



Innisfail HIGH SCHOOL

Volume 4 - Nov. 7, 2022

Halloween inspired learning



Spooky Chemistry Experiments



Drama Haunted House



Division News

... for parents and guardians

November 2022



Achieving our goals together -

A message from Superintendent Kurt Sacher

In our three-year [Education Plan](#), we have set specific targets and detailed strategies around our divisional goals to ensure each student in Chinook's Edge achieves success. Our Academic Excellence, Social Emotional Well-being and Career Connections goals are impacting students at every grade level, and our division's achievements are a testament to the hard work and clear priorities of the entire Chinook's Edge team.

Staff in all schools, across all grades, help students achieve success by setting the bar high and then supporting students as they strive to reach it. We have a strong focus on sharing best practices around teacher strategies to bring the very best learning experiences to the students we serve. That is the focus and benefit of our five Professional Learning Days in Chinook's Edge (more on this below).

Staff in our schools are making genuine gestures to invite parents back to volunteer in your child's classroom or attend their assemblies, or take part in Parent Teacher Interviews. At the division level, the Board of Trustees and Central Office Leadership Team are grateful for the feedback we are receiving through our Parents Matter Committee and Parent Council meetings.

We work hard to ensure our schools are positive and welcoming places for our students, families and staff, because we believe that strong foundation of caring is resulting in success for everyone in our school communities. Most importantly, it is creating levels of excellence among the students we serve, which will set them up for a lifetime of success.

To read the latest version of the Board eNews, please [click here](#).

Professional Learning Days



What are staff doing during the division's five non-instructional days for students?

"[Professional Learning Days](#) provide consistent opportunities for teachers and school staff to reflect on their own work and share high leverage strategies, all of which positively impacts the classroom and ultimately leads to greater success for students in school and in life. The most valuable resource we have is each other," said Superintendent Kurt Sacher. [Read more here](#).

Inclement Weather



The safety of students, staff and parents is our highest priority, which is why Chinook's Edge developed an Inclement Weather procedure.

This link to our [Inclement Weather website](#) outlines specific responses if weather causes a change to our regular daily processes. This means school buses may not run or school closures may be in effect for a single school, a community of schools or the entire school division if weather necessitates an Inclement Weather day.

Be safe, Be aware, Be ready to learn! Be familiar with this important information. Thank you.

GRAD 2023 FUNDRAISER



ONLY \$11.00/JAR
THANK YOU
FOR YOUR SUPPORT!!!

MAKES AN EXCELLENT GIFT!!!
OR ADD A LITTLE CONVENIENCE TO YOUR OWN CUPBOARD!!!

Grab a Jar from the Shelf....	And Just Add...
A) Chewy Brownie Mix Our signature recipe!	Butter, Eggs, Water, Vanilla Yields 9 x 13 Pan
B) Grandma's Oatmeal Raisin Cookie Mix A wholesome snack just like the one's grandma used to make!	Butter, Egg, Vanilla Yields 2-3 Dozen
C) Chippers Cookie Mix Loads of chocolate flavoured chips make this recipe a favorite!	Butter, Eggs, Vanilla Yields 2-3 Dozen
D) Ginger Crinkle Cookie Mix Just like the spicy snaps Grandma used to serve!	Oil, Egg, Molasses Yields 2-3 Dozen
E) Cranberry Chip Cookie Mix New and improved! Cranberries aren't just for holidays anymore!	Butter, Egg Yields 2-3 Dozen
F) Classic Sugar Cookie Mix These tasty morsels are great for all occasions!	Butter, Egg, Milk, Vanilla Yields 2-3 Dozen
G) Pasta Salad Mix As a side dish or a main course this salad has excellent flavour!	Oil, Lemon Juice, Vinegar Yields 4-6 Servings
H) Lemon Poppy Seed Scone Mix Loaded with lemon flavour!	Margarine, Eggs, Milk Yields 16 Servings
I) Raspberry Burst Scone Mix Little bursts of raspberry flavour are divine!	Margarine, Eggs, Milk Yields 16 Servings
J) Blissful Blueberry Muffin Mix Fresh out of the oven you can't beat them!	Applesauce, Butter, Eggs, Milk Yields 12 Muffins
K) Beefy Macaroni Soup Mix With or without the ground beef this is a wholesome soup!	Ground Beef, Stewed Tomatoes Yields About 15 Servings
L) Minestrone Soup Mix A personal favorite	Frozen Vegetables, Crushed Tomatoes Yields About 12 Servings
M) Noodle Soup Mix A fantastic way to use up leftover chicken or turkey. Fast and delicious!	Frozen Vegetables, Cooked Chicken or Turkey Yields About 10 Servings
N) Potato Medley Soup Mix With or without ham this is a tasty soup!	Milk/Cream, Cooked Ham Yields About 8 Servings
O) Western Chili Mix Wow! Is this ever tasty! Four types of beans!	Ground Beef, Salsa, Tomato Sauce Yields About 12 Servings

Name of Organization: Innisfail High School

(Please make cheques payable to your organization)

PARTICIPANT'S NAME: _____ **ADDRESS:** _____

PH: _____

	A) Chewy Brownie Mix	B) Grandma's Oatmeal Raisin Cookie Mix	C) Chippers Cookie Mix	D) Ginger Crinkle Cookie Mix	E) Cranberry Chip Cookie Mix	F) Classic Sugar Cookie Mix	G) Pasta Salad Mix	H) Lemon Poppy Seed Scone Mix	I) Raspberry Burst Scone Mix	J) Blissful Blueberry Muffin Mix	K) Beefy Macaroni Soup Mix	L) Minestrone Soup Mix	M) Noodle Soup Mix	N) Potato Medley Soup Mix	O) Western Chili Mix	TOTAL NUMBER OF JARS	TOTAL DUE @ \$11.00	PAID BY:
Name																		
Phone																		
Name																		
Phone																		
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Name																		
Phone																		
Column Totals																		

THANK YOU FOR YOUR SUPPORT

NAME	TELEPHONE	PAYABLE TO
		Innisfail High School

GRAD CLASS 2023

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NOTES

Thank you for supporting the Grad Class of 2023!

THE ESSENTIALS

Grocery												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chefs Plate	7%	\$50 >		\$100 >		\$150 >						
Extra Foods, No Frills, Real Canadian Superstore, Wholesale Club, Your Independent Grocer	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
HelloFresh	7%	\$50 >		\$100 >		\$150 >						
Instacart	3%	\$25 >		\$50 >								
M&M Food Market	3%	\$25 >		\$50 >								
Sobeys, IGA, Safeway	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Gas												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chevron	2%	\$25 >		\$50 >		\$100 >						
Esso, Mobil	2%	\$25 >		\$50 >		\$100 >						
Petro-Canada™	2%	\$10 >		\$20 >		\$25 >		\$50 >		\$100 >		
Shell	2%	\$25 >		\$50 >		\$100 >		\$500 >				

OTHER CATEGORIES

Restaurant & Coffee												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
A&W	4%	\$10 >		\$25 >								
Applebee's	4%	\$25 >		\$50 >								
BarBurrito	10%	\$25 >										
Boston Pizza	5%	\$25 >		\$50 >		\$100 >						
DoorDash	4.5%	\$25 >		\$50 >								
Earls Kitchen + Bar	5%	\$25 >		\$50 >								
Edo Japan	5%	\$25 >		\$50 >		\$100 >						
JOEY	6%	\$25 >		\$50 >								
Kelseys, East Side Mario's, Elephant & Castle, Harvey's, Montana's BBQ & Bar, New York Fries, Original Joe's, Prime Pubs, State & Main, Swiss Chalet, The Ultimate Dining Card	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Kentucky Fried Chicken, Pizza Hut, Taco Bell	3%	\$25 >		\$50 >								
McDonald's®, McCafé	2.5%	\$10 >		\$20 >		\$25 >		\$50 >				
Moxie's Grill & Bar	10%	\$25 >		\$50 >		\$100 >						
Oliver & Bonacini, Alchemy, Braven, Buffo, Kindred Food + Drink, Sub Rosa, The Guild	5%	\$25 >		\$50 >		\$100 >						
Pizza 73	10%	\$10 >		\$25 >		\$50 >		\$100 >				
Red Lobster	5%	\$25 >										
St. Louis Bar & Grill	10%	\$25 >		\$50 >		\$100 >						

Restaurant & Coffee (Continued)												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Starbucks	3%	\$5 >		\$25 >								
SUBWAY®	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
Thai Express	4%	\$25 >		\$50 >		\$100 >						
The Canadian Brewhouse	8%	\$25 >		\$50 >		\$100 >						
The Keg Steakhouse + Bar	5%	\$25 >		\$50 >		\$100 >						
The Old Spaghetti Factory	5%	\$25 >		\$50 >								
Tim Hortons	2%	\$15 >		\$25 >		\$50 >		\$100 >				
Triple O's	10%	\$25 >		\$50 >		\$100 >						
Uber Eats	2.5%	\$10 >		\$25 >		\$50 >						
Wendy's	3%	\$10 >		\$25 >		\$50 >						
White Spot	10%	\$25 >		\$50 >		\$100 >						
Apparel												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Aerie	6%	\$25 >		\$50 >		\$100 >						
ALDO	10%	\$25 >		\$100 >								
American Eagle®	6%	\$25 >		\$50 >		\$100 >						
Claire's	4%	\$20 >										
Gap, Baby Gap, Banana Republic, Old Navy	5%	\$25 >		\$50 >		\$100 >						
H&M	3.5%	\$25 >		\$50 >		\$100 >						
Harry Rosen	5%	\$100 >										
La Senza	7%	\$25 >		\$50 >								
La Vie en Rose, Bikini Village	8%	\$25 >		\$50 >								
lululemon	2.5%	\$25 >		\$50 >		\$100 >		\$250 >				
Mark's	7%	\$25 >		\$50 >		\$100 >						
Roots, Roots Kids	10%	\$25 >		\$50 >		\$100 >		\$250 >				
Simons	5%	\$25 >		\$50 >		\$100 >						
Business & Office												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Staples	3%	\$25 >		\$50 >		\$100 >		\$200 >		\$500 >		
Children & Toys												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Build-A-Bear Workshop®	7%	\$25 >										
Mastermind Toys	3.5%	\$25 >		\$50 >		\$100 >						
Scholar's Choice	5%	\$25 >		\$50 >								
The Children's Place	8%	\$25 >		\$50 >		\$100 >						
Toys "R" Us, Babies "R" Us	2%	\$25 >		\$50 >		\$100 >						
Department Stores												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Amazon.ca	2%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Dollarama	3%	\$10 >		\$25 >		\$50 >						
Giant Tiger	3%	\$25 >		\$50 >		\$100 >						
Nordstrom, Nordstrom Rack	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
The Bay	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		

Department Stores (Continued)												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Walmart	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
WINNERS, HomeSense, Marshalls, TJX Canada	6%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Electronics												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Best Buy	1.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
The Source	2%	\$25 >		\$50 >		\$100 >						
Entertainment												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chapters, Coles Books, Indigo	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Cineplex, Galaxy, Scotiabank, The Rec Room	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Landmark Cinemas	4%	\$25 >		\$50 >								
Twitch	3.5%	\$25 >		\$50 >		\$100 >						
Health & Beauty												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bath & Body Works	5%	\$25 >		\$50 >								
Nature Collection, THE FACE SHOP	10%	\$25 >										
Rexall	2%	\$25 >		\$50 >								
Sephora	4%	\$25 >		\$50 >								
Shoppers Drug Mart	3%	\$25 >		\$50 >		\$100 >						
Home & Garden												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Canadian Tire	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Home Depot	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Home Hardware, Home Furniture	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Lowe's	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
RONA	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Stokes, ThinkKitchen	6%	\$25 >										
Urban Barn	2.5%	\$25 >		\$50 >		\$100 >						
Specialty												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Apple	3%	\$50 >		\$100 >		\$500 >						
DAVIDsTEA	3%	\$15 >		\$25 >		\$50 >						
DeSerres	5%	\$25 >		\$50 >		\$100 >						
Groupon	3%	\$25 >		\$50 >								
Kernels Popcorn	5%	\$15 >		\$25 >		\$100 >						
MOLLY MAID	4%	\$100 >										
PetSmart	4%	\$25 >		\$50 >		\$100 >		\$250 >				
Sports & Leisure												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bass Pro Shops	4%	\$25 >		\$50 >								
Cabela's	4%	\$25 >		\$50 >		\$100 >						
Foot Locker	5%	\$25 >		\$50 >		\$100 >						
Golf Town	3%	\$25 >		\$50 >		\$100 >		\$250 >				

Sports & Leisure (Continued)												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Running Room	6%	\$25 >		\$50 >								
Sport Chek, Atmosphere	4%	\$25 >		\$50 >		\$100 >						
Travel												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Best Western	2.5%	\$25 >		\$50 >		\$100 >						
Fairmont Hotels & Resorts, WillowStream	8%	\$50 >		\$100 >		\$250 >						
Origine artisans hôteliers	2.5%	\$50 >		\$100 >		\$250 >		\$500 >				
Uber	2.5%	\$10 >		\$25 >		\$50 >						
Others Retailers												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Ivanhoe Cambridge, CrossIron Mills, Southgate Centre	3.5%	\$25 >		\$50 >		\$100 >						
Mill Woods Town Centre	3%	\$25 >		\$50 >		\$100 >						
Oxford Gift Card Plus, Kingsway Mall, Southcentre Mall	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
TOTAL OF THIS ORDER											\$	



REUSABLE CONTAINERS NEEDED!

If you have any reusable containers such as yogurt, margarine, cottage cheese or anything similar, they are desperately needed for the Foods room! Students may then take home their leftover cooking creations!

Thank you!



Physics 20 Engineering Project

Students from Miss Pereira's Physics 20 class were challenged to build a car and the only rules were they had to use a mousetrap and it had to travel 5 metres!