

Innisfail HIGH SCHOOL

Volume 9 – March 19, 2025



Honoured to be part of the 'Honour Bands'

Two of our talented musicians were invited to be part of their grade level honour bands in Edmonton. Alyssa Bates (left) was part of the Sr. Honour Band at U of A Winspear Centre and Victoria Matt (right) was part of the Northern Alberta Association Junior Honour Band. The girls enjoyed this exciting opportunity and were chosen out of hundreds of eligible musicians. Well done ladies!



**Have your Name entered into a
DRAW for a Tim Horton's Gift Card,
when you buy a yearbook!**



Be sure
to order
your
Yearbook
- only
\$45.00

PROM 2025 FUNDRAISERS:

*** SCENTSY**

is running from March 1 until March 28.

Pick up order forms at the office!

*** BIG BOX OF CARDS** ongoing, ask at office

*** 5TH AVENUE JEWELLERY** ongoing, ask at office

*** COOKIE DOUGH FUNDRAISER**

with Ma & Pa's Bakery, Penhold. It will be selling until March 28,
cookie dough back before Spring Break! Ask at office!

*** JUNGLE FARM FLOWER FUNDRAISER**

Being sold in April and pick up will be in May - info yet to come!

PROM 2025

Cookie Dough Fundraiser



Organization: _____
 Name: _____
 Phone Number: _____
 Parent / Teacher: _____

Chocolate Chip	Chocolate M&M	Cookies N Cream	White Cranberry	Oatmeal Chocolate	Oatmeal Raisin	Ginger Snap
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	Name	Phone Number	\$20	\$20	\$20	\$20	\$20	\$20	\$20	Total Ordered	Total \$
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2											
3											
4											
5											
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23											
24											
25											

ORDER TOTAL											\$
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For fundraising information or questions please visit
 Ma & Pa's Bakery Cafe in Penhold or call 403.877.2899.

CC	M&M	C&C	WC	OC	OR	GS
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Orders due by March 28! Call school for info 403-227-3244

Band Meat Fundraiser

Con't next page

Student Name:			customer 1	customer 2	customer 3	customer 4	customer 5	Customer 6	Customer 7
Phone:									
	Price	Profit							
Ham Sausage – GF – Kastelen’s homemade ham garlic sausage, lean 1lbs	\$ 12.50	\$3.5							
Ukrainian Garlic Sausage – GF – Kastelen’s homemade 1lbs	\$ 12.50	\$3.5							
Pepperoni – GF – regular pepperoni with a bit of a bite, lean 1lbs	\$ 12.50	\$3.5							
Cheddar Smokies - 900g, 12 pieces, 1.25" diameter, 4.5" length	\$ 17.00	\$ 5							
Beef Jerky – GF – 454g, naturally smoked 1lbs	\$ 34.00	\$ 8							
Breakfast Sausage -GF - \$3.81/lb – pure pork links, layer packed, approx. 120 pcs 11lbs	\$ 48.00	\$ 10							
Chicken Breast “Very Best” – GF – (28 – 5oz) 19% meat protein, boneless, skinless, IQF 8.8lbs	\$ 68.00	\$ 12							
Chicken Stir Fry – GF –(approx. 3oz pcs) our chicken breasts cut into chunks 10lbs	\$ 50.00	\$ 10							
Chicken Wings Split – GF – split chicken wings, tip removed, bone in, IQF, easily grab what you need. 8.8lbs	\$ 50.00	\$ 10							
Chicken Thighs – GF – skin on, all natural, IQF 8.8lbs	\$ 44.00	\$ 10							
Chicken Thighs/Drums – GF – 4.4lbs thighs, 4.4lbs drums, skin on, all natural, IQF 8.8lbs	\$ 39.00	\$ 10							
Chicken Fingers “Very Best” – breast meat, breaded seasoned, fully cooked 4.4lbs	\$ 44.00	\$ 10							
Salt & Pepper Wings – seasoned, breaded, fully cooked 4.4lbs	\$ 50.00	\$ 10							
Chicken Cordon Blue – (12 – 6oz pcs) solid all-white chicken breast, breaded, ham, swiss cheese	\$ 55.00	\$ 10							
Bacon “Very Best” #1 – 7.72/lb –GF–center cut, naturally smoked, layer packed fresh 11 lbs	\$ 83.00	\$ 16							
Pork Chops – GF – bone in, end/end, 1/2" thick, quick fry 8.8lbs	\$ 45.00	\$ 10							
Boneless Pork Chops – GF – pork steak, ¾" thick, very lean 8.8lbs	\$ 50.00	\$ 10							
Boneless Pork Garlic Ribs – pork strips, breaded, seasoned, heat & serve 4.4lbs	\$ 40.00	\$ 8							
Ginger Beef – beef strips, breaded, heat & serve (comes with sauce pkgs) 5.3lbs	\$ 45.00	\$ 8							
Meatballs – large, mild spice, heat & serve 4.0lbs	\$ 40.00	\$ 8							

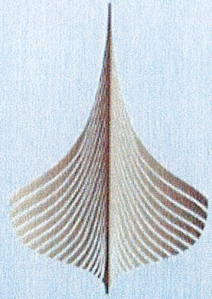
Band Meat Fundraiser

Orders due by March 28

Student Name:			customer 1	customer 2	customer 3	customer 4	customer 5	Customer 6	Customer 7
Phone:	Price	Profit							
Three Cheese Perogies – large, 'homemade', white cheddar, mozzarella, swiss, potato 12lbs	\$ 35.00	\$ 8							
Cheddar Cheese Perogies – large, 'homemade', yellow cheddar, potato 12lbs	\$ 35.00	\$ 8							
Cottage Cheese Perogies – large, 'homemade', cottage cheese, potato 12lbs	\$ 35.00	\$ 8							
Mediterranean Perogies – large, 'homemade', spinach & feta cheese, potato 12lbs	\$ 35.00	\$ 8							
Old Fashioned Seasoned Burgers – (42 – 4oz) \$1.16 per ¼ burger – pure beef, seasoned 10.5lbs	\$ 70.00	\$ 12							
Sterling Silver Beef Burgers – GF –(30 – 5oz) made with 95% sterling silver beef trim 11lbs	\$ 84.00	\$ 14							
Pure Lean Ground Beef - GF - \$7.50/lb – (7 – 500g packages) no additives or by-products 7.9lbs	\$ 60.00	\$ 12							
New York Steaks – GF – (12 – 8oz) 2 per pkg. Premium A steaks, \$7.90/steak 6lbs	\$ 79.00	\$ 12							
Rib Eye Steaks – GF – (12 – 8oz) 2 per pkg. Premium A steaks, \$9.60/steak 6lbs	\$ 96.00	\$ 14							
Sterling Silver Top Sirloins – GF – (36, 5oz steaks at \$3.75/steak) sterling silver AAA beef, 6 per pkg 11.5lbs	\$ 135.00	\$ 25							
Pork Baby Back Ribs “Mans Treat” – GF – 18–22 racks, individually wrapped, 20 racks at \$7.50 per, check and compare its value, 22lbs	\$ 175.00	\$ 35							
Total Cases	#								
Total Cost	\$								
Cheque # / Cash / Etransfer	#								



Come to Order — Mr. Zimmerman’s SS 9 class did a mock trial as part of their studies on the YCJA. Students played all parts including judge, jury, prosecution, defense, witnesses and the clerk. They jury found the defendant guilty and the judge gave the punishment of a year of community service.



DANISH CANADIAN
NATIONAL MUSEUM

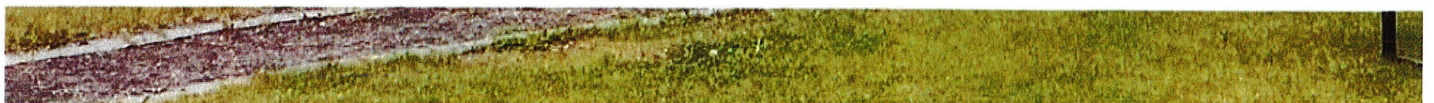
WE ARE HIRING!

SUMMER 2025

- Museum Interpreters (2)
- Groundskeeper (1)
- Food Service Workers (5)
- Kitchen Manager (1)

FOR FULL DETAILS AND TO APPLY VISIT

<https://www.danishcanadianmuseum.com/employment>





COPING WITH CHANGE, ENDINGS, GRIEF AND LOSS COURSE HELPS WITH MANAGING ALL KINDS OF GRIEF LIKE...

(earn 1 credit towards graduating)

moving from high school to post secondary

changing schools

let downs in life

friendships ending

failures

growing up

moving communities

bullying

break ups

divorce in the family

death of a peer / friend / family member / pet



LIFE SKILLS FOR LIFE'S HARD TIMES

We've got some wellness strategies for working through the hard, complex and intense emotions that we humans may experience, BUT, truly, it's all about the bunnies! Bunnies...

look for strong leadership



honest feedback (they do not lie)



have a herd community which is similar to our human community

help build confidence and self esteem

They are quick to react and give us instant feedback from what is happening around them.

LEARNING WITH BUNNIES

Animal Assisted Learning means the bunnies will be our teachers! We may find ourselves learning some neat and valuable life skills in a fun way with them. Animals experience grief too.

Hanging out together for 12 weeks, Ley-Anne and the Bunnies offer a safe and brave space for us to feel seen, heard and supported and grow some healthy tools that enable us to feel confident and capable with coping with everything in life.

So, when 🐛 hits the fan, because it already has, and it will again, we can lean in to making healthy choices and find empowering ways to cope anytime and anywhere.

HOW TO REGISTER



Mrs. Fehr will sign you up

Class starts on March 11, 2025

Class is once a week Tuesdays Last Block

