



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

Family School Liaison Corner: What Is Self-Care?

Self-care is about meeting your basic needs so you can be physically and mentally healthy.

When we feel **stressed, overwhelmed or burnt out**, we can start to neglect the basics of looking after ourselves.

Our **nutrition, movement and sleep health** all affect our brains and mental health, which is why it is important to self-care-especially if you are struggling with your mental health.

Sometimes, the term 'self-care' is mis-used to describe things you might buy - like a manicure or smoothie. These things might be pleasant, but they do not add up to self-care.

Nutrition- Education around nutrition is important to our bodies and our mental health.

Movement- has social, emotional and health benefits.

Sleep- you need about 8-10 hours of sleep per night. The amount of sleep is harder to get than it sounds, because the 'body clocks' of teens and young adults naturally keep them up late at night and make them sleep in until mid-morning.

Having a smartphone, feeling anxious, etc. can all have an impact on falling asleep and the quality of sleep.

While there are many things that impact mental health, including lots of things we can not control- sleep is the one thing that we can control.



Congratulations

Mr. Willmott and Mr. Demone

Wetaskiwin School Division is pleased to announce that effective March 3rd, 2025, Mr. Shawn Willmott will be the new Principal of Wetaskiwin Composite High School until June. Mr. Willmott is a skilled administrator who brings a wealth of knowledge, experience and passion to WCHS. Congratulations Shawn on the new position.

Joining Shawn Willmott and Joline Wood on the WCHS Admin Team, will be Mr. Darren Demone. Mr. Demone, a former principal of several schools in WRPS, will be returning to WCHS for the remainder of the 2024-2025 school year only. Darren was previously the Vice-Principal of WCHS from 2018 to 2021.

Track and Field

Track and Field will start up after Spring Break. There will be a meeting at lunch in the gym on Friday, March 21.

WCHS One Acts

WCHS is gearing up for two funny one act plays happening on April 3, 4, and 5th. Evening shows start at 7pm, doors open at 6:30. On the 5th, we will have an afternoon showing at 1pm, opening at 12:30. Tickets will be available in the office or at the door for this event.

Drama Master Class

The next Fine Arts Workshop being offered for high school students is a Drama Masterclass With Donovan Workun on Monday, March 17 from 9 AM -12PM in the WCHS Drama room. Donovan Workun an award winning actor and professional improviser with over 30 years experience with his acclaimed company Atomic Improv.

Cree Word of the Month

*saskan - it is slushy,
as the snow is melting fast*

Must Reads

*Split Tooth
by Tanya Tagaq*



Contact/Follow Us

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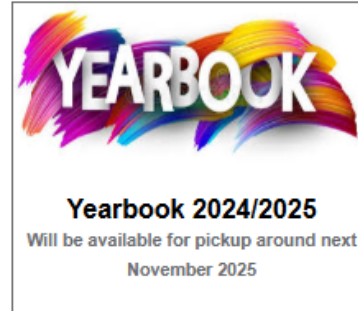
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Order your **2024-2025**
YEARBOOK
NOW

Don't miss your chance to cherish these memories for years to come! Log into the Parent Portal under Fees and Forms and click the Yearbook icon to order. They are \$50 each and will arrive next year. You can also pay at the Front Office with cash, debit, or credit.



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ASAA Rural Wrestling Provincials Archery Tournament
2	3	4 U of Calgary Recruiter 9:00 am Student Council General Meeting 12:11 pm	5 SR Bball Zone Quarter Final	6 Gr 9 Basketball Semifinal Playoff	7 Deadline for Grad Wear order 8:30 am	8
9 Daylight Saving Time starts	10 SR Bball Zone Semi Final	11 Student Council General Meeting 12:11 pm	12 SR Bball Zone Final Game #1	13 Gr 9 Basketball Final Playoff	14 ASAA Wrestling Provincials PLC Day - No School SR Bball Zone Final Game #2	15 ASAA Wrestling Provincials SR Bball Zone Final Game #3
16	17 St. Patrick's Day Drama Masterclass 9:00 am Parent Council Meeting - ONLINE 7:00 pm	18 Student Council General Meeting 12:11 pm	19 Parent Teacher Interviews 4:30 pm	20 3A Boys Basketball Provincials AWAY 3A Girls Basketball Provincials AWAY	21 3A Boys Basketball Provincials AWAY 3A Girls Basketball Provincials AWAY Track and Field Meeting 12:11 pm	22 3A Boys Basketball Provincials AWAY 3A Girls Basketball Provincials AWAY
23	24 Spring Break - No School Central Zone Senior Bowl AWAY 6:00 pm	25 Spring Break - No School	26 Spring Break - No School	27 Spring Break - No School	28 Spring Break - No School	29
30	31					

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>