

NOVEMBER 2015

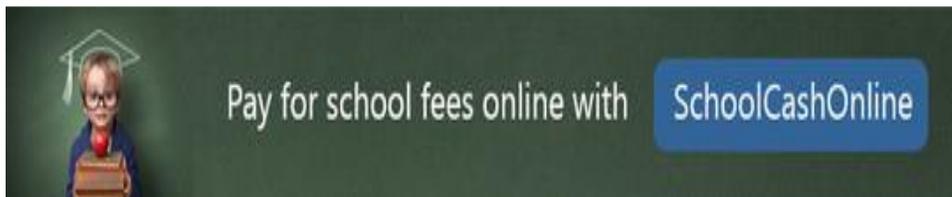
# KAHS

NEWSLETTER



## Remembrance Day Assembly

There will be a Remembrance Day Assembly on Tuesday, November 10<sup>th</sup> at 10:30 a.m. in the gym. Parents, families and the community are welcome to attend.



Pay all your school fees online at <https://palliserregional.schoolcashionline.com>, or by clicking the link on our homepage at [www.kateandrewshighschool.com](http://www.kateandrewshighschool.com).

Accepting credit card, Debit/Interac and eCheck payments. Simply register for a free account, and follow the prompts to pay for your child's school related fees.

If you have questions please contact the school office.



## REPORT CARDS

Report cards will be mailed to parents/guardians on **Friday, November 6<sup>th</sup>**.

## ASSEMBLY

The November Assembly will take place on **Friday, November 6<sup>th</sup>** during Period 3.

## NO SCHOOL

There will be no school on, **November 11<sup>th</sup>, 12<sup>th</sup> or 13.** We would like to wish all of our students & families an enjoyable extra-long weekend.

There will also be no school for students on **Monday, November 30<sup>th</sup>**.



## Fine Arts Night

Please join us for Kate Andrew's 3<sup>rd</sup> Annual Fine Arts' Night! Our staff and students would like to showcase all of the work we do in our Fine Arts Department. On November 26<sup>th</sup> at 7:00 p.m. we will be featuring students' work in art, drama, and music.

You are invited to visit the art room's open house, where you will be able to view some of the work our young artists have created so far this semester. Also, holiday cards created by our talented artists will be on sale, with proceeds going toward the local food bank.

The drama department will be presenting a short piece titled, "The Brothers Grimm Spectaculathon" which is a comedy appropriate for the whole family.

The band and choir will be demonstrating a few pieces for their upcoming Christmas concert. We will also demonstrate sight reading a new piece which will be a total train wreck that you won't want to miss!

Admission to the Fine Arts Night will be a donation of a food item to the Coaldale Food Bank.

## KAHS Drive Against Hunger

Thank-you to those that participated in collecting food for the KAHS Food Drive, and also to those that made donations of food items. We were able to collect \$5,011.00 worth of food to donate to the Coaldale Food Bank.



## Coaldale Youth Action Committee

The CYAC (Coaldale Youth Action Committee) Youth Drop-in afternoon happens every 2nd and 4th Friday of the month from 1 to 3 p.m. at the Gem of the West Museum.

Come starting on Nov. 13 for games and fun after school, for ages 13-17 and it's free!

## Christmas Concert

The KA band, choir and jazz band will present their annual Christmas Concert on Thursday, December 3<sup>rd</sup> at 7:00 p.m. in the KAHS Gymnasium. Admission is free and all are welcome to attend!



## CROSS COUNTRY ZONES

On October 07, 2015, five students represented Kate Andrews High School in beautiful Medicine Hat at the Cross Country Zones competition. Students traversed the hilly course with determination and heart. Congratulations on a race well run by Jenna Varga, Matt Burke, Skyler Rempel, Bianca Cavlcanti, and Kayley Dueck! Runners who place in the top 18 in their age category have the privilege to travel to Provincials (which were held on October 17 in Grande Prairie). A special congratulations goes to Kayley Dueck who qualified to attend Provincials but elected not to attend so that she could join her volleyball team at a tournament that same weekend. A huge thank you to Mrs. Sharon Dueck for assisting with transportation and other “runner mom” duties the day of the race. We look for starting cross country up again in April.





# 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](http://www.pallisersd.ab.ca)

November 2015

## Every student can be a leader

Hello everyone,

While I'm the first person to talk about student achievement, academic results and data, this month I want to focus on something that's more difficult to measure but invaluable to our students. Leadership.

On Nov. 20 in Lethbridge, Palliser will hold its second annual Student Leadership Conference. Last year's spring event was our first attempt to bring our students together for a day of inspiration and sharing. Out of that event, we identified a core group of high school students who have been part of a committee planning this year's event. They came up with our theme, "Discovering U: Explore. Create. Achieve" and they will be leading this year's conference. Their goal will be to help give their peers from Grades 7-12 the confidence and tools to be agents for change in their own schools and communities.

We're hoping more than 400 students from across Palliser will participate in this year's event, to hear keynote speaker, musician, author and entrepreneur David Usher, attend breakout sessions and work in school teams to develop a plan for action. The key will be for students to unleash their own genius and passion for the benefit of others.

Throughout the year, we look for ways to learn from our students and their experiences in our schools. We hold focus group meetings with students when we review a school. I try to attend these sessions personally because the students always prove insightful.

We saw many students participate in last spring's "A Community Conversation 2015," a division-wide stakeholder meeting, and feedback from the day was overwhelmingly positive about the input students provided.

Several of our schools are or are becoming Leader in Me Schools, embracing a student leadership program based on the Seven Habits of Highly Effective People and the belief every child can be a leader.

A committee of our principals has begun work on a student leadership event for students in Grades 4-6, and we had several schools participate in We Day recently.

Daily we see our students of all ages demonstrating leadership with their peers and in their communities.

I truly believe between literacy skills for critical thinking and analysis and leadership development, we can help give our students the tools for success wherever life takes them.

Kevin Gietz, Superintendent  
Palliser Regional Schools





## STUDENTS OF THE MONTH FOR SEPTEMBER

Congratulations to the following students who received Student of the Month for September. Each month a student from grade 9, 10, 11 & 12 are presented with this award. Students are nominated by teachers or support staff and acknowledge a student's character, attitude, work ethic, and contributions to our school.

Justin Pitcher (Grade 9)

Alyssa Brown (Grade 10)

Joel Klassen (Grade 11)

Brittia Tonin (Grade 12)

The October Students of the Month will be announced at the November 6<sup>th</sup> Assembly.

## UPCOMING EVENTS AT GEM OF THE WEST

### MOVIE NIGHT AT THE MUSEUM

November 13<sup>th</sup> at 7 p.m. – Bring a chair or comfy blanket and enjoy some popcorn while you watch Night at the Museum3 at the Gem of the West Museum. Admission is \$2/person

### November Heritage Scrap Booking Family Program

November 14<sup>th</sup> at 10:30 a.m. – All children must be accompanied by an adult

### Picture me at PLAY: Winter Edition – RIBMS field

November 17<sup>th</sup> at 3:30 p.m. – if there is snow we will be playing snowshoe games! Ages 3 – 12 years.

### Sport History Talk

November 18<sup>th</sup> at 7 p.m.

### Jersey Day – Wear your favourite jersey to support sports in Canada

November 20<sup>th</sup> ALL DAY

**PLAY Tools Assessment Workshop** at the HUB (Visit <http://www.coaldale.ca/playcoaldale.ca/playcoaldale-educate/> to register for this free professional development event.) 8 a.m. – 5 p.m.



## “WE” DAY 2015! WHAT A DAY!!!

Kate Andrew High School recently sent 39 students and 3 teachers to WE DAY in Calgary on Tuesday, October 27, to get reeved up for another year of local and global fundraising. The event was called **“WE DAY”** and this is the fourth year that the Saddledome in Calgary has played host to the event. The school was represented very well with students attending coming from the Grade 9, 10, 11 and 12 classes. The students were joined by three teachers; Mike Gibson, Jennifer Neiboer and Kim Alexander who all had the great fortune of joining 16,000 kids and educators who packed the Saddledome. The themes of the day were awe, humility, kindness, compassion and above all...giving back!

The first **WE DAY** was held 8 years ago in Toronto as the brain child of **Craig and Marc Kielburger**, the Canadian brothers behind the international charitable organization **Free the Children** ([freethechildren.com](http://freethechildren.com)) and **We Day**, the now cross-country, annual celebration of kids who care. The students and teachers from across the province in attendance were treated to an array of motivational speakers who spoke about getting involved in social and political activism around the globe.

For Gibson and the Kate Andrew students the We Day left them with a host of things to remember and cherish...be it the thunderous ear-splitting euphoria of 16,000 screaming children in unison; or the slick and highly professional entertainment-mixed-with-motivation lineup of music and storytelling; or the abundance of great quotes and inspirational messages; and the incredible people — both celebrities and so-called ordinary people who’ve overcome seemingly insurmountable life challenges — clearly passionate about sharing in this day with the future’s leaders and activists. **~Be the change you wish to see in the world~ Gandhi**





Family and Community Support Services are happy to announce the Mother/Daughter retreat. Come and enjoy a free one hour yoga class, discussion with Renae Peterson about the special bond you have with your daughter, how to cultivate love and grace in your relationship, and beauty from the inside out! Enjoy our free bonding activities and conversations on self-compassion and mother/daughter dynamics.

Who: Mothers with Daughters between the ages of 11-14 years old from the Coaldale/Taber Region.

What: Mother/Daughter bonding and healthy relationship building.

Where: The HUB located at 2107 13 St, COALDALE. Across from R.I Baker School.

When: Saturday November 21<sup>st</sup> from 9am-4:30pm.

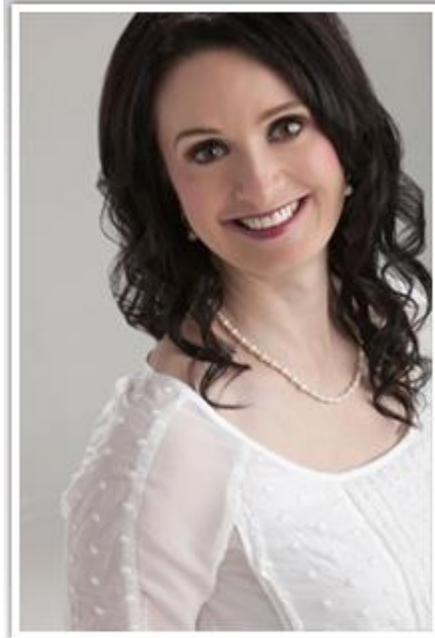
Cost: FREE! Space limited.

Registration: please register by Friday November 6<sup>th</sup> at 4:30 to: [savana.antonation@gmail.com](mailto:savana.antonation@gmail.com) [candace.westerhoud@gmail.com](mailto:candace.westerhoud@gmail.com) or by phone at 403 223 7230

## Join us Saturday November 21<sup>st</sup> for Family and Community Support Services Mother/Daughter Retreat!



Enjoy an hour Yoga class with your daughter!  
(Please bring a yoga mat and some water!)



Our Keynote Speaker, Renae Peterson. Beauty from the Inside out!



Mother and Daughter Bonding Activities

## Teens with Allergies



About 1 in 13 teens have a food allergy. An allergic reaction occurs when the body's immune system overreacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard, and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Food allergies are not a choice. A severe allergic reaction (anaphylaxis), after eating a food containing allergens, can be life threatening and occur quickly and without warning. These can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them.

Most teenagers with allergies are aware of how to avoid the allergen. However, as teens become more independent in social situations they may overlook possible sources of food allergens or take risks to fit in with their peers. They may not want to carry an EpiPen® or ask questions when needed. Parents of an allergic teen can help the teen to make informed choices. The parent can have the teen practice talking to others about allergies and asking questions about the foods served at restaurants, parties, and other public settings. They can talk openly with the teen about dating and the risks kissing can pose if the partner has consumed an allergen. This discussion can help the teen take charge of his allergies and give him the confidence to talk about the food allergy with his peers.

Friends and social activities are important to teens and can provide great support in managing the teen's food allergies. If your teen is a friend of, or is dating a teen with allergies, help your teen learn about allergies, how to recognize reactions and how to treat them. Food allergies are a serious medical condition but peers can help decrease some of the risks. For more information on allergies and teens see "Why Risk It?" at: [www.anaphylaxis.ca/](http://www.anaphylaxis.ca/)

## Youth and Video Games

Research has shown that playing video games (or "gaming") can affect youth in both good and bad ways. Playing certain video games can help youth to develop thinking and fine motor skills and manage anger and stress. However, gaming can also result in lower grades and reduce the time spent with family and friends. Video game play can take away time from other healthy activities and sometimes may encourage youth to act aggressively. It is up to parents to help their teen learn to enjoy video games safely and responsibly. The following questions will help parents decide whether video games are a problem for their young person:

- Is your teen playing too much? Does gaming interfere with chores, school, work, family time? Too much gaming takes time away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a young person's developing beliefs.

Here are some ways in which parents can teach their youth to play video games appropriately:

- Make sure **play comes AFTER important tasks** like chores, school, work, meals and family time.
- Ensure play happens in a central location, not a bedroom, so it can be **monitored**.
- Set and enforce a **time limit on play**.
- Discuss with your teen the **types of games that are acceptable** to you.
- **Play together**. Playing video games as a family can be fun and allows parents to role model appropriate behaviour and monitor play.
- Balance video game time with **other fun family activities**. Invite your teen to go for a walk or a coffee, throw a ball around, go for a bike ride, play a board game, cook a meal, watch a movie or do a puzzle together.