



Family School Liaison Corner: Is Gaming or Time on your Phone Becoming a Problem?

Are you giving up extracurricular activities, staying up all night and skipping meals to game or go on your phone? Some teens spend 8-10 hours a day gaming and lose interest in many other healthy and positive summer experiences. Perhaps you are experiencing some negative consequences as a result of all the time spent on gaming or your phone.

The three C's are a helpful way to determine whether your habit is veering toward becoming a problem or even an addiction.

1. COMPULSIVENESS

- an irresistible urge to game or be on your phone
- scheduling the day around your game

2. CONTROL

- What happens when you start engaging in bad habits
- Are you losing control of your ability to stick to healthy habits?

3. CONSEQUENCES

The most important of the three C's. What happens as a result of your actions?

Examples include: losing friends, not getting enough sleep, neglecting your personal hygiene, missing school, missing work, or experiencing more conflict with family due to neglected responsibilities.

Getting back on track.

Here are some strategies:

- Track your time on your phone or games
- Set limits
- Keep your phone or game out of your room at night
- Try a game or phone detox day or week to reset your brain

Summer break goes by quickly. Get outside and stay active with friends and activities rather than giving all your time to your devices and games!

(taken from Healthy Teens Magazine)

WCHS Local Scholarships

Grade 12s: 30 of you have applied for WCHS's local scholarships, but we want more! Go to the WCHS website to fill out the form to apply or check your email for the link. There are SEVERAL scholarships to apply for - you can't win one if you don't apply! The deadline to apply is June 6, 2025. Successful candidates will be notified via email or text in September 2025.

School Fees

Outstanding school fees are due on June 25. Please make your payments as soon as possible to avoid your account being sent to collections.

Permission Forms and Fees

There are several permission forms and fees associated with upcoming trips/activities. Please ensure you sign the permission forms and pay the fees by the specified deadlines so your student can participate in these activities.

Grad Ceremony Tickets

Graduation ceremony tickets are available for purchase until June 6. Each graduating student has 4 reserved tickets available to purchase. Any tickets that are not purchased by June 6 will become available as extra tickets on June 9, sold on a first-come, first-served basis.

Music Program News

The Band students had the fabulous opportunity to travel to Calgary and Banff in late May. They are gearing up for their Spring Concert on Tuesday, June 10 in the WCHS gym. Doors open at 6:30.

Lockers and Textbooks

This is a friendly reminder to empty your locker and return your library books and textbooks! **This includes your gym locker as well (if you have one).** Please start taking things home in the next two weeks. You have access to your lockers until the **END OF DAY MONDAY, JUNE 16 (LAST DAY OF REGULAR CLASSES)**. Starting Tuesday, June 17, the lockers will be cleaned out by staff, and anything left will be donated to charity.

Cree Word of the Month

ᓃᐱᓐ - nîpin - summertime

Must Reads

From the Ashes by Jesse Thistle



Contact/Follow Us

Email: wc@wrps11.ca

Phone: 780-352-2295

Text: 780-335-9965









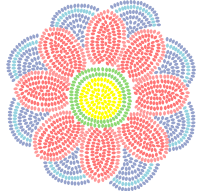


Instagram: @wchigh

Website: wetaskiwincomp.ca

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



June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Voyager Golf Tournament WCHS Pride Week 12:11 pm Football Spring Break Practice 4:00 pm 	3 Track & Field Grade 9 Zones 12:00 am WCHS Pride Week 12:11 pm Football Spring Break Practice 4:00 pm	4 WCHS Pride Week 12:11 pm Football Spring Break Practice 4:00 pm 	5 WCHS Pride Week Spring Carnival 11:55 am 	6 Track and Field - Senior High Provincials WCHS Pride Week 	7 English 30 - 1 Diploma Prep course (am) English 30 - 2 Diploma Prep Course (pm) Track and Field - Senior High Provincials
8 Social 30-1: Diploma prep Course (am) Social 30-2: Diploma Prep Course (pm)	9 PE 30 Canoe Trip 	10 WCHS Spring Concert 7:00 pm 	11 English Diplomas Part A 30-1, 30-2 9:00 am	12 ELA 9 PAT (Part B) 9:00 am Social Diplomas Part A 30-1, 30-2 9:00 am Student Marketplace 12:11 pm	13 Grade 9 Math PAT (Part A) 9:00 am Student Marketplace 12:11 pm Sabre Athletic Banquet & Awards 5:30 pm	14
15 Biology 30: Diploma Prep Course (pm) Father's Day 	16 ALL LOCKERS MUST BE EMPTIED Last Day of Regular Classes for all students 	17 Math 30-3, 20-1, 20-2, 20-3 9:00 am Math 9 PAT (Part B) 9:00 am Math Diplomas 30 -1, 30-2 9:00 am Math 10-C, 10- 3 1:00 pm	18 English 20-1, 20- 2 9:00 am English Diplomas Part B 30-1, 30-2 9:00 am Social 9 PAT 9:00 am English 10-1, 10- 2 1:00 pm	19 Science 9 PAT 9:00 am Social 20-1, 20- 2 9:00 am Social Studies Diplomas Part B 30-1, 30-2 9:00 am Social 10-1, 10- 2 1:00 pm	20 Biology 20/ Math 31 9:00 am Biology 30 Diploma 9:00 am Science 10, 14 1:00 pm	21 National Indigenous Peoples' Day 
22 Chemistry 30: Diploma Prep course (pm) Science 30: Diploma Prep Course (pm)	23 Chemistry 20, Science 20, 24 9:00 am Chemistry 30 Diploma 9:00 am	24 Physics 20 9:00 am Physics 30 Diploma 9:00 am	25 Science 30 Diploma 9:00 am	26 Last Day of School Graduation Ceremony 7:00 pm 	27 	28
29	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>