



January 8, 2021

**J. R. Robson High
School**

5102 – 46 St.
Vermilion, AB
T9X 1G5

Phone: 780-853-4177
Fax: 780-853-2920

Principal's Corner

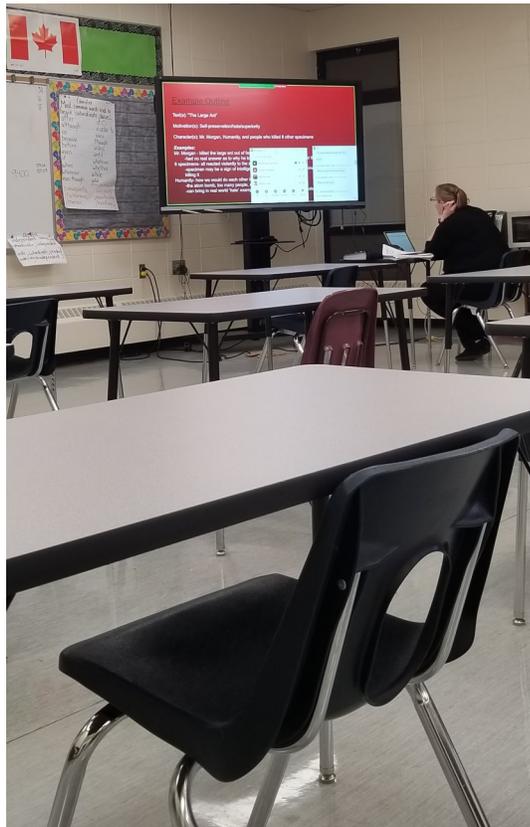
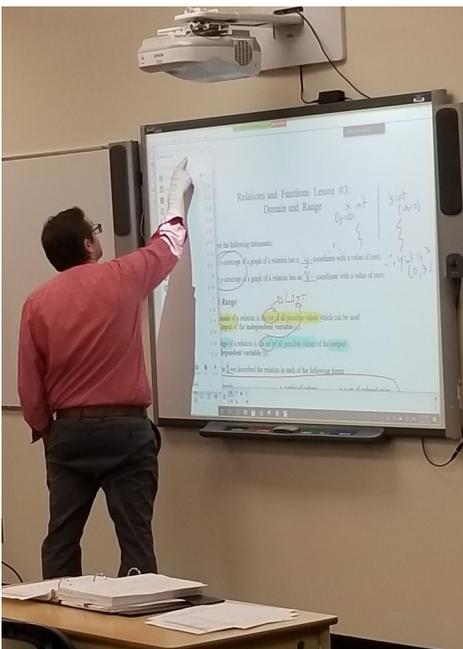
I hope everyone had a relaxing and enjoyable holiday break and are ready for 2021. As of now we fully expect all students back in class on January 11. The weeks to follow will be busy, especially in high school as we wrap up Semester 1. I want to reassure students and parents that we have a learning plan in place to support all students who may have had struggles dur-

ing the four weeks of at-home learning. Mrs. Barnes has returned and will work with junior high students who need further help in finishing assessments during the month of January. In addition, high school students will be given support by their subject teachers or Mrs. Barnes to finish or improve the mark of already completed projects

(Continued on page 2)

Around the School

Online teaching with
Mr. Atkinson and
Mrs. Boulay.



In this edition:

- Principal's Corner 1
- Around the School 1
- Principal's Corner Con't 2
- Scavenger Hunt 2
- Hot Lunch Sign Up 2
- Counsellor's Corner 3
- Counsellor's Corner Con't 4
- Mental Health Tips 4
- Work Stress Life Conference 5
- Mental Health News 6
- Senior High Final Exams 7

WELLNESS TOGETHER
Canada

<https://ca.portal.gs/>

Mental Health and
Substance Use Support

Website:
irrobson.btps.ca
School Calendar
<http://irrobson.btps.ca/Calendar.php>
Facebook:
<http://www.facebook.com/JR-Robson-School-613941298627779/>



Principal's Corner Continued

or assignments. Students need to consult their subject teacher about re-doing or improving these assessments. We are targeting the days through final exam week for subject teachers to be available to provide that extra help. I want to reassure everyone that the at-home learning will not disadvantage any student from completing their work to the best of her/his ability. With all of the learning challenges we have encountered over the past nine months, I really want to commend the students and staff for their resilience and positivity to work through whatever has been thrown at us. It is through times like these we realize, and need to appreciate, the strong educational system we have in place.

In the very near future a new and improved JR Robson app will be available for download to your cell phone. It will be easy to navigate through and access information quickly. Stay tuned. We have also launched an on-line hot lunch order form for each month. Look for the link on the right, on our website and on our app.

Welcome back, Mrs. Barnes! She had fun doing a photo scavenger hunt around Vermilion before the Break.



Students had to identify her location.

Hot Lunch Program

As we get ready for the start of 2021, J.R. Robson School has a new way of ordering hot lunch. All orders will be completed online through HotLunches.net to ensure accuracy and to make the process easy for everyone.

Here's how to get started...

- Go to jrr.hotlunches.net
- Click on "Click Here to Register"
- Enter Access Code JRHL
- Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines, and your child's hot lunch order for the upcoming week)
- Click the "Register Now" button at the bottom
- Follow the instructions to add each child in your family who attends J. R. Robson School. Once your child(ren) are registered, click on "Orders"
- Proceed to order hot lunch for your child(ren)

Payment:

At this time we are accepting cash and cheque payments only. Please make sure to print the remittance form and return it along with your payment to the school on January 11.

The hot lunch online order system requires a small amount of setup time at the beginning as you must register each child you have attending our school prior to ordering hot lunch. Once the initial setup process is complete, your hot lunch orders for the remainder of the year should be quick and simple.

****Please Note: No orders will be received after the monthly order deadline.**

The order deadline for this month is Jan 8, 2021

HOT

LUNCH

Counsellor's Corner

As we say goodbye to 2020 it has been a learning experience and you are living history. When you are a grandparent, you will tell the story of your COVID19 experience. Covid19 has taught you to be resilient! You have adapted to online learning, spent time with family, sanitized, practiced wearing a mask, learned how to ZOOM/Google Meet friends &/or extended family (maybe even taught a grandparent how to use their technology), and gained confidence in your ability to cope with adversity. 2021 provides each of us with an opportunity to make 12 new chapters and 365 days of new experiences. Ready or not, 2021 is here, so make the most of those experiences.

Grade 12 news:

- ⇒ Diploma exams are scheduled to begin on Monday & Tuesday, January 11 and 12. Please clarify with your post-secondary institution prior to making the decision to “opt out” of the diploma portion of your course. Get confirmation from our post-secondary institution, *in written format*, clarifying their position on writing diploma exams.
- ⇒ Please notify the school of your intention to write or not write the diploma exam. A form from the office was sent to students to clarify your decision with regards to diploma exams. Please complete and return to the school.
- ⇒ If you are struggling with applications to post-secondary schools, please see Mrs. Polishuk if you need assistance.
- ⇒ Please remember to use your own email account -- not your Buffalo Trail Account for any post-secondary applications, scholarship or financial aid sites.
- ⇒ For Alexander Rutherford Scholarships - application is 1 month prior to attending. For student loan applications start in the spring if you are attending a post-secondary school in the fall. For both applications please go to <https://studentaid.alberta.ca/>
- ⇒ Make sure you have an active MYPASS account. This is where you will receive your diploma examination marks and some post-secondary schools are requesting in-

formation that can only be generated from an active MYPASS account. Students who may select a rewrite option will do this in their MYPASS account. So please enroll today. <https://public.education.alberta.ca/PASI/myPass/Welcome/Index> Once you begin your login in process there will be a password generated and sent to you via Canada Post mail. Please make sure to check your mail regularly as this password is time-sensitive.

- ⇒ There are many scholarships available to students. Go to the J. R. Robson APP bit.ly/JRRAPP or website <http://jrrobson.btps.ca/Scholarships.php>.
- ⇒ Please check your school email for information bulletins regarding commencement plans and updates.

Timetable changes: The end of January marks the completion of the first semester. The J. R. Robson timetable was created based on student demand, so the opportunities to switch classes may be challenging. With this in mind, if you require a timetable change for second semester, please contact Mrs. Polishuk or Mrs. Hart during exam week to check out the possibilities, as we like to have students begin semester 2 in the right classes.

To our students working from home: You have chosen to work from home this school year and we wanted to say, “Hello!” and remind you we are missing you and look forward to your return to school. Please contact Mrs. Polishuk (grades 8, 10, 12) or Mrs. Hart (grades 7, 9, 11) if you have questions or concerns about returning to regular classes at J. R. Robson. We miss you and look forward to the day when we can all be together again. For students who are taking **Students On-Line courses**, all course material needs to be handed in on January 11, to be transported for marking and back for study purposes. All exams must be written by January 15 to ensure marks are recorded on report cards at the end of the semester. If you will be unable to meet these deadlines, you need to talk to Mrs. Polishuk to make alternate arrangements.

(Continued on page 4)

Counsellor's Corner

For **grade 11 students**, who are still searching for a career path, the **Strong Interest Inventory** is a tool we use to assist you on your career planning journey. Please see Mrs. Polishuk, Mrs. Hart or your VIBE Coach Ramona for more details on how to access this resource.

For **Work Experience students** please make use of the online format which has been created to make the evaluation of work experience easier for all. Please see Mrs. Scully or Mrs. Hart if you need additional help getting started in the online environment.

A copy of the **Final Exam Schedule** is attached to this newsletter. Preparing for final exams is a stressful experience and can create a lot of anxiety. Here are some **Quick study tips**:

- * Have a place to study. Avoid studying in your bed, have a desk or table where you can study
- * Take frequent breaks. Work for 15 minutes, take a 5 minute break
- * Have all materials you might need to study -- make a basket with necessary study items (pens, pencils, markers, highlighters, post it notes, cue cards, etc.)
- * Study a little every night to prepare for your upcoming exams
- * Attend review sessions or complete review booklets

- * Get plenty of rest
- * Stay hydrated and eat nutritional foods
- * Put away all electronic devices that may be a distraction
- * On test day:
 - ◆ Practice mindfulness strategies to calm you
 - ◆ Deep breathing
 - ◆ Chair yoga
 - ◆ Visualize a positive result
 - ◆ Use positive self talk -- "I think I can!", "I got this", "I know the material, I am ready!"
 - ◆ Do all the questions you know first
 - ◆ Look for answers within the test itself

Junior High news:

- Not a lot changes for you as the semester comes to an end. You still have the same core classes but your options classes will change.
- Mr. Peterson will be leaving us at the end of the first semester and Mrs. Barnes will be back in her role in junior high math/science. We want to thank Mr. Peterson for sharing his knowledge with us and at the same time welcome Mrs. Barnes back to the classroom

Your timetable may change slightly

Mental Health—Coping Skills

Coping is something we all do, whether we do it consciously or without thinking. Each one of us goes through times when we need to cope with a difficult situation.

There are two types of coping skills:

- **Positive coping skills** allow us to work through stressful/difficult situations. Examples of positive coping skills include, but are not limited to, deep breathing, exercise, connecting to a trustworthy adult or spending time doing something of enjoyment.
- **Negative coping skills** often make the situation more stressful and can include

partaking in risky behaviors - misusing drugs/alcohol, dangerous driving, as well as engaging in self-harm or self-injury.

The SEC program is able to help students by teaching them how to use positive coping skills.

Information has been adapted from <http://teenmentalhealth.org>

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.

5th Annual Work Stress Life Conference

Mental Health & Wellness

Wednesday, January 20, 2021

FREE EVENT ~ Virtual Format

Virtual Mental Health and Wellness conference on Wednesday, January 20, 2021. This is a mental health learning opportunity for anyone who wants to register. You must preregister even though there is no fee for this online conference. It is sponsored by Walking Through Grief Society, County of Vermilion River FCSS, and Town of Vermilion FCSS.

Please review the Vermilion Chamber of Commerce link below for the speakers, sessions, and registration. The speaker line-up and sessions are as follows:

Live Schedule January 20:

8:35 - 10:20 am Ariel Haubrich - Your Brain and Stress

10:30 - 12:15 pm Andrew Jensen - A professional golfer talking about his depression experience

12:45 - 2:30 pm Do More Ag Foundation - Mental well-being in the agriculture industry

2:40 - 4:40 pm Dr. Jody Carrington - Relationships



Dr. Jody Carrington



Do More Ag Foundation



Andrew Jensen



Ariel Haubrich

All four speakers will be recorded and once registered; you will be able to view the sessions whenever you prefer on zoom for two weeks after the live conference date (ie. February 3, 2021).

Thank you to our Sponsors

Family & Community Support
Services (FCSS) from:



To register go to the online event calendar of the Vermilion & District Chamber of Commerce:

<https://vermilionbertachamber.com/online-event-calendar/#id=131&cid=1648&wid=501>

What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

Subscribe to Text4Hope
Text **COVID19HOPE** to **393939**

MORE RESOURCES

<https://greatergood.berkeley.edu/>

search: Hope

<https://kidshelpphone.ca/>

search: Fostering Hope

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



At the current moment, this is the final exam schedule for students at JR Robson in grades 10-12. Please be advised that the Government of Alberta's response to Covid-19 and further directions from Alberta Education may affect the schedule. Diploma Exam dates will not change as they are set by Alberta Education. Further communication will be provided if changes to the grades 10-11 final exams are made.

Date	Exam
Monday Jan 11, 2021	English 30-1/ 30-2 Part A Diploma
Tuesday Jan 12, 2021	Social 30-2 Part A Diploma
Last day of regular classes for grade 12 students: Tuesday Jan 19	
Wednesday Jan 20, 2021	Math 30-1 Diploma
Thursday Jan 21, 2021	English 30-1/ 30-2 Part B Diploma
Last day of regular classes for grades 10 and 11 students: Thursday Jan 21	
Friday Jan 22, 2021	Social 30-2 Part B Diploma Math 10-3/20-3/30-3 Social 10-1 English 10-1 Chem 20
Monday Jan 25, 2021	Bio 30 Diploma English 20-1 Science 10 Science 14/24 Math 10C
Tuesday Jan 26, 2021	Social 20-1/ 20-2
Wednesday Jan 27, 2021	Physics 20
Thursday Jan 28, 2021	Science 30 Diploma