

KATE ANDREWS HIGH SCHOOL

NEWSLETTER

JANUARY

2017

Welcome Back!

We'd like to welcome all of our students & families back to KAHS after the holiday break. We hope you all had joyous and restful break and we look forward to getting back to work to prepare for final & diploma exams as well as the beginning of Semester 2.



The last day of classes for Semester 1 is Wednesday, January 18. There are no classes on Thursday, January 19th, however the school will be open and teachers will be available to assist students so students are encouraged to come here to study. An exam schedule is attached to this newsletter and is also available on our website and printed copies are available to pick up from the office.

There will be **NO SCHOOL on Tuesday, January 31st**, as this is a PD day. The first day of Semester 2 (Quarter 3 for Grade 9 students) classes is Wednesday, February 1st.



The University of Lethbridge is presenting at KA during Period 3 on January 13th.
If you have a spare and would like to attend, please let Ms. Alexander know.



Band students are currently raising funds for their upcoming music trip by selling Booster Juice vouchers. Vouchers are sold for \$5 each and are good for a regular smoothie. Not only do you save some Monday with the voucher, the band students get funds for the trip. This fundraiser will be ongoing until the trip in April. Please help support our Band students if you are able!



← **A PUBLIC MEETING** will be held at **7pm on Tuesday, January 31st** at the **Coaldale Community Centre** to discuss the possible **grade reconfiguration** of Coaldale Schools. The Board is seeking input from all stakeholders regarding the possible reconfiguration, which is being discussed as they seek a solution to overcrowding at Jennie Emery Elementary School, due to a rapidly growing Coaldale population. Parents are encouraged to attend this meeting to have a voice in the decision making process.



“Me to We” Cafe

“WE” WEDS

\$5.00 LUNCHES!

Weds. Jan. 11th

Taco in a Bag with a Pop or Water

Weds. Jan. 18th

Hamburger, Pop/Water & Bag of Chips

TEXTBOOK RETURNS

When:

Friday, January 20th to Monday, January 30th

Where:

Textbook Room (next to room 110)

Times:

8:30 – 9:00 a.m. and 12:00 – 12:30 p.m.

Why:

Mrs. Wittebolle hunts you down if you don't return your books
AND you don't get any textbooks for the start of the next semester.

You will receive an email, sent to your school email account, before exams start with a list of ALL the books you have signed out. This will have books from both the library and the textbook room.

CTS TEXTBOOKS

If you are finished with the textbooks or duotangs for your CTS course you are more than welcome to return the books before exam week to Mrs. Wittebolle in the library.



A TURNING POINT
FOR WOMEN

Save the Date

The Young Women's Leadership Council of YWCA Lethbridge & District invites you to join us in celebrating the successes of the 2017 graduates by helping ensure all young women are able to participate in their graduation ceremonies.

We invite all female graduates without an outfit to attend this free event, taking place Saturday February 11th, 2017 at YWCA Lethbridge from 11:00AM – 3:00PM. There will be plenty of graduation attire to choose from, as well as hair and make-up artists on site. A photographer will be on site to have formal pictures taken and plenty of refreshments will be available.

**For anyone unable to attend this event, two additional dates to browse our outfits are being offered on Friday March 24th 5:30PM to 7:30PM and Saturday March 25th, from 10:00AM*

If you know of a graduate who would benefit from being a part of this event please pass this information on to them. If you are interested in donating your services or time for this event, or have questions in general, please contact Lindsay Brown at: lbrown@ywcalethbridge.org or 403-329-0088.

Attire to Inspire!



The Pride @ KAHS Reads: COOL reads



Sign out some COOL reads for January!

What to read next...

Secret Path by Gordon Downie & Jeff Lemire (Graphic Novel)

Protecting Your Teen's Teeth

By now your teen has most of their adult teeth so keeping them healthy is important. They do not get another chance with these jewels, but they can protect them with these easy tips:

- **Limit sugar intake.** Sweetened snacks and drinks can cause tooth decay, especially when the sugar stays in the mouth.
- **Choose healthy snacks.** Even when on the go, be sure to choose nutritious and tooth-friendly snacks like apples, carrot sticks and cheese.
- **Learn quick tricks.** Small efforts can go a long way to keeping teeth healthy. Encourage your teen to:
 - Keep a toothbrush in their locker or backpack and brush when they have time
 - Rinse with water after sugary treats
 - Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks
 - Drink water to quench thirst
- **Avoid injury to teeth.** Mouth guards, seatbelts and face shields can help protect teeth. Dental piercings, using teeth to open items, and chewing on hard objects can cause injury and should be avoided.



Talk to your Teen about Mental Health - Part 1

Everyone has mental health and it changes daily. It's about your range of emotions and affects the way you think and feel about yourself and others and how you cope with life's challenges. Mental health problems can affect your thinking, feelings, mood and behaviour. Mental illnesses also affect your thinking, feelings, mood and behaviour but need a diagnosis from a doctor and treatment. Commonly diagnosed mental illnesses are depression and anxiety.

Mental health problems and illnesses are common. Even if your family isn't directly affected by them, you're likely to know people who are. Talking to your teen about mental health may seem like a hard topic, but talking about it breaks down the stigma surrounding it. The more open you are, the more you encourage your teen to look after his or her own mental health, ask for help, and help support friends.

It's important for teenagers to know that they can talk to you about their own or someone else's mental health. Being open to talk about mental health shows your teen you care. Before you begin your conversation, keep in mind the following:

- Small chats are just as good as long ones.
- You don't need to have or know all the information. It's ok if you aren't an expert.
- Having good mental health doesn't mean you're happy all the time. People can have a mental health problem without having a mental illness. Encourage healthy coping strategies like being creative, being active, eating healthy food, getting enough sleep and spending time with others.
- Try and get in the habit of talking about everyday things like hobbies, school day or friends. This can make it easier if harder topics come up.
- If your teen doesn't feel like talking, just wait until he or she does.

Adapted from resources available at: <http://www.time-to-change.org.uk/>

DATE	TIME	EXAM	ROOM
Mon, Jan. 16	9-12	ENGLISH 30-1 DIPLOMA EXAM , PART A	Computer Lab (209)
	9-3	Students with Diploma Exam Accommodations	Library
Tues, Jan. 17	9-12	SOCIAL STUDIES 30-1, DIPLOMA EXAM , PART A	Computer Lab (209)
	9-11:30	SOCIAL STUDIES 30-2, DIPLOMA EXAM , PART A	Computer Lab (209)
	9-3	Students with Diploma Exam Accommodations	Library
Fri, Jan. 20	9-12	ENGLISH 20-1 Final	Gym
	9-12	ENGLISH 20-2 Final	Gym
	9-12	ENGLISH 9 Mid-Term	Room 201, 202, 203
	9-3	Students with Exam Accommodations	Computer Lab (209)
Mon, Jan. 23	9-12	ENGLISH 30-1 DIPLOMA EXAM , PART B	Gym
	9-12	ENGLISH 10-1 Final	Gym
	9-12	ENGLISH 10-2 Final	Gym
	9-12	SOCIAL STUDIES 20-1 Final	Gym
	9-12	SOCIAL STUDIES 9 P.A.T.	Room 202 & 203
	9-3	Students with Exam Accommodations	Computer Lab (209)
Tues, Jan. 24	9-12	SOCIAL STUDIES 30-1, DIPLOMA EXAM , PART B	Gym
	9-12	SOCIAL STUDIES 30-2, DIPLOMA EXAM , PART B	Gym
	9-12	SOCIAL STUDIES 10-1 Final Exam	Gym
	9-12	BIOLOGY 20 Final Exam	Gym
	9-12	Science 9 P.A.T.	Room 202 & 203
	9-3	Students with Exam Accommodations	Computer Lab (209)
Wed, Jan. 25	9-12	MATH 30-1 DIPLOMA EXAM	Gym
	9-12	SCIENCE 10 Final Exam	Gym
	9-12	CHEMISTRY 20 Final Exam	Gym
	9-12	MATH 9 Mid-Term Exam	Room 202, 203 & 204
	9-3	Students with Exam Accommodations	Computer Lab (209)
Thur, Jan. 26	9-12	BIOLOGY 30 DIPLOMA EXAM	Gym
	9-12	Math 20-1 Final Exam	Gym
	9-12	Math 20-2 Final Exam	Gym
	9-12	Math 10C Final Exam	Gym
	9-3	Students with Exam Accommodations	Computer Lab (209)
Fri, Jan. 27	9-12	CHEMISTRY 30 DIPLOMA EXAM	Gym
	9-12	Students with Exam Accommodations	Computer Lab (209)
Mon, Jan. 30	9-12	PHYSICS 30 DIPLOMA EXAM	Gym
	9-12	SCIENCE 30 DIPLOMA EXAM	Gym
	9-3	Students with Exam Accommodations	Computer Lab (209)

This information is also available on-line at kateandrewshighschool.com

KAHS January 2017 Final Exam Schedule

The last day of semester 1 classes is Wednesday, January 18, 2017.

Thursday, January 19, is a Study Day (there are **NO CLASSES**).

Students who are scheduled to write **English or Social Studies Part A DIPLOMA EXAMS on January 16 & 17** will be excused from all morning classes on those days. However, their attendance to afternoon classes is expected.

ALL students scheduled to write a final exam **MUST** be present at the scheduled time unless prior arrangements have been made with the teacher. A student who misses an exam due to illness **MUST** report the illness to the teacher immediately, **AND** produce written verification from his/her doctor (in the case of a Diploma exam). **Students should be in place for their exams 15 minutes prior to the exam start.** Diploma exam students may **NOT** leave until 10:00 a.m. The additional 30 minutes allotted for Diploma examinations has been figured into the times noted. **Students arriving one hour after the exam start time, will not be allowed to write the exam.**

Grade 9 exams and mid-terms will be written in classrooms. Grade 10-12 exams will be written in the gym.

Textbook returns will be possible between 8:30 and 9:00 (and 12:00 to 12:30) on each final exam day from January 20th to 30th. Students should deliver **their own textbooks** to the *BOOKROOM* immediately prior to writing the subject exam the text was used for.

Second semester textbook distribution will **NOT** occur during semester break. February 1st and 2nd have been designated as text pick-up days. There will be some class interruptions on these two days as groups of students are called out of class in rotation. As usual, **no second semester textbooks will be signed out to students who have failed to return texts from the first semester or who still have outstanding fees.**

For detailed information about DIPLOMA EXAMS including rules and practice guides please visit:
<https://education.alberta.ca/writing-diploma-exams/about-grade-12-diploma-exams/>

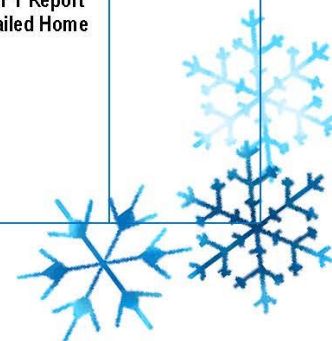


2017



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!					
15	16	17	18	19	20	21
	English 30-1 & 30-2 DIPLOMA, PART A AADAC Counsellor Available SCHOOL COUNCIL Meeting @7pm	Social St. 30-1 & 30-2 DIPLOMA, PART A	LAST DAY OF SEMESTER 1 CLASSES	NO CLASSES STUDY DAY (Teachers are available to assist students)	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 COALDALE GRADE RECONFIGURATION MEETING @ 7pm (Coaldale Community Centre)	First Day of Semester 2 Quarter 3 Begins (Gr. 9)		Semester 1 Report Cards Mailed Home	

This calendar is accurate as of the date it is posted (January 11, 2016.) Please visit
www.kateandrewshighschool.com for the most up-to-date information.



February

2017

KATE ANDREWS HIGH SCHOOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see the ATHLETICS PAGE on the KA website for a schedule of PRIDE Activities			1 First Day of Semester 2 (Quarter 3-Grade 9)	2	3 Semester 1 Final Report Cards Mailed Home	4
5	6 Assembly: Period 1	7	8 EPIC Trades Day at LC	9	10	11
12	13	14 	15	16	17	18
19	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27	28				

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