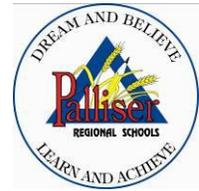




KATE ANDREWS HIGH SCHOOL

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March 2015 Newsletter

January Student of the Month



Our January Student of the Month is a wonderful young woman whose very presence makes Kate Andrews a more caring school. Her attitude is one of thankfulness for the people in her life and the opportunities that she's been given. Her thoughtful attitude and her kind, generous, and compassionate spirit make her a pleasure to be around. She is described by staff as incredibly helpful, dependable, and dedicated; someone who is always willing to fully participate in whatever activity she takes on, in a cheerful and happy manner. Music is this young woman's passion; she believes that it is able to touch your soul in a remarkable way. She has a lovely voice and has sung alto in our Kate Andrew's school choir since grade 10 and looks forward to the upcoming Band and Choir trip to Disneyland. In addition to her musical pursuits at school, she is very grateful that

she has had the opportunity to take both piano and guitar lessons for the past five years.

This young woman is a willing volunteer at Kate Andrews. She has spent many hours helping Mrs. Wittebole in the library; she has worked on the food drives to help collect food for the Food Bank; and is presently serving in the position of Secretary for our Student Council.

Serving others in our community is important to our January Student of the Month. Mrs. Van Rijn said that this young woman provided help with setting up for and assisting with the Ducks Unlimited Annual Banquet.

This young woman loves connecting with people and making a difference in their lives. Through her church she has had the opportunity to work together with others, preparing meals for people who are sick. She also enjoys visiting our seniors in the Sunny South Lodge, describing them as being "really sweet".

When she's not busy at school or volunteering in our community, she enjoys connecting with family and friends who she describes as making an incredible impact in her life. She enjoys painting, travelling to new places, and being open to new experiences.

After graduation our January Student of the Month plans to attend the University of Lethbridge to become a registered nurse with a long-term goal of serving on humanitarian missions with organizations such as Doctors Without Borders or the Red Cross. She would like to serve in developing nations where people are living in difficult circumstances, often without the ability to access medical care. Her incredibly compassionate spirit and gentle, caring nature will serve her well as she seeks to help some of the world's neediest people.

Please congratulate our January Student of the Month, Torrie Kasner, daughter of Ron and Cindy Kasner.

2015-2016 Course Registration

March 10th at 6:00 pm there will be a parent meeting at Kate Andrews High School regarding the course registrations for students who will be going into grade 10 in the 2015-2016 school year. **Parents are encouraged to attend and students are welcome.** Course registrations for 2015-2016 will be available online starting on March 16th for grades 10-12.



Grad Photos

Individual grad photos are March 2 to March 6, 2015. There are still a few slots open if you have not booked an appointment yet.

To book appointments, log on to www.lifetouch.ca/southernalberta

Go to the site, scroll to the bottom to choose the first letter of the school from the alphabet, choose Kate Andrews and then follow the instructions.

- Click on “schedule now”
- From the drop-down menu, choose the school name
- From the second drop-down menu, choose “Prestige (30 min) (\$40) sitting.
- The calendar with only our school’s grad dates will become available.
- Click on the date and all available times will show. Simply follow the instructions from there.
- It is required that you enter a phone number in each field (you can use the same # twice. You must also enter an email (you can only use a single email one time).

If you have any questions please email Kurt Roy at kroy@lifetouch.ca or you can call Mrs. van Rijn at Kate Andrews 403-345-3383 before 1:30 pm. - or email raylene.vanrijn@pallisersd.ab.ca

All photos taken by Lifetouch are to be ordered through Lifetouch by students and will be sent to the students’ home address.

If you do not wish to book a photo session with a \$40.00 sitting fee:

Every grad must have a photo taken even if they do not plan to purchase a package from the photographer. In that case grads must stop and talk to the photographer and the photographer will book them into a time slot to have the yearbook and composite photo taken. **These photographs must be taken in order to be included in the Yearbook and the Class Composite.** Graduation gowns, hats, roses and props will be provided. Students may also bring their own individual props to personalize their photos. Sorry, due to allergies, no pets please.

Coaldale Dry Grad 2015 - Celebration Party - June 26th

Parents of Kate Andrews 2015 graduates are invited to the next meeting on February 26, 2015 at 7:30 pm (2015 21 street, Coaldale, AB.)

For more information please contact Heidi at fropep@telusplanet.net or check out our Facebook page - Coaldale Dry Grad 2014 to see what we are all about.

Mission Statement:

To provide a fun and memorable celebration for the graduating class of KAHS and Pass+ well planned event that is drug & alcohol free.

Safe Grad June 26th

Grad's and parents are encouraged to follow KAHS Safe Grad 2015 on Facebook and KASafeGrad2015 on Twitter. All announcements and updates will be made there.

Start saving your bottles and cans! We will be having a bottle drive in May for a fundraiser.

Please contact Jayden Fraser (Student Rep) or Tricia Hilgersom (Parent Rep) via Facebook or email at tricia.hilg@gmail.com for any questions.

Grad Prom

There has been some discussion about a grad prom to be held at Readymade Community Centre. Kate Andrews High School does not have any involvement in this activity.

Grad Rings



Design Your Ring At Jostens.com

YOUR RING, YOUR STORY!

Kate Andrews High School
Your graduation ring order day is:
Date - Tuesday, November 4
Time - 11:30 to 12:45
Place - Outside the Office
Don't forget your \$60.00 deposit (cash, cheque, credit, debit)

DESIGN IT.

SHARE IT.



ORDER IT.



WEAR IT.



Catalogues can be picked up in the main office
Prices starting at just \$99.00

With all of the amazing YA books written every year it shouldn't come as a surprise to find out that many have made it to the big screen. Here are just a few of the titles that have been made into movies.

Head Over To The Movies



Did You Know?

In the 2014-2015 school year Mrs. Wittebolle has signed out 3050 textbooks. There are currently only 22 textbooks still outstanding to 12 students. Thank you to all of the students who returned their books during exam week.

KAHS Athletics for February

www.kateandrewshighschool.com/athletics

Basketball

The final home basketball game of the year takes place on March 4th. The high school boys will take on Picture Butte at 6:00 pm. This is the final home game for our graduating seniors so come on out and cheer on the boys.

The 1A/2A Zone Championships will take place at the Lethbridge College from March 9-14. The date and time of our first games are not confirmed so keep checking the website for further updates or follow us on twitter @KAATHLETICS for daily updates.

Badminton

Grade 9 and high school badminton practices will begin in early March and run on Tuesdays and Thursdays from 3:45 to 5:30 pm. Practices will lead up to school qualifications for High School Districts and Grade 9 LSAA Championships. See Mrs. Swen if you have any questions.

Boys Baseball

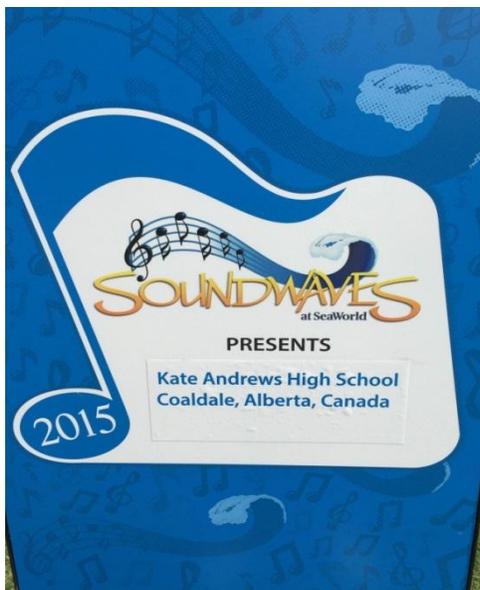
The boys baseball team have already started some indoor practices. Keep checking the website to see when we can fit these in. If you are interested in playing boys baseball and have not turned in your registration, you should pick one up from Mr. Holland ASAP. Official tryouts will begin the week of March 16-20/

Girls Slo-pitch

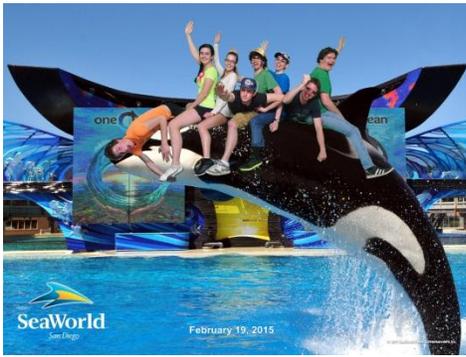
Girl's slo-pitch will get going with optional open gyms starting in March. A parent meeting will take place on Monday, March 9th at 6:30 pm. All interested players and parents should attend. Slo-pitch is open to all KA girls in grades 9-12. Talk to Mr. Holland if you have any questions.

Disneyland Band and Choir Trip

The Band and Choir participated in their annual tour over Reading Week, from February 13-22. After two travel days, the group was excited to reach Anaheim. Band and Choir members had the chance to spend the evening of Valentine's Day in Downtown Disney.



Group members enjoyed a sunny Sunday exploring Disneyland and California Adventure, and were treated to supper at the House of Blues. The group's first performance was on the 16th at Knott's Berry Farm, and they performed for an appreciative audience. Following the performance, students were able to spend time in the park prior to departing for dinner at Medieval Times. On Tuesday, the group was excited to spend a second day at Disneyland and California Adventure. On the 18th, students performed at the LA Farmers Market before heading off to experience Universal Studios. Early the next day, the group departed for San Diego, for their final performance at Seaworld.



Afterwards, they spent the rest of the day experiencing the shows and rides of the park. Students rose bright and early on the 20th in order to depart for Las Vegas.



The Band and Choir were lucky to be able to attend the amazing Michael Jackson “One” Cirque de Soleil performance at Mandalay Bay, and then saw the sights along the Las Vegas Strip. The group travelled home, arriving back in Coaldale on Sunday, February 22, with many members expressing appreciation for the opportunity to participate in this tour. Many thanks to Mr. Hogg for the many hours he spent planning and preparing for this trip, and to Ms. Baraniecki and Mr. and Mrs. Holland who acted as additional chaperones.



WE CREATE CHANGE is **BACK!**

Supporting in 2014-15

THE YEAR OF

EMPO~~W~~ERMENT



Show your belief that every girl and woman overseas should have the opportunity to empower themselves!

Money raised to date:

\$1500.00

School Goal = **\$5,000.00**

Goats Purchased = 30

School Goal = **100**



Parents as Role Models



Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit. As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too. A similar outcome can be expected with respect to alcohol. If your child sees that you choose to celebrate special occasions with or without alcohol – they learn something. If alcohol is used, it is critical to model responsible drinking. This is not a moral

judgement about choosing or not choosing to drink alcohol, but an observation that what a child sees and experiences is more likely what they will choose for themselves.

Communicate - Talk to your teen about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your teen to act as a role model for younger children. Ask if your teen's school has such opportunities and/or seek them out in your community.

Be aware of other influences - Know your teen's friends and their friends' parents. Be aware of what is being modeled in the homes that your teen is visiting. Help your teen try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, such as losing your temper or over-drinking at a family function, it is possible to talk to your teen about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure your teen that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices (e.g., What would they do differently next time? What did they learn from this? What do they think would happen if they tried it differently?).

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents please visit <http://www.albertahealthservices.ca/2434.asp>

What's Bugging You?

Have you ever seen a bedbug, a cockroach, or a mouse? Most pests are looking for food, water and shelter. If we provide them what they need they will stick around. Some pests carry germs, others do not. Some will bite humans while others will not. Pest control begins with some basics:

- Try not to panic. Most pests are harmless.
- Get a positive identification. If you know what you have you can find out how to prevent the pests from becoming a problem.
- Clean. Many pests will hide in clutter. Get rid of items you do not need. Get items off the floor.
- Fix water leaks. Pests need water. Turn off taps, do not have standing water around and fix leaks.
- Food. Clean up food spills. Keep food in tight containers.
- Travel. Keep suitcases up off the floor and off the bed. Check for bugs prior to returning home. Launder items when you return home and keep the suitcases outside in the garage. If you have brought any pests home they won't be brought in.

If you are renting the landlord should be providing pest control. If you have questions about what is bugging you please contact Environmental Health or visit www.albertahealthservices.ca/eph.asp

To School Administration, Staff and Parents:

As spring holidays approach, we know that many families have vacations planned, both within and outside of Canada.

Travelling increases your family's risk of exposure to many different diseases, including measles. Measles is a very real threat in many parts of the world, including as close to home as California, where a measles outbreak is currently ongoing.

It is always important to ensure all your immunizations are up to date before you travel.

If you are travelling to an area where a measles outbreak is currently active (including, but not limited to, California), it is very important to ensure all travellers have received the right number of doses, for their age, of the MMR vaccine – the vaccine that protects against measles - before departing on the trip. Children six months to six years old may require an earlier dose of vaccine than provided in the routine schedule, anyone born in or after 1970 should ensure they have had two doses of vaccine, and adults born before 1970 should have one dose.

If you are uncertain whether you and/or your children need the MMR vaccine before travelling, please call your local community health centre to discuss. If you are not sure how to reach your local community health centre, you can also call Health Link Alberta at 1.866.408.5465.

Please remember:

Measles is a serious disease:

In addition to fever, rash and other symptoms, about one in three persons with measles will have one or more complications, including diarrhea, ear infections (which can lead to permanent hearing loss), pneumonia, inflammation of the brain and seizures. Measles can also lead to death. Although complications are more common among children under five years of age, individuals 20 years of age and older and those with compromised immune systems, even healthy people are a risk of complications. In fact, about one in ten people with measles need hospital treatment.

Measles is extremely contagious:

Measles disease is caused by a virus that spreads easily through the air. When someone with measles has been in a room, the virus can survive in the air for up to two hours after the person has left and infect people who simply breathe the air during that time. People who have never been vaccinated or who have never had measles disease are 90 per cent likely to get sick with measles, if exposed to the measles virus.



Measles can be prevented with vaccine:

Two doses of the MMR vaccine, at the appropriate ages and intervals, are required to be protected against measles. One dose of MMR vaccine provides approximately 95% protection. The second dose of MMR vaccine is required for 99% protection. Although everyone's body responds slightly differently to vaccine, we do know that without any vaccine, you are 100% at risk.

Be sure you and your family are protected. For more information on measles disease and the MMR vaccine, please visit www.immunizealberta.ca or call Health Link Alberta at 1.866.408.5465.

Sincerely,

Dr. Richard Musto
Medical Officer of Health
Alberta Health Services
Calgary Zone

Dr. Christopher Sikora
Medical Officer of Health
Alberta Health Services
Edmonton Zone

Dr. Albert de Villiers
Medical Officer of Health
Alberta Health Services
North Zone-West, North Zone Lead

Dr. Wadieh Yacoub
Medical Officer of Health
First Nations Inuit Health Branch
Health Canada

Dr Deena Hinshaw
Medical Officer of Health
Alberta Health Services
Central Zone

Dr. Vivien Suttorp
Medical Officer of Health
Alberta Health Services
South Zone