

# **Principal's Corner**

First, I want to share with the JR Robson community that one of our teachers received a special recognition award on December 1. The Alberta Schools Athletic Association (ASAA) recognized Mr. Woodward at a banquet in Red Deer with an Award of Merit for his outstanding service to school athletics in Alberta. Well done Mr. Woodward.

On November 30, we had a student assembly and recognized all the students who participated in fall extracurricular activities. Well done to all who were able to get involved. In this newsletter you will see a poster about the BTPS Four Year Education Stakeholder Engagement meetings coming up in the new year. Every four years BTPS asks parents, teachers, students and others to attend these meeting to provide the school division with feedback on where BTPS should be headed in the next four years. Parents should have received a letter from Superintendent Holoien in mid-November outlining the purpose of the meetings and meeting dates. If you need more information, or have questions, please give me a (Continued on page 2)

# **Around the School**



#### December 5, 2022

#### J. R. Robson High School

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# **Principal's Corner Continued**

call. Also in mid-November our Superintendent sent out information that included a letter from the Minister of Education. I have included it in our newsletter in case you missed it.

Just a reminder that since our Christmas break starts on December 23<sup>rd</sup>, students are not back until January 9<sup>th</sup>. Once students are back the high school will be busy wrapping courses up and starting to write diploma and course final exams. The January exam schedule is included in the Newsletter. Please have a look at it and schedule appointments around final exams please. We have a very short window to get marks in for semester one before we must send them on to Alberta Education. citing time in the school. Our Pirate Crews are busy planning Christmas activities for the students that start this week with the decorating of our 4 meter high Christmas tree located in the concourse. Another activity will be a food and Christmas toy drive. The drive really is a good empathy developing activity. We will wrap up everything on the 23<sup>rd</sup> with our annual staff/ parent prepared breakfast for all of the students. I sincerely hope all students, staff and parents take the time to enjoy the Christmas break and safely connect with family and friends. Everyone deserves that.



The month of December is always an ex-

Thurs, Jan 12	9:00 AM	English 30-1/30 – 2 Part A	
Fri, Jan 13	9:00 AM	Social 30-2 Part A	
Wed, Jan 18, 2023 is the last day of Semester I classes for Gr. 12			
Thurs, Jan 19	9:00 AM	Math 30-1/30-2	
Fri, Jan 20	9:00 AM	English 30-1/30 – 2 Part B	
Fri, Jan 20, 2023 is the last day of Semester I classes for Gr. 10&11			
Mon, Jan 23		Social 30-2 Part B	
	9:00 AM	Social 20-1	
		Math 10C	
	-		
Tues, Jan 24		Biology 30	
	9:00 AM	English 20-1	
		Social Studies 20-2	
	-		
Wed, Jan 25	9:00 AM	Chemistry 20	
	2.00 AIVI	Social 10-1	
Thurs, Jan 26	9:00 AM	Physics 30	

#### Senior High Exam Schedule – January 2022

# **Counsellor's Corner**

<u>Congratulations to all award winners at</u> <u>Awards Night</u> held on November 4. A very special thank you to Mrs. Wilhelm for all the time she puts into making this evening a success. To <u>each and every student</u> who contributes to making our athletic, leadership, academic and citizenship programs a success --You All Rock!

For Grade 12 students, your course work will be finished prior to leaving for Christmas vacation as some of you will write diploma examinations our first week back in January. Good luck on your diplomas. First diploma exams are: Thursday, January 12 - English 30-1/30-2 Part A and Friday, January 13 -Social 30-2 Part A. Good luck on your diplomas.

For students who feel they need to make course changes for semester 2, Grade 10 & 12 students see Mrs. Polishuk, and Grade 11 students see Mrs. Hart. Our goal is to have you settled prior to the beginning of semester 2.

The **2021-2022 Yearbook** arrived and we have a few extra copies. If you did not order one and would like one, they are available at the school office, on a first come first serve basis. Cost is \$40,

As guidance counsellors, we would like to encourage all parents to monitor your child's progress on Power School, using the parent portal: <u>https://powerschool.btps.ca/</u> <u>parents</u>. If you have any concerns about your child's progress, please do not hesitate to contact the classroom teacher.

**Our Social Emotional Coach, Cassi Digness** -**Melnechenko** is available to meet with students who need additional social or emotional supports. She is available on Monday and Wednesday all day, Thursday morning and Friday afternoons. Please stop by and introduce yourself.

**Our VIBE coach, Ramona Mathison**, is available to students on Tuesday and Friday each week. Stop by and say hello.

For Grade 12 Students who are looking for extra resources for preparation on your Diploma Exams, **Diplomax** may be for you. Diplomax involves in-class or online Diploma Preparation Classes for Students in Alberta. Students from Buffalo Trail Public Schools have used these resources in the past and have found them very helpful. Check out this website for more details: <u>http://diplomax.ca/</u>

For Grade 12 students, please touch base with Mrs. Polishuk if you need assistance in career planning, applying for post-secondary or to discuss other career goals. For scholarships, this is a personal journey. Any scholarships we are aware of are located on the J. R. Robson School Website. Follow this link below. You can also go the the J. R. Robson home page and on the first page there is a white first place ribbon that will take you to the scholarship link. <u>https://</u> jrrobson.btps.ca/students/scholarships

**Work Experience/RAP/Green Certificate** students enrolled in this program need to hand in your hours and necessary evaluations as required. See Mrs. Polishuk or Mrs. Hart to finalize your hours for each course.

With the holiday season, comes added stressors such as: wrapping gifts, cleaning house, putting up decorations, making the Christmas favorites, attending many get togethers and traveling to destinations. Here are some tips to help with holiday stress:

1. **Plan ahead**. Start shopping early. Make a list of what you need to do and create an itinerary to help you manage you may be overwhelmed by all of the tasks needed to complete prior to Christmas, so it is okay to say "No" to some activities to maintain your sanity.

2. **Make a budget**. Make a budget and stick to it.

3. **Create an area for relaxation**. Turn on some music, light some candles and take time to decompress. Enjoy the smells of the season. Find ways to relax.

# **Counsellor's Corner Con't**

4. **Maintain healthy habits.** Holidays are know for ruining our healthy habits. Try incorporating exercise into your day a walk with family, a work out as per usual or incorporate games into your family gatherings. Make sure there are healthy food choices to eat so you do not overindulge on other food that is less healthy.

5. **Share your feelings**. If you have lost a loved one, Christmas may be a difficult season for you, share your memories.

6. **Respect differences.** Family members may have differences of opinions, but it is important to try to forgive and forget and focus on the similarities, to replace the tension with something positive.

7. **Be realistic**. Christmas will come and go. Be realistic about what you can handle throughout the season. Relax and enjoy the lights and the magic of the season.

8. Take a break. Remember to look after

yourself. Take a nap, go for a walk, read a book, watch a movie and have a few laughs. Laughing is good for your soul and relaxes your whole body.

Wishing you a joyous Christmas season full of laughter and fun. Season's Greetings and Happy New Year from the staff of J. R. Robson School.







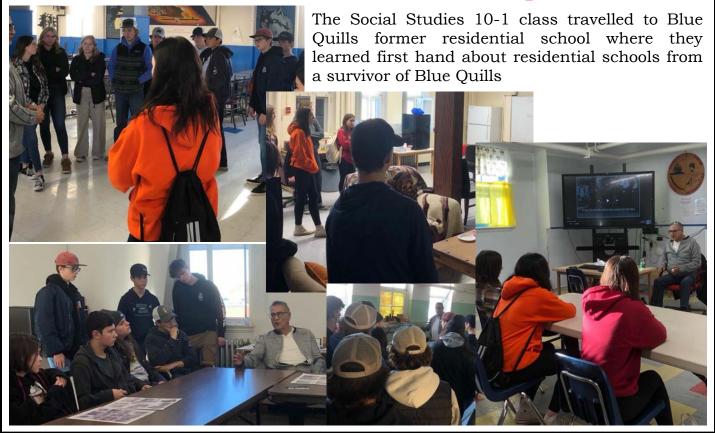
# Snow Removal Services – Vermilion Public Library

**Potential student job opportunity**: Vermilion Public Library is looking for tenders for snow removal starting January 1st. The contract is for snow and ice removal for the library's pedestrian areas. This includes all concrete surfaces on the facility lot including the sidewalk, entrance and exit ramps and landing areas. It does not include the parking lot.

Click link for more information: <u>https://</u> <u>www.vplibrary.ca/tenders</u>



# **Residential School Field Trip**



# Awards Night 2022

Awards were presented to students on November 4. Thank you to all the local businesses, organizations and individuals who sponsor an award.

Award Winners List

(School Subject - Sponsor; Winner)

#### Grade 7

English 7 - TD Canada Trust; Ali Crowe
Math 7 - School Council; Ali Crowe
Physical Education 7 - Fountain Tire; Asia
Clark & Aiden DeSilva
Science 7 - REMAX; Ali Crowe
Social 7 - MACK Clothing; Denae
McGrath

#### Grade 7 Honors



### Grade 8

**English 8** - TD Canada Trust; Aaralyn Tupper

**Math 8** - Boston Pizza, Vermilion; Reo Martin

**Physical Education 8** - UFA Farm Supply Store; Deverin Woywitka

**Science 8** - Webb's of Vermilion; Reo Martin

**Social 8** - J.M.H. Chartered Professional Accountants; Will Johnston & Colt Sweeney

Grade 8 Honors



#### Grade 9

**English 9** - Vermilion River Law; Kinley Davies & Mya Jaremco

Math 9 - REMAX; Kinley Davies

**Physical Education 9** - Vermilion Credit Union; Linden Adams

**Science 9** - CARSTAR Vermilion; Kinley Davies

**Social 9** - Vermilion Standard; Kinley Davies

Grade 9 Honors



#### Junior High Awards

Jr. High Best Female Athlete in School Sports - ATB Financial; Jada Sanford Jr. High Best Male Athlete in School Sports - Integra Tire; Linden Adams Jr. High Citizenship Award Female -Rural Roots Florists & Barnyard Crea-

tions; Jada Sandford

**Jr. High Citizenship Award Male** - Scotia Bank; Steven Bancroft

#### Grade 10

**Art 10** - Vermilion Art Club and Delta Art & Drafting; Lexxus Lafoy & Kira Jaremco

**CTS Foods 10** - REMAX; Samara Hemauer, Natalie Symes & Kira Jaremco

CTS Industrial Education 10 - RONA; Regan Sargeant

**English 10-1** - Long's Value Drug Mart; Olivia Elder

English 10-2 - Lori Wilhelm; Ella Power

# Awards Night 2022

Math 10C - Masonic Lodge; Olivia Elder Math 10-3 - J.R.Robson School Council; Jason Trivett

Physical Education 10 - ATB Financial; Kira Jaremco

Science 10 - Vermilion Veterinary Clinic; Olivia Elder & Kira Jaremco

Science 14 - Vermilion Credit Union; Ella Power

Social 10-1 - J.R.Robson Social Studies Dept.; Olivia Elder

Social 10-2 - Vermilion Credit Union; Dustin Teasdale

Grade 10 Honors



#### Grade 11

Art 20 - Vermilion Art Club and Delta Art & Drafting; Amaya Myhovich

Biology 20 - TD Canada Trust; Alexandra Polishuk

Chemistry 20 - Ferbey's Sand & Gravel: Alexandra Polishuk & Emma French

English 20-1 - Cornerstone Co-op; Korey Hemauer

English 20-2 - College Park Motors; Brady Nelson

Math 20-1 - Vermilion Credit Union; Alexandra Polishuk

Math 20-2 - Stewart Realty; Keysha Strinia

Math 20-3 - Vermilion Credit Union; Connor Johnson

Physical Education 20 - TD Canada Trust; Deyton Selte

Physics 20 - Advantage Insurance and Investment Advisors Inc.; Alexandra Polishuk

Science 24 - Vermilion Credit Union; Cheylyn Kochan-Erdman

Social 20-1 - AG Foods; Haley Tovell

Social 20-2 - Vermilion Credit Union; Almotawakil Suliman

#### Senior High Awards

Grade 10-11 Citizenship Male - Webb's Machinery; Kolten Sheppard

Grade 10-11 Citizenship Female Webb's Machinery; Alexandra Polishuk Most Improved Student - Pirate Crew Student Leadership Association; Jason Trivett

Senior High Best Female Athlete in School Sports - Vermilion Jeweler; Alexandra Polishuk

Senior High Best Male Athlete in School Sports - The Co-operators; Brenton Romanchuk & Landon Reiniger

#### W.J.McGinnis Scholarship

Open to industrial arts students from grades 7 - 12 both male and female, for outstanding performance.

Awarded to Devton Selte & Emma French Spirit of J.R. Robson Award - Monique Hart; this Award is given to the student, staff or community member, who best displays the qualities of a Marauder: a person who has a fighting spirit of the high seas, maintains the integrity of the ship that is J.R. Robson, displays positive school spirit, pushes themselves to the limits of their potential and is an ambassador of goodwill for the school. Awarded to: Kora Smith

#### Grade 12

Art 30 - Vermilion Art Club and Delta Art & Drafting; Holly Arychuk

Art 31 - Monica To; Caitlyn Arychuk

CTS Industrial Education 20/30 -Webb's of Vermilion; Zade Rodh & Kay-

# Awards Night 2022

min Nelson

**Becky Scott English 30-1** - County of Vermilion River; Madison Tovell

**Becky Scott English 30-2** - County of Vermilion River; Connor Gould

**Biology 30** - Vermilion Eye Center; Madison Tovell

**Chemistry 30** - CIBC; Hunter L'Heureux

**Math 30-1** - Preston Community Association; Madison Tovell

**Math 30-2** - Western Financial Group; Cole Teasdale

Math 30-3 - J. R. Robson School; n/a

**Math 31** - Northern Lights Realty; Madison Tovell

**Physical Education 30** - MACK Clothing; Clay Bryden

**Physics 30** - Shopper's Drug Mart; Landon Reiniger

**Social 30-1** - Vermilion Legion; Madison Tovell

**Social 30-2** - Cartwright Family; Alexandra Polishuk

**Science 30** - TD Canada Trust; Owen Campbell



Senior High Awards (Grade 12 Winners) Community Closet Society of Vermilion Scholarship Each year the staff will select two grade 12 students, who best meet the following criteria: shows unselfish concern for the welfare of others, provides positive leadership within the school, shows respect for, and is respected by the staff and students.

Awarded to: Landyn Herzog & Lemonee Kostynuk

**William and Alice Scarfe Memorial Scholarship** This scholarship is established in memory of William and Alice Scarfe, early settlers in the Vermilion district. Alice was formerly a teacher at Island Hill School. The award is to be presented annually to a graduating student who best fits the following criteria: enrolled in post-secondary education in the field of science, medicine or nursing intending to do cancer research or enrolled in post-secondary education in the field of science, medicine, nursing or related medical field.

Awarded to: Maren Abuzukar

#### **Rotary Club of Vermilion Award**

Winners may be selected based on the following criteria: participation in Rotary Youth and/or other Exchange Programs, participation in activities that provide service to others, programs that strengthen school and/or community, actively promote goodwill toward others.

Awarded to: Maren Abuzukar

#### Cecil Quickstad Memorial Scholarship

is awarded to a grade twelve student who has obtained at least 15 work experience/RAP credits during his/her high school years. The student also displays good work ethic, citizenship and community spirit.

Awarded to: Ashlyn Duchak

**A.T.A Award** - Presented to the two Grade 12 students with the highest academic average.

Awarded to: Madison Tovell, Maren Abuzukar & Ziqi Shang

**Governor General Award** - Given to the student with the highest academic average in Grade 12.

Awarded to: Madison Tovell





**BTPS FOUR YEAR EDUCATIONAL STAKEHOLDER ENGAGEMENTS** 

To create our next Four Year Education Plan for 2023-2027, BTPS is hosting five stakeholder engagements in January and February. Four will be in person and one will be online. These sessions will allow all BTPS stakeholders, including parents/guardians, teachers, staff and education stakeholders across the division to meet and discuss future priorities for our Four Year Plan. At these sessions, you will have the opportunity to share strengths and wishes for our division as we gather input to set priorities for the next four years.

# **DATES**

Wednesday, January 18, 2023 | 6:30 - 8:00pm | Provost Public School Thursday, January 19, 2023 | 6:30 - 8:00pm | Wainwright Elementary School Wednesday, January 25, 2023 | 6:30 - 8:00pm | Kitscoty Elementary School Thursday, January 26, 2023 | 6:30 - 8:00pm | Vermilion Elementary School Wednesday, February 1, 2023 | 6:30 - 8:00pm | ONLINE SESSION LINK WILL BE SHARED THROUGH YOUR SCHOOL

WE HOPE TO SEE YOU THERE!



# JR Robson International Field Trip 2024

## When would we go?

• Easter Break 2024 - Friday March 29 to Sunday April 7, 2024

## Where can we go?

- We can travel to any country that does not have a travel advisory from the Canadian government against travel (ie: *avoid non-essential travel OR avoid travel advisories*)
- For current Canadian government travel advisories, go to <u>travel.gc.ca/travelling/advisories</u>

## Who can go?

- Current students, staff, and parents of students from any BTPS school can participate as travelers
  - Students younger than grade 10 would require at least one parent to chaperone them on the trip
  - Parents must provide a current criminal record check and vulnerable sector check
- Former students who have graduated from JR Robson can also participate as a traveler (must provide a current criminal record and vulnerable sector check)

## How much would it cost?

- Depending on the destination, it would cost approximately between \$3500 to \$5000 per student or \$4000 to \$5500 per adult + cost of additional insurance, spending money, and other incidental costs
  - Recent quotes from Explorica valid until December 4th, 2022
    - Costa Rica: \$3256 per student / \$3696 per adult
    - London, Paris, & Berlin: \$4354 per student / \$4794 per adult
    - Tokyo, Kyoto, & Osaka: \$4942 per student / \$5337 per adult
- All travelers are responsible for paying their own cost of traveling. Group fundraising is encouraged.



If you are interested in participating in a 2024 international field trip, **scan the QR code to the left with your phone** - this will take you to a Google form which you can complete and submit to plan our destination

Please come to a planning meeting on **Wednesday December 7 at 6:30 pm** at JR Robson School.

Students must bring parents to the meeting if interested in traveling on the field trip.

Any questions please contact Mr. Maier (<u>lorne.maier@btps.ca</u> / 780-853-4177)





*Office of the Minister MLA, Red Deer-North* 

November 24, 2022

#### Letter to Parents - Ensuring access to education for all students

Dear Alberta parents and guardians:

We know we have asked a lot of you in the past couple of years. Since March 2020 parents and families have been told with little to no notice that students would be required to move to learning at-home or online. We have heard first-hand from students, parents, and teachers that learning disruptions over the course of the past couple of years have impacted the mental health and wellbeing of students, significantly impacted learning development, and has placed financial burdens and additional stress on working parents and families.

In recent months, parents have approached our office with uncertainty and questions, concerned that their child's education may once again be impacted by transitions to at-home learning. School authorities have sought clarity related to their ability to bring in health measures that may limit access to education, given there are currently no health orders to support these decisions. Today I have announced new regulation, effective November 24, 2022, that will protect student's access to in-person learning. This includes:

- Ensuring access to in-person learning for grades 1 to 12 students despite any instances of operational issues caused by rates of student and/or teacher absenteeism.
- Affirming that a student cannot be denied in-person education by their school authority due to their personal decision to wear or not wear a mask. This applies to all students.

We know that all Alberta families are facing increased costs due to rising inflation affecting mortgages, fuel costs, electricity, heating and food. These changes will ensure parents can continue to work to support their families without the added burden of finding and paying for childcare during the school day.

This will also ensure that all students have access to specialized supports provided in a school environment. We know that isolation in recent years has increased youth mental health issues and that these students need access to supports provided at school.

Our teachers have worked hard to ensure students who may have fallen behind grade level due to the instability in learning environments have the additional supports they need in the classroom. By protecting in-person learning students will be provided with stability.

As has always been the case, the *Public Health Act* provides the overarching direction on all public health matters, and it would continue to prevail over the *Education Act* and associated regulations in a future public health emergency.

We hope that with this new regulatory change comes more predictable and stable circumstances, an increase in the mental wellbeing of our students, and the preservation of in-person quality learning opportunities for students.

Sincerely,

These

Adriana LaGrange Minister of Education

# Addiction & Mental Health News

#### Increase your joy during the holidays

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

> **Tips to help your children feel joy** These practices can lead to greater joy during the holiday season and at any time:

**Gratitude:** pay attention to what you are grateful for.

**Mindfulness:** focus on the breath while noticing what is happening in the moment with a kind and caring heart.

**Compassion:** notice when others are going through challenging times and take positive steps to help them. Awaken Joy in Kids - Greater Good Berkeley

#### Increase your joy through mindfulness

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

Practicing Mindfulness | CMHA

Increase joy through self-care practices Tips to increase your joy during the holidays and sustain you through tough times:

- Sleep: helps your body and brain work at their best.
- Activity: releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- Eat Well: helps you feel healthy physically and mentally.
   Self-Care | CMHA

# MORE RESOURCES

stress-and-your-health.pdf (alberta.ca)

Help in Tough Times | Alberta Health Services

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





# Caregiver Education Team Newsletter December 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Lunch & Learn Sessions

## **Mindfulness**

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

**Part 1:** Tuesday, December 6 12:00 – 1:00 pm

**Part 2:** Tuesday, December 13 12:00 – 1:00 pm

## Evening Education Sessions

## Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday, December 14 6:00 – 7:30 pm

## Participant Feedback

*"Love the ease of online sessions! Thank you."* 

"These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance



AMH Education Services Addiction & Mental Health Edmonton Zone

# Lunch & Learn Sessions



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

# Mindfulness Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

## Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm For adults, and parents and caregivers of children and youth grades K-12; <u>for adults only.</u>

## Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm For adults, and parents and caregivers of children and youth grades K-12; <u>for adults only.</u>

## December 2022

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

## Participant Feedback:

"Great session. Lots of info and helpful tips."

"I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.

*"Lunch hour worked well for me."* 



AMH Education Services Addiction & Mental Health Edmonton Zone

# Evening Education Sessions



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth.

# **Understanding Autism**

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

## Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm For parents and caregivers of children and youth grades K-9; <u>for adults only.</u> December 2022

## **Registration:**

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

## Participant Feedback:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



AMH Education Services Addiction & Mental Health Edmonton Zone