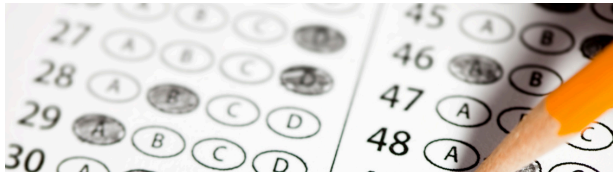




Family School Liaison Corner: Test Anxiety?



There are lots of ways to stress less over exams:

- Start studying the day the teacher first says there will be an exam. That way you won't be cramming at the last minute.
- Schedule study time. Put it in your calendar or set an alarm on your phone to remind you.
- Focus on smaller chunks of material during study sessions so they're easier to handle.
- Ask someone in the class if you can study together to keep you on track.
- Try breathing exercises to relax.
- Remind yourself that you don't have to get a perfect score on every test. Everyone slips up, so keep mistakes in perspective. Think of them as chances to learn for the next time.

What If I Need Help With Test Anxiety?

If your test anxiety is too hard to handle alone, talk with a parent, teacher, or come to student services. We can help you learn ways to beat it. Test anxiety won't go away overnight. But dealing with it can help you handle stress better — even when you're not taking exams.

Final Exam Schedule

The January 2025 final exam schedule has been sent out to all grade 10 - 12 students by email and their parents/guardians through School Messenger. The schedule is also up on the website and calendar (see page 2 of the newsletter) . Last day of classes for grades 10 - 12 is Friday, January 24. Last day for grade 9 students is Thursday, January 30.

Music/ Fine Arts Opportunities

On January 13, there will be a choral workshop for the grade 9 and high school choir students to join with other choral students from the division in learning to improve their vocal skills. There is a huge night on January 22, when WCHS will host the first WRPS Fine Arts Winter Celebration at which grade 7-12 art, drama, and music students from around the division will exhibit their talents for the community to enjoy. There will be auditions early in February for those in Grade 9 and 10 that wish to be part of a one act play. As this is extracurricular, rehearsals will be once a week at lunch and once a week after school from 3:30-5pm. More information to come, see the Drama room door.

Athletic Council Bottle Drive

Wetaskiwin Composite's first athletic council is doing a bottle drive to fundraise for the committee. The athletic council has helped organize athlete of the week, senior night celebrations, decorations around the school, and the athletic banquet. Please consider bringing in bottles to the high school bus bay by January 17th to help support Sabres Athletics!



Cree Word of the Month

Miyo ochetow kisikaw - Happy New Year

Must Reads

Jonny Appleseed

by Joshua Whitehead



Contact/Follow Us

Email: wc@wrps11.ca

Phone: 780-352-2295

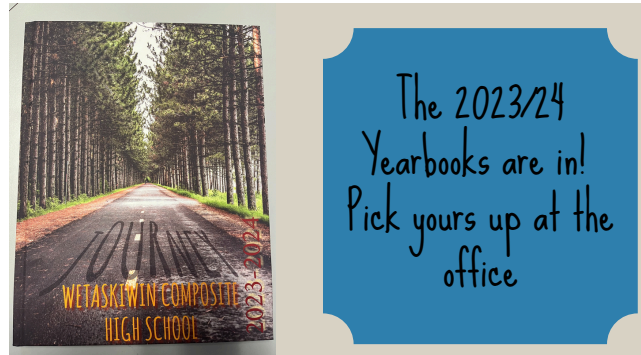
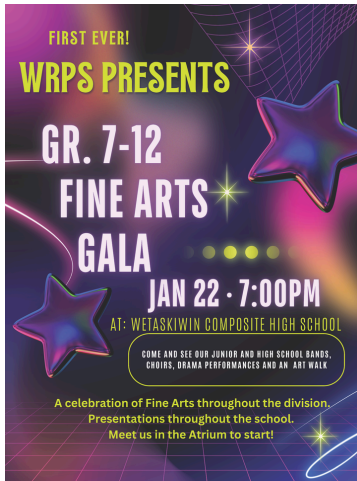
Text: 780-335-9965

Instagram: [@wchigh](https://www.instagram.com/wchigh)

Website: wetaskiwincomp.ca

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

WCHS...where teachers care that every student, every day, learns, grows and feels valued.



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Christmas Break - No School	2 Christmas Break - No School	3 Christmas Break - No School	4 Alumni Basketball English Language Arts 30-1 and 30-2 Diploma Prep Course 9:00 am
5 Social Studies 30-1 and 30-2 Diploma Prep Course 9:00 am	6 First day back from Winter Break 12:00 am	7 Student Council General Meeting 12:11 pm	8	9	10 WCHS Sr. Boys and Girls Basketball Tournament	11 WCHS Sr. Boys and Girls Basketball Tournament Math 30-2 Diploma Prep Course 9:00 am
12	13 Choral Masterclass Gr. 7-12 9:00 am	14 English 30-1, 30-2 Part A 9:00 am Student Council General Meeting 12:11 pm Grade 10 Parent/Student Orientation 7:00 pm	15 Social 30-1, 30-2 Part A 9:00 am	16	17 Math 30-1, 30-2 9:00 am	18 Biology 30 Diploma Prep Course 1:00 pm
19 Chemistry 30 Diploma Prep Course 1:00 pm	20 English 30-1, 30-2 Part B 9:00 am	21 Social 30-1, 30-2 Part B 9:00 am Student Council General Meeting 12:11 pm	22 Biology 30 9:00 am Technical Theatre Exhibition Night/Fine Arts Event 7:00 pm	23 Chemistry 30 9:00 am Student Marketplace 12:11 pm	24 Last Day of Classes for Grade 10-12 Students Physics 30 9:00 am Student Marketplace 12:11 pm	25
26	27 English 20-1, 20-2 English 10-1, 10-2 9:00 am Science 30 9:00 am Chemistry 20 12:30 pm	28 Biology 20 Science 24 Science 10 Science 14 9:00 am Science 20 12:30 pm	29 Math 30-3, 20-1, 20-2, 20-3, 10-C, 10-3 9:00 am Make-up exams 12:30 pm	30 Last Day of Class for Grade 9 Quarter 2 ends Semester 1 ends Social 20-1, 20-2 Social 10-1, 10-2 9:00 am Make-up exams 12:30 pm Physics 20 12:30 pm	31 PLC Day - No School Sr Girls Basketball	

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>