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KATE ANDREWS HIGH SCHOOL NEWSLETTER

www.kateandrewshighschool.com



APRIL

NO SCHOOL

There will be no school for staff or students from Friday, **March 25th – Friday, April 1st** for the **Easter** break. Classes will resume on Monday, April 4th.

We wish all KAHS students and their families a relaxing and enjoyable time off.

REPORT CARDS

Report cards will be mailed home on **Friday, April 15**. Statements for Semester 2 Options fees will be included with the report cards. Fees can be viewed and paid online at www.schoolcashonline.com or via cash or cheque in the office.

ORIENTATION NIGHT

Kate Andrews will be holding an ORIENTATION MEETING on **Tuesday, May 10 starting at 6:30 PM**. Students who are entering grade 9 in September as well as students in other grades and their parents who will be new to Kate Andrews High School in September are encouraged to attend. We will review the student handbook, course programs offered and provide a tour of the school.

DRAMA PRODUCTION

The Kate Andrews drama department is currently in production of a one act play, a dramatic comedy titled 4 am by Johnathan Dorf. The production runs the week of **May 4th to 6th**. Tickets are \$7.00 (or free with the KA Cash Card) and will be available for purchase before the show begins. The show will begin at 7:00 pm and will include dessert; more details to come.

KAHS students will once again mix, mingle, play games and laugh with kids from other schools at Shed the Mask, which is a drama festival held on April 29 at the University of Lethbridge. SHED the Mask provides the opportunity for students to attend workshops put on by University and community theatre professionals. It is always a great time, and we look forward to having students attend Shed the Mask 2016.

APRIL ASSEMBLY

There will be an assembly held on **Monday, April 4** during **Period 3** for all students. Family and community members are also welcome to attend.



Rachel Vanderkraats, Pastel Landscape, Art 10



FEBRUARY STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for January. 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.

Ethan Carroll (Grade 9)

Lindsey Penner (Grade 10)

Delanie Johnstone (Grade 11)

Kaylin Horlings (Grade 12)

The MARCH Students of the Month will be announced at the April 4th Assembly, during period 3.

SAFE GRAD

A SAFEGRAD Facebook Page has been set up for parents of graduating students. For more information, please join KAH5 Safegrad 2016 Parents Group on Facebook, or contact Diana Canfield at 403-915-3426.

GRAD PHOTOS

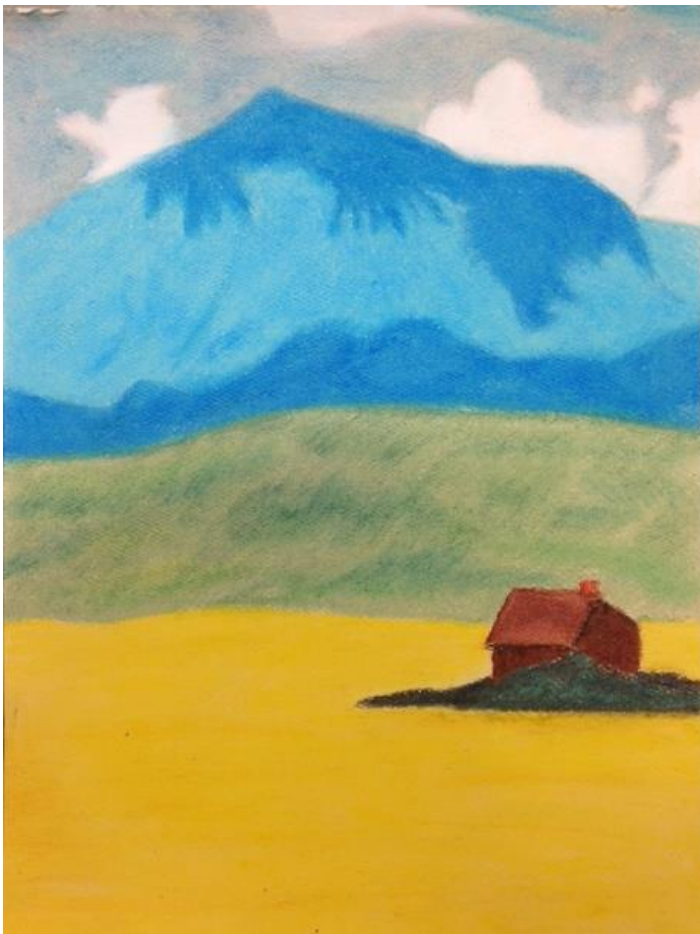
Individual Grad Photos were held in March by Lifetouch. If you have questions or need to contact Lifetouch, please visit www.lifetouch.ca or call their Lethbridge office at 403-327-2658.

Back by popular demand in the 2nd Semester are...

“WE” WEDS!

THE REMAINING WE WEDS FOR THIS YEAR ARE AS FOLLOWS:

- April 6th= \$5.00 Burger, Pop/Water & a bag of chips
- April 20th= \$4.00 Hot Dog, Pop/Water & a bag of chips
- May 4th= \$5.00 Taco in a Bag with a drink
- May 18th= \$5.00 Pulled Pork or Sloppy Joe's with a drink



Kaylee Martel, Pastel Landscape, Art 10



Regional Skills Alberta Update

Once again Kate Andrews High School will be sending students to compete in the Regional Skills Competition on April 13, 2016 at the Lethbridge College.

Areas of competition are:

Auto Service
Carpentry
Graphic Design
Photography

Baking
Culinary
Hairstyle Braiding
TV/Video Production

Cabinet Making
Fashion
Hairstyle Bridal Updo
Welding

Other areas of competition to take place in Edmonton are:

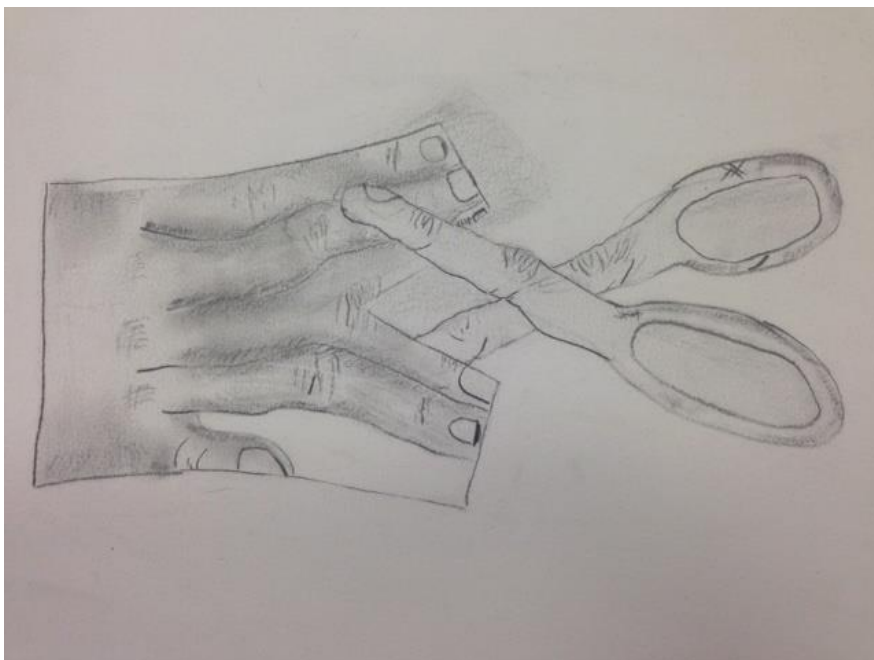
Fashion Technology
Public Speaking

Job Search
Workplace Safety

Job Skills Demonstration
Workplace Safety

Registration was in February, and the following students will be competing. Check out the website at www.skillsalberta.com for more information. GO PRIDE!!!!

- ☞ Baking – Alex Brobbel
- ☞ Cabinetry – Dallas Mihalics
- ☞ Photography – Joel Dyck & Amy Weir & Evan Weir
- ☞ Fashion Technology – Christen Gross & Sian Hernandez
- ☞ Hairstyling Junior – Amy Janzen
- ☞ Hairstyling Intermediate – Caley Lengyel
- ☞ Welding – Joel Klassen



Tynan Lendrum, Surreal Hand Drawing, Art 9



Coby Murphy, Pastel Landscap, Art 10

KAHS ATHLETICS

2016 2A Boys Provincials

The Sr. Boys Pride basketball team travelled to La Crete, “Alberta’s Final Frontier” to participate in the ASAA 2A Boys Basketball Provincials March 17 -19. The team departed from KAHS after classes on Tuesday, March 15, and travelled to Edmonton. They then departed from Edmonton on Wednesday, March 16, and arrived to La Crete, arriving at around 3:30 pm, completing the 1420 km , 15 hour trek.

The Pride attended opening ceremonies at 9:15 am, on Thursday, March 17, and then opened the 2A boys provincial tournament at 11:00 , against JC Charyk School from Hanna. The Pride got off to a very slow start, and unfortunately had perhaps their worst shooting half of the season, falling behind early. The Pride adjusted to the physical play, and came on strong in the second half, but unfortunately were unable to overcome the slow start and lost 60-64. Jackson Kasko, and Blake Thompson led the Pride in scoring with 22 and 15 points respectively.

On Friday afternoon, the Pride took on the Tofield Titans in a win or go home game, and came out on top, 71- 58. The Pride had a much stronger game this time out and led start to finish, led by three seniors, Blake Thompson, Jackson Kasko, and Patrick Larson, who scored, 28, 22, and 13 points respectively.

On Saturday, the Pride played the Holy Redeemer Rebels, of Edson, and were victorious 73-49, capturing the “C” Pool title, and finishing the 2015/16 season on a winning note. The Pride were again led by the three seniors, Jackson, Blake, and Patrick with 22, 18, and 17 points respectively. Every player on the roster played in this final game.

The Provincials were an awesome experience, and a great finish to an outstanding season, in which the Pride finished



with a record of 24 -12, and ranked as 9th out of approximately 85, 2A boys teams in the province.

TH extends his thanks to all the boys for their dedication and efforts , which made for this outstanding season. A special thanks to the 6 Seniors, Curtis Dzioba, Jackson Kasko, Patrick Larson, Dylan Laturnus, Brayden Ormann, and Blake Thompson for their efforts and contributions to the program, and best wishes for success in all their future endeavors. Also thanks to Matt Craig and Colton Ball for their help and dedication as SR assistant and JR coaches.

PRIDE BASKETBALL GIRLS ADVANCE

The Kate Andrews Pride girls capped off an exciting playoff run with a trip to the 2A Provincials in Picture Butte. The Pride went into the tournament ranked #3 in the province and lost a couple of very close contests to JC Charyk from Hanna and Pigeon Lake. As a result, the Pride girls will still finish in the provincial top ten.

The Pride earned their trip to Butte by qualifying through the ultra-tough South Zone Championships at the Lethbridge College. The girls opened with a win over Vauxhall before falling to Picture Butte in the semi-final. The Pride bounced back and downed Willow Creek in a must win game to advance to provincials.

A big thanks goes out to our coaches Nicole Hanna, Bailey Parkinson, and Nicolletta Roelofs. Special thanks and good luck to our graduating seniors:



Santina Sincennes
Skylar Nikkel
Kiara Strobel
Kaitlin Cooper
Lindsay Versteeg
Tori Lutz



Madison Wright (4A League All Star Game Participant)



The Pride @ KAHS Read: Spring Into A Great Read

April 2016



What to read next...**Bone Gap** by Laura Ruby.

Art Exhibit @ Kate Andrews High School April 13 – May 11, 2016



TOP TO BOTTOM

Irene McCaugherty
First Street Cars, Lethbridge, AB 1912
 Watercolour, ink on paper
 n.d.
 Collection of the Alberta Foundation for the Arts

Irene McCaugherty
The Ground Drift
 Watercolour, ink, gouache on paper
 1971
 Collection of the Alberta Foundation for the Arts

Irene McCaugherty
R.C.M.P Musical Ride, Fort MacLeod
 Watercolour, ink on paper
 1982
 Collection of the Alberta Foundation for the Arts

Irene McCaugherty
Greys Bucking Horses, 1970
 Watercolour, acrylic, ink on paper
 1985
 Collection of the Alberta Foundation for the Arts

RURAL LIFE

This exhibition features a selection of paintings from the Alberta Foundation for the Arts' permanent collection celebrating the artistic career of Irene McCaugherty. Having lived in Fort MacLeod for most of her life, McCaugherty captures the rural life of a pioneer during the Depression era. She explains, "From the lips of pioneers, I heard about the frontier. I saw the look in their eyes of adventure, survival, hard work, good times, and ...loneliness." Her works employ nostalgia for a simpler way of life, enhance the importance of capturing history through visual expression and display the admirable natural skill of a self-taught artist.

McCaugherty's artistic career began with a typewriter. She began writing in 1949, gathering stories from pioneers, and was eventually published in the *Harold Long* in 1952. During this time, an artist friend encouraged her to express herself through drawing. Four years later she was making a living reporting the social news of the district while exploring visual expression through oil painting. A turning point in McCaugherty's career came when a local business commissioned her to create paintings that captured the region's history. From her experiences as a reporter, McCaugherty created three-by-eight-foot paintings exhibiting the life of local pioneers (her signature format was based on looking at the landscape through the windshield of a truck). Through this commission, she transitioned from documenting early twentieth century rural life through writing to doing so through painting. She continued to take photos and write poetry for the rest of her life, but her unique style and primitive aesthetic as an artist make her one of the most well-known Canadian folk artists of the twentieth century.

This exhibition features seventeen framed watercolour paintings from the Alberta Foundation for the Arts permanent collection.

Curated by Xanthe Isbister, Esplanade Arts and Heritage Centre

1 ARTIST
 17 FRAMED PAINTINGS
 2 DIDACTICS
 2 CRATES
 70 RUNNING FEET

ESPLANADE
 Arts & Heritage Centre

 **Medicine Hat**
 The Gas City

The ALBERTA FOUNDATION FOR THE ARTS
TRAVELLING EXHIBITION PROGRAM
 REGION 4 SOUTHEAST / 2015-2016 EXHIBITIONS



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

April 2016

Palliser's student leaders in the spotlight this month

Hello everyone,

This month I want to share my thoughts on an extraordinary event. On March 21, I had the honour of joining four high school students from across Palliser (Calgary Christian School, County Central High School, Heritage Christian Academy and Picture Butte High School) in Saskatoon, where the students led a presentation to the National Congress on Rural Education. As the name suggests, this conference draws a national audience of trustees and educators – all but one province and one territory were represented -- and over the past two decades, it has established a solid reputation.



The four students were representing about 50 of their peers, sharing their experience in organizing and hosting Palliser's Discover U student leadership conference in November. The presentation was outstanding, and our students did an amazing job of sharing. They talked about the confidence the process instilled, the creative licence they enjoyed, and the inspiration generated by the event's guest speaker and by their peers.

I can't say enough about how powerful it was to see our students on a national stage talking about the inclusive nature of the event, the diversity of our division and the strength that comes from working together.

Across our division, I know our staff are constantly encouraging students to explore their leadership potential. Every individual regardless of age or position can lead, and we'll see that demonstrated at another student leadership event April 28. Organized by a committee of school principals, the "Planting the Seed for the Future" event is for students in Grades 4-6. By the time they reach high school, our students will be seasoned leaders ready to shine on any stage.

A week earlier, April 21, we'll have a Discover U follow-up event. In teams at their middle or high schools, students have been working to solve a problem or address an issue, and this will be an opportunity for them to share their achievements.

I can't stress how important this work is, and how proud I am of the Palliser team for giving students these opportunities to grow as leaders. Like literacy, leadership abilities will carry students far no matter where life leads.

Kevin Gietz, Superintendent
Palliser Regional Schools



Addiction & Mental Health Tip of the Month

My name is Courtney Barks and I am an Addictions Counselor from Child, Youth & Family Addiction & Mental Health with Alberta Health Services. I work with youth in Lethbridge and area and am currently visiting Kate Andrews one day bi-weekly to provide information and treatment services to students and will be providing monthly tips regarding addiction and mental health information.

Why is April 20th known as 420?

"420" is a popular culture term that originates from a group of five high school students in San Rafael, California in 1971. They chose to meet outside the school at 4:20pm to use cannabis then look for a plot of land that was a so called "marijuana crop" that was never found. Since that time "420" has grown into an international day of cannabis use and awareness celebrated annually on April 20th (4/20). Many use this day to advocate for medicinal marijuana use, decriminalization and/or legalization and large gatherings are often held in front of municipal, provincial, or federal buildings.

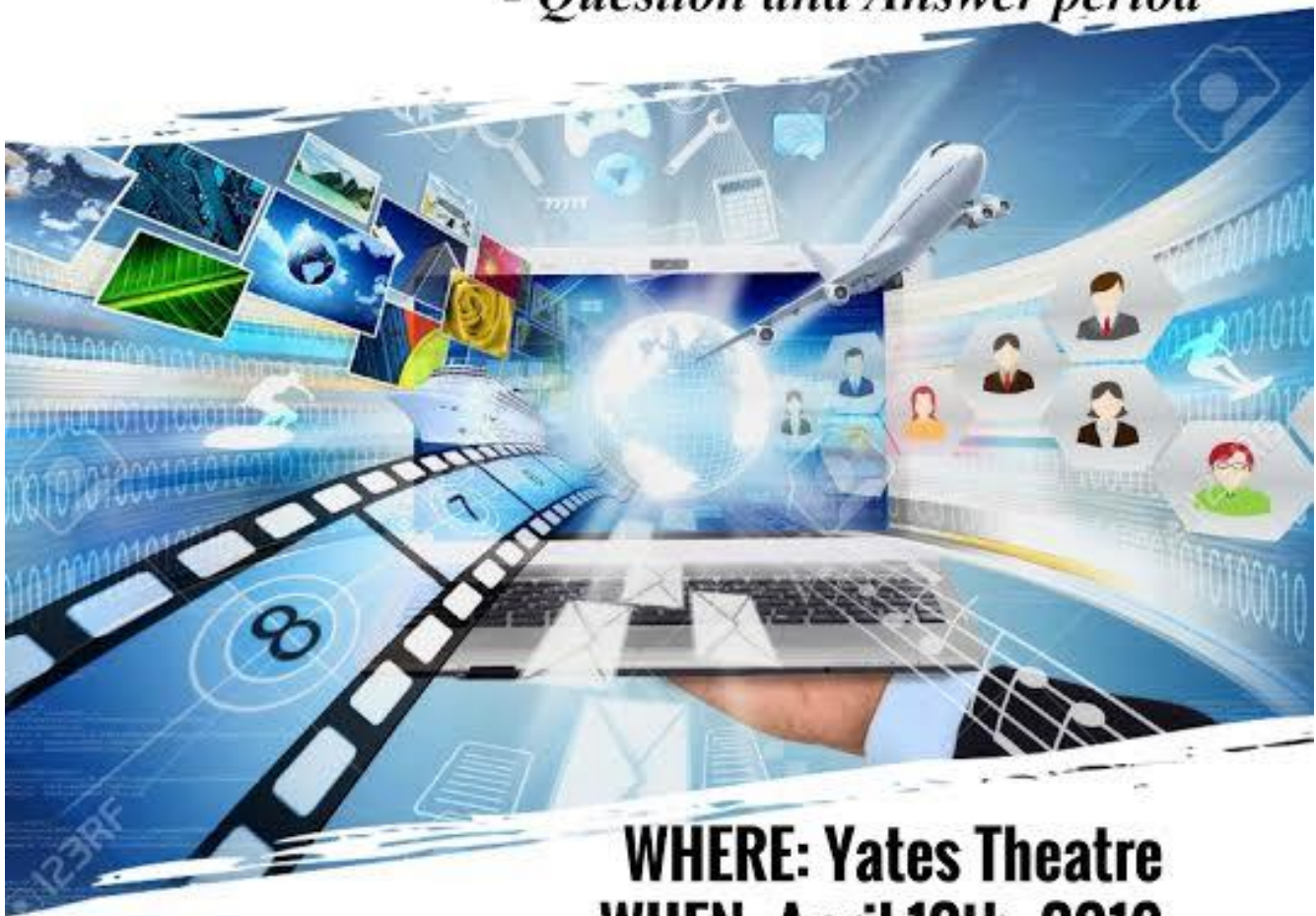
Many think marijuana is a harmless drug, but that is not the case. Although there have been proven studies to suggest that marijuana provides relief to those suffering from particular ailments, for young people who use marijuana regularly, it can have a negative impact in executive functioning (i.e. plan, organize, memory, prioritize, concentration), motivation, and risk taking. Due to the major changes that occur in the adolescent brain it is important to understand that regular use of any drug will affect the brain's ability to mature to its full potential. If you are concerned about someone's use please contact me at (403)381-5278 or email me at courtney.barks@ahs.ca Please see the links below if you are interested in further information about marijuana.

- <http://heretohelp.bc.ca/sites/default/files/Cannabis%20use%20and%20youth%20A%20parent's%20guide.pdf>
- <http://teens.drugabuse.gov/drug-facts/marijuana>
- <http://www.ccsa.ca/Eng/topics/Marijuana/Marijuana-and-Youth/Pages/default.aspx>



Parent Internet Safety Presentation

- *Trending Apps*
- *Internet safety tips*
- *Law and the Internet*
- *Question and Answer period*



CITY OF
Lethbridge

WHERE: Yates Theatre
WHEN: April 12th, 2016
6:30 pm - 8:30 pm



Alberta Health
ServicesHealthy Teens
Parent Newsletter
April 2016

Talking with Your Teen about Healthy Relationships

It's never too early to start teaching your teen about healthy relationships including both friendships and intimate relationships. Relationships during the teen years are an important part of life and can affect their physical, emotional and mental wellbeing. Parents, guardians and caregivers can have a positive influence on their teens and their decisions. A good starting point is to reflect on your own values and what values you want to pass along. You can then lead by example and teach your teen by showing them positive social behaviours such as honesty, respect and openness. With your help, your teen will be better able to recognize healthy and unhealthy relationships. By talking to your teen, you can help them stay healthy and make responsible choices as they grow up.

What makes a healthy or unhealthy relationship? Healthy relationships include shared respect, support, equality and fun. It is also important to maintain separate identities and establish clear boundaries based on personal values. Not all unhealthy relationships are abusive. Unhealthy relationships may also be identified by issues such as lack of trust, stress, bribes, jealousy and lying. Abuse may come in many forms including emotional, physical, sexual, or financial.

Alberta Health Services developed the website www.teachingsexualhealth.ca to help you find the information you need to have conversations with your teen. You will find webisodes, factsheets, FAQs and more. The parent section provides you with:

- Tips and conversation starters for discussing relationships with your teen.
- Suggestions for topics to talk about such as dealing with pressure, healthy and unhealthy relationships and sexual decision making.
- Links to reliable resources and community agencies in your area.

Bring the conversation of healthy relationships into your home for the benefit of your teen's health and development. We encourage you to check out what www.teachingsexualhealth.ca has to offer!



Cooking – Fun at Any Age

Mealtimes are perhaps the best time to bring families together to eat, relax and enjoy. One challenge that many families face is finding time to plan and prepare meals. Make it easier and involve your family. Older kids can be a big help in meal planning and preparation. Not only will it make meals easier for you, it will help your teen learn cooking and food preparation skills. Developing these skills will help them for the rest of their lives. Here are some ideas to get your teen started in the kitchen:

- **Ask for their input.** Teens will have lots of great ideas for meals and snacks. With their help, planning ahead will save time and trips to the grocery store.
- **Let them help with groceries.** They can add items to the grocery list, choose items in the store and help put the groceries away after shopping.
- **Tasks** such as washing and cutting vegetables, making salad, setting the table, washing dishes and filling the dishwasher are easy tasks to do on a regular basis and teens will need little assistance.
- **Help them learn kitchen safety.** See [Being Safe in the Kitchen](#) for tips.
- **Teach them** how to use appliances like the microwave, toaster oven, blender, hand mixer and crock pot if you haven't already. With supervision, a teen can also start to use the oven and stovetop. They can stir things like soups, sauces, meat, and stir-fries.
- **Talk about food with them!** You can explain different cooking techniques, how to tell if a fruit/vegetable is ripe, how to know when meat is thoroughly cooked, and how to make an entire meal. Food is always a great conversation starter at meal times.
- **Have them make their own lunch.** Have them including a serving from each of the food groups on [Canada's Food Guide](#) or have them help in making the entire family's lunches.

Try some of these simple steps to get everyone involved in the kitchen. You will be helping your teen form positive and lasting food preparation skills and healthy eating habits.