

D E C E M B E R , 2 0 1 6

# KATE ANDREWS HIGH SCHOOL

## REPORT CARDS

Report cards were mailed home on Thursday, November 10<sup>th</sup>. If you have not received your child's report card or have noticed any errors with the address information, please inform the office right away so we can update our records.

Thank-you to everyone who came out to support our students at the Fine Arts Night! It was so rewarding to share the student's hard work in Art, Drama, and Music, and to collect donations for the Coaldale Food Bank.

## CHRISTMAS CONCERT

The Kate Andrews High School Band and Choir will be presenting their annual Christmas Concert on **Monday, December 19<sup>th</sup> at 7:00 p.m.** in the gymnasium. Admission is free and all are welcome!



## CHRISTMAS BREAK

The last day of classes before the Christmas break is December 22<sup>nd</sup>. There will be **NO SCHOOL from December 23<sup>st</sup> – January 6<sup>th</sup>**. Classes will resume on Monday, January 9<sup>th</sup>. We would like to wish all of our KAHS families a joyous holiday season and a restful break.

## School/Options Fees Reminder

Base school fees were paid for most students before classes began. Statements for student's options fees were sent home with report cards on November 10<sup>th</sup>. If you received a statement for your child's options fees, please pay these fees as soon as possible. Please see the description for options fees at the end of this newsletter for further information, or feel free to contact the office if you have any questions.



Pay for school fees online with

SchoolCashOnline



## OCTOBER STUDENTS OF THE MONTH

**Congratulations to the following students who received Student of the Month for October. Each month one 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. The following is what the nominating teacher/staff had to say about the October winners.**

**Lemmy Ayerhart (Grade 9)** – Lemmy has already become a leader in his classes in his short time here at Kate Andrews. Lemmy approached drama class with enthusiasm and effort. He is an incredibly hard worker and can always be counted upon to put his full effort into everything he does. More than his work ethic and desire to do well academically, Lemmy's kindness towards his classmates stands out. He goes out of his way to make other students feel included and welcomed in all of his classes.

**Courtney Neufeld (Grade 10)** – Courtney is an individual who really exemplifies what it means to extend out of your comfort zone. She has worked hard to become a leader in the class through her willingness to take part in class discussions. Courtney has also joined Student Council and is using her voice to try and make positive changes for her and her classmates. We are thrilled to see the change occurring in this young woman and look forward to seeing her grow as she builds confidence and leads by example.

**Haylee Hilgersom (Grade 11)** – Haylee is a grade 11 student who is hardworking and shows perseverance. She volunteers and is always positive. On a weekly basis you will find her either scorekeeping the Pride home games, in the stands watching school sports, or supporting her community. Haylee is clearly imprinting her legacy of pride and accountability for herself at this school.

**Zoey Roelofsen (Grade 12)** – Zoey has led by example her entire time at Kate Andrews High School. Whether it's through her involvement in Student Council, We Create Change, Blue Team, or cheering her classmates on in athletics, this young woman truly embodies Kate Andrews Pride. Zoey has a kind heart, a generous spirit and a quick wit. It has been our privilege to watch this young girl journey from grade 9 into grade 12, and to see how much her giving nature has helped those around her. There's no telling just how much of a difference Zoey will continue to make in the communities that will be lucky to have her.

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**The NOVEMBER Students of the Month will be announced at the  
December 5<sup>th</sup> Assembly, during period 4.**

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Find us on  
**Facebook**

Did you know that KA is on Facebook? Like our page and follow us at Kate Andrews High School (@kateandrewshighschool) to keep up to date with everything going on at KA!

## Coaldale “Makes Holidays Possible” in the 9<sup>th</sup> Annual COALDALE CARES Blood Drive

The community of Coaldale “Makes Holidays Possible” this holiday season by giving life. This annual campaign is co-sponsored by Intercontinental Truck Body, Kinsmen Club of Coaldale and the Town of Coaldale who are asking Coaldale residents to help hospital patients by rallying friends and family to book an appointment to donate.

The Holiday season can be a challenging time to recruit blood donors. People become busy with friends, family, or Christmas activities, and donating blood is not always top of mind. But sadly, the need for blood never takes a holiday, and every day, hospital patients are depending on blood donors to help save their lives.

Canadian Blood Services needs over **800** more donors to book appointments at the Lethbridge clinic in December to keep up with hospital demand. We are located at #220, 200 4 Ave South in Lethbridge Centre.

Please call 1 888 2 DONATE (1 888 236 6283), visit [www.blood.ca](http://www.blood.ca), or download the app: GiveBlood to book your appointment and give someone their holidays back!



**Basketball** has now started and practices are underway! To view the practice and game schedule, please visit the ATHLETICS page on the KAHS website. Come on out and show your PRIDE at the **SV Girls & Boys Christmas Festival Home Basketball Tournament from December 15<sup>th</sup> – 17<sup>th</sup>** and the **Grade 9 Cats Classic Basketball Tournament on January 20<sup>th</sup> & 21<sup>st</sup>**.



# HOLIDAY TIPS FOR TEENS

**Do the holidays not seem so jolly this year?**

**Are the relatives coming into town and taking over your room?**

**Has spending time without your friends while school is out got you down?**

**Are your parents worked up about getting everything done on time?**

Don't worry.... Holiday stress is normal. Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina and heightened alertness. During the holidays, our routines change, different people are around, and we sometimes have to do things we don't want to do to make others people happy. This can lead to a feeling of stress. Here are some ways to deal with the stress of the holidays.

1. Practice **MANY Random Acts of Kindness**. They will not only help those around you, but you will feel better too!
2. Smile (or make a funny face) at yourself in the mirror every morning when you wake up.
3. When nobody else is home, crank some holiday tunes on the stereo and sing and dance with reckless abandon.
4. Take a hot bath with lots of candles around (trust me guys, this is one luxury that isn't just for girls!!)
5. Exercise and stretch, even if it is only running on the spot and doing some lunges for 10 minutes before bed.
6. Watch a few of those classic holiday specials; they are cute and funny and sure to remind you of your own wonder years.
7. Talk to someone to let out your holiday vents to get them out of your system.
8. Get lots of rest to avoid catching a cold or flu.
9. Make a point of phrasing everything in a positive light, even your gripes (for example: rather than saying "I hate eating stuffing and brussel sprouts make me gag!" say, "There are so many great things to choose from that I think I'll start with my absolute favorites and then see if my tummy wants more!")
10. Use the internet to learn about the winter celebrations of cultures and religions other than your own.

*Submitted by the Family School Liaison Counselor. Adapted from [teenadviceonline.org](http://teenadviceonline.org)*



**“We Create Change”** is back at Kate Andrews High School for the **2016-17** school year and now is your best chance to open doors for children everywhere.

Show **YOUR BELIEF** that all children, girls and boys, have the right to go to school.



**\$20.00 per brick x 500 bricks needed=\$10,000.00 raised!**

**Money raised to date=\$845.00 & 42 BRICKS!**

Collect \$20 in coins or bills and your change can provide a brick for the construction of a new school. Needed are 500 Bricks to build a one room school. Therefore, build a school, and your change can educate hundreds of children. Give children a chance to learn, and your change can help a generation make change for themselves.

**\$20 in change = One Brick!**

**One brick = The cornerstone of education!**

**Education = Change for the world!**





# DECEMBER 15-17 BASKETBALL TOURNAMENT

## SR Boys and Girls Home Tournament

As one of our major fundraisers, we will be holding a silent auction throughout the tournament. We are looking for donations and/or items for the auction as well as volunteers for the concession and admission table. If you, or anyone you know, would be willing to donate/volunteer please contact the Jaime Klasson or Diane Sincennes by December 11th.



## SILENT AUCTION

KA Athletics is  
looking for  
DONATIONS/ITEM  
S for the Auction

CONCESSION AND  
DOOR  
VOLUNTEERS  
NEEDED

Proceeds to  
benefit All athletic  
programs

For more info  
contact the  
Athletic  
Committee

## KA ATHLETIC COMMITTEE

Jaime Klasson,  
Diane Sincennes

[volunteers4ka@gmail.com](mailto:volunteers4ka@gmail.com)

## SCHOOL FEES: 2016-2017 SCHOOL YEAR

BASIC SCHOOL FEES		
<b>Grade 9</b>	\$156.00	Instructional Supplies & Materials (\$59.00) Palliser Technology Fee (\$35.00) Food Studies (\$31.00) Industrial Arts/Shop (\$31.00)
<b>Grade 10-12</b>	\$104.00	Instructional Supplies & Materials (\$69.00) Palliser Technology Fee (\$35.00)
OPTIONAL FEES:		
<b>Grade 9 – 12</b>	\$41.00	Yearbook
PER COURSE FEES (Applies to Grade 10-12 ONLY):		
Grades 10 – 12	\$20.50	Cosmetology
Grades 10 – 12	\$31.00	Art
Grades 10- 12	\$31.00	Construction
Grades 10 – 12	\$31.00	Fashion Studies
Grades 10 – 12	\$31.00	Food Studies
Grades 10 – 12	\$31.00	Physical Education
Grades 10 – 12	\$31.00	<b>MUSIC - BAND</b>
Grades 10 – 12	\$20.50	<b>MUSIC - CHOIR</b>
Grades 10 – 12	\$20.50	<b>MUSIC - GUITAR</b>
Grades 9 – 12	\$400.00	Hockey Academy (Fees to be submitted to Mr. Holland, with completed forms.)

*Grade 9 fees* of \$156.00 are due before students receive their lockers, books and opening day packages on September 2, 2016. Grade 9 students do not pay additional Option Class Fees throughout the school year.

*Grades 10 – 12 fees* of \$104.00 are due before students receive their lockers, books and opening day packages on August 30<sup>th</sup>.

The *Per Course fees* (which apply only to Grades 10-12) for the first semester will be invoiced on September 30<sup>th</sup>, 2016 and then on February 28<sup>th</sup>, 2017 for the second semester.

*Students in Grades 10-12 who drop courses after September 30<sup>th</sup>, 2016 and February 28<sup>th</sup>, 2017 will forfeit their fee.*




# **DECEMBER**

## “Me to We” Cafe

## “WE” WEDS

## \$5.00 LUNCHES!

Weds. Dec. 7<sup>th</sup>

**Taco in a Bag with a Pop or Water**

Weds, Dec. 14<sup>th</sup>

**\$4.00= 1 Hot Dog, Pop/Water & Bag of Chips**

Weds, Dec. 21<sup>st</sup>

**Hamburger, Pop/Water & Bag of Chips**

## Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable? If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

## Teenage Tobacco Use

According to the Canadian Tobacco, Alcohol and Drugs Survey (CTADS) from 2013, the most recent available, 11 out of every 100 teenagers aged 15-19 smoke cigarettes in Canada. Of those, five percent reported smoking every day and six percent reported occasional smoking.

There is no safe level of tobacco use, even for those who report occasional use. When burned, tobacco contains about 7000 chemicals. About 70 of those are known to cause cancer.

Tobacco contains the drug nicotine, which is a powerful stimulant and is highly addictive. Nicotine reaches the brain within seconds and releases chemicals in the brain that bring on feelings of pleasure and relaxation. Research shows that nicotine exposure impacts brain development, and since teenage brains are still developing, this is a concern. Areas that seem to be most affected include problem solving and behaviour.

It can be hard for teens to understand the long term health consequences of tobacco use. Cancer, heart disease and other chronic illness can be things they don't feel will happen to them. When talking with teens there are areas that can be motivating for them to improve their health and well-being. By quitting they will notice:

- Their hair and clothes will smell better
- They will have more money to spend on other things
- Their sense of taste and smell will improve
- They will see an improvement in their breathing

For information and support, visit [www.albertaquits.ca](http://www.albertaquits.ca) or call 1-866-710-QUIT (7848)



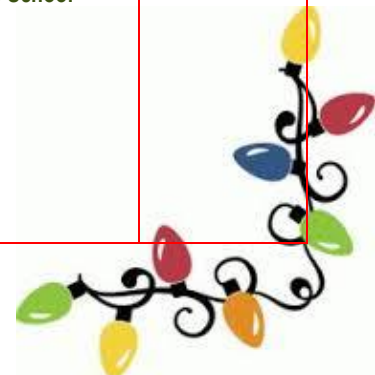


# December



# 2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
27	28	29	30	1 Josten's Representative 11:40 – 12:30 (Grad Rings)	2	3
4	5 Assembly, Period 4	6	7	8	9	10
11	12	13	14	15 SV Girl & Boys Christmas Festival Basketball Tournament 	16 SV Girl & Boys Christmas Festival Basketball Tournament 	17 SV Girl & Boys Christmas Festival Basketball Tournament 
18	19 Band/Choir Christmas Concert @ 7pm 	20	21	22 December Progress Reports	23 No School 	24 Christmas Eve
25 MERRY CHRISTMAS 	26 No School	27 No School	28 No School	29 No School	30 No School	31 



This calendar is accurate as of the date it is posted (November 30, 2016.) Please visit [www.kateandrewshighschool.com](http://www.kateandrewshighschool.com) for the most up-to-date information.



# 2017



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
 	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
8	9	10	11	12	13	14
	Welcome Back! School Council Meeting @ 7pm					
15	16	17	18	19	20	21
	English 30-1 & 30-2 DIPLOMA, PART A	Social St. 30-1 & 30-2 DIPLOMA, PART A	LAST DAY OF SEMESTER 1 CLASSES	NO CLASSES	NO CLASSES English 20-1 FINAL English 20-2 FINAL  CATS CLASSIC BASKETBALL TOURNAMENT 	CATS CLASSIC BASKETBALL TOURNAMENT 
22	23	24	25	26	27	28
	NO CLASSES English 30-1 & 30-2 DIPLOMA, PART B Gr 9 Social St. P.A.T. English 10-1 & 10-2 FINAL Social St. 20-1 FINAL	NO CLASSES Social St. 30-1 & 30-2 DIPLOMA, PART B Social St. 10-1 FINAL Biology 20-1 final Science 9 P.A.T.	NO CLASSES Gr 9 Science P. A. T. Math 30-1 & 30-2 DIPLOMA Science 10 FINAL Chemistry 20 FINAL Math 9 Midterm	NO CLASSES Biology 30 DIPLOMA Math 20-1, 20-2 & 10C FINAL	NO CLASSES Chemistry 30 DIPLOMA	
29	30	31	FEB 1	FEB 2	FEB 3	
	NO CLASSES Physics 30 DIPLOMA Science 30 DIPLOMA	NO CLASSES PD DAY	First Day of Semester 2 Quarter 3 Begins (Gr. 9)		Semester 1 Report Cards Mailed Home	

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