>March 5 - 7</u> 	7
8	9 Surf 'N Slam Information Meeting @ 7:30pm in Room 202	10	11 WE WEDS \$6 Lunch 	12  1 Slice for \$2 2 Slices for \$5	13	14
15	16	17	18 WE WEDS \$6 Lunch  U of L Presentation @ 5pm	19 Castle Mountain Ski Trip  1 Slice for \$2 2 Slices for \$5	20 NO SCHOOL Division-Wide PD Day	21 WORLD DOWN SYNDROME AWARENESS DAY
22	23 NO SCHOOL KAHS PD Day School Council Meeting @ 7pm	24	25 WE WEDS \$6 Lunch 	26 Parent Teacher Conferences  1 Slice for \$2 2 Slices for \$5	27 CMAS DESSERT CONCERT 	28
29	30	31	<p>Coming up in April: April 2nd is World Autism Awareness Day NO SCHOOL April 10 – 17th for Easter Break</p>			