



Marauder News

Marauders: Explore, Create, Achieve.

Principal's Corner

On April 26 we will have our last Parent Advisory Council meeting for the year via ZOOM at 7:00 pm. At this meeting we will be reviewing our Grade 12 Commencement Ceremony document. The March PAC meeting minutes are posted to the JR Robson website.

Our last Parent-teacher phone interview night is on April 15th. Remember that you can book an interview with a teacher through our website. If you have any questions about the process please contact the office.

Most of our students have pre-registered for their courses for next year. I will begin the timetabling process in April based on course requests by the students. If your student has yet to register please have them do so asap as I use the pre-registration information to determine number of course offerings, number of distributive learning courses, etc.

We are coming up to a much needed break for staff and stu-

(Continued on page 2)

Around the School



Students and staff were treated to a pancake breakfast on March 31 before the Easter Break. (We had leftover supplies from our annual Christmas breakfast to use up.)

March 31, 2021

J. R. Robson High School

5102 – 46 St.
Vermilion, AB
T9X 1G5

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Our Spring Fundraiser is now live



Please see order form at the end of this newsletter!

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

dents. Everyone has worked very hard this year, overcoming many limitations and obstacles. The high level of resilience that everyone in our school has developed has been amazing. Well done to all students and staff. Unfortunately left on the outside looking in is our parents. I know in talking to parents on the phone many of you miss being able to come into the building to attend events or meet with teachers. We all miss that here too. Thus the reason that I encourage parents to take the Easter break as a time to connect with your student and maybe try doing something with them you have never tried before; and it does not have to be extravagant or elaborate. It may be as simple as checking out the trails at the Provincial Park. Keep them busy, keep them active over Easter. It will do their overall health a world of good.

Have a great Easter everyone.



Yearbooks

You need a
yearbook!
(just sayin'...)

Yearbooks featuring the current school year will be for sale online very soon! This hard-cover book will be 68 pages of full color and at a price of \$40

per book. Parents and students will be emailed the link to order online. Paper forms for cash or cheque payments will be available at the office too.

There are also a handful of extra 2019-2020 books that can be purchased at the office for \$40.

Mental Health Mindfulness

The Benefits of Mindfulness

Scholarly research finds that mindfulness practice decreases stress and anxiety, increases attention, improves interpersonal relationships, strengthens compassion, and confers a host of other benefits. Below is a summary of research findings on the benefits of mindfulness particularly relevant to educators.

Improved Attention

Numerous studies show improved attention, including better performance on objective tasks that require an extensive concentration span.

Emotional Regulation

Mindfulness is associated with emotion regulation across a number of studies. Mindfulness creates changes in the brain that correspond to less reactivity, and better ability to engage in tasks even when emotions are activated.

Greater Compassion

People randomly assigned to mindfulness training are more likely to help someone in need and have greater self-compassion.

Reduction of Stress and Anxiety

Mindfulness reduces feelings of stress and improves anxiety and distress when placed in a stressful social situation.

Benefits for Students

Studies find that youth benefit from learning mindfulness in terms of improved cognitive outcomes, social-emotional skills, and well-being. In turn, such benefits may lead to long-term improvements in life.

Shapiro SL, et al. *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*. 2nd ed. Washington, D.C.: American Psychological Association; 2017

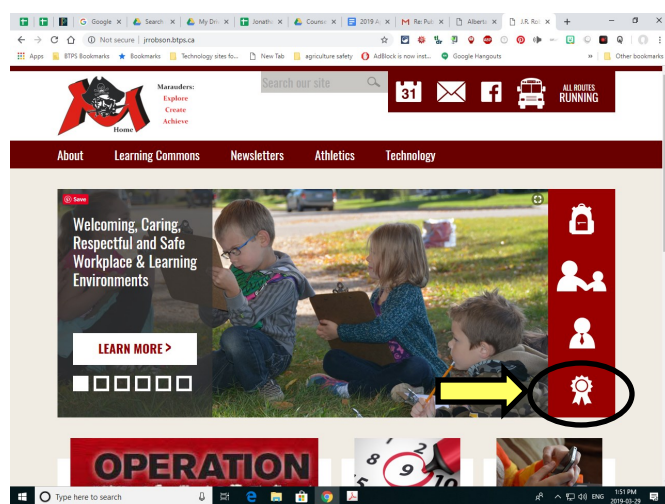
Submitted by Tanya Laye, your school's Social-Emotional Coach. If you'd like further information or have any questions, please contact your school's SEC to follow up.

Counsellor's Corner

Happy Easter! Hope you are able to get outside, relax and enjoy the sunshine. Between long weeks in March and COVID, we know your patience has been stretched. Take this week of Easter vacation to recharge your batteries.

For Grade 12 students, Student Loan applications are found online starting in early May. Use this link to access the website: <https://studentaid.alberta.ca/>. **The Alexander Rutherford applications are also available on this website. In order to receive funding you must apply at least one month prior to your attendance at a post-secondary institution.** If you take a year or two off before attending post-secondary school, as long as you qualify, the funds are available to you, so make sure you apply. For information on how to apply, use this website <http://studentaid.alberta.ca/>. Students who have created an Apply Alberta login are encouraged to use your **PRIVATE email address** as your school address will disappear after June 2021. The same login, password and email will be used to apply for your Rutherford Scholarship and Student Loan site so use one that is familiar to you, hopefully you will remember the password.

For **Scholarships applications** - please check on our school website. Use the **white first place ribbon** to access all of the scholarships we are aware of.



Registered Apprenticeship Program (RAP) Scholarships are also available through the Alberta Scholarship Program. More information on how to apply for these scholarships are available here: <https://tradesecrets.alberta.ca/financial-assistance/scholarships/high-school-apprenticeship-scholarships/>

Parent-Teacher Interviews: interviews will be conducted through phone calls on April 15, 2021 from 4:30 - 7:30 pm. If you wish to speak with a particular teacher, please see the school website to sign up with the required teacher.

Grade 9, 10 and 11 Students: Registration for the 2021-2022 school year is online this year. Mrs. Polishuk and myself (Mrs. Hart) have sent out the links to the student email accounts. Parents are asked to review their child's course selections and have the registration completed by April 1, so we can begin the timetable scheduling process. Please remember the timetable is built around your course selections, so you will need to make your selections wisely. Assume you will not be able make any timetable changes once you select a class. If you or your parents have questions regarding registration, please do not hesitate to contact Mrs. Polishuk nicole.polishuk@btps.ca or Mrs. Hart monique.hart@btps.ca via email or phone 780-853-4177 to ask questions.

For students enrolled in Work Experience, RAP or Green Certificate, please continue to submit your hours, any midterm and final evaluations you may have to complete.

Your VIBE coach, Ramona is here and willing to work with students at lunch time. She would love to make more connections with you. She is here on Tuesdays and Thursdays. Look for her and say HI.

(Continued on page 4)

Counsellor's Corner Con't

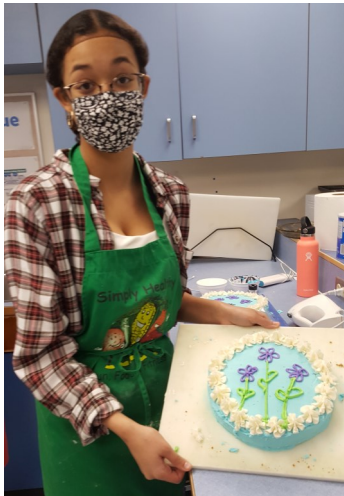
As I write this newsletter piece this month, this particular quote is resonating with me:



Life is too short to
wake up in the morn-
ing with regrets,
so love the people who
treat you right, forgive
the ones who don't and
believe everything hap-
pens for a reason.
If you get the chance,
take it.
If it changes your life,
let it.
Nobody said it would
be easy,
they just promised it
would be worth it.

Dr. Seuss

Marauders Create



Sumiah Prill
shows off the
cake she
decorated in
Foods class.

Hannah
Dyjur sewing
scrunchies
in Multime-
dia class.



Scholarship Highlights

Cornerstone Co-op Spirit of Youth Scholarship

Applications are open for 2021 and we'd love to see as many applications as we can from Buffalo Trail Schools in Vermilion, Wainwright, Provost and areas. It's not just academics, but community service as well.

<https://www.cornerstoneco-op.crs/sites/cornerstone/local/detail/2021-cornerstone-co-op-spirit-of-youth-scholarships>

Dave Donley Memorial Scholarship Opportunity

Open to all Canadian post-secondary students who have been accepted or are attending a postsecondary institution in Canada in an information technology or computer studies program. The student can be enrolled in any year of study at a university, college or technical school.

Criteria

1. Demonstrate a passion for information technology or computer programming
 2. Demonstrate the ability to problem solve through creative thinking
 3. Demonstrate an enthusiasm to help others
- <http://jrrobson.btps.ca/documents/general/DaveDonleyMemorialScholarships.pdf>

Lions Legacy Scholarships

The Vermilion Lions Club is sponsoring two scholarships, one for JR Robson High School and one for St. Jerome's School

Scholarships will be awarded to students who:

- ◇ Live in Lions Multiple District C (Alberta)
- ◇ Have or will have graduated from Grade 12 at the time of presentation and have acceptance at a post-secondary institution of one or more years of study leading to a certificate or degree.
- ◇ Demonstrate a commitment to humanitarian causes and exhibit the Lions' service-oriented philosophy by actively volunteering in their communities.

For more information and application form, follow the link below:

<https://www.e-district.org/sites/albertafoundation/page-9.php>



• PRESENTS •

SUPPORTING 2SLGBTQ+ YOUTH

Join Michael from The altView Foundation on May 7th from 1-2pm for a presentation and Q&A online via Zoom to help you understand why and how to support LGBTQ+ students. Please email pat.calyniuk@btps.ca or Ariel.Haubrich@btps.ca to register for the Zoom link.

40%

LGBTQ+ youth with 1 or more supportive adults were 40% less likely to attempt suicide

33%

A third of LGBTQ+ students missed at least one day of school in the past month for feeling unsafe.

75%

Three-quarters of LGBTQ+ students heard homophobic language in school often.

17%

17% of LGBTQ+ students reported having changed schools due to safety concerns.

9%

Less than a tenth of LGBTQ+ students said school staff frequently intervened when students used homophobic remarks.

42%

Only 42% of students could identify more than 10 supportive school staff members, a factor directly linked with feeling safe.

References: <https://www.thetrevorproject.org/2019/06/27/research-brief-accepting-adults-reduce-suicide-attempts-among-lgbtq-youth/>

https://www.glsen.org/sites/default/files/2020-10/NSCS-2019-Executive-Summary-English_1.pdf

REGISTER FOR FREE ART KITS

FREE ART KITS & MENTAL HEALTH RESOURCES

Pick up times: Tuesday May 4th to
Thursday May 7th

3:30 p.m. to 7:30 p.m.

School of Hope (East Entrance)
5212 Railway Avenue, Vermilion

VIBE believes creativity is important. In lieu of our in-person Mental Health Art Gala during mental health week (May 3rd to 7th), we are offering free art kits and resources for families to pick up from us.

To register to pick up free art kits for your family click the link and fill out the google form:

<https://forms.gle/3XkqoC22mUkYeFFd9>

**Deadline to register for free art kits:
FRIDAY APRIL 23rd, 2021**

In partnership with:



County of Vermilion River FCSS
Village of Kitscoty FCSS
Village of Marwayne
Mannville, Minburn, Innisfree FCSS
Town of Vermilion FCSS



5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

MORE RESOURCES

www.ahs.ca/helpintoughtimes

www.ctrinstitute.com/blog

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





STAKEHOLDER ENGAGEMENT 4 YEAR PLAN

Online Educational Stakeholder Engagement

Tues, Apr 6

Mon, Apr 12

Wed, Apr 21

Thur, Apr 29

Educational Stakeholders are encouraged to attend a meeting that best fits their schedule. Each evening will be online from 7 - 8 pm. Join us at the following link: <https://bit.ly/39aFhUH> or use the QR Code above.

BTPS continues to reach out to educational stakeholders providing assurance of the educational program and to share results and seek input on direction.

The purpose of this engagement is to:

- ◆ Share with stakeholders the highlights of the Year One report.
- ◆ Identify strengths and challenges moving forward.
- ◆ Identify a priority domain to direct planning for 2021/2022.

We hope to see you online and share the exciting work of BTPS's staff and students!

Buffalo Trail Public Schools is committed to maximizing student learning, in a safe and caring environment, supported by a highly effective team.

2021

Spring Order Form

Orders Due:

Plant Pick-up:



\$32
12" Premium Hanging Baskets
Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. There are a variety of mixes/colours.



\$32
12" Premium Patio Planters
All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a spring patio or backyard paradise.



\$25
12" Strawberry Basket
A kid favourite! Enjoy fresh strawberries all summer long. Ever bearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!



\$35
10-pack 4" Succulents
Fast-growing in popularity, succulents are versatile & low maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the echeveria, sedum, sedeveria and senecio families. *Duplicates & substitutes may occur.*



\$30
10-pack 4" Herbs
An assortment of our finest herbs! Varieties include:
-Basil (Sweet) -Mint Mojito
-Basil (Thai) -Peppermint
-Thyme -Oregano
-Chives Onion -Parsley
-Chives Garlic -Rosemary
Duplicates & substitutes may occur.



\$30
10-pack 4" Veggies
Grow your own food this year in a garden or planter box! Varieties include:
-Tomatoes x 4 -Cucumber
-Zucchini -Peppers x 2
-Kale -Romaine
Duplicates & substitutes may occur.



\$35
10-pack 4" Zonal Geraniums
These easy to grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits.
Colours: Red, White, Pink
Cannot mix & match colours in a flat



\$35
10-pack 4" Wave Petunias
The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes and hanging baskets.
Colours: Purple, White
Cannot mix & match colours in a flat



\$28
10-pack 4" Marigolds
Marigolds add a pop of colour and brightness to enjoy all season. Excellent companion plants for many vegetables!
Colours: Orange

**Collection days for paper orders will be April 14th and 23rd.
Please see order form attached.
Delivery will be May 17th**



Product mixes, plants used and materials vary. Item received may not be exactly as shown. Substitutions may occur.



Orders can be placed through a student or online through our website:
<https://jrrobsonhighschool.growingsmilesfundraising.com/home>
 Collection days for paper orders will be April 14th and 23rd
 Delivery will be May 17th



Student: _____ Classroom: _____

Name and Phone Number	12" Hanging Basket \$32	12" Patio Planter \$32	12" Strawberry Basket \$25	10 Pack 4" Succulents \$35	10 Pack 4" Herbs \$30	10 Pack 4" Veggies \$30	10 Pack 4" Geraniums \$35			10 Pack 4" Wave Petunias \$35		10 Pack 4" Marigolds \$28	Total Cost
							Red	Pink	White	White	Purple		

Thank you for supporting our fundraiser!! We can only accept **cash and cheque** for paper orders. Please make cheques payable to J. R. Robson.