



Principal's Corner

As you are now well aware, on November 30th all Grades 7-12 were directed to return to at-home learning until January 11th, 2021. This time around however is much different. Our high school courses will continue as is, with full synchronous instruction. While Diploma exams are optional and up to the parents and students if they wish to write them, that said we have to anticipate students will write the Diploma exams and so we must move on to full completion of the courses to best prepare the students who do choose to write. Our final exam schedule for students in

Grades 10-11 has been released as well. Junior high grades have had their schedule modified somewhat, but are still receiving synchronous instruction for most of the day. I encourage parents to reach out to your student's teachers if you have questions or concerns. We are doing our best to accommodate and provide the best learning environment we can at this time.

At our November PAC meeting VIBE coach Ms. Ramona provided a presentation to parents that explained VIBE's educational role with our stu-

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Around the School

Industrial Arts students' woodworking projects.



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WELLNESS TOGETHER
Canada

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

Mental Health and
Substance Use Support

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 around cyber safety. We will post the recorded presentation to our website shortly.

We know that this is meant to be joyous part of the year, a time of celebration and sharing with family and friends. We also know that it can be a difficult time for students as well. I just want to make everyone aware of the resources that are available if needed.

⇒ [Help in Tough Times](#)

⇒ **Mental Health Helpline:**

Phone: 1-877-303-2642

⇒ **Kids Help Phone:** 1-800-668-6868

Of the long standing traditions at our school has been the student and staff Christmas breakfast on the last Friday before Christmas break. When we were informed on November 24 that at-home learning would start November 30th, Mrs. Hart decided she did not want this tradition broken, knowing that this is one of the highlights of the school year for students. With only three days to prepare to feed over 300 students and staff a full course meal, she assembled a small army of staff and students who she had helped get their Alberta Food Safety Certification. Following all of the COVID food preparation guidelines set out by AHS, this small team of cooks prepared and served all of the staff and students brunch on November 27th. This is just another example of how our students and staff have overcome the adversity that has been thrown at us this year, and worked to create a solution. Well done to all of those involved.

While it may be a bit different this year, we still have a lot to be thankful for this holiday season and there is plenty of reasons to celebrate. I wish everyone a very Merry Christmas, and a 2021 year to remember for all the right reasons.

Mental Health—Stress

Stress is a natural physical and mental reaction to life's circumstances and is something we are all faced with on a daily basis.

A *stressor*, such as writing an exam, a social situation, or a thought can cause a stress response in your body. The stress response is normal and is our body's best effort to face the challenges that come our way (heart racing, butterflies in your stomach, palms sweating, etc.).

There are different types of stress - positive, tolerable, and toxic. While toxic stress is prolonged and can be harmful for a person's mental and physical health; positive and tolerable stress is short term and allows us to develop healthy coping skills, become stronger and healthier, and develop resiliency.

Resources

<http://teenmentalhealth.org/learn/understanding-stress/>

<https://teenmentalhealth.org/wp-content/uploads/2017/09/Stress-Two-pager.pdf>

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.

Thank-you
to the Gram-
ma that pro-
vided a
snack to all
of our staff
and stu-
dents!



Counsellor's Corner

Dear COVID 19. Can you just leave and go back to where you came from? This has been a long haul and once again we find ourselves right back to the days of March. Learning from home, watching the news, waiting for a vaccine, isolating from friends and family. Hang in there, vaccines are rolling out in many countries around the world, so hopefully life can return to normal by the beginning of next school year. As we look back in history, we know many diseases have been eradicated, so will COVID19!!!

Staying Positive. This has been our biggest challenge during the COVID19 restrictions. Last year our VIBE coaches, Vanessa and Kerri, introduced my CALM class to the concept of **GRATITUDE**, a simple concept but over time can be a game changer. Taking time each morning to find one thing that you are thankful for can change your negative attitude into a positive one in a few short weeks. Too often we get caught up in our busy world and forget to focus on what makes us happy. Here are some suggestions to try:

- Write a gratitude journal or journaling about 3 positive things in your life each day. These can help you to focus on the positives in your life and help you focus on things we take for granted.
- Write a heartfelt gratitude letter to someone whom you have never actually thanked properly.
- Take a walk. While walking, take time to pay attention to the world around you. What do you smell? See? Hear? Each time you encounter something positive, take the time to really absorb why it brings you joy or happiness. Take different routes to have new experiences and ground yourself in the things that give you happiness.

Congratulations to all award winners at Awards Day held on November 18. A very special thank you to Mrs. Wilhelm, Mrs. Trach, Mrs. Zweifel, and Mrs. Schroeder for their time in making this event a success. To each and every student who contributes to

making our athletic, leadership, academic and citizenship programs a success -- You All Rock!

Our VIBE coach, Ramona Mathison has been busy in the building delivering mindfulness strategies to our Health and CALM classes. Ramona is located in the VIBE room upstairs and is available on Tuesday and Thursday. She would love to chat with you if you need help preparing for exams, managing test stress, finding the fidget that works for you, or just to learn more strategies to handle difficult situations.

As guidance counsellors, we would like to encourage all parents to monitor your child's progress on Power Schools parent portal: <https://powerschool.btps.ca/public/>. If you have any concerns about your child's progress, please do not hesitate to contact the classroom teacher. For students you can monitor your progress as well by using the Student Portal: <https://powerschool.btps.ca/public/>

Our Social Emotional Coach, Tanya Laye, is available to meet with students who need additional social or emotional supports. Tanya is here at the school to meet with students during the pandemic. Please reach out if you need to chat with her. tanya.laye@btps.ca

For Grade 12 Students Diploma examinations are listed as "OPTIONAL". Please check with the post-secondary institution you are planning to attend to see if you are required to write those exams. If you choose to write diplomas, here is an extra resource 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: [Diplomax](#)

For Grade 12 students, please touch base with Mrs. Polishuk if you need any assistance in career planning, applying for post-secondary or to discuss other career goals.

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Counsellor's Corner

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 to 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.

<http://jrrobson.btps.ca/Scholarships.php>

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

We would like to thank Mr. Peterson for

sharing his science experiments and science wisdom to the Junior High students, during Mrs. Barnes' maternity leave. Mr. Peterson will be leaving us as Mrs. Barnes will be returning to her position after the holiday season. We will miss you Mr. Peterson and wish you congratulations on your upcoming marriage.

May you enjoy the blessings of the holiday season, spend time with family and appreciate the good we have in our lives. Have a Happy and safe Holiday season and all the Best in 2021.

Mrs. Polishuk and Mrs. Hart

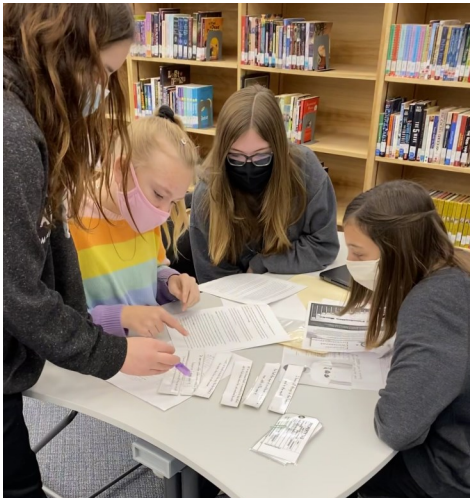
Last of Day of In-Person Classes 2020



Our annual Pancake Breakfast became brunch served to all the students in individually packed containers (due to COVID) on the last day of classes on Nov. 27. Plaid Dress Up Day had been planned beforehand for this day but it became Plaid/Pajamas Day in honour of our tradition of PJ Day before Christmas Break.



Tell-tale Heart Breakout Box



Students had to analyze the story Tell-Tale Heart by Edgar Allen Poe to determine if the narrator was guilty of the crime committed in the story (Grade 8 LA). Once they solved all of the clues, they could use the answers to unlock a box to get the candy inside as a reward.



Senior Girls Volleyball

The senior high girls volleyball had a great season even though we were not able to go to any tournaments. We had a big group of girls that are dedicated to the sport come out to practice their skills, learn some new rotations, and have fun. We were able to run three game nights in which the girls were split into teams. There was a lot of laughing that occurred during these evenings. We would like to thank Zachary Polishuk for coming in to be our assistant coach as well as Brenton Romanchuk and Landon Reineger for doing the reffing on our game nights. Can't wait for next season!



Grade 7 Networking

Grade 7 Networking students made posters to put up around the school to spread some happiness and cheer!

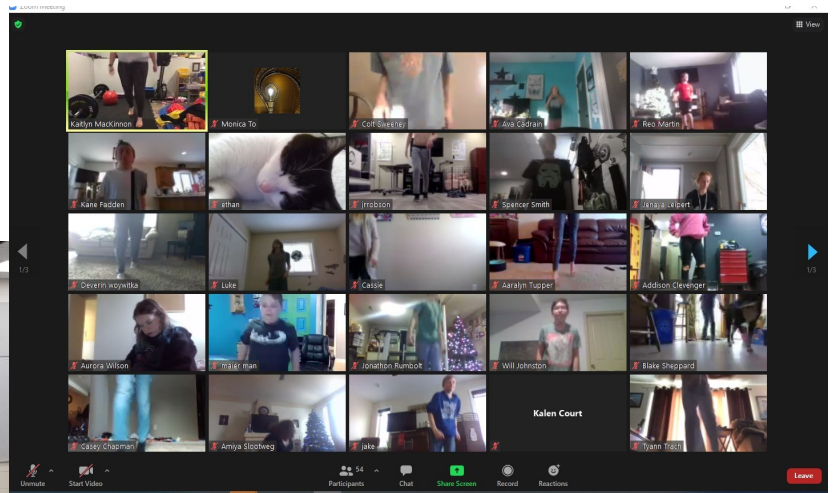
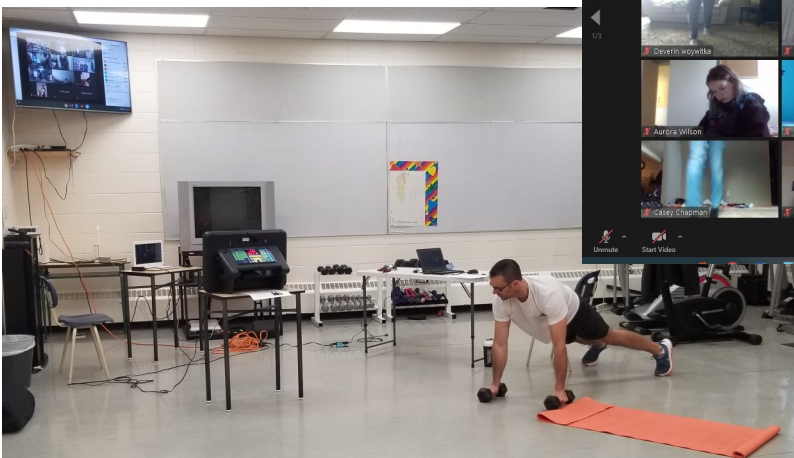


They also made Christmas cards to send to Members of the Canadian Armed Forces. They did an amazing job and will be greatly appreciated!



Zoom Phys. Ed.

Mr. Woodward and Mrs. Mackinnon streamed an online workouts for students during online phys. Ed.



Awards



Awards were presented to students on November 18. Thank you to Mrs. Wilhelm for all her hard work in organizing this event, Mrs. Schroeder for selecting the Awards books, Clay Bryden for videoing the ceremonies, Tylin Vold for doing all the photography and Mrs. Scully for hosting. Thank you also to all the local businesses, organizations and individuals who sponsor an award.

Videos and a photo gallery has been uploaded to our website
[YouTube Videos](#)
[Photo Gallery](#)

Award Winners List
(School Subject - Sponsor; Winner)

Grade 7

English 7 - J.R. Robson School; Kinley Davies

Math 7 - J.R. Robson School; Mya Jaremco

Physical Education 7 - Fountain Tire; Linden Adams & Gavin Cadrain

Science 7 - REMAX; Kinley Davies & Mya Jaremco

Social 7 - MACK Clothing; Gavin Cadrain & Ava Crowe & Kinley Davies & Mya Jaremco

Gr. 7 Honours (below)



Grade 8

English 8 - TD Canada Trust; Kira Jaremco & Lexxus Lafoy

Math 8 - Boston Pizza, Vermilion; Phoenix Wilson

Physical Education 8 - UFA Farm Supply

Store; Kira Jaremco & Raylee Martin & Natalie Symes

Science 8 - Webb's; Kira Jaremco & Jayden Lenz & Destinee McGrath

Social 8 - McMinis and Company; Kira Jaremco & Lexxus Lafoy & Destinee McGrath

Gr. 8 Honours (below)



Grade 9

English 9 - Vermilion River Law; Breanne Gourley & Korey Hemauer

Math 9 - REMAX; Korey Hemauer

Physical Education 9 - Vermilion Credit Union; Austin McDonald

Science 9 - CARSTAR Vermilion; Alex Polishuk

Social 9 - Vermilion Standard; Amaya Myhovich & Alex Polishuk

Gr. 9 Honours (below)



Junior High Awards

Jr. High Best Female Athlete in School

Sports - ATB Financial; Alex Polishuk

Jr. High Best Male Athlete in School

Sports - Integra Tire; Austin McDonald

Jr. High X-Country Running Award - Colin

Beecroft; Eli Crowe & Breanne Gourley

Jr. High Citizenship Award Female - Rural

Roots Florists & Barnyard Creations; Alex Polishuk

Jr. High Citizenship Award Male - Scotia

Bank; Dayton Selte

Awards

Grade 10

Art 10 - Vermilion Art Club and Delta Art & Drafting; Kaylin Lenz

CTS Foods 10 - REMAX; Emma Hager

CTS Industrial Education 10 - RONA; Holly Archuk & Landon Herzog

English 10-1 - Long's Value Drug Mart; Semester 1: Caitlyn Archuk & Semester 2: Madison Tovell

English 10-2 - Lori Wilhelm; Landon Geall

Math 10C - Masonic Lodge; Semester 1: Madison Tovell & Semester 2: Caitlyn Archuk & Holly Archuk

Math 10-3 - J.R. Robson; Cadence Carlson

Physical Education 10 - ATB Financial; Semester 1: Madison Tovell & Semester 2: Caleb Ree

Science 10 - Vermilion Veterinary Clinic; Semester 1: Ziqi Shang & Madison Tovell & Semester 2: Caitlyn Archuk; Science 14 - Vermilion Credit Union; Cadence Carlson

Social 10-1 - J.R. Robson Social Studies Dept.; Semester 1: Holly Archuk & Semester 2: Madison Tovell

Social 10-2 - Vermilion Credit Union; Cadence Carlson

W.J. McGinnis Scholarship

Open to industrial arts students from grades 7 – 12 both male and female, for outstanding performance. Caleb Ree & Regann Munro

Gr. 10 Honours (below)



Grade 11

Art 20 - Vermilion Art Club and Delta Art & Drafting; Danielle Ostropolski

Biology 20 - TD Canada Trust; Semester 1: Jared Gourley & Semester 2: Paige Zweifel

Chemistry 20 - Ferbey's Sand & Gravel; Semester 1: Jared Gourley & Semester 2: Megan Ryan

English 20-1 - Cornerstone Co-op; Allecia

McDonald

English 20-2 - College Park Motors; Dallas Bodie

Math 20-2 - Stewart Realty; Jayce Sweeney

Math 20-1 - Vermilion Credit Union; Jared Gourley

Math 20-3 - Vermilion Credit Union; Jaiden Bancroft

Physical Education 20 - TD Canada Trust; Semester 1: Clay Bryden & Semester 2: Rebecca Irvine

Physics 20 - Advantage Insurance and Investment Advisors Inc.; Jared Gourley

Science 24 - Vermilion Credit Union; Dallas Bodie & Avery Watkins

Social 20-1 - McDonald's Family Foods; Allecia McDonald & Yulia Wendland

Social 20-2 - Vermilion Credit Union; Kora Smith

Gr. 11 Honours (below)



Senior High Awards

Grade 10-11 Citizenship - Male - Webb's Machinery; Clay Bryden

Sr. High X Country Running Award - Cheryl Felt; Clay Bryden & Bray Crowe

Most Improved Student - J.R. Robson Pirate Crews; Reagan Munro

W.J. McGinnis Scholarship

Open to industrial arts students from grades 7 – 12 both male and female, for outstanding performance. Awarded to Caleb Ree & Regann Munro

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

Awards

ambassador of goodwill for the school.
Awarded to: Shayne Sweeney

Grade 12

Art 30 Award - Vermilion Art Club and Delta Art & Drafting; Kera DeRoo

CTS Industrial Education 20/30 - Webb's of Vermilion; Dylan Eremko

Becky Scott English 30-1 - County of Vermilion River; Ali L'Heureux

Becky Scott English 30-2 - County of Vermilion River; Dylan Eremko

Biology 30 - Mainstreet Eye Center; Ali L'Heureux

Chemistry 30 - CIBC; Sydney Joa

Math 30-2 - Western Financial Group; Alyx Ward

Math 30-1 - Preston Community Association; Sam Ree

Math 31 - Northern Lights Realty; Azro Abuzukar

Physical Education 30 - J.R. Robson; Semester 1: Sydney Joa & Semester 2: Jace Hughes & Jackson Livingstone

Physics 30 - Shopper's Drug Mart; Sam Ree

Social 30-1 - Vermilion Legion; Ali L'Heureux

Social 30-2 - Cartwright Family; Semester 1: Dylan Eremko & Semester 2: Indira Speck

Science 30 - J.R. Robson; Kyle Smith

Senior High Awards (Grade 12 Winners)

Sr. High Best Female in School Sports - Vermilion Jewellers; Kera DeRoo

Sr. High Best Male in School Sports - The Co-operators; Carson Livingstone & Jackson Livingstone

Sr. High X-Country Running Award - Cheryl Felt; Bray Crowe & Clay Bryden

Gr. 12 Girl Highest Academic/Athletic Award - Crystal Chanasyk Memorial Award Sydney Joa

Gr. 12 Male Highest Academic/Athletic Award - Vermilion Credit Union Sam Ree

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, willingly assists in

doing some of the many jobs around the school, which must be done but are not compulsory., demonstrates good deportment around the school, accepts the responsibility for self-discipline in behavior and work habits, enthusiastically support school activities as a spectator, worker, or participant, shows initiative in proposing activities and charges that would have a positive effect on the school. Awarded to: Alyx Ward

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: Kamy Beinsch
Vermilion Agricultural Society Scholarship For Grade 12 students entering the agricultural field in post secondary, to be selected by a committee of school and AG society members. Criteria includes average or above average marks, citizenship, participation in agriculture & participation in community (4-H Volunteer, Exhibiting, Showing, Judging) Awarded to: Ashley Jones

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: Kyle Smith

Cecil Quickstad Memorial Scholarship

Cecil Quickstad Memorial Award 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: Dylan Eremko

A.T.A Award - Presented to the two Grade 12 students with the highest academic average Awarded to: Ali L'Heureux & Bray Crowe

Governor General Award - Given to the student with the highest academic average in Grade 12. Awarded to: Ali L'Heureux

Find JOY in the Holiday Season:

Holiday gatherings may look a little different this year; help your children see the good things.

Staying home can be more relaxing and less costly.

Practice gratitude with your family:

- Share what you are grateful for.
- Say thank you even for small things and show appreciation to others.

Find creative ways to connect with others. Perhaps a drive-by parade, positive messages in windows, or sending cards in the mail.

Reliving old traditions can warm a heart this season:

Make cookies with your kids – let them take the lead!

Watch your favourite movies and TV specials together.

Go sledding, play board games, build a snowman.

Take a walk in your neighborhood and enjoy the lights. End with a cup of hot cocoa.

Make new family traditions this holiday season:

Trade kid-friendly recipes online and cook together as a family.

Share a family meal together virtually.

Plan and try new outdoor activities with your kids. Be sure to add in a dose of laughter to your activities.

Go caroling. What a great way to spend time with your family and bring a smile to someone else.

There's no right or wrong way to feel, remember:

Connecting virtually with loved ones is comforting and builds family resilience.

To promote wellness through self-care activities for the whole family.

It's okay to seek help. Talk to someone you trust or reach out for support. Help is on the line...anytime...all the time. Call the Mental Health help line at 1-877-303-2642.

MORE RESOURCES

ahs.ca/helpintoughtimes

togetherall.com

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