



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

Strategies for Building Self-Confidence:

- **Challenge Negative Thinking:**

Replace negative thoughts with positive affirmations and focus on strengths and accomplishments.

- **Practice Self-Care:**

Engage in activities that promote physical and mental well-being, such as exercise, getting enough sleep, and eating nutritious meals.

- **Seek Support:**

Connect with supportive friends, family members, or mental health professionals for guidance and encouragement.

- **Set Realistic Goals:**

Break down large goals into smaller, achievable steps to build confidence and a sense of accomplishment.

- **Focus on Growth and Effort:**

Emphasize the importance of effort and personal improvement rather than solely focusing on grades or outcomes.

- **Learn to Say No:**

Establishing boundaries and learning to say no can help build confidence and assertiveness.

- **Recognize Strengths:**

Identify and acknowledge your strengths and talents to build self-esteem.

- **Build Positive Relationships:**

Surround yourself with supportive people who value and respect you.

- **Practice Self-Compassion:**

Be kind and understanding towards yourself, especially during challenging times.

Seek Professional Help:

If struggling with low self-esteem or other mental health issues, don't hesitate to seek professional help.

Last Day of Class has changed!

The last day of class will change from Friday, June 20th to Monday, June 16th. We will have a study hall for Grade 9s after they finish their PATs from June 17th to June 19th. We will also have missed exams scheduled in the afternoons for that week and on June 20th for the whole day. More information will be sent out soon once the final exam schedule is completed.

Congratulations

We are pleased to announce Joline Wood as the new Administrator of Indigenous Education, Community, and Innovation. Joline brings a wealth of knowledge and experience gained throughout her career. She has been a teacher, vice principal, and principal, and is a member of the Indigenous Education Committee with the Alberta Teachers' Association. You will be missed, but we know that you will not be far away, and that we will be working with you again next year as you start your new role as Administrator of Indigenous Education!

Grad Ceremony tickets

Ceremony tickets went on sale Monday, April 28. The graduation committee has decided to reduce the ceremony ticket price to \$10 to offer some financial assistance (previously \$15). You have until June 6 to buy your 4 reserved tickets. You can purchase tickets online through PowerSchool or in person at the office. MESC does not cover tickets. Extra tickets will be available after June 9. Check the website for more information.

Student Elections

It's election time again! Nomination packages will be emailed out on Monday, May 5 and are due back in by Thursday, May 15. Show your school spirit and be a part of your Student Union!

Indigenous hide-tanning camp

On May 29-30, students will have an opportunity to participate in an Indigenous hide-tanning camp. If you are interested, please connect with Mrs. Dingman.

Cree Word of the Month

kakimowahk - when it rains

Must Reads

The Berry Pickers by Amanda Peters



Contact/Follow Us

Email: we@wrps11.ca

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Text: 780-335-9965

Instagram: @wchigh

Website: wetaskiwincomp.ca

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



**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 are \$10 each and go on sale May 1. You have until May 30 to purchase your ticket online through PowerSchool or at the front office.

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Athletic Council Banquet Tickets go on sale Golf Club starts 4:00 pm	2 Badminton Provincials	3 Badminton Provincials
4	5 Red Dress Day Student Council Elections - Nomination packages emailed out WRPS Fine Arts Gala 6:30 pm	6 Student Council General Meeting 12:11 pm In It to Win It - Grade 8 welcome event 7:00 pm	7 Hats on for Mental Health	8 Archery - HOME - Canadian NASP Nationals School Viewing - Singing Back the Buffalo 5:30 pm	9 Archery - HOME - Canadian NASP Nationals Basketball Game @ lunch (teachers vs basketball teams) 12:11 pm	10 Archery - HOME - Canadian NASP Nationals
11 Mother's day	12	13 Track and Field - AM Grade 9/ PM Senior High Student Council General Meeting 12:11 pm	14	15 Grade 9 Track & Field Event Student Council Elections - Nomination Packages due 3:30 pm	16 PLC Day - No School	17
18	19 Victoria Day - No School	20 Track and Field LDAA Grade 9 Student Council General Meeting 12:11 pm	21 Track & Field Senior High Area Meet 12:00 am Football Spring Camp Practice 4:00 pm	22 Football Spring Camp Practice 4:00 pm	23	24
25	26 Parent Council Meeting - ONLINE 7:00 pm	27 Student Council General Meeting 12:11 pm Football Spring Camp Practice 4:00 pm	28 Track and Field - Senior High Zones ELA 9 PAT (Part A) 9:00 am Football Spring Camp Practice 4:00 pm	29 Hide Tanning Camp Football Spring Camp Practice 4:00 pm	30 Hide Tanning Camp Pizza Draw 12:11 pm	31

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>



WETASKIWIN COMPOSITE HIGH SCHOOL

EUROPE TOUR 2027

SCAN TO VIEW FULL ITINERARY

Spain, Italy, Switzerland, France, Monaco

With who?
Mrs. Hellinger, Mr. McBride and Mrs. Wood and your fellow peers

When and Where
Going to Switzerland, Italy, Monaco, France and Spain for 11 days over Spring Break 2027

Why?
Travel changes everyone for the better, especially students. They try things they might never have attempted, talk to people they might never have met, and grow into someone they might never have become—all from experiences they can only get by travelling.

Scan the QR code to enrol or head to effairs.ca/20266550N

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FILM VIEWING

Join us as for an evening together at WCHS

May 8 6-9
Doors open @ 6
Film starts @ 7
No charge

Please confirm your attendance with Latisha
780-312-4060 text or call

Give-aways
We will have artisan tables set up
Introduction and Q & A with Kyra Northwest

School food bank collection gratefully accepted
Popcorn, Chips, Pop for Sale

SINGING BACK THE BUFFALO

A FILM BY TASHA HUBBARD

WRPS PRESENTS

Gr. 6-12 Divisional Fine Arts Showcase

Monday, May 5
6:30 pm

At: Wetaskiwin Composite High School

Come and see our Gr. 6-12 bands, high school choirs, and drama
A celebration of Fine Arts throughout the division. Presentations throughout the school. Meet us in the Atrium to start!

Archery

We have the Canadian NASP National archery tournament held here in Wetaskiwin at the hockey arenas May 8-10.

We have 3-WCHS students participating in the NASP international tournament in Namibia, Africa, this summer. Congratulations to Caleb Stroschein, Dallas Noren, and Lincoln Caputo!

Music Program News

Congratulations to our music students on their exemplary achievements in the Wetaskiwin Music Festival in April! The grade 9 choir, who have only been singing since February, achieved silver; the grade 9 band received gold; and the senior band were applauded with a double-gold! Thank-you all for your hard work and dedication! And thank-you to parents and guardians for supporting your students in their musical journeys!!!

We have another busy month coming up with performances for all groups on May 5 as the division hosts its first Music Monday celebrations. We will begin the high school portion of the event at 6:30pm at WCHS. All music students are asked to attend both to participate as well as to show support for their fellow music students throughout the division.

The WCHS music program will be hosting a performance exchange on the afternoon of May 6th with students from Noble Central School. They will be bringing two groups of choir students ranging from grade 7-12 and performing classical and vocal jazz pieces for us, and our band and choir students will, in turn, perform some of our pieces for them.

At the end of May, the senior band will embark on our annual band trip. This year we will be away from May 29-31 and heading to Calgary and Banff for a workshop at the University of Calgary with the Director of Bands, Dr. Jeremy Brown, and out to Banff the next day for a performance and a bit of time to be tourists. Please check your PowerSchool parent portal for the permission form and more detailed information. If you have any questions, please reach out to Mrs. Cox.

We are in the process of planning performances for our local elementary students. Lastly, our year-end concert is June 10th at 7pm and will be hosted at WCHS. We hope to see everyone there to show support for our students!

Phase Track Club

Madi Stephan Sprint Challenge

June 8

Norm Brown Field

WCHS PRESENTS

GRADE 8 IN IT TO WIN IT

May 6, 2025
7-8 PM
a WCHS Cafeteria

Get to know our school
Have fun
Make friends
Win some great prizes

Fill out the google form to let us know you're coming!
<https://forms.gle/dhjl1vp2AhWTXsSG8>