

2
0
2
2

KATE ANDREWS HIGH SCHOOL

NEWSLETTER

www.kateandrewshighschool.com

MARCH



NO SCHOOL

There will be **NO SCHOOL** on Friday, March 18th or Monday, March 25th for students, as these are Professional Development Days for teachers



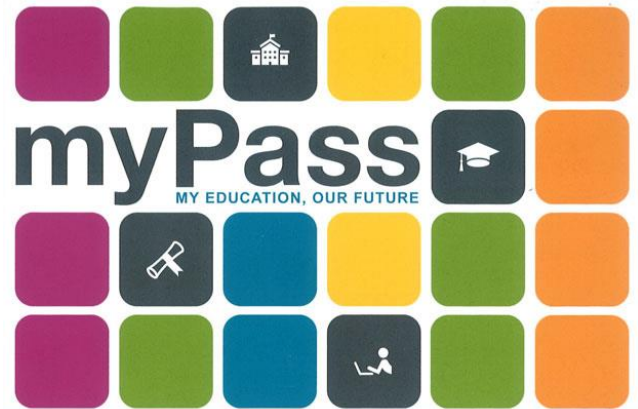
YEARBOOKS

Yearbooks are currently on sale through School Cash Online. They cost \$42 each and will be delivered in October of 2022 (so that Grad can be included). March 30th is the deadline to order a 2021/22 KAHS yearbook, so make sure to order yours soon!

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.

Alberta

Grade 9 Social Studies Land Acknowledgement

We would like to acknowledge the land that we are on currently, and it's position as Treaty 7 territory. Traditionally belonging to the Siksika, Piikani, Kainai, Stoney-Nakoda, and Tsuut'ina that have lived here from time immemorial. We would like to also acknowledge Treaty 5 and 6 which both contain land in Alberta. We want to reflect on the contribution and sacrifices that Indigenous peoples have made to make ALberta what it is today. We want to educate ourselves and others on the lasting effects of Residential Schools as well as think on the lives and traditions lost to those schools.

KA ATHLETICS NEWS

BASEBALL AND SOFTBALL START IN MARCH. KEEP AN EYE ON SOCIAL MEDIA AND THE ATHLETIC CALENDAR FOR TRYOUT TIMES.

BADMINTON STARTS IN MARCH, KEEP AN EYE ON SOCIAL MEDIA AND THE ATHLETICS CALENDAR FOR TRYOUT TIMES.

TRACK AND FIELD WILL BEGIN AT THE END OF MARCH OR AS SOON AS THE WEATHER PERMITS.

Lethbridge College is hosting another Open House this Saturday, March 5th! You may join virtually or in person!

To register, please follow this link:

<https://explorelc.ca/>

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.

Creative Writing & Publishing Student Showcase

ALL SUBMISSIONS ARE FROM MISS GURSKI'S
CREATIVE WRITING CLASS. OUR GOAL IS TO HIGHLIGHT THE AMAZING WORK
OUR STUDENTS ARE CREATING IN CLASS AND HAVE A REAL AUDIENCE.



Showcased Authors

LESLEY ROSZELL

.....

TRISTYN PENNER

.....

SARIAH STANDING

.....

DAVID SHARP

Snow Days
by Sariah Standing- Grade 10

In my mind there are snowy days.
Days that are clouded with frozen rain,
Thoughts that whined through my head unexpectedly,
Eventually lost.
Comforting words from Elizabethan texts embrace me,
As I embrace my best friend.
His scruffy face and wagging tail calms the storms,
And the blizzard turns to slush.
My artistic viewpoints flurry,
Imagining what could exist,
What could be explored.
Performing stages intoxicate me,
As I am drawn to the passion I see.
The snowflakes hurry when I'm with those people
Happier than ever,
and yet,
I'm blown in the other direction.
Blizzarding once more,
Family, occasionally blowing the wind themselves,
Music is my escape.
It's my shelter from the storm,
The storm of my mind.

**FOCUS: WHO AM I?
WHAT IS MY
AUTHENTIC VOICE?**

by Tristyn Penner- Grade 10

It's an average day. A day like any other. Sitting in class, constantly checking the time, hoping that maybe, just maybe it will be time to go. Nope, not yet. "This class literally never ends," my hands type. Send. Placing my phone down, my head turns again to look again at the board. Slowly zoning out, my mind swirling with thoughts, around and around they go. Like little planets orbiting around the sun, constantly moving. But I can't zone back in, no matter how hard I try, it just won't work. My mouth dries up, and I feel like I'm on a never-ending rollercoaster, about to throw up. I start to shiver, and almost with instinct my fingers twist my bracelet around my wrist, just twisting and untwisting. My stomach hurts. But not like I'm going to be sick, I repeat to myself, convincing my brain that I'll be just fine.

It's like I'm being choked, and I can't breathe, but I can't stop it. All I want to do is just curl up in a ball on the floor and cry. Cry until no feeling is left inside of me, until all the pain is gone. My eyes start to well up with tears but I push it back. I can't cry. Not here. Not where everyone can see me. It just has to wait until night time. Like every other time.

The teacher is explaining a new project. Everyone's laughing. It's like I'm looking from an outside perspective, not really a part of this world. I can hear the conversations but it's like I'm not even there. I'm emotionless, unable to laugh or cry, or speak at all. There is a shiver again, but this one is different. My whole body shakes and I blink once. Suddenly, it's over. I can laugh, breathe, and think again. But there's still this sharp pain near my ribs. It feels like someone stabbed me a million times and then left me here in pain. I try to focus but it seems impossible. I hear my name and I turn to look at my friends.

"What did you get for question 3?"

"We're on that already?" I think to myself. "Um, I haven't started that question yet." I reply. Fake laugh. Pretend I'm okay. "They know that was fake," My mind tells me. "They're all judging you right now. No one likes you. They're all pretending to be your friends." I shake it off and refocus. The room is dead silent but people are still faintly whispering. I look up to see who, then fall back against the hard plastic chair when I realize it's my friends.

"They're talking about you." Great, the voice is back. "They think you're annoying." I pretend not to hear it and try to listen to what my friends are talking about. Hoodies. They're talking about hoodies. Why was I so freaked out? Who knows, honestly. The topic switches.

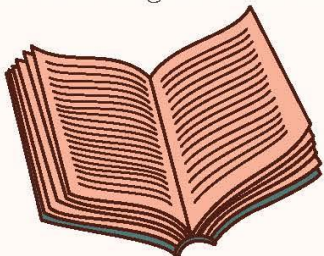
"I'm going to fail this test." One of my friends remarks, slowly closing the silver zipper on her binder.

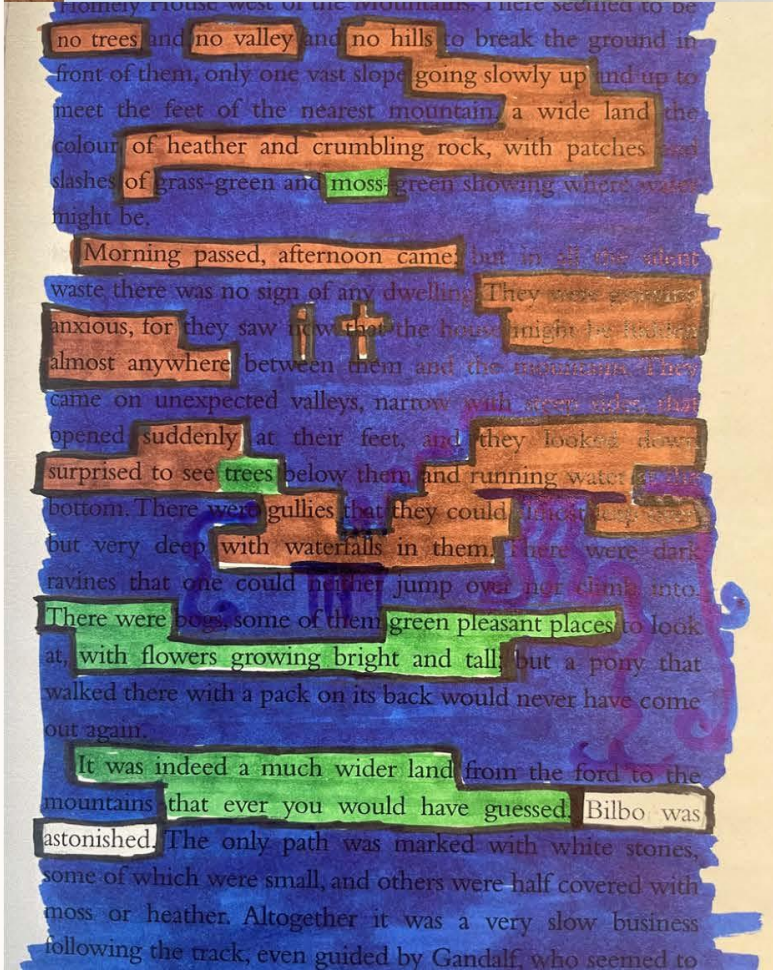
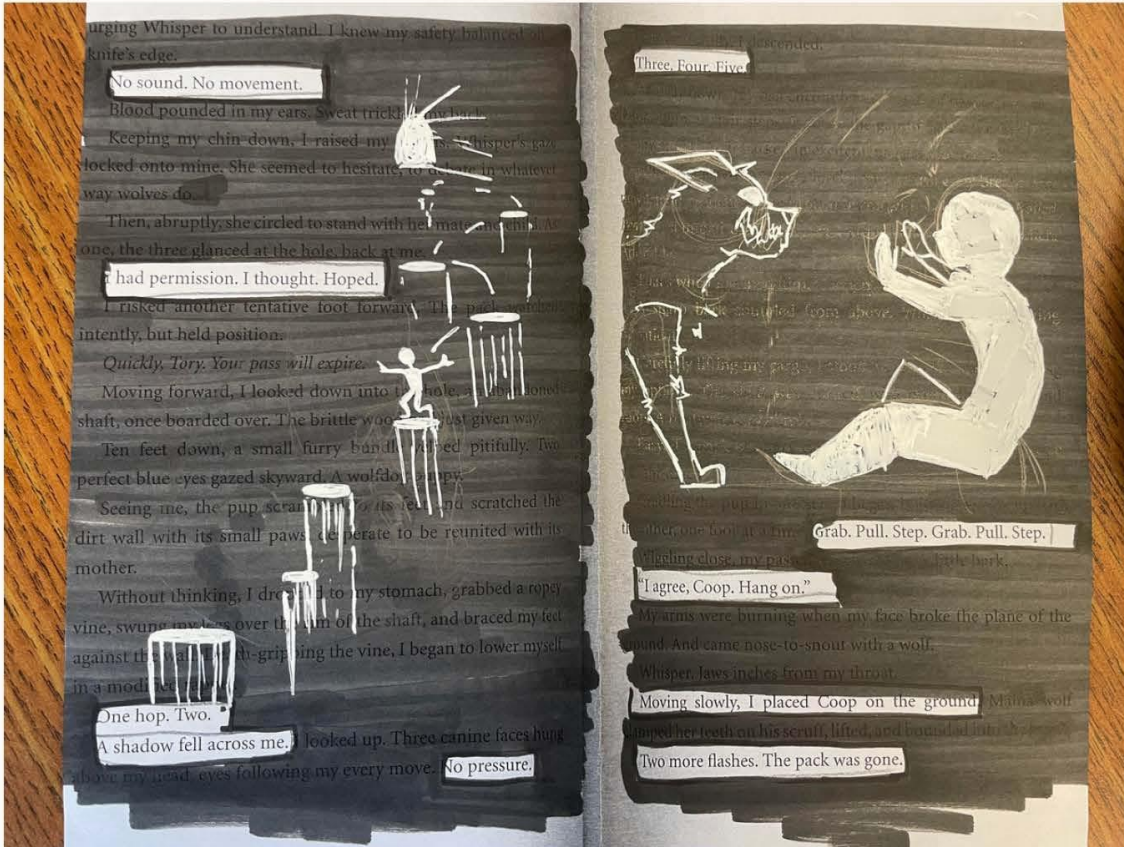
"Oh, same." I agree, laughing.

"She thinks you're just copying her all the time." The voice says.

"No, but that was true." I think to myself.

Before the voice can have a chance to reply, the bell rings and I practically run out of the classroom, eager to get to drama class. Once I'm out of the classroom I stall, waiting for my friend to catch up in this zoo of a hallway, and then we walk together. The class seems to fly by in a minute, with no trace of anxiety present as we rehearse our play over and over, getting every last detail perfected. I know that I'll feel all these emotions again tomorrow but somehow right now, it all feels worth it. For the small moments.





By Lesley Roszell- Grade 10



By David Sharp- Grade 11



www.careersteps.ca/epic
office@careersteps.ca
(403) 328-3996

QUESTIONS?
TALK
TO YOUR
CAREER
PRACTITIONER
TODAY

EPIC

Exploring Possible
Industries and Careers

GRADES 9-12
WELCOME

Morning and Afternoon
Sessions

Exploration Zones
Interact with 5 unique careers

Tours Available
Request a tour of a business or
post-secondary institution

APRIL 13, 2022

EXHIBITION PARK
LETHBRIDGE





virtually present:

Volunteer for a
Brighter Career



March 8 7:00PM

Learn how to
build your
career and
your community



Register Today

Questions? Contact us:
office@careersteps.ca (403) 328-3996



EXPERIENCE THE FUTURE OF WIND

BE READY FOR A FULL DAY EXPERIENCING
THE WIND TURBINE TECHNICIAN PROGRAM
AT LETHBRIDGE COLLEGE.

WEDNESDAY, MARCH 16
9:45 A.M. – 2:15 P.M.

Lunch will be provided as well as transportation to and from Lethbridge College.

This unique opportunity is made possible by Enel Green Power.

REGISTER AT

lethbridgecollege.ca/indigenous



BE READY.



CAREER EXPLORATION SESSION

REGISTERED KINESIOLOGIST

MARCH 3, 2022
4:30pm



A registered kinesiologist is a professional that studies human movement. This group could have persons involved with injury rehabilitation, exercise therapy, functional assessments, work hardening or return to work programs, ergonomic assessments, health and wellness, gait analysis, laboratory or field research, facilities management, programs for chronic diseases or special populations and physical education teachers. Join Eric from Lethbridge Physiotherapy to learn more!

Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

PLUMBER

MARCH 24, 2022
4:30pm



Do you know the difference between a commercial/industrial and residential plumber? Interested in learning about the wide range of services which include everything from overall project and construction management, to fabrication and installation of heating and plumbing systems? Find out more about a career in commercial/industrial plumbing by joining DMT in this upcoming virtual session.



Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

BRANCH MANAGER

MARCH 30, 2022
4:30pm



As an ATB Branch Manager, you are a leader and innovator in the community. You're a creative problem solver with an entrepreneurial spirit and a passion for making a difference through your work. ATB branch managers run their branch like it's their own business, and have direct responsibility for increasing revenues and profitability. Join Jara and Scott from ATB to find out more about this exciting career choice!



Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

OPTOMETRIST

MARCH 31, 2022
4:30pm

An optometrist is a registered health professional providing primary eye care in their community through assessment, diagnosis, evaluation, treatment, and referral to secondary eye care providers. Optometrists prescribe medical devices (glasses, contacts, or low vision devices) to treat refractive errors. Optometrists also prescribe medications or treatment plans to manage acute and/or chronic ocular diseases. Join Dr. Unick to find out more about optometry and the professional balance between medical care and business management.



Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Feb 28 Grad Photos	1 Grad Photos	2 Grad Photos	3 Grad Photos HOT DOGS @ lunch 1/\$3 or 2/\$5 (includes a drink) 	4	5 Lethbridge College Open House (Virtual or in Person)
6	7 PRIDE DAY! (Wear your Pride Gear or Black, Blue & White) Pep Rally!	8 Dress Like Mr. Ressler Day!	9 Jersey Day!	10 Decades Day! PIZZA @ lunch 1/\$3 or 2/\$5 	11 Formal Day!	12
13	14 	15	16	17 Taco in a Bag \$5 (includes a drink)  	18 NO SCHOOL: PD DAY	19
20	21 World Down Syndrome Awareness Day	22	23	24 PIZZA @ lunch 1/\$3 or 2/\$5 	25 NO SCHOOL: PD DAY PowerSchool Portal Disabled for Grades	26
27	28	29	30	31 HOT DOGS @ lunch 1/\$3 or 2/\$5 (includes a drink) 	April 1 PowerSchool Portal Enabled for Grades	

Coming up in April: APRIL 2: World Autism Day
APRIL 15 - 22: No School/Easter Break