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# KATE ANDREWS HIGH SCHOOL

## NEWSLETTER

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

# MARCH



## NO SCHOOL

There will be NO SCHOOL on Monday, March 13<sup>th</sup> for students, as this is a Professional Development Day for teachers.

## PARENT/TEACHER CONFERENCES

Parent/Teacher Interviews will be held on March 23<sup>rd</sup> in the Gymnasium. These will be drop in, casual meetings rather than scheduled time slots, so please stop by during the following times to meet with your child's teachers:

**4:00 – 5:00 p.m. and 6:00 – 9:00 p.m**



**Students entering grades 10-12 for the 2017/2018 school year will have the opportunity to select courses this month. A paper form detailing the courses selected will be going home with students for parents to peruse and sign. If parents would like more information or have questions regarding the courses that their children have selected please feel free to contact the office and make an appointment with the course counsellor, Miss Schmidt or the principal, Mr. Fritschy. Also, both Miss Schmidt and Mr. Fritschy will be available to answer related questions during parent/teacher conferences on March 23.**

The Coaldale Musical Arts Society (CMAS) will hold its **11<sup>th</sup> Annual Dessert Concert and Silent Auction** on **Friday, March 24<sup>th</sup> at 6:30 pm** at the R.I. Baker Middle School Gymnasium. CMAS is a non-profit organization that supports the musical arts programs at K.A.H.S. and R.I.B.M.S. through many means such as assisting with the purchase of new instruments and teaching tools, subsidizing musical retreats and/or fees associated with participation in festivals.



Tickets are \$20 each and can be purchased from Mr. Godin or members of the Coaldale Musical Arts Society.

## DECEMBER/JANUARY

# STUDENTS OF THE MONTH

Congratulations to the following students who received Student of the Month for December/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. Congratulations to all of our winners. We are proud of you!

### GRADE 9: ZACK WELLS

Zack's enthusiasm and positivity is contagious. Every day in class Zack can be counted upon to participate, volunteer and make everyone laugh. Many of our memorable moments in English class this year involve him. Academically, Zack works incredibly hard and is always willing to help those around him. More than anything, Zack is a kind student who is always going out of his way to make each and every member of our class feel included and valued. Zack is always a student we can count on to accept someone into his group, help someone who needs it or do anything that makes our classroom an inclusive and welcoming place.

### GRADE 10: ZACH LOHUES

Zach is a kind, considerate person who always takes the time to say hello in the halls and ask how you are doing. When entering a room it is rare if he does not have a smile on his face and is always prepared to tackle the tasks that the day has put in front of him. His dedication to create quality work, whether it be in band class (always working extra hard to learn new music) or a class presentation (where his public speaking abilities are a tremendous asset), his consistent effort is always appreciated - and makes my job even more enjoyable. His combination of hard work, enthusiasm, ability, and kindness make Zach Lohues a great winner for Student of the Month.

### GRADE 11: BRAYDON STRONG

Brayden is so liked by staff and students at Kate Andrews. He enjoys hockey academy, and was Mr. Holland's side kick at the rink. Did you know he is a special Olympic swimmer and has won medals at various competition sites? He is also very involved in community basketball? His kind heart and his wonderful personality is why Braydon Strong is December/Jan student of the month.

### GRADE 12: JASON KELLY

Our grade 12 student of the month is hard working, polite, and friendly to his peers. He dedicates extra time to the school in drama productions, as well as the Mentorship Club. Jason is a great ambassador for our school as he greets and tours new students providing them a friendly and fun experience. His leadership skills extend beyond the confines of Kate Andrews as he also works hard on the weekends as the "banana manager" at Superstore.

# KAHS ATHLETICS

## **BADMINTON**

There will be OPEN BADMINTON GYM at lunch hour on *Tuesdays and Thursdays* in March for everyone who is interested in playing badminton this year. Mr. Wetmore will be coaching, and tryout dates will be announced soon.



## **SLO-PITCH**

Girls SLO-pitch Tryout Information:

Kate Andrews Girls SLO-pitch is gearing up for another season. Girls from grade 9 -12 are welcome to try out as our hope is to field at least 2 teams this season.

If you are interested in trying the sport, OPEN GYMS will be held every Friday during March from 1-3 pm.



Team tryouts will run on March 16, 21, 28, and 30

Grade 9/10 from 3:45 until 5:30

Grade 11/12 from 5:30 until 7:15

For more information or to pick up a tryout form contact Mr. Holland.



## **BASKETBALL**

Our teams play their opening games for Zones at Lethbridge College this week! The **GIRLS** play at 5pm, on Wednesday, March 8<sup>th</sup> on Court A and the **BOYS** play at 8:30pm on Thursday, March 9<sup>th</sup> on Court B.



## DRY GRAD CONTACT INFORMATION

A Coaldale DRY GRAD Facebook page has been set up for Grads, Parents and Grade 11 students. For more information, please join Coaldale Dry Grad 2017 on Facebook or contact Sharon Nieuwenhuis at [dsnkids@telus.net](mailto:dsnkids@telus.net).

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“Me to We”  
Cafe

“WE” WEDS

\$5.00 LUNCHES!

Weds. March 8<sup>th</sup>

**Pulled Pork Bun with a Pop or Water & Bag of Chips!**

Weds. March 15<sup>th</sup>

**Hamburger with a Pop/Water & Bag of Chips!**

Weds. March 22<sup>nd</sup>

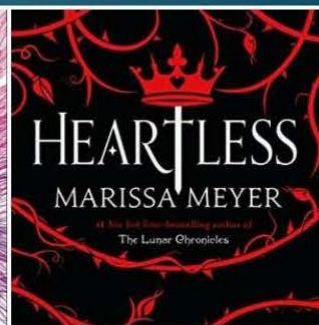
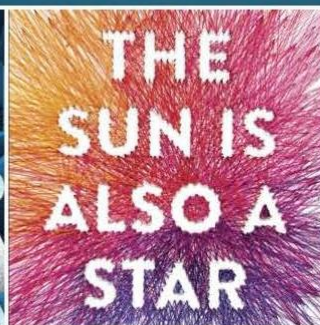
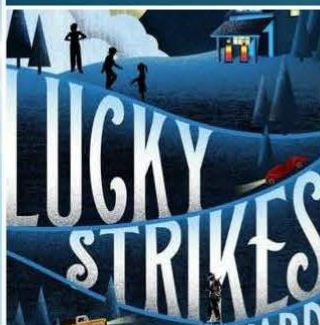
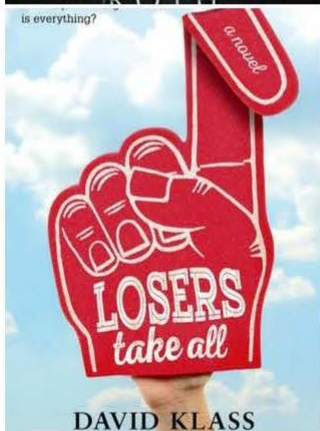
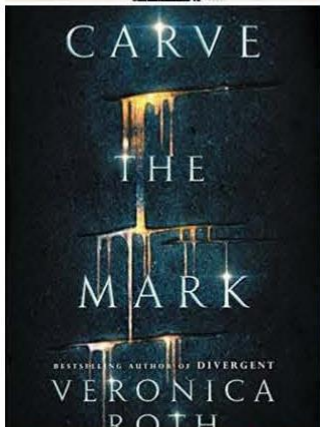
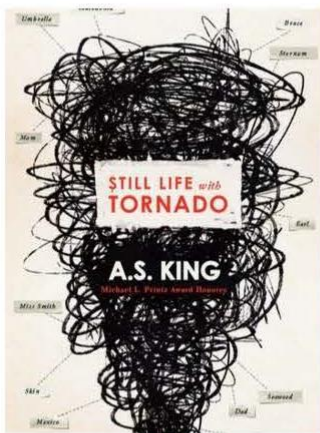
**Hot Dog with a Pop or Water & Bag of Chips!**

Weds. March 29<sup>th</sup>

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



The Pride @ KAHS Reads: **MARCH** into a **NEW BOOK!**



What to read next...

*Thirteen Reasons Why* by Jay Asher



Safe Net Alberta  
SafeNetAB.com



Southern Alberta's Internet Safety Resource

# Parent Internet Safety Presentation

Conference Format    Keynote: Chris Gonsalvez    8 Breakout Sessions



### Topics include:

- Texting and Driving
- Screen Time Addiction
- Setting Up your Home WiFi
- Cyber Violence
- Online Predators
- Your E-Reputation

**WHERE:** Yates Theatre

**WHEN:** March 13<sup>th</sup>

6:30-8:30pm

livestream

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

Attend in Person or Watch the Live Stream

**Pre-Register Online at [SafeNetAB.com](http://SafeNetAB.com) (required)**



## Healthy Choices for Special Events

Schools host a variety of events, including sport tournaments, leadership and fundraising activities, school fairs, spirit events, and holiday celebrations. Food is often a part of these events and in many cases, snacks and baked goods that are high in fat, sugar and salt take centre stage. However, these events can provide a chance to model healthy choices to students, teachers, families and the community. Here are some ideas to support healthy choices at your teen's school:

- Suggest non-food activities related to the event for school events, celebrations and fundraisers. Food does not always need to be the focus.
- Talk to your teen to gather ideas about healthy food options for school events and fundraisers.
- If food is going to a part of the occasion, consider nutritious food choices such as:
  - vegetable and fruit with yogurt dips
  - hummus with baked pita chips or whole grain crackers
  - whole grain sandwiches or wraps with vegetables, cheese, lean meats, egg or hummus
  - water with added lemon, lime, cucumber, strawberries or mint
  - hot meals such as chicken curry with rice and vegetables, stir fries with noodles, souvlaki and Greek salad



Help students make healthy food choices by promoting a healthy school environment at all events and celebrations. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nb-oct-celebration-foods.pdf>, <http://www.health.alberta.ca/documents/EatSmartMeetSmart-PlanningGuide.pdf>, and <http://www.albertahealthservices.ca/nutrition/Page10996.aspx>. Make healthy foods the easy choice. Visit <http://www.albertahealthservices.ca/nutrition/Page12598.aspx> for additional resources about healthy eating.

## Practical Ways to Help Your Teen Build Positive Body Image

Body image is the thoughts, feelings, and reactions a person has toward their own body; this can be a tricky topic for parents of teens. A young person's self-worth is highly shaped during the teen years while their body, mind, and physical and emotional skills develop. Recognize that being concerned about body image is a normal part of the teen years. The good news is there are many ways to support your teen during this period of growth and change.

### Building positive body image:

- Highlight ways to take care of the whole body through healthy eating, active living, and positive mental health, rather than focus on body weight, size, or shape.
- Encourage balance and variety through eating patterns that support growth and health rather than diet strategies to promote weight loss or changes to body shape.
- Foster open discussion with your teen about their body so they can better resist unhealthy pressures from media, society, and peers.

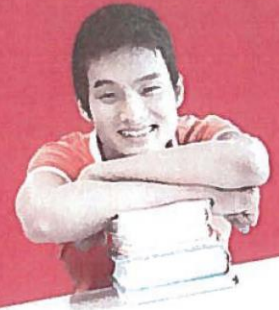
### Be a positive role model:

- Speak well about your body; be grateful for its qualities and capabilities. Talk about what your body can do, not about how it looks. Parents who do this will teach their teens to do the same.
- Show your teen how you build physical activity into your daily routine. Introduce your teen to some of the activities you enjoy and try some of the ones they enjoy too.
- Model a healthy relationship with food by eating well-balanced meals together as a family.
- Exemplify normal eating – normal eating is going to the table hungry and eating until you are satisfied. It means choosing healthy food most of the time, but not being so limiting that you miss out on enjoyable food.

Teens who receive support and respect from adults have stronger self-esteem, better respect for their bodies, and greater willingness to engage in activities. For more information on body image, visit:

<http://www.teachbodyimage.com/images/pdfs/resourcesandresearch/Key-Messages.pdf>  
<http://mediasmarts.ca/digital-media-literacy/media-issues/body-image>

# HOST *an* international student!



Learn new customs and create lifelong friendships

**MLI Homestay** is seeking enthusiastic and caring  
**Coaldale/Lethbridge**

families to host **Japanese middle and high-school students**  
for our upcoming spring program

**MALE AND FEMALE STUDENTS**

Staying 8 nights from March 16-24, 2017

Students will attend Kate Andrews High School

They look forward to spending evenings and  
weekend with their host families!

Register online at [www.mlihomestay.com/apply-to-host.html](http://www.mlihomestay.com/apply-to-host.html)  
To sign-up, or learn more about this exciting cultural-sharing  
opportunity, please contact:



**Julie Stocker**

403-328-4111

[julie.stocker@pallisersd.ab.ca](mailto:julie.stocker@pallisersd.ab.ca)

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





March

2017



KATE ANDREWS HIGH SCHOOL

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Grad Photos	Grad Photos	Grad Photos 1	2	3	4
5	6 School Council Meeting @ 7pm, KA Conference Room	7	8	9	10	11
12	13 <b>NO SCHOOL</b> (PD Day) Parent Internet Safety Presentation @ YATES Theatre @ 6:30pm	14	15	16 Japanese Exchange Students Arrive	17 St. Patrick's Day 	18
19	20	21	22	23 PARENT-TEACHER Conferences (4-5 & 6-9pm)	24 Japanese Exchange Students Depart Coaldale Community Arts Society Dessert Concert @ 7pm at RI Baker Middle School	25
26	27	28	29	30	31 March Progress Reports	



# KAHS

# APRIL 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
2	3 School Council Meeting @7pm in Conference Room	4	5	6	7	8
9	10	11	12	13 Regional Skills Alberta Competition @ Lethbridge College	14 <b>NO SCHOOL</b> Good Friday	15
16	17 <b>NO SCHOOL</b> Easter Monday 	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>	20 <b>NO SCHOOL</b>	21 <b>NO SCHOOL</b> 	22
23	24	25	26	27	28	29