



# Innisfail HIGH SCHOOL

Volume 5 - Nov. 21, 2022



## *iCampus Remembers*

All the schools within iCampus joined together on Tuesday, Nov. 8 to remember all those who fought and died for our freedom. The Innisfail Legion joined in the ceremony as well along with all staff and students.







## ***Shop classes in full swing!***

Mr. Ferguson's shop classes are working hard to create some great projects!



## ***Spreading cheer!***

Mrs. Milne's CALM classes took some time and went to Autumn Grove to help put up Christmas decorations and visit with the residents. They enjoyed volunteering their time and getting in the spirit of Christmas!





# GRAD 2023 FUNDRAISER - Fundraisers are due back on Thursday, Nov. 24.

**The Mixing Spoon**  
We fix it...  
...you mix it!



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

**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											\$	

## Art Students learn the craft of Tattooing

Mr. Burton's Art classes enjoyed learning the skill involved with tattooing. They used temporary ink and tried drawing on skin and honeydew melons. Well done!







# ROCK THE DIPLOMA

A power weekend of Diploma Exam prep for  
Central Alberta high school students.

**SPECIAL  
OFFER**

January 7, 8

Sat 10am-5pm  
Sun 10am-5pm

English 30-1  
Social 30-1

\$120

January 13, 14, 15

Fri 6pm-9:30pm  
Sat 10am-4:30pm  
Sun 10am-4pm

\*Math 30-1  
Math 30-2  
Biology 30-1

\*Sat & Sun 9:45am start  
for Math 30-1 only

\$135

January 20, 21, 22

Fri 6pm-9:30pm  
Sat 10am-4:30pm  
Sun 10am-4pm

Biology 30-1  
Chemistry 30-1  
Physics 30-1

\$135

## Red Deer Public School District

Students use this link or QR code:

[https://powerschool.rdpsd.ab.ca/  
public](https://powerschool.rdpsd.ab.ca/public)



## All other School Districts

use this link or QR code to create  
an account:

[www.studentquickpay.com/rdpsd](http://www.studentquickpay.com/rdpsd)



Certified teachers with significant curriculum experience provide the tools and expertise for these sessions. Along with study notes and practice exams, this program provides a very effective Diploma Exam review.

Registration is online and all courses are in person at Lindsay Thurber Comprehensive High School in Red Deer. For more information call 403-356-5315