



Family School Liaison Corner: Understanding Self-Confidence and its Importance:

Definition:

- Self-confidence is an attitude about your skills and abilities, involving acceptance and trust in oneself. It's linked to a positive outlook on life and can protect against mental health issues like depression and anxiety. Low self-esteem can make school life challenging and lead to low mood and anxiety.

Common Issues Affecting High School Students:

- **Low Self-Esteem:** A lack of confidence can negatively affect relationships, work, or studies and, without intervention, may also have a negative effect on mental and physical health.
- **Negative Self-Talk:** This refers to the internal dialogue characterized by self-criticism and doubt, which can have a profound impact on self-esteem and mental health.
- **Fear of Failure:** This is a common fear among teens, especially during the challenging time of high school, and can lead to a lack of self-confidence and shame.
- **Academic Stress and Performance:** High school can be a stressful time, with academic pressure and performance expectations potentially impacting mental well-being and self-esteem.
- **Body Image and Appearance:** Social pressures and comparisons can lead to negative body image and feelings about appearance, which can negatively impact self-esteem.
- **Bullying:** Bullying, whether physical, verbal, or online, can have long-lasting effects on a student's mental health, including anxiety, depression, and low self-esteem.
- **Social Anxiety:** The desire to be popular can lead to social anxiety, as individuals worry about how they are perceived by their peers, potentially leading to stress and emotional turmoil.

Watch for the May newsletter for strategies to build self-confidence.

Archery

Sabres Archery team will be attending:

Smoky Lake Invitational April 12

Canadian Nasp Nationals May 8-10 here in Wetaskiwin

WCHS One Acts

The Idiot and the Oddity and That's Not How I Remember It will take place on Friday, April 4, at 7 pm and Saturday, April 5th, at 7 pm in the Drama Studio. Admission is \$10 and can be purchased at the WCHS office or at the door (cash only). The Drama 20/30 class has been working very hard to bring these productions to life. Please come and see not only them, but Punjabi dancing and some performances by our Musical Theatre students.

Music Program events

Spring is busy for the music program! Here are our upcoming events:

- April 16 - Join us for an evening of musical comedy with the musical theatre students! Performances at 6 pm and 7:30 in the drama room. \$5 entry at the door.
- April 22 - Grade 9 Choir Festival Performance at Sacred Heart School at 10:00 am
- April 24 - Senior Band Festival Performance at Clear Vista School at 1:15 pm
- April 25 - Grade 9 Band Festival Performance at Clear Vista School at 1:00 pm
- May 5 - Music Monday Divisional Fine Arts Showcase grades 7-12 at WCHS at 6:30 pm
- June 10 - WCHS Spring Concert at 7 pm

Singing Back the Buffalo

Searching for Indigenous Artisans! WCHS is having a school viewing of "Singing Back the Buffalo" on Thursday, May 8, from 6 - 9, and would love you to join us. Call Latisha at 780-352-2295 to book your table.

Cree Word of the Month

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Must Reads

Truth Telling: seven conversations about
Indigenous life in Canada
by Michelle Good



Contact/Follow Us

Email: wc@wrps11.ca

Phone: 780-352-2295

Text: 780-335-9965

Instagram: [@wchigh](https://www.instagram.com/wchigh)

Website: wetaskiwincomp.ca

Facebook: [Wetaskiwin Composite High School](https://www.facebook.com/WetaskiwinCompositeHighSchool)

WCHS...where teachers care that every student, every day, learns, grows and feels valued.



**Athletic Banquet
Save the Date!**

The Athletic Banquet is happening on Friday, June 13th. It will be a semi-formal event for all athletes and coaches, which will include games, prizes, and dinner. Parents will be invited to the awards portion of the evening. Tickets for athletes to attend will be available for \$10 in May.

**2025/26
RE-ENROLLMENT
FORMS
COMPLETE
YOURS NOW**

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grad photos - Make-up date Lunch Fundraiser - Student Council 12:11 pm Student Council General Meeting 12:11 pm	2 Grad photos - Make-up date Lunch Fundraiser - Athletic Council 12:11 pm	3	4 Night of One Acts 7:00 pm	5 Night of One Acts 7:00 pm
6	7	8 Student Council General Meeting 12:11 pm	9 Sr High Badminton	10	11	12 Archery AWAY - Smoky Lake Invitational
13	14 Easter Scavenger Hunt	15 Easter Scavenger Hunt Grade 9 Badminton South Student Council General Meeting 12:11 pm Student Marketplace 12:11 pm	16 Easter Scavenger Hunt Quarter 3 ends Sr High Badminton Zones Student Marketplace 12:11 pm Musical Theatre Production 6:00 pm	17 PLC Day - No School	18 Good Friday - No School	19
20 Easter	21 Easter Monday - No School	22 Quarter 4 starts Grade 9 Choir Festival Performance 10:00 am Student Council General Meeting 12:11 pm	23 Grade 9 Badminton Zones	24 Senior Band Festival Performance 1:15 pm	25 Athletic Council Pizza Fundraiser at lunch 12:11 pm Grade 9 Band Festival Performance 1:00 pm	26
27	28 Football Spring Camp - Equipment Pick-Up 4:00 pm Parent Council Meeting - ONLINE 7:00 pm	29 Student Council General Meeting 12:11 pm Football Spring Camp - Equipment Pick-Up 4:00 pm	30			



Subscribe to our Calendar!

A new feature is available on our calendar! You can subscribe to it or add it to your device's calendar/app. Click the link to get started: <https://www.wetaskiwincomp.ca/about/calendar>