

**Christmas Bureau
Donations**

November 13 - 23
Bring donations to the office



Innisfail HIGH SCHOOL

Volume 3 – November 13, 2023

iCampus Remembers



The entire campus along with community and Legion members, joined in Remembrance on Wed., Nov. 8 for a very moving ceremony. There were performances by all ages, from elementary to high school.





Art 9 finished with some fun, and tasty, marshmallow sculptures!



Grade 9 Final Projects

Grade 9 options switch every Quarter and these are some of the amazing final food projects!



Rock Your Mocs Day

Friday, Nov. 17

Innisfail Campus

Everyone Wear your Moccasins or Moc style shoes!

A positive opportunity to be united and celebrate tribal individuality by wearing moccasins. This allows us to honour indigenous peoples worldwide.



Halloween Dance Fun!

Leadership students organized a I.H.S. Halloween Dance held on Oct. 27 which saw many students in amazing costumes and having a great time!



Change to Attendance Call outs

Starting this week, the attendance call outs from Innisfail High School will occur twice a day; one at approximately 11:40 am and another at approximately 3:45 pm. The first call will cover morning attendance and the second will cover afternoon attendance. The rationale is so parents and guardians are made aware of unexcused absences before the end of the school day and have time to act. This improves how everyone monitors student attendance and is useful from a safety perspective.



The Place to Mortgage has awarded their scholarship to

Camryn Babb

(graduating class of 2023).

Camryn is currently enrolled in the business program at SAIT.

Thank you so much for supporting our students in their future endeavours!

Important Notes:

*** Student Prom Meeting**
Wednesday, Nov. 15 at lunch in Ms. Pereira's room

• GRAD SPAGHETTI SUPPER
Wednesday, Dec. 6, advance tickets only! Make sure you talk to a graduate to get tickets!

GRAD FUNDRAISERS!

The Grads of 2024 are now fundraising for Prom! They are selling:

Fundscrip - gift cards of all kinds

Co-op Gift Cards

Scentsy

If you are interested in supporting them, please find order forms on our website at

~ innisfailhigh.ca

Under Graduation/Prom.

Deadline is November 30!



We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/ Casual Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds



Winter/Spring 2023-24

Bowden + Olds, Alberta.

'Horse Inspired Self-Discovery'

Equine Facilitated Wellness presents, "Leadership through horses" sessions...

-Locations- 10 min. north of Olds or at the Bowden Anchor B Arena-



'We are also eligible for child/youth funding through the Jumpstart Program'

"EARN 16 High School credits through the Olds College, Green Certificate available!"

Looking to improve your communication skills and find your voice, increase social connections, confidence and self-awareness...we can partner with horses!

Curious about enhancing personal insights, managing stress, setting S.M.A.R.T. Goals?

Seeking positive changes in your daily habits and are drawn to nature and animals?

Consider... *'Horse Inspired Self-Discovery'* ...

for **2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!**

I am deeply passionate about developing opportunities for youth and adults to experience personal empowerment, promoting wellness and enriching our learning through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in....

Professional Equine Facilitated Wellness- Canada! I am grateful to share this opportunity to develop our goal-achieving strengths in our... "Leadership through Horses" sessions!

* Retreats/Camps- half or full day programs from November 2023- spring 2024.

* EFW sessions run: M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 11:00- 5:00 pm.

* Winter 2023- Spring 2024- Individual sessions (2-3 hours) or small groups of 4 available.

* No school days, Home School/After School program sessions- M-F 9-12, 1-4 + 3:30- 5:30



A powerful introduction to the 'intuitive power' of horses... By participating in dismounted equine activities we can delve into fun and challenging exercises that blend **learning and wellness sessions with youth, adults or families** in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of **developing healthy 'Horse Herd' relationships and brave boundaries** with our equine companions while **building confidence, mindfulness and positive emotional connections** that relate to all areas of our school, work, social and family lives!

A great introduction to riding horses with confidence and personal awareness. We offer individual/group sessions or a series of weekly, 2-3 hour themed E.F.W. sessions and retreats that include; learning **horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building, personal boundaries and empowerment!**

All of these qualities are within us and developed through the horses! Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions. Join me in our **"Horse Leadership "sessions** for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!

Contact: Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW, RR#3, Site 12, Box 26, Olds, Alberta. **403-556-5504**

Check out our website at; (www.horizonequineefw.com/ OR info@horizonequineefw.com)

GIFT CERTIFICATES AVAILABLE