



Marauder News

October 2, 2020

J. R. Robson High School

5102 – 46 St.
Vermilion, AB
T9X 1G5

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Principal's Corner

I would like to invite all parents to the next virtual Parent School Council meeting on Monday October 26th at 7:00 pm. At our September meeting we did not elect an executive so if you are interested please attend. The meeting link will be sent via text prior to the meeting.

As we continue to adapt to new guidelines and rules with regards to COVID, we are moving forward in October with the return of our microwaves, breakfast program and a modified cafeteria menu. Microwaves will be placed in

the concourse and in each of the junior high classrooms. The breakfast program and the cafeteria will have procedures in place to meet the requirements set out by the province for us to follow.

I have provided the web link to the Alberta Education website <https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx> that will help parents and students with the questions you may have regarding illness and attending school. Scroll down the page and you will see the

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Around the School

Grade 9 student Sara Chapman 3D-printed a plant pot for Comm Tech class.



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PAC Online Meeting

Monday, Oct. 26
@ 7 pm

Everyone welcome!
Link to join meeting will be provided closer to the date.

We are looking for a new executive! Please consider joining.

Website:

jrrobson.btps.ca
School Calendar
<http://jrrobson.btps.ca/Calendar.php>

Facebook:

<http://www.facebook.com/JR-Robson-School-613941298627779/>



Principal's Corner Continued

heading: *If a student shows symptoms.* Alberta Education has made a summary table that really helps clarify what a student or staff member should do if they are feeling unwell.

Just a reminder that students do not attend on October 9th and 23rd. Staff will be participating in school based professional development on the 23rd. Have a great Thanksgiving and a safe Halloween.

RE/MAX "Quest For Excellence" Bursary

This year we are once again offering (16) \$1,000 bursaries to grade 12 students. This program was established by RE/MAX of Western Canada to recognize the success and ongoing pursuits of Western Canadian students in regards to leadership and community contribution initiatives. Students can enter online at [www.remax.ca/About RE/MAX/In the Community / Quest for Excellence](http://www.remax.ca/About_RE/MAX/In_the_Community_Quest_for_Excellence) Deadline is March 15, 2021. Only online entries will be accepted.

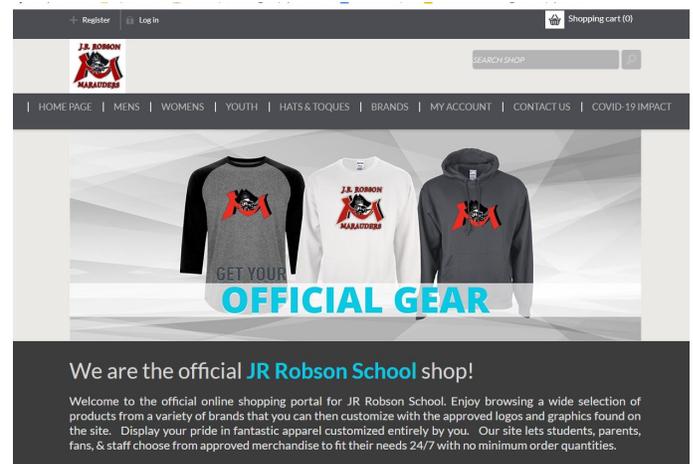
Mental Health Literacy

Approximately 1 in 5 youth worldwide will experience a mental illness before they turn 25. This makes adolescence a critical time for mental health promotion, prevention, early identification, and intervention. Not addressing these issues may lead to negative short- and long- term outcomes. Mental health literacy is foundational for all mental health improvement.

Mental health literacy (MHL) is understanding how to obtain and maintain good mental health; understanding mental disorders and their treatments; decreasing stigma; enhancing help-seeking efficacy.

Marauder Spirit Wear

Order your Marauder spirit wear online!
<https://jrrobsonschool.entripyshops.com>



Sr. Boys Volleyball team practicing according Coach Woodward's careful planning



For more information please see this link:

<http://teenmentalhealth.org>

For help please use these resources:

<https://kidshelpphone.ca>

<https://www.albertahealthservices.ca/amh/page16759.aspx>

Submitted by Tanya Laye, your school's Social-Emotional Coach. If you'd like further information or have any questions, please contact your school's SEC to follow up.

Counsellor's Corner

School seems to be in full swing. The microwaves have been reintroduced and there are many happy faces as they can now have hot lunch.

We would like to encourage any grade 9-11 students, wishing to attend a post-secondary institution after grade 12, to start attending open houses. Often students feel the academic pressure of grade 12 and do not have the time to attend these all day sessions in their last year of high school. Picking the right post-secondary institution is an important first step to making the transition from high school. Many post-secondary schools this year are going to Virtual Tours, so you can sit with your child in front of the computer screen and watch together. The chart to the right provides dates of **Open Houses at the post-secondary institutions.**

Many post-secondary institutions are waiving the registration fee if you attend an open house and register on that day. Some post-secondary schools encourage students to come and be a student for the day and have separate days allotted for just that. Please see the ELAA link below for more details on how to contact a post-secondary school.

<https://elaa.ab.ca/>

Grade 12 students are encouraged to see Mrs. Polishuk if they need **help registering for post-secondary study next fall.** Use the Apply Alberta website to start this process. This website prepares the information needed to apply to any post-secondary institution in Alberta thus streamlining the application process. **(Use a private email address for this process as your BTPS accounts cease to exist 1 month after of graduation.)** Some post-secondary institutions base acceptance on competitive averages while others

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Institution	Open House Date
Alberta University of the Arts	TBD - Virtual
Ambrose University	October 31
Athabasca University	Virtual - see website
Bow Valley College	TBA - Virtual
Burman University	TBD
Canadian Armed Forces Royal Military College of Canada	info.edmonton@forces.gc.ca
Concordia University of Edmonton	October 17
Grande Prairie Regional College	TBD
Keyano	Check Website
The King's University	October 24
Lakeland College - fee waived if you apply at open house	October 23 & 24
Lethbridge College	TBD - Virtual
MacEwan University	November 7
Medicine Hat College	November 18 - Virtual
Mount Royal University	October 24
NAIT	October 16 & 17
Norquest College	October 24 - Virtual
Northern Lakes College	Check Website
Olds College	October 16
Portage College	TBD
Prairie College	Check website
Red Deer College	Check website
Royal Canadian Mounted Police	Check Website
SAIT	October 23 & 24
St. Mary's University	October 17
University of Alberta	October 15-17
University of Calgary	October 3
University of Lethbridge	September 26
University of Saskatchewan	September 24

Counsellor's Corner

are based on a first applied, first qualified basis. Applying to at least 2 post-secondary institutions gives you more options for acceptance. Remember you will need a credit card to submit your application online. **Many post-secondary schools open registration on October 1, so apply quickly.**

<https://www.applyalberta.ca/pub/>

High School students should also be searching for scholarships as well. There are millions of dollars of scholarships that go uncollected each year as they simply do not have any applicants. Oftentimes you will need two letters of reference for these letters, so start asking people who know you best to help you out with your reference letters. Also see <http://studentaid.alberta.ca/> for scholarships available through the provincial government. Some due dates are fast approaching.



Scholarship Information is available by accessing the J. R. Robson School web page. Follow the WHITE RIBBON link to access any scholarship information we are aware of.
<http://jrrobson.btps.ca/>

Grade 10 - 12 students should create a MY-PASS account. <https://public.education.alberta.ca/PASI/myPass/welcome> MyPass is an Alberta Education website where students can:

- ◆ Order high school transcripts in English/French
- ◆ View diploma exam marks
- ◆ View Detailed Academic Reports
- ◆ View progress towards a credential (diploma or certificate)
- ◆ Order copies of your credential (diploma or certificate)
- ◆ Receive notifications of important messages

Also, for **Grade 12 Students** the first meeting to discuss graduation criteria and the graduation event will take place in early October.

Watch for information coming your way.

Remember the **STRONG Interest Inventory** is available through your counsellor and VIBE Coach for any grade 11 & 12 students who are having trouble deciding on a future occupation. It is a great way to start the career planning process. See Mrs. Hart, Mrs. Polishuk or your VIBE coach, Ramona for further information.

Work Experience, RAP and Green Certificate Students please continue to submit your hours on a regular basis using the online system. Mrs. Scully (gr. 10 & 12), and Mrs. Hart (gr. 11) will be administering the program. To enroll, please see your counsellor to begin in the program.

Grade 9 students will be preparing for the annual **Take Your Kids to Work Day** which is happening **November 4, 2020**. Parents please help your child arrange for a work placement. More information will be coming out this month to finalize the event.

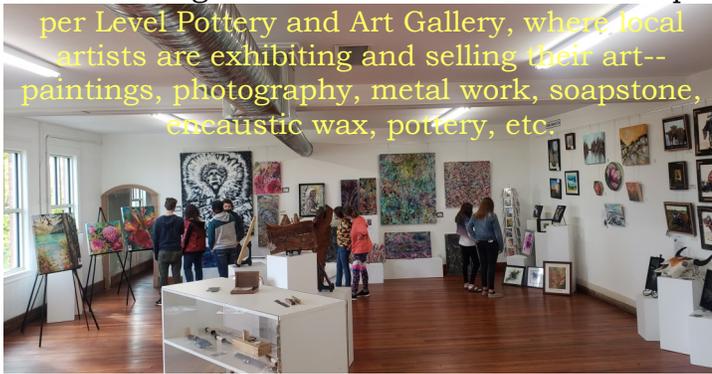
Please stop by and introduce yourself to our Social/Emotional Coach Mrs. Tanya Laye. She is available to meet with students on Monday, Tuesday and Thursday to assist students who may need help with family peer or personal issues.

Parents and Students are encouraged to sign up for PowerSchool through either parent or student portal. Please see the administrative assistants if you are struggling and they will be happy to assist you. This way you can see your progress on a regular basis.

Remember the **J. R. Robson App** is available to help you keep up-to-date on the happenings at the school.

Upper Level Student Visits

Ms. To brought her Art students to the new Upper Level Pottery and Art Gallery, where local artists are exhibiting and selling their art-- paintings, photography, metal work, soapstone, encaustic wax, pottery, etc.



Below: Students admire Shirley Kinneberg's art

Below: A student admires the art of former JR Robson Art teacher, Sandra Miller.

Above: Tracey Garvey's art
Below: Storch Knives



Orange Shirt Day



Many JR Robson students and staff wore orange shirts for "The annual Orange Shirt Day on September 30th, [which] opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on."

quoted from the orangeshirtday.org website

Empathy: What is it?

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

Empathy encourages kind, helpful behavior

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

Empathy creates a safer school culture

- Less bullying and a more tolerant environment is developed through increased empathy.

Empathy fosters positive student relationships

- Children who show empathy are more popular with their peers.

Empathy leads to school success

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

MORE RESOURCES

- [Greater Good Science Center: Empathy for students](#)
- [Big Life Journal: Strategies to teach children empathy](#)
- [MyHealth.Alberta.Ca: Promoting positive Mental Health](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Hey Vermilion & County!

It has certainly been a strange and stressful year for many of us, and it helps to have an outlet.

When we adapt well or “bounce back” in the face of difficulties we develop profound personal growth and build resiliency. Research tells us that, like going to the gym, increasing your resilience takes time and motivated intention. Focusing on four core components: connection, wellness, healthy thinking, and significance—can empower you to combat and learn from difficult experiences.

The Vermilion & Rural Mental Health Project challenges YOU and YOUR FAMILY to build your family’s resiliency and stay well during this time of uncertainty.

Join the community in this Stay-Well Challenge and enter to **WIN** a **gift card** for an outing in Vermilion with your family or friends!

VERMILION & RURAL MENTAL HEALTH PROJECT

Questions?

Contact us at

vermilionmentalhealthproject@gmail.com

or

send us a message on Facebook

www.facebook.com/Vermilionruralmentalhealthproject/



VERMILION & COUNTY

STAY-WELL CHALLENGE

OCTOBER 1 - NOVEMBER 30
2020

SPONSORED BY:
VERMILION AND RURAL MENTAL HEALTH
PROJECT

THE CHALLENGE

- Go on a 30 minute walk as a family or with friends
- Cook a healthy meal together as a family or with friends
- Write a note of gratitude to a person or business/service in the community
- Visit the Provincial Park with family or a friend
- Host a game night with family or friends
- Do a craft as a family or with friends. Take a picture and post it to your social media using the hashtag #vermilionstaywell
- Bake a treat with your family or friends
- Enjoy a movie night with family or friends
- Review the list of community services with family or friends
- Contact a distant friend or relative
- Help a neighbor with one outside household chore
- Participate in a fun activity as a family or with friends (For example: Bowling, painting, yoga or pottery class) Take a picture and post it to your social media using the hashtag #vermilionstaywell
- Make a time capsule with your family or friends

HOW TO ENTER

Complete all of the tasks on the list with family or friends

When all tasks have been completed

1. Complete the survey
2. Complete the entry contact information
3. Return brochure to the Vermilion Public Library
5001 49 Ave Vermilion

or

Take a picture and email it to
vermilionmentalhealthproject@gmail.com

**Please submit all entries by
November 30, 2020**

Additional Information

Winning brochures will be drawn on
December 2, 2020

Winners will be notified by phone. Winners and some participants may be posted on the Vermilion and Rural Mental Health Facebook page.

www.facebook.com/Vermilionruralmentalhealthproject/

Take Our Survey

Help us improve! Please complete the survey with all participants of challenge.

The Activities we completed are activities we will do again

Strongly Agree Agree Neutral Disagree Strongly Disagree

We know resources that can be accessed if we need help

Strongly Agree Agree Neutral Disagree Strongly Disagree

We look for solutions during difficult times

Strongly Agree Agree Neutral Disagree Strongly Disagree

We adapt well to challenging circumstances

Strongly Agree Agree Neutral Disagree Strongly Disagree

We would participate in another community wellness challenge

Strongly Agree Agree Neutral Disagree Strongly Disagree



Entry Contact Information

Names of participants: _____

Phone Number: _____

Email Address: _____



Vermilion Lions Club
4929 50 Ave
Vermilion, AB T9X 1A6



2020 SANTA ANONYMOUS REGISTRATION FORM
Vermilion and Area, Minburn, Mannville, Clandonald, Islay

DEADLINE FOR REGISTRATION IS WEDNESDAY NOVEMBER 25th, 2020.

Due to Covid 19, gift cards only will be mailed to you by Dec 7th for you to purchase your food & presents for the children.

Name: _____

Street or Box Address: _____

Town: _____ Postal Code: _____

Phone: _____ (If you do not have a phone, another contact number is required.)

If we cannot contact you to confirm we will not provide a Christmas Gift Card.

Is your family's income below \$35,000.00? ____ (Combined income of both spouses based on Line 150 of you and your spouse's tax return)

First Name (and last if different) of every member in the household	Male or Female	Age of children under 18	Name of School Child/Youth attends

We require a reference to be identified by the recipient that can be contacted to confirm that the recipient is experiencing financial hardship and requires the assistance of Santa Anonamous. A reference must know which community you live in. The reference can be a staff member from Human Resources (social services), Children Services, School personnel, Clergy, Counsellors, Village or Town Administrator or Councillors, FCSS, nurse, or RCMP member. Your reference cannot be a relative. The reference must know all members of the family, including the children. If the reference information is not filled out then the application will not be considered complete and may not be processed. My reference is:

Reference's Name _____ Position _____ Agency _____ Phone # _____

Please note: Mail completed application to address at the top. If you require more information please call 853-4240. By signing this form you agree that **the Vermilion Lions Club has the right to contact the reference to confirm hardship and/or call the local schools to confirm children.**

Applicant's Signature

J. R. Robson Cafeteria Order Form

Student Name:	Home Room
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In response to COVID-19, the cafeteria will be in operation 2 days per week. Tuesday will be a “choice” revolving menu, but Thursday’s will always be FRYDAY. For Junior High students - lunches will be delivered to the classrooms for lunch time. For Senior High students - students will pick up the lunches at the cafeteria window at lunch time. **Only those who have preordered will receive lunch.**

Date	Lunch Option	Please Check Items to Order	Total Amount Due
October 6	Taco Salad - \$5.00		
October 8	FRYDAY Fries - \$3.50 Fries & gravy - \$4.00 Poutine - \$4.50 Chicken Burger - \$5.00	Indicate specific item with a circle	
October 13	Perogies & Sausage _ \$5.00		
October 15	FRYDAY Fries - \$3.50 Fries & gravy - \$4.00 Poutine - \$4.50 Chicken Burger - \$5.00	Indicate specific item with a circle	
October 20	Pizza - \$5.00 - Cheese - Pepperoni - Ham & Pineapple		
October 22	FRYDAY Fries - \$3.50 Fries & gravy - \$4.00 Poutine - \$4.50 Chicken Burger - \$5.00	Indicate specific item with a circle	
October 27	Chicken Fajitas - \$5.00		
October 29	FRYDAY Fries - \$3.50 Fries & gravy - \$4.00 Poutine - \$4.50 Chicken Burger - \$5.00	Indicate specific item with a circle	
Forms & Money due MONDAY - OCTOBER 5			
Total Amount Due			