



# Marauder News

March 3, 2021

**J. R. Robson High School**

5102 – 46 St.  
 Vermilion, AB  
 T9X 1G5

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

## Principal's Corner

Since our February newsletter, some things have changed regarding extra-curricular sports. With strict restrictions, we have been able to start basketball practices. We will move to badminton shortly and then, if all continues as is, track and field and football may open up practices as well after the Easter break. Here is hoping we can continue the trend of getting students out and active. We have also brought back our nutritious snack program three days a

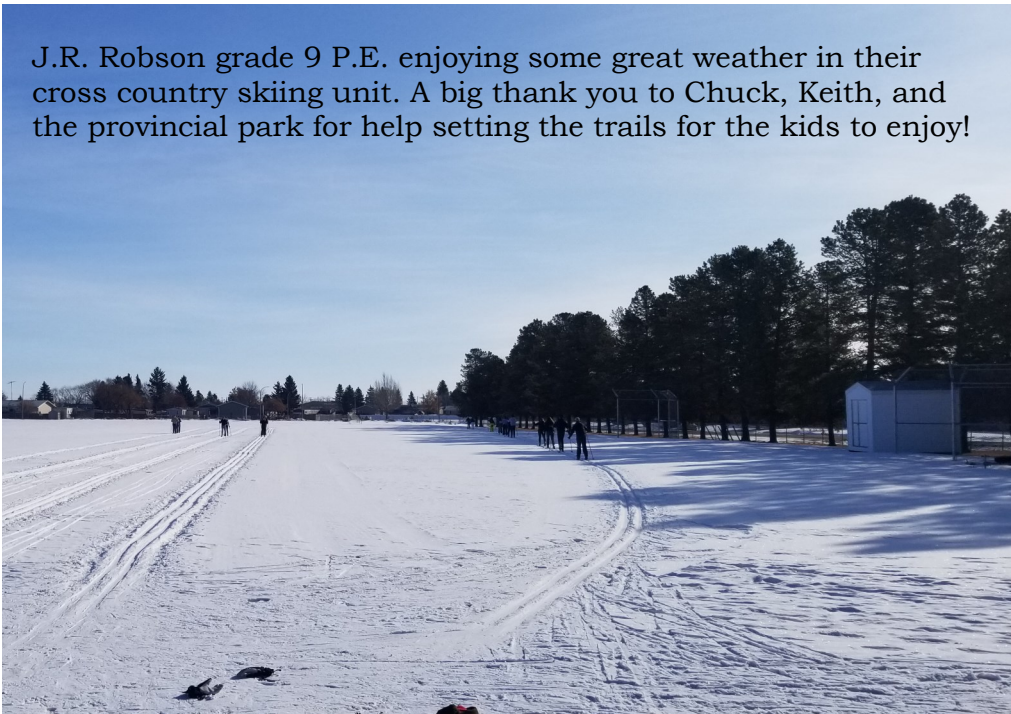
week, in large part to a very generous donation from the Vermilion Crisis Line earlier this year. Remember that our daily breakfast program has been in place all year.

On March 22, we will have our next Parent Advisory Council meeting via ZOOM at 7:00 pm. Please plan on joining us. If you have an information item, please e-mail it to me (Lindsey Bates) prior and I will add it to the agenda. Currently we are still without

*(Continued on page 2)*

## Around the School

J.R. Robson grade 9 P.E. enjoying some great weather in their cross country skiing unit. A big thank you to Chuck, Keith, and the provincial park for help setting the trails for the kids to enjoy!



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### PAC Meeting

Monday, March 22  
 7 pm

Via Zoom (link will be sent via text)

#### Website:

**[jrrobson.btps.ca](http://jrrobson.btps.ca)**  
**School Calendar**  
<http://jrrobson.btps.ca/Calendar.php>

#### Facebook:

<http://www.facebook.com/JR-Robson-School-613941298627779/>



## Principal's Corner Continued

a PAC president who would normally plan the agenda. The ZOOM link will be sent out through text just prior to the meeting. Parent-teacher interviews will be held March 30<sup>th</sup> and April 15<sup>th</sup>. Information on how to book an interview through our website is included in this newsletter and will also be sent out. Please book early, we have changed the times slightly to be from 4:40 pm-7:30 pm on each night.

## JR Robson App

<http://bit.ly/JRRapp>

Above is the link to our new school app.

## Public Speaking Contest

Attached at the end of this newsletter is information on the Annual Superintendent's Public Speaking Contest. Students wanting to participate need to let Mrs. Hart know by March 12, 2021. Speak Offs will happen on March 24 if required.

## Mental Health—Youth Mental Health Reality

### Youth Mental Health Reality: The Difference We Can Make

- ⇒ An estimated 1.2 million children and youth in Canada are affected by mental illness—yet, less than 20 per cent will receive appropriate treatment. By age 25, approximately 20 percent of Canadians will have developed a mental illness. Youth who are engaged in child and adolescent mental health services, and who require continued services, are also often not well supported as they prepare to enter the adult mental health system.
- ⇒ 70% of mental health problems have their onset during childhood or adolescence.
- ⇒ Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.
- ⇒ In 2016, suicide accounted for 19% of deaths among youth aged 10 to 14, 29% among youth aged 15 to 19, and 23% among young adults aged 20-24
- ⇒ An estimated 75% of children with mental disorders do not access specialized treatment services.
- ⇒ A growing body of international evidence demonstrates that promotion, prevention, and early intervention initiatives show positive returns on investment.

- ⇒ First Nations youth die by suicide about 5 to 6 times more often than non-Aboriginal youth. Suicide rates for Inuit youth are among the highest in the world, at 11 times the national average.
- ⇒ Unicef Canada Report Card 14 finds that in general, boys are more likely to die by suicide than girls – three times more likely, on average. Girls however, attempt suicide twice as often as boys – though they generally choose methods that are less lethal. For Indigenous boys, the rates are higher than the average of any wealthy country. Suicide, as discussed in the report, is defined as the suicide rate for teenagers aged 15-19.

Adapted from <https://ymhc.ngo/resources/ymh-stats/>

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

March is here! It is hard to believe, just over a year ago we were asked to stay home and finish the 2019-2020 school year through Zoom. We have survived a new experience and persevered throughout this school year making it the best it can be. You never know how and when we will learn life's lessons. In the words of Dr. Seuss: "Sometimes you will never know the value of a moment until it becomes a memory."

### **High School Registration for the 2021-22 School Year:**

Registration for grade 9 - 11 students takes place in MARCH. Students will receive links to the online registration form in their school email accounts and parents will receive notifications as well on March 15.

For **Grade 10 & 11 students** you will need to complete the registration form (google form) with input from your parents and your counsellor. Grade 9 & 11 students should consult Mrs. Hart and Grade 10 students should consult Mrs. Polishuk, if you have any questions about registration.

For **Grade 9 students**, an information Zoom meeting will be held on **Parent Teacher Interview night March 30, 2021 at 6:30 pm**. During the Zoom meeting, Mrs. Hart will explain the criteria for the Alberta High School Diploma, graduation requirements, course sequencing and course offerings at J. R. Robson.

**All online registration will be due on MARCH 31.** If as parents you have questions or want to discuss changes to your child's registration, please contact the school to schedule a Zoom or phone appointment with your child's counsellor.

Parent teacher interviews will take place on March 30, 2021 from 4:30 - 7:30 and again on April 15, 2021 from 4:30 - 7:30.

**For Grade 11 students**, second semester is a good time to think about completing the Strong Interest Inventory which can assist in career aspirations. Please see Mrs. Hart, Mrs. Polishuk, Mr. Bates or Mrs. Mathison, (our VIBE coach) if you are interested. Take a virtual tour of post-secondary institutions so all you need to do in grade 12 is to complete the application and concentrate on their grade 12 courses. Start researching scholarships that apply to you. Again these are available on our website. <http://jrrobson.btps.ca/> Follow the white first place ribbon to access the scholarship websites:

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](https://zoom.us/webinar/register/WN_V29buDiIT_qr4No0syeAHg)

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!

### **An Exciting Rural Education Opportunity:**

**Nursing Opportunity in Wainwright:** Alberta Health Services in collaboration with the University of Calgary is providing the opportunity to get an undergraduate nursing degree in Wainwright! Through

*(Continued on page 4)*

## Counsellor's Corner Con't

the **Rural Registered Nursing Degree Program**, Wainwright and area residents interested in earning a university degree to become a registered nurse may do so without leaving their home community. This pilot project will have students starting in September 2021. Space is limited to eight students per year from Wainwright and surrounding communities within a **120km radius**. For more information, please contact Carley Herbert, Economic Development Officer at 780.842.3381 or [cherbert@wainwright.ca](mailto:cherbert@wainwright.ca) or visit [www.ahs.ca/WainwrightNursing](http://www.ahs.ca/WainwrightNursing).

### Inspirational quote for the month:

“At the end of the day, let there be no excuses, no explanations, or no regrets.” Steve Maraboli

## Caregiver Education Team

AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth. 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.

For more information and to register for sessions, go to

<https://www.cyfcaregivereducation.ca/home>



## Parent-Teacher Interviews

Parent teacher phone interviews are scheduled for Tuesday March 30 and Thursday April 15, 2021 from 4:30 pm - 7:30 pm. For ease and convenience, interview requests can be booked online through our website. Please make sure to include your phone number.

**What to do if this is your first time:** You will need to register for an account before you can book. Please view the following PDF instructions on how to do this: [Parent Teacher Interview Booking](#)

**Returning Parents:** Scroll to the bottom of our home page: <http://jrrobson.btps.ca/> and click on the 'Parent Teacher Interviews' link. Sign in using your email and password that you previously set up. If you don't remember your password you can reset it. Please remember to check your spam and junk mail for your password reset if it doesn't appear in your inbox shortly after resetting.

If you have any troubles or questions about booking online, don't hesitate to contact the school at (780) 853- 4177. If you have been contacted directly from Mrs. Zweifel from the school about teacher requested interviews these will have been entered for you already. You will not be able to login and see these particular interview times.

## Vermilion Soccer AGM

**Vermilion Soccer Association** will be holding their AGM on March 31, 2021 at 7:00pm via Zoom. Please sign-up for the Zoom AGM by emailing [vsa.reg.agm@gmail.com](mailto:vsa.reg.agm@gmail.com). Deadline is March 29. We will provide more details on the upcoming 2021 Outdoor Season as we have them.

## Wheelchair Sports in Phys. Ed.

J.R. Robson Physical Education sampled some wheelchair basketball for a week. The experience even extended to attempt some volleyball. After a week of hard practice for the students, the teachers challenged them to a friendly game. Unfortunately for them, despite their youth and athleticism, the teachers teamwork and cunning managed a last second basket to secure a victory. It was an enjoyable week as the students were introduced to a new and inclusive activity that will leave many lasting positive school memories.

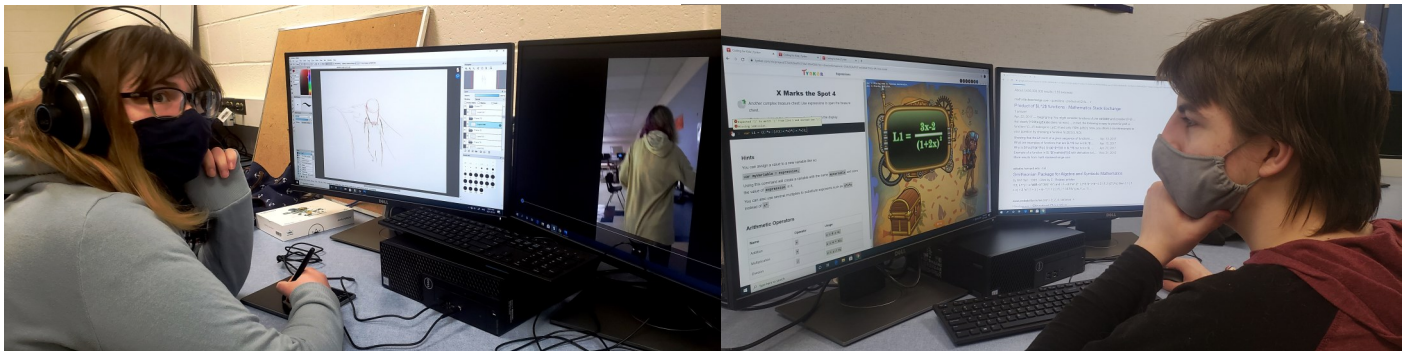


Above: Playing wheelchair volleyball.  
Below: Phys. Ed 20/30 students; students played against teachers at noon on Friday, Feb. 28



## Multimedia

Left: Victoria Newberry in grade 12 Multimedia class animating with a drawing tablet.  
Right: Grade 12 student Kegan Perrault coding in Python language.



## Yearbooks

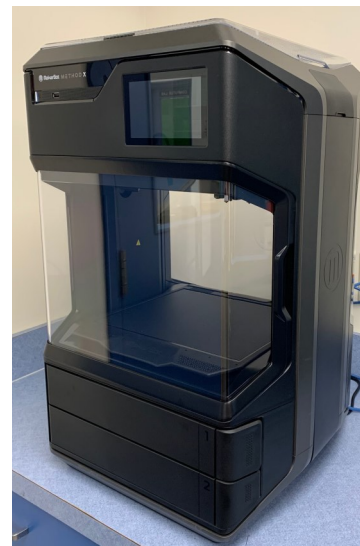
**Yearbooks featuring the current school year will be for sale online very soon!**

This hardcover 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.

## New 3D Printers

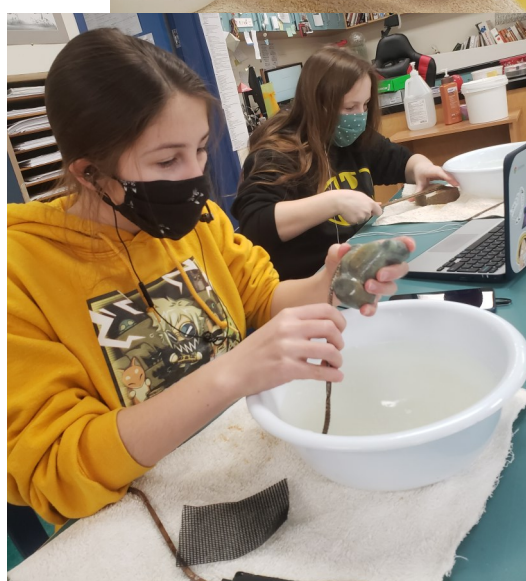
We recently acquired 3 new MakerBot 3D printers. We are still getting them set up but can't wait to have students create designs to test them out.



## Art



Students have been able to try different mediums in Art class including pastels, soapstone and clay modeling.



**Family resiliency: your family's ability to cope with life's challenges and to bounce forward from difficult times.**

*A family is two or more people who depend on one another.*

Each family has its own challenges and strengths; there are some things all families can work on to build their resilience.

Talk together to identify your family's strengths and make a plan to "grow" your family's resiliency.

**Communication strengthens your family's resilience.**

- Listen with understanding and empathy.
- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to build connection.
- When you are not sure what to say, remember a hug may be more powerful than words.

**Build a sense of togetherness** to help your family create closer relationships where everyone feels they belong.

- Tips to build your sense of togetherness:
- Eat together as a family when you can.
  - Play games together.
  - Take turns planning a family activity.
  - Practice daily rituals, like reading together at bedtime.

These suggestions may keep your family strong and help you get through the tough times.

**Building connections** with extended family widens your family's network of support.

Extended family members can be mentors and can lend a helping hand. Connect your children with their elders; supportive caring relationships with trusted adults help children to be healthy and resilient.

**Simple ways to connect:**

- Use technology to chat, play games, share stories, and hang out together.
- Create a family photo album and tell stories about all the family members.

**MORE RESOURCES**

Visit: [ahs.ca](http://ahs.ca) and search [Simple Connections, Stronger Families Toolkit](#)

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



# 9<sup>th</sup> MENTAL HEALTH Art Celebration

**MENTAL HEALTH** is part of your overall health.

1. How you feel, think, and behave.
2. How you cope with ups and downs.
3. How you feel about yourself and your life.
4. How stress affects you.
5. How you deal with things that happen in your life.
6. Your self-esteem or confidence.

**EVERYONE HAS MENTAL HEALTH**

## WHO CAN ENTER?

Youth must attend a school in: Vermilion, Clandonald, Mannville, Kitscoty, Innisfree, Marwayne, Paradise Valley, Dewberry, School of Hope or attend Blessed Sacrament School or Blessed Sacrament Outreach School (Wainwright) or St. Thomas Aquinas (Provost)

## HOW DO I ENTER?

- Theme for art entry: What does Mental Health or Mental Illness mean to you?
- Paper/Photography entries are limited to: 8 x10, 12x12, 11x14, 16x20, 18x24, 24x36
- No size limit on canvas entries.
- Submit your art entry to your VIBE Coach or your school office by deadline.
- Top 3 Cash Prize Winners from grade 10-12 categories may become property of VIBE.
- One entry of art per artist either photography or paper/canvas.

**EVERYONE WHO ENTERS WILL RECEIVE A PRIZE!**  
**Art will be displayed in your own schools during the month of May to celebrate Mental Health Week.**  
**Top Three Grade 10-12 will receive cash prizes:**  
**1<sup>st</sup>: \$250.00 2<sup>nd</sup>: \$150 3<sup>rd</sup> \$75.00**

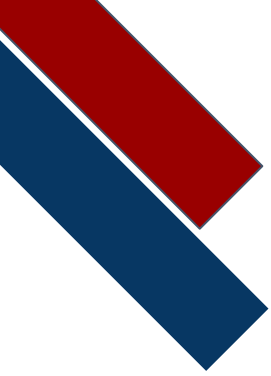
**Deadline for Art Submissions:**  
**April 26th, 2021**

In partnership with:

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







## Annual Superintendent’s Public Speaking Contest

*“Public Speaking is the art of giving power to words – to influence, inspire and transform lives. “*

~Dirish

The Buffalo Trail Public School Superintendent’s Public Speaking Contest provides an opportunity for students in BTPS to be involved in an event that will display their public speaking abilities. The competition is meant to acknowledge the importance of public speaking as an essential skill for today’s youth.

**Date:** Wednesday, April 28<sup>th</sup>, 2021 @ 9:30 a.m.

**Place:** Virtual Contest (link to be sent out later)



**Competition Categories** - Three categories will be established. Two general category topics are indicated in each category and students will be given the latitude to expand on either topic in a direction of their choosing.



**Elementary Division** – Open to students currently enrolled in Grade 4, 5 or 6

- Topics:**
- 1) **What do you enjoy about your favorite sport, pastime or hobby?**
  - 2) **How has the pandemic changed what you do?**

Speech Length: 2-4 minutes



**Junior High Division** – Open to students currently enrolled in Grade 7, 8 or 9

- Topics:**
- 1) **How can one person make a difference?**
  - 2) **What has the pandemic taught you about yourself?**

Speech Length: 3-5 minutes



**Senior High Division** - Open to students currently enrolled in Grade 10, 11 or 12

- Topics:**
- 1) **How can we support multiculturalism in schools?**
  - 2) **How do school nutrition/wellness programs impact student health?**

Speech Length: 5-7 minutes

## Contest Regulations

1. Contest is open to students who are currently enrolled in a BTPS school.
2. Schools can nominate a maximum of 1 (one) candidate in each of the competition categories (A school level competition may be held to identify the candidates to be nominated).
3. Speakers may not use visual aids or gimmicks. A gimmick is any device or stunt used to distract the audience, such as clothing, costumes, props, singing a song, using taped music in the background, or leading a cheer or chant. Gestures are acceptable and are defined as a subtle, physical action that is meant to highlight or support a verbal message. It should not distract the audience and at no time should there be audience participation.
4. Speakers must write a new and original speech (defined as having done their own research, scripting and presenting) each year.
5. Sources of information used in the speech must be acknowledged. For example, an article from a magazine may be used for reference but should not be quoted directly unless you tell the audience your source.
6. The decision of the judges shall be final.
7. Scholarship prizes shall be awarded in the following format:  
  
1<sup>st</sup> and 2<sup>nd</sup> place will be recognized in each of the three categories. Each Gold Medal recipient will have their name engraved on the **Superintendent's Annual Public Speaking Award** and this award will be placed on display in the Superintendent's Office. Gold and Silver Medal recipients will be provided with the corresponding medal and the following monetary prize:  

Elementary Division	Gold Medal – \$100.00	Silver Medal - \$50.00
Junior High Division	Gold Medal – \$200.00	Silver Medal - \$75.00
Senior High Division	Gold Medal – \$300.00	Silver Medal - \$100.0



**Due to the pandemic, we are unable to host lunch this year.**