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# KATE ANDREWS HIGH SCHOOL

## NEWSLETTER

[www.kateandrewshighschool.com](http://www.kateandrewshighschool.com)

# FEBRUARY



Semester 2 begins on Tuesday, January 31st.

Any Student in a Diploma Course, NEEDS to sign up for a [myPass](#) account.

Every student in Grades 10-12 should sign up for a [myPass](#) account.

This is how you can view Diploma Exam results, credits earned and order transcripts.

**Transcripts do not come from schools.** Transcripts come from Alberta Education.

To sign up, a student must provide the school office or Miss Meurs with a personal email address (*other than their school email address*). Once this is entered in the myPass system, you may sign up for an account. Alternatively, you may choose to receive a secure passcode from Alberta Education via regular mail. If you require assistance, please see Miss Meurs or the office.



# 403-345-3383

If you are trying to contact the school, please use this number. Former numbers that were used for other lines are no longer valid.



We would like to wish *Mrs. Hamilton* all the best as she takes leave to become a mom! Congratulations on your growing family, *Mrs. Hamilton*. We will miss you!

On that note, we'd like to welcome *Miss Gracie Morbeck* to our school for Semester 2.

Thank-you to *Mrs. Townshend* who will be taking over the role of Learning Support Teacher while *Mrs. Hamilton* is on leave.

**School Fees from Semester 1 are now overdue.** Unless alternate arrangements have been made with Mr. Grimes, students who have outstanding fees (*School fees, Athletic fees, lost book fees, etc.*) from Semester 1 **will not be given books for Semester 2 classes until these fees are paid.**

Option/Per Class fees will be attached to students in SchoolCashOnline on or after February 28<sup>th</sup>.

A 2022/2023 Fee Schedule is attached to this newsletter on our website at [kateandrewshighschool.com](http://kateandrewshighschool.com)

Planning for **Grad 2023** will be getting underway in the coming weeks. The first line of communication for all things Grad 2023 is the KAHS Graduation 2023 Google Classroom. Information is also posted to the GRAD 2023 tab, at [kateandrewshighschool.com](http://kateandrewshighschool.com).

## GRAD PORTRAITS

Grad Portraits for KAHS will take place from February 27th - March 2nd.

The Booking site will be live, so grads can book their sitting. Please go to [www.prestigeporraits.ca](http://www.prestigeporraits.ca). You do not need an appointment code. Instead, select Alberta and Coaldale into the appropriate fields. Then on the next screen, select Kate Andrews High School. On the next page enter your first and last name as it appears in Edsby. Then you will be able to schedule your appointment.

The sitting fee is \$50 for a standard sitting, and can be paid online while you book your appointment or you may pay cash, cheque, credit card or money order directly to the photographer on the day of your appointment.

We would like all graduates to have a photo taken so that they may be included in the 2022-2023 Yearbook, Grad Slideshow and the Composite that gets displayed inside the school. If any graduate wishes to have a quick photo shoot just in cap & gown for these purposes, please contact the KA office. The sitting fee will be waived in this case.

Please visit the Prestige Portraits website or the Grad 2023 Google Classroom for more information.



CLASS OF 2023

**GRAD 2022**  
will take place  
on **Tuesday,**  
**June 27<sup>th</sup>.**

**Details will be**  
**released as**  
**they are**  
**determined.**

**There will be a Grad Information meeting in the Gym, at 11:45 (lunch break) on Wednesday, February 15<sup>th</sup>. Watch the Google Classroom and listen to Daily Announcements for further details.**



**There are many scholarships and bursaries available with application deadlines quickly approaching. Please make sure to check out the KA, Career & Academic Counsellor tab on our webpage for a complete list of these.**

Miss Meurs will be offering an online, self-paced course in semester 2 regarding **Financial Literacy**.

Students will receive 3 credits in the course:

FIN1010: Personal Finance, FIN3080: Personal Investment Planning 1, and FIN3090: Personal Investment Planning 2

The course is split into 8 modules:

- Money Myths
- Understanding Credit
- Where Are You Today
- Stock Market Investing Part 1 & Part 2
- Taxes, TFSAs, RRSPs, and Insurance
- Real Estate and Investment Properties
- Career Mastery



The course is done online through Enriched Academy programming. Students can do this at home or using a school computer in the library, however it fits in their schedule.

If you would like more information, or would like to sign up for the course. Please let Miss Meurs know!

ENGLISH 30-1 Tutorial

Room 104  
Teacher- Miss Gurski  
Time: 3:40pm

Days:

Wednesday, Feb 8th  
Wednesday, Feb 15th  
Wednesday, March 1st



**Any students who are interested in joining the tutoring club should meet with Miss Kharey ASAP.**

**The tutoring club will be students tutoring other students based on demand. This will be free and it will happen after school.**

**Student tutors are able to get highschool credits for a certain amount of hours tutored.**

**\$100 PRIZE**

COALDALE MUSICAL ARTS SOCIETY



**LOGO CONTEST**

**HEY STUDENTS! ARE YOU INTO ART OR MEDIA DESIGN?**

**THE COALDALE MUSICAL ARTS SOCIETY (CMAS) IS LOOKING FOR SOMEONE TO DESIGN A LOGO WE CAN USE IN OUR COMMUNICATIONS, PROMOTIONS AND AT EVENTS.**

**WE'RE LOOKING FOR A DESIGN THAT IS:**

**~ Black and white ~**

**~ Clean, simple, with an image that represents CMAS (something musical) ~**

**~ Includes the words: Coaldale Musical Arts Society ~**

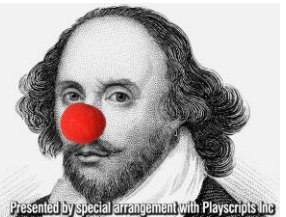
**Please submit your logo as a PDF or JPG to [cmas032005@gmail.com](mailto:cmas032005@gmail.com) by February 10, 2023.**

**WE WILL SELECT A WINNER AT OUR FEBRUARY 2023 MEETING AND CONTACT THE WINNER!**

**A Note from the Drama Department:**

The KATHS Drama Department is hard at work on their spring production piece, *I Hate Shakespeare*. About 20 students meet daily to rehearse and are excited to showcase their work on March 22, 23 & 24th. Specific performance times announced.

**I Hate Shakespeare**



## CAREER & ACADEMIC COUNSELLING

Miss Meurs will be meeting individually with grade twelves again at the beginning of the semester to ensure they are on track for graduation and continue to discuss post-secondary plans. Once she has met with all grade twelves, she will begin meetings with grade eleven students, in preparation for their senior year, next year.

Any grade 12 students who did not pass a course in semester 1 need to come and speak to Miss Meurs to ensure they are still on track to graduate.

Miss Meurs is available in her office in periods 2 and 4 for meetings, however it is best if students email her at [jo-anna.meurs@pallisersd.ab.ca](mailto:jo-anna.meurs@pallisersd.ab.ca) to set up an appointment.

# KAHS 2022/2023 YEARBOOK

**\$47.00**  
via SchoolCashOnline

Yearbooks will be available to students in June, with an insert available in the Fall to include Grad 2023!

**Final Purchase Deadline: February 1, 2023**

## Mental Health Initiatives

1. The Youth Do Crew in Coaldale worked with some of our grade 12 students to create Mental Health Care Kits for our grade 12's and some extras for other students preparing for exams.
2. We worked with Victim Services in Coaldale to bring therapy dogs in for four mornings during exams to help calm students and get them in a positive head space as they prepared to write their tests. Our Family Connections worker, Jessica Hoffman, helped us make this happen.
3. Our FSLC, Melinda Greenaway, created fantastic posters to promote both Self-Help Ideas and Mental Health Supports for students to access when they need it. These posters have been hung around the school, in every bathroom stall, around water fountains, and mirrors. Anywhere that students may pause to read, or be taking a moment when having a difficult time.

Included in this newsletter are some pictures the above initiatives over the last couple of weeks.





# KAHS ATHLETICS

## BASKETBALL

Congratulations to our Senior Varsity boys and girls basketball teams who are ranked in the initial rankings by the ASAA. Boys are ranked 3rd in the province and the girls received an honorable mention.

The March 4 weekend sees a lot of Zones/Playoff Action!  
JV Basketball Playoffs will be held at W.R. Meyers.  
Grade 9 Girls Zones will be held at I.C.S.  
Grade 9 Boys Zones will be held at KAHS.

Good luck teams! GO PRIDE!

## SOFTBALL/ BASEBALL

Softball/Baseball is around the corner, watch for more information to come in February about March!

## BADMINTON

Badminton will begin in February! Listen to announcements and watch our Social Media feeds for details.





**KATE ANDREWS HIGH SCHOOL**

2112 – 21 Street, Coaldale, Alberta, Canada T1M 1L9  
 Phone: 403-345-3383 Fax: 403-345-5767  
 www.kateandrewshighschool.com



**SCHOOL FEES: 2022-2023 SCHOOL YEAR**

The following fees are due before students receive text books:

**Grade 9: \$104.75**

*(Grade 9 students do not pay additional Option Class fees.)*

**Grades 10/11/12: \$42.25**

*The Per Course fees will be invoiced on September 15th, 2022 (for Semester 1) and on February 28th, 2023 (for Semester 2).*

*Students who drop courses after September 30th, 2022 and February 28th, 2022, respectively, will forfeit their fee.*

***Any families who are experiencing financial difficulties and as such are not able to pay base school fees before classes begin, are encouraged to speak with Mr. Grimes to discuss payment plans or other options. (daniel.grimes@pallisersd.ab.ca or 403-345-3383)***

**Fees for the 2022/23 School will be posted to SchoolCash Online on August 19th.**

Palliser Regional Schools uses SchoolCashOnline for School Fees, Athletic Fees, and other program fees throughout the school year. Cash or cheques are accepted in the office if you are not able to use SchoolCashOnline, however we strongly encourage online payments. The link for SchoolCashOnline can be found at [kateandrewshighschool.com](http://kateandrewshighschool.com).

BASE SCHOOL FEES		
Grade 9	\$99.25	Includes Palliser Technology Fee plus fees for all Option classes & Phys. Ed.
Grade 10-12	\$36.75	Palliser Technology Fee
All Students	\$5.50	Student Activity Fee
PER COURSE FEES		
<i>(these fees pay for specific costs incurred for the class for supplies, field trips, etc.)</i>		
Grades 10 – 12	\$21.00	Cosmetology
Grades 10 – 12	\$21.00	C.A.L.M. 20
Grades 10 – 12	\$32.00	Art
Grades 10 - 12	\$47.00	Construction/Fabrication
Grades 10 - 12	\$32.00	Mechanics
Grades 10 - 12	\$32.00	Fashion Studies
Grades 10 – 12	\$46.00	Food Studies
Grades 10 – 12	\$21.00	Paleontology
Grades 10 – 12	\$52.25	Physical Education
Grades 10 – 12	\$32.00	MUSIC - BAND
Grades 9 – 12	\$104.50	Instrument Rental
Grades 9 – 12	\$10.00	Lost/Broken Lock Fee
OPTIONAL FEES		
Grade 9 – 12	\$47.00	Yearbook

The Per Course Fees pay for costs associated with specific supplies or services used in that particular class. (i.e. – groceries for Foods, wood or metal for Construction/Fabrication, Sheet Music for Band, thread/machine maintenance and limited supplies for Fashion Studies or Field Trip & Equipment costs for Phys. Ed.)

***Unpaid school fees will be carried over to the next school year.***

***Grade 12 students with outstanding school fees are not permitted to participate in Grad.***



CAREER EXPLORATION SESSION

# SPEECH – LANGUAGE PATHOLOGIST

FEBRUARY 9, 2023  
4:00pm



MORE THAN JUST WORDS

Want to know more about Speech-Language Pathology? An SLP does more than work on speech sounds. Our profession works with people from birth through adulthood, not just with children. An SLP can be found in various settings, including health care, school divisions and private practice.

Join Robyn to find out more about the world of Speech-Language Pathology and if supporting communication is something you'd like to pursue in the future.



**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](mailto:office@careersteps.ca)


Other upcoming Career Transitions sessions:

- Occupation Health & Safety Officer - March 8
- Dentist - March 9
- Helicopter Pilot - March 14
- Human Resource Consultant - March 16
- Parks Interpreter - March 23
- Chef - March 30
- Phytolith Analyst - May 30

More information regarding other sessions coming soon!

Contact the Career Transitions office if you have questions!


403-328-3996



CAREER EXPLORATION SESSION


# GENERAL PRACTITIONER ONCOLOGIST

FEBRUARY 8, 2023  
5:00pm



A general practitioner in oncology is a family doctor with extra training in cancer care. Their broad training in numerous fields of medicine brings a unique perspective to cancer care. They work in rural and urban cancer centres providing care for patients during and after their cancer journey. GP Oncologists prescribe chemotherapy and other cancer drugs, supervise patients during and after treatment, and work alongside other health care providers in a team-based environment.

Join Dr. Andrea Haner from the Jack Ady Cancer Centre, to find out more about a career in GP Oncology.



**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](mailto:office@careersteps.ca)



CAREER EXPLORATION SESSION

# REALTOR

FEBRUARY 7, 2023  
4:30pm



If you enjoy meeting new people and like having control of your work/life balance, a career as a real estate agent might be perfect for you!

Shauna is a wife, a mom of three and a professional in the real estate industry. Join her to find out more about how realtors work with buyers, sellers and investors and how they educate clients about the multitude of factors that are involved in the sales process.



**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](mailto:office@careersteps.ca)



The Southern Alberta Professional Development Consortium (SAPDC) is offering two learning opportunities that may be of interest to parents. These sessions will be offered virtually via Zoom.



The first is a 4 part series (February 2, 9, 16 and March 2, 6:30-7:30PM) titled '**Power of Parents.**' See below for a link to register, an overview of the sessions, along with an introduction to the presenter.

Registration link - <https://www.sapdc.ca/program/9888>  
 Session overview - <https://www.sapdc.ca/program/pdf/9888>

The second is a session (March 8, 7:00-9:00PM) titled '**Executive Functioning for Parents of Students with ADHD.**' See below for a link to register, an overview of the sessions, along with an introduction to the presenter.

Registration link - <https://www.sapdc.ca/program/10345>  
 Session overview- <https://www.sapdc.ca/program/pdf/10345>

## Self-Help Ideas

### Breathing

- 478 Breathing (breathe in for 4, hold for 7, breathe out for 8).
- Slow Breathing (Breathe in 1,2,3,4 hold & breathe out 1,2,3,4 hold)
- Belly Breathing (with your hands on your stomach, breath in your stomach expands, breathe out your stomach draws in)

### Grounding

- 5,4,3,2,1 (notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you taste or smell, and say one positive thing about yourself)
- Muscle Tense and Release (tense your whole body for 10 seconds then release).
- Notice (your feet flat on the floor, take a deep breath, let your exhale sigh out)
- Self-Talk (tell yourself helpful things, be kind to yourself - you've got this!)

### Connection

- Talk with a friend, teacher, or parent
- Visit the school counsellor
- Go to the school office

### For more ideas, download or visit:

- Mindshift app
- AnxietyCanada.com
- Calm app



# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31	1	2	3	4
		First Day of Semester 2		Hot Dogs 		
5	6	7	8	9	10	11
	Candy Gram Sales	Candy Gram Sales	Candy Gram Sales	Candy Gram Sales 	<b>No School</b> (PD Day)	
12	13	14	15	16	17	18
		Valentines Day Candy Gram's Delivered 	Grad Meeting @ Lunch in the Gym	TACO IN A BAG 		
19	20	21	22	23	24	25
	<b>No School</b> Family Day	<b>No School</b>	<b>No School</b>	<b>No School</b> (Teacher's Convention)	<b>No School</b> (Teacher's Convention)	
26	27	28	<p align="center"><b>Coming up in March:</b></p> <p>February 27 – March 2: Grad Portraits</p> <p>March 14: School Council Meeting @ 7pm</p> <p>March 17: Division PD Day – NO SCHOOL</p> <p>March 24: School PD Day – NO SCHOOL</p> <p>March 22, 23, 24: I Hate Shakespeare Drama Performances</p> <p>March 31: CMAS Dessert Concert (6:30 pm in RI Baker Gym)</p>			
	GRAD PORTRAITS	GRAD PORTRAITS Pink Shirt Day #LIFTEACH OTHER UP 				