



**On to Nationals!**  
Regan W. competed in the 3000 m Race Walk Provincials in Edmonton on Sat., Mar. 1 and took 1st Place!

# Innisfail HIGH SCHOOL

Volume 8 – March 4, 2025

## Grade 9 Basketball teams end season strong



The Grade 9 teams had a great season and both the boys and girls were proud to win the Silver Medal at the CENAA Championship tournament that was held here at Innisfail High School on Feb. 28 and March 1. Congratulations to both teams on a great season and a strong finish! *Boys back row from left:* Liam Hansford (coach), Liwei Tang, Ethan Hansford, Levi Miller, Hunter Falk, Chase McKnight, Luke Day, Isaac Day (coach), Tanner Woodruff (coach). *Front row from left:* Quinlan Stewart, Nate Hall, Mayson Thompson and Brady Skogen. *Girls back row from left:* Brook Cuff, Grace Havery, Rylee Gordon, Annalise Beckham, Tia Duncalfe, Bridget Dallison, Liv Ellingson and Erik Ellingson (coach). *Front row from left:* Emelia Oszli, Breelyn Meding, Nikki Orton and Maddy Vallance.



**Fight Like Bryce** - The Grade 8 and Grade 9 boys basketball teams (both play in the CENAA league) turned their league game into a fundraiser for fellow teammate Bryson who is undergoing cancer treatment. It was an exciting game with lots of fan support as well! Bryson even got out there and played a bit to finish off the game! Well done everyone!



**Band Workshop** - The Band students enjoyed an exciting afternoon on Wednesday, Feb. 26 working with guest conductor 'Artist in Resident' Mr. Kirk Wassmer. Mr. Wassmer did a separate workshop with the Jazz students and also one with the Concert Band students. It was an amazing opportunity for them all!





# 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

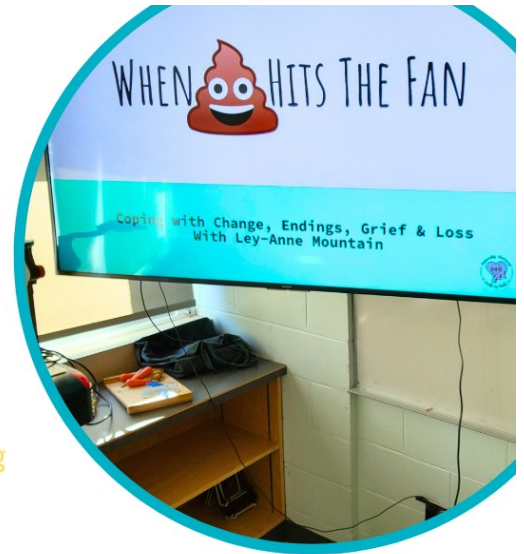
moving communities

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





## How fast can you react?

Mr. Wooff's Biology 20 class did an experiment testing their reaction time when they are distracted. They were startled at their results and how much slower they are when they are talking on the phone!



# PROM FUNDRAISERS:

Scentsy is running from March 1 until March 28. Pick up order forms at the office! Big Box of Cards and 5th Avenue Jewellery are ongoing! Be sure to stop by the office and inquire if you are interested in helping out the Grads with their Prom costs this year!



Be sure to "order your Yearbook - only \$45.00 *Deadline is fast approaching!*

**DRAMA PRODUCTION**  
 ~ **ONE ACT PLAY** ~  
**AUDITIONS**

**DIRECTORS - Friday, Feb. 28 After School**

**ACTORS - Sign Up on Drama Room Door**  
**Auditions will be Tues. & Wed., March 4 & 5**