



Principal's Corner

Semester 2 is well underway and things are moving ahead as normal. I really want to commend all students, staff, parents, bus drivers and custodians for their commitment to following our COVID protocols and rules to keep our building as safe as possible. While certainly not ideal, the at-home learning run we had in December went much more smoothly than last spring. Staff and students were much more prepared and able to adapt as

needed to make the most of the situation. Well done.

As of now, we are still unable to offer after school sports. When restrictions are eased and we are able to resume extra-curricular activities, I know we all look forward to getting back into the gym or out on the field to resume the after school activities we enjoy to do. Meanwhile, we are still providing rigorous physical activ-

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Around the School

With the weather too cold to be outside, Outdoor Ed. students built shelters in the concourse.



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Reminder to Senior High Students

Please return your Semester I textbooks ASAP!

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

ity in our physical education classes and free gym time during noon hour.

Just a reminder that teacher convention was moved last year to the two days prior to Family Day long weekend. That means then that students will not have school February 11 and 12. Teachers will be participating in an

online version of teacher convention this year. As with most meetings and conferences, teacher's convention has been built on a virtual platform. After that, the next significant break for students is not until Easter.

Have a great Family Day long weekend!

Mental Health—Building your resilience

We all face trauma, adversity and other stresses. Here's a roadmap for adapting to life-changing situations, and emerging even stronger than before.

What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the

way.

Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components—connection, wellness, healthy thinking, and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather—and grow from—the difficulties, use these strategies.

Build your connections

Prioritize relationships.

Join a group.

Foster wellness

Take care of your body.

Practice mindfulness.

Avoid negative outlets.

Find purpose

Be proactive.

Move toward your goals.

(Adapted from <https://www.apa.org/topics/resilience>)

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

Welcome back to students who were on online schooling. It is great to see you back in our classrooms.

February 19 will be the last day to add or drop courses for second semester for high school students.

For those high school students who do not have a MyPass account yet, here is the link <https://public.education.alberta.ca/PASI/myPass>.

Alberta Education sends your time sensitive password in the mail. Do not delay, get your account activated today.

Again for grade 12 students, make sure your applications to post-secondary institutions are completed by the end of the month as many post-secondary institutions do not accept registrations after March 1. Scholarship information is available on our school website. Look for the white ribbon and follow the link. Any new scholarships are added to our website for your use. If you have additional questions please see Mrs. Polishuk or Mrs. Hart.

Lakeland College will be hosting a variety of "Live with Lakelands" in the upcoming months, they will be held every Tuesday & Thursday 5:30 – 6:30pm on Zoom. As you can see below some evenings are specific to certain departments, if you are interested in Lakeland College, please RSVP for a session.

RSVP here: https://zoom.us/webinar/register/WN_V29buDiIT_qr4No0syeAHg

Jan 21 - General

Jan 26 - Business Administration

Jan 28 - Human Services

Feb 2 – Environmental Sciences

Feb 4 – Agricultural Sciences

Feb 9 – Energy (Power Engineering)

Feb 11 – Interior Design Technology

Feb 16 – Environmental Sciences

Feb 18 – Agricultural Sciences

Feb 23 - Human Services

Feb 25 - Business Administration

Mar 2 – Business Administration

Mar 4 – University Transfer

Mar 9 – Energy (Power Engineering)

Mar 16 - General

Mar 18 - General

Mar 23 – Interior Design Technology

Mar 25 – Trades & Technology (Apprenticeship & Pre-Employment)

Anyone interested in Lakeland is welcome to attend!

Grade 11 students – please see Mrs. Hart if you need information about career planning or about courses for next year. Parents are always welcome too, if you have questions or concerns. Remember the **STRONG Interest Inventory** is available through the counselling office and VIBE for any grade 11 & 12 student who are having trouble deciding on a future occupation. It is a great way to start the career planning process. See Mrs. Hart, or Mrs. Polishuk for further information.

Registration for grade 9 - 11 students will begin in March. Watch for further information.

February 24 is "PINK T-Shirt Day". Please wear pink to take a stand against bullying.

Students enrolled in off-campus courses: RAP/Green Certificate/work experience please continue to enter your hours on a regular basis and keep your paperwork up-to-date. **Green Certificate students need to see Mrs. Hart to complete the Agriculture 3000 safety unit which is the prerequisite for this course. Test dates are available for February, May and November. See Mrs. Hart to register for a test.**

A positive for you this month:

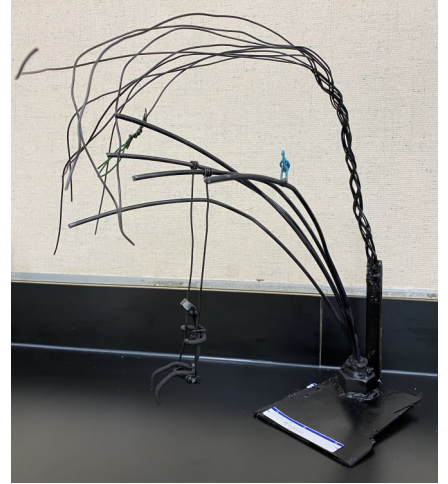
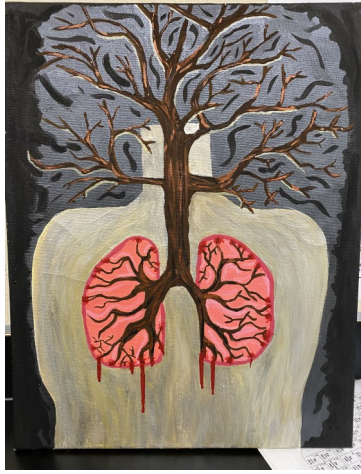
"When you stop to think about everything you have and do as something to be thankful for, amazing things happen."



Wednesday, February 24, 2021

Speak Novel Projects

ELA 9 students were challenged with taking on the role of Melinda Sordino (the main character of our novel, *Speak*) and completing a project in a way that represented her emotional state and struggles with post-traumatic stress. Students incorporated and explained many symbols from the novel to reflect her personal growth.



J. R. Robson



We would like to say hello to Jean Abt, the daughter of J.R. Robson, who follows our monthly newsletter from her home in Calgary. In our Learning Commons a picture of JR Robson hangs upon the wall and the following biography appears below it: "JR Robson was a former teacher and farmer who served as the secretary-treasurer of the Vermilion School Division from 1939-1964. JR Robson was dedicated to excellence in education, and service to his community. His love of learning, concern for others and his strength of character have made him a man to be remembered."

Parent & Youth Internet Safety

Tuesday 23 February
6:00 - 8:00 PM Live on Zoom
Presented by Saffron Centre

Register by 19 February

780-842-1363
Ext. 1253

Wainwright MFRC | Saffron Centre | MFSF | PSM

Facebook: WainwrightMFRC | Instagram: @wmfrc

RANDOM ACTS OF KINDNESS WEEK IS FEBRUARY 14-20

#EXPLORETHEGOOD

#MAKEKINDNESSTHENORM

#RANDOMACTSOFKINDNESSDAY

Happiness is the new rich.
Inner peace is the new success.
Health is the new wealth.
Kindness is the new cool.

-Syed Balkhi

DON'T JUDGE
EACH DAY
BY THE HARVEST
YOU REAP, BUT BY
THE SEEDS THAT
YOU PLANT.

Robert Louis Stevenson

WHEREVER THERE IS
A HUMAN IN NEED,
THERE IS AN
OPPORTUNITY
FOR KINDNESS AND
TO MAKE A DIFFERENCE.

KEVIN HEATH

RANDOM ACTS OF KINDNESS
FOUNDATION

RANDOM ACTS OF KINDNESS
FOUNDATION

"Our days are happier when
we give people a piece of
our heart rather than a piece
of our mind."

FIND YOUR REASON
TO BE KIND

Kindness is
choosing to acknowledge
and celebrate the beauty in
others, regardless of
whether or not they can find
it in themselves.

- RAKtivist

KINDNESS IS GIVING
HOPE TO THOSE WHO
THINK THEY ARE ALL
ALONE IN THIS WORLD.

RAKtivist

BELIEVE
THERE IS
GOOD IN THE
WORLD

RANDOM ACTS OF KINDNESS
FOUNDATION

"Kindness is sharing the
best parts of our hearts
with those around us."

Kind hearts are the gardens.
Kind thoughts are the roots.
Kind words are the blossoms.
Kind deeds are the fruits.

Kirpal Singh



- * Attitude is a choice.
- * Happiness is a choice.
- * Optimism is a choice.
- * Kindness is a choice.
- * Giving is a choice.
- * Respect is a choice.

Whatever choice you make makes you.
Choose wisely.

--Roy T. Bennett

Good words
bring good feelings to
the heart. Speak with
kindness, always.

- ROD WILLIAMS

RANDOM ACTS OF KINDNESS
FOUNDATION

What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

Kindness matters.

Kindness is teachable and contagious

Kindness benefits us by:

- Increasing our happiness and improving our mood.
- Helping us cope and reducing worry and stress.
- Connecting us to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other through sharing good things that have happened.

Random Acts of Kindness - Ideas

Paint positive messages on rocks and leave them around the neighborhood.

Help someone with a chore.

Spend time with people you care about.

Be a friend to the new kid at school.

Start a Random Acts of Kindness challenge in your family or school.

MORE RESOURCES

[Random Acts of Kindness](#)

[RAK Health Facts](#)

[Help in Tough Times](#)

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



Building Resilient Families by Promoting Positive Mental and Physical Health

Winter Edition: 10 Fun Activities for Families

Try these simple activities to help families thrive and bounce forward from difficult times.

Check out why and how these ideas can benefit your family and help each of you Move Your Mood and enhance your mental and physical well-being.



Physical activity is important for a healthy body and mind and can boost the immune system. It can improve mood and self-esteem, decrease stress and anxiety, and help with brain development, creativity, learning, and concentration. Wow! Being active has a lot of benefits!

MOVE
YOUR BODY

PRACTICE
Mindfulness

Mindfulness helps us learn to pay attention to our bodies, minds, and environment and to understand our feelings with a kind and curious mind. Being mindful can help us focus and concentrate better. It also allows us to take a pause or calm down when stressed, angry or sad.

Building a strong brain includes understanding feelings, thoughts, and behaviours. It also means learning skills and strategies to cope through difficult times. Through simple actions, you can expand your mind to create a healthy growth mindset.

EXPAND YOUR
Mind

Fuel
YOUR BODY

Fuel your body with healthy foods to benefit both body and mind! Healthy eating increases energy levels, supports a healthy immune system, improves mood and concentration, and helps cope with the stresses of daily life. Enjoy food with the family to foster connections and share food cultures and traditions.

The 40 Developmental Assets are building blocks that all children and youth need to grow up great. Research shows that the higher the number of assets a young person has, the more likely they are to grow up caring, healthy, and responsible.

Build
ASSETS

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Feel the cool air on your cheeks, listen to the crunch of snow, look at the shapes of snowflakes, or different tracks in the snow. Feel your heart beating or focus on your breath when you run up the hill.

Build ASSETS

When you join in snow play with your child, you can model positive communication and show your children the value of taking the time to connect as a family.

Snow Play



As you and your family work hard to build your snowman, talk to your kids about how their bodies feel. Is their heart beating faster? Are they using their muscles? This is a great way to connect and get active together!

Move YOUR BODY

Fuel Up For Fun!

Fuel YOUR BODY

You can prepare and eat healthy snacks with your children to give the energy needed to enjoy playing outside. Aim to include vegetables and fruit, whole grains and protein foods.

As you play together, add a dose of laughter.

It helps to build connection with others, is a powerful stress buster, and can help boost your mental well-being.

EXPAND YOUR *Mind*

Mindfulness PRACTICE

Walk slowly for one minute, feel each foot touch the ground, then pause. Take 3 breaths and notice the beauty around you; listen for bird songs or spot the color red.

Build ASSETS

While out walking with your child, ask them about their interests and passions. Truly listen and ask questions.

Family Walk



Have your kids plan where they want to walk today. Is there a new path you could find? Try to keep track of how long you were active together. Talk about the importance of kids being active for 60 minutes every day.

Move YOUR BODY

Talk about food!

Fuel YOUR BODY

While you are walking include your children in planning dinner for tonight. Think about healthy options that will support growth and development.

Stroll in silence, breathe in the air and notice your surroundings.

Then talk together about your experience. Did you feel inspired, delighted, refreshed?

EXPAND YOUR *Mind*

Building Resilient Families *Winter* Edition!

Mindfulness

PRACTICE

Extend kind wishes to those who help you such as store clerks, the postal worker or teachers, by thinking about them and reciting may you be happy, may you be healthy, may you have a great day.

Nurture Kindness



Fuel YOUR BODY
Show kindness with food! Make a double batch and drop off a healthy treat to a neighbour or friend. When you get back home enjoy the food with your family.

Teach your child about acceptance. Ask "why is it important to treat yourself & others with kindness?"

Build ASSETS

Be kind to your body, listen to what it needs. Do you need to stretch today? Perhaps you want to try some yoga? Be creative with how you move and listen to what your body needs.

Move YOUR BODY

Roll the Dice Kindness Game
1 Clean something without being asked
2 Make a card for someone
3 Give someone a big hug
4 Say something nice
5 Write and mail a kind note
6 Make someone laugh

EXPAND YOUR Mind

Mindfulness

PRACTICE

Imagine you are a snowman on a warm beach. As you name each body part starting from your head to your toes, imagine slowly melting into the sand. Notice how you feel now.

Outdoor Fun



Fuel YOUR BODY
Picnics are fun any time of the year! Plan an outdoor picnic with your family. Pack along healthy foods such as meat and cheese roll ups, vegetables, fruit, and include a warm beverage.

Model responsible and safe practices to help children and youth understand why it's important.

Build ASSETS

Being outdoors provides an excellent source of vitamin D from the sun, fresh air and a brain boost. How can you be active and enjoy the outdoors today?

Move YOUR BODY

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and well-being. Make a plan each day to be in nature.

EXPAND YOUR Mind

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Listen to music together, relax with soothing music or dance with energizing music. Notice what difference this has on your body and mind.

Family Game Night



Fuel YOUR BODY
Food adds to the fun! Work together with your children to create and build fun family game night snacks. Try fruit kebobs and yogurt dip for a healthy treat.

Spending quality time together as a family helps children strengthen skills such as leadership, good health, and success in school.

Build ASSETS

Let the kids create an active family game. Gather old toys, nerf guns, stuffies, balls - anything goes. Let their creativity come to life and join in the fun!

Learn an "old fashioned" game and connect with extended family using virtual technology to play the game together.

EXPAND YOUR Mind

Move YOUR BODY

Mindfulness PRACTICE

When you notice another having a positive experience; help them savour it by asking them to describe it to you with all of their 5 senses. What did you see, hear, taste, smell, and feel?

Create Connection with each other



Fuel YOUR BODY
Cooking with children is a great way to stay connected and develop cooking skills. Make it fun and be creative! Try making heart shaped pancakes out of whole wheat flour and enjoy.

As a family, cut out hearts and write special messages to one another, placing them on each other's bedroom door.

Build ASSETS

Being active together as a family improves heart health and overall quality of life. It also builds positive connections and self-confidence.

Create connections as a family by sharing your talents and hobbies with each other. Is there an artist, a wood-worker, a knitter in the family?

EXPAND YOUR Mind

Move YOUR BODY

Building Resilient Families *Winter* Edition!

Mindfulness

PRACTICE

The next time you read a story with your kids, take some time to engage in conversation about the feelings of the people (or animals) in the book.

Family Storytime



When you read, and have magazines, books and newspapers around your home, you are showing your child the value of reading for pleasure.

Build
ASSETS

Read your child's favourite book together. Create actions and dances using the characters from the book.

Move
YOUR BODY

Fuel
YOUR BODY

Cooking strengthens reading and math skills! Teach your children to read a kid-friendly recipe and then enjoy making and eating it together.

Reading together strengthens your bond and promotes a healthy habit. Explore the wonderful world of books as you guide your children to adventure and discovery.

EXPAND YOUR
Mind

Mindfulness

PRACTICE

When connecting online, be present to those on the screen by giving them your attention. Show them you are listening and be curious about their day.

Virtual Fun & Connection



Ask your child to teach you about their favourite online tool to stay connected.

Build
ASSETS

Play charades on your next virtual family visit. Act out anything you want and have everyone try to guess. Whoever gets it right goes next.

Move
YOUR BODY

Fuel
YOUR BODY

Swap healthy child-friendly recipes with another family and then prepare it as a family. Enjoy the food together, virtually, with the other family.

You are awesome! Build a family collection of positive affirmations to help build resilience, and boost confidence and self-esteem.

EXPAND YOUR
Mind

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Before you eat dinner, invite each member to share what they are grateful for that day.

Create a gratitude jar or family bulletin board where everyone adds notes about what they are thankful for.

Build
ASSETS

Family Gratitude Practice



As you move your body express gratitude for what your body and mind do for you. Think about or write down one thing that you love about yourself.

Move
YOUR BODY

Shopping for food is a great way to learn about where food comes from and to express gratitude for it. Farmers, food processors and grocery store employees work every day to supply food to keep us healthy.

Fuel
YOUR BODY

Practicing gratitude promotes brain health, increases happiness, improves sleep, and helps strengthen relationships. That is a lot to be grateful for! And, gratitude is free!

EXPAND YOUR
Mind

Mindfulness PRACTICE

Warm your hearts by practicing mindful breathing. Smell your hot chocolate as you breathe in, and blow on it to cool it off as you breathe out. Now share what brings you joy!

Tell your family what you love about them.

Build
ASSETS

Cozy Campfire



Have the whole family join in on gathering the wood and kindling for the fire. Build the wood foundation together before you light it.

Move
YOUR BODY

Kid-friendly healthy campfire snacks make it fun and enjoyable for everyone. Be creative! Try warming peeled bananas in foil sprinkled with brown sugar and chocolate for a tasty treat.

Fuel
YOUR BODY

Ahhh! Enjoy the coziness of the campfire to spark family storytelling. Take turns telling stories about a favourite memory or share your big dreams.

EXPAND YOUR
Mind