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KATE ANDREWS HIGH SCHOOL NEWSLETTER

WWW.KATEANDREWSHIGHSCHOOL.COM



MAY

NO SCHOOL

There will be no school for staff or students on Monday, May, 23rd or Tuesday, May 24th.

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

MAY ASSEMBLY

There will be an assembly held on Monday, May 2, during Period 4 for all students. Family and community members are also welcome to attend.



NEW STUDENT 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 has been very busy over the past few months. We began rehearsing a one act play called 4 a.m. in February. On April 27th we took this show to the High School One Act Festival in which we competed against other schools in our region to go to the Provincial competition. On April 29th, we participated in the Shed the Mask non-competitive festival at the University of Lethbridge, which is always really fun for the students!

Our play runs at Kate Andrews the evenings of May 4th, 5th, and 6th. We are presenting a dessert theatre, tickets are on sale in advance at the school, or at the door. This show has some mature language, and may not be appropriate for young children. Please come out and support the show, and have some delicious dessert!

MARCH 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.

Alex Brobbel (Grade 9)

Chloe Perry (Grade 10)

Sean Nieuwenhuis (Grade 11)

Tori Lutz (Grade 12)

**THE APRIL STUDENTS OF THE MONTH WILL BE ANNOUNCED AT THE
MAY 2ND ASSEMBLY, DURING PERIOD 4.**

DRESS CODE

With the arrival of warm spring weather, we would like to remind students that KAHS does enforce a dress code, as outlined on *page 17 of the 2015-2016 KAHS Student Handbook*. The Dress Code reads as follows:

Students and staff are expected to dress in a "business appropriate" manner. This means that all clothing should be both clean and modest. The following rules will assist students, teachers and parents in interpreting the "clean and modest" guidelines.

Clean means:

- The clothing is free from all references to drugs, violence, sexism, and racism.
- Clothing or accessories that could be classified as a potential weapon are not permitted (i.e., chains, spiked necklaces/bracelets, etc.).

Modest means:

- Clothes are not revealing.
- No undergarments should be visible.
- Strapless or "spaghetti" strapped garments are not permitted and tops must cover cleavage.
- Clothing with results in the baring of the midriff is not allowed.
- "Muscle" type shirts are not permitted
- Shorts and skirts should be no shorter than the level of the student's fingertips when the arms are held down at the student's sides.

Students who are in violation of the Dress Code will be asked to change their clothes, cover the clothes or turn offending clothes inside out. Some cases will result in a student being sent home to change if we cannot resolve the issue by any of the aforementioned solutions.

Students may wear caps, hats or other head covering while in the hallways. These items must be removed prior to entering a classroom and may be worn again when a student returns to the hallway.

REGIONAL SKILLS ALBERTA UPDATE

Congratulations to our KA students who not only participated at **Regional Skills Canada**, but are off to Provincials! Thank you to our teachers, Angie Roelofs and Rod Horlacher, for their commitment and dedication to these outstanding programs.

We are extremely proud of all of our students that competed. All of the competitors represented KAHS so well. We want to extend a huge congratulations to the students who earned medals at the competition:

BAKING: 1st Place – [Alex Brobbel](#)

FASHION TECHNOLOGY: 2nd Place – [Christen Gross](#)
3rd Place – [Sian Hernandez](#)

HAIRSTYLING/INTERMEDIATE: 3rd Place – [Caley Lengyel](#)

HAIR STYLING/JUNIOR: 1st – [Amy Janzen](#)

PHOTOGRAPHY: 2nd – [Evan Weir](#)

The full article, about all Palliser students can be found at www.pallisersd.ab.ca.



Amy Janzen, with her gold-medal winning entry.



Alex Brobbel, working on his gold-medal entry.

KAHS ATHLETICS

TRACK & FIELD

Please note the following important dates:

May 18th – Grades 10-12

Track Districts in Coalhurst, 4:00 pm start

May 19th – Grade 9

Track Cities – U of L – 9:00 am start

May 25th – Grades 10-12

Track Zones – Medicine Hat – 9:00 am start

June 1st – Grade 9

Track Zones – Lethbridge 9:00 am start

If you have any questions, please contact Mrs. Dodgson.

Tip of the Month – Mental Health Awareness Week – May 2nd – 8th, 2016

Mental Health Awareness Week (MHAW) is an annual celebration and acknowledgement of the importance of everyone's mental health. The theme this year is **GET LOUD** – don't be afraid to raise your voice to help stop the discrimination and stigma of mental illness and build support for those who struggle. Take the time during this week to take care of your own and others' mental health by trying some of these:

BE KIND *Say good morning and smile ☺

*Ask someone how they're feeling

*Leave a kind note for someone special



LISTEN TO MUSIC

Listening to music has a positive impact on your mood. Try listening to music while cooking or doing household chores and get your groove on!

Don't forget to **BE YOURSELF**. Surround yourself with positive people who make you feel good and accept you for who you are.

And most of all....**LAUGH!!!**



SAFE GRAD

Safe Grad planning is underway. There will be a planning meeting at **7pm on May 11th** at the Hub, and another one at **7pm on June 13th**.

For more information, parents can join the [KAHS Safegrad 2016 Parents Group Facebook Page](#) or contact Diana Williams at 403-915-3426.

GET ACTIVE

30min of walking for 10 days may be enough to reduce symptoms of depression



EAT HEALTHY FOODS

What you eat affects how you feel – balance your diet using the Canada Food Guide while limiting processed food, alcohol, & caffeine. Remember to drink plenty of water and eat breakfast **EVERY DAY!!!**

DRY GRAD

Dry Grad planning is well underway! Come join us for a fun night of activities and food: lazer tag, limo (Grade 12's only), king of the hill, zorb balls and lots of food! Early bird registration is \$35 until May 31st. After June 1st the cost will be \$40. Grade 11's are also welcome. The next **planning meeting** is on **May 10 at 7pm** at Charlene Friesen's house (933 20th Ave A.) If you have any questions or would like to help, please join us at the meeting or contact Charlene directed via text only at 403-345-5389 or visit our [Facebook page – Coaldale Dry Grad 2016](#).

IMPORTANT SAFEGRAD/DRYGRAD NOTE:

This information is included in this Newsletter for information sake only. Kate Andrews High School is not involved in the planning of these events.

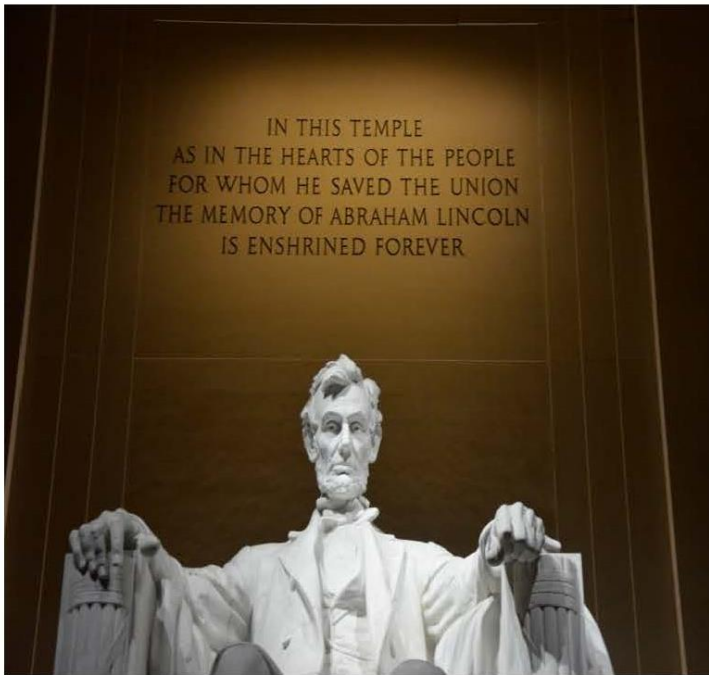


**Matthew Burke Allyson Carroll Kayley Dueck Hannah Dyck Delanie Johnstone
Cassidy Lendrum Tori Lutz Carmen Nadeau Skylar Nikkel Karly Ober Melissa Ota
Santina Sincennes Lindsay Versteeg Nicole Hanna Doug Burke Mike Gibson**

The Trip of a Lifetime!

What do you get when you take 13 very excited Kate Andrews students, 2 teachers, 1 parent and put them together for 10 days? **The Ultimate Trip of a Lifetime!** Kate Andrews Social Studies Teacher and trip organizer Mike Gibson was absolutely thrilled with the overall success of the recent 10 day Easter Trip (March 22-31) to the United States Eastern Seaboard. The students were able to explore the most popular and culturally rich sites that places like Boston, Cambridge, Lexington, Concord, New York City, Philadelphia, Washington D.C., Jamestown and Williamsburg had to offer. In their travels the students were able to get a glimpse into US history from its revolutionary beginnings to modern day politics. Whether it was travelling along the oldest historic walking trail in Boston called the famous Freedom Trail, visiting George Washington's house, visiting the Empire State Building, Liberty Island and Ellis Island in New York, marveling at the Smithsonian Museums in Washington or having a chance to view the magnificent monuments to noteworthy presidents, the students had an incredible journey that will have lasting memories forever! A huge thank-you goes out to Miss Nicole Hanna and Mr. Doug Burke who also accompanied the students on this trip and whose help was greatly appreciated and to Leigh Jameson who was the best tour guide a group could have!







Self-Management: Why it's Important to You and Your Teen

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath to calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done or said something you wish you hadn't? Everyone has! For improved self-management skills, throughout the day, make time to deal with stress and teach your teen this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your teen. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

Adopted from www.parenttoolkit.com



In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms, and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit: www.optometrists.ab.ca

All Terrain Vehicle (ATV) Safety

Many Albertans take out their ATVs in the summertime. Riding an ATV can be a thrilling experience but it is important to remember that ATVs are not toys; they are fast, powerful machines that need strength and skill to operate safely. In Canada, 25% of all ATV-related deaths involved teens younger than 16. Experts at Alberta Health Services state that nobody younger than 16 years of age should ride an ATV anytime, anywhere, any size. This is because teens under 16 are not physically and mentally ready to handle an ATV, regardless of its size and are at higher risk for serious injury and death than those 16 years and older. When your teen is 16, they should take a [Smart Risk Approach](#) to manage the risks of ATVs. Here are a few Smart Risk tips to help keep them safe:

Look First. Make sure headlights, tail lights and the muffler work before riding. Follow posted signs and stay on the trails. Driving away from marked trails can result in encountering unexpected obstacles, like ditches, drop offs, cliffs, and trees.

Wear the Gear. Always wear an approved motorcycle or ATV helmet. Make sure it fits snugly and is securely buckled up to protect you from a head injury. Eye protection, like a helmet shield or riding goggles, boots and gloves will also help keep your teen safe.

Get Trained. Taking an ATV training course is the best way to understand and manage ATV risks. Riding an ATV safely requires skill and practice.

Drive Sober. Even one drink can impair your teen's judgement and pose dangerous, even fatal risks. It can also result in impaired driving charges. Your teen should never drink or use drugs and ATV.

These Smart Risk strategies will help your teen, 16 years or older, enjoy many summers of fun and safe ATVing. To learn more about ATV safety in Alberta, visit: <http://www.albertahealthservices.ca/injprev/Page4861.aspx>

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

“WE” WEDS!

Last 3 Lunches...

May 4th: \$4.00 **Hot Dog**, Pop/Water & a bag of chips

May 11th: \$5.00 **Burger**, Pop/Water & a bag of chips

May 18th: \$5.00 **Pulled Pork**, Pop/Water & a bag of chips



“WE” Create Change

Supporting **“Tanzania”** with...

“5 Pillars One Purpose”

1. Education Pillar= **(\$1,000.00 raised!)**
2. Clean Water & Sanitation Pillar= (Working on it!)
3. Health= **(\$1,000.00 raised!)**
4. Alternative Income & Livelihood= **(\$1,000.00 raised!)**
5. Agriculture & Food Security= (Working on it!)

School Goal = **\$5,000!** Money Raised = **\$3,500!!**