



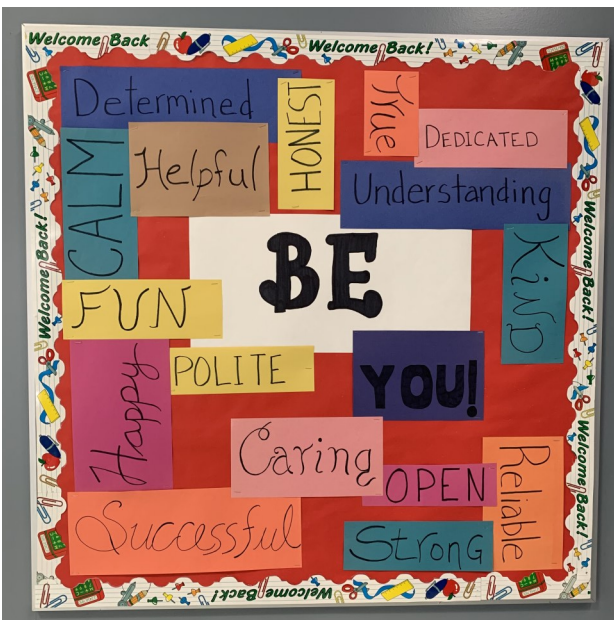
Principal's Corner

Welcome back Marauders. I think I can say for all of us here at the school that September 1 was a day we have been waiting for since March. We started the year with a staggered start and this approach seemed to work well. Staff were able to spend more time with the students, explaining and demonstrating the new normals we have in place to minimize any health risks and maximize everyone's safety. I am very impressed with how our students are accepting the new rules. I do

want to stress to parents, like I did with the students, that the healthy safety practices we have in place need to be continued outside of the school day. Good hygiene, masks, physical distancing, hand sanitizer, small cohorts, etc. are all measures that are recommended by Alberta Health Services. Please support your student in these measures to ensure minimized health risks. I have shared the JR Robson School

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Around the School



Be sure to subscribe to our newsletter (if you haven't received it via email) by going to our website (address on the right) and selecting **Newsletter** on the top menu bar. Select the School Updates list, add your email and hit Subscribe! (**You can also unsubscribe** following the same instructions as above but by hitting the Unsubscribe button instead.)

You can also subscribe to our **school calendar** to get updates on important dates (address also on the right).

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PAC Online Meeting

Monday, Sept. 28
@ 7 pm

Everyone welcome!
Link to join meeting
will be provided closer
to the date.

We are looking for a
new president.

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

Re-entry plan with parents and it was reviewed with students on the first day. If you have not seen it yet you can access it through the JR Robson website and through our Facebook page. Please take a look at it and give me a call if you have questions.

We will be starting sports this week. Students are able to participate in one sport, and right now we are only able to practice and have inter-squad games. We are following the direction set by the Alberta Schools Athletic Association and Buffalo Trail Public Schools. We felt it was important to at least keep practices going and give the students a chance to come out and get in some exercise.

We will be having an online Parent Advisory Council meeting on Monday September 28 at 7:00 p.m. I will send out information just prior with the link to the meeting. We are in need of a president, as Mr. Jones no longer has a student in our school. I would like to thank Mr. Jones for

all the work he did as president for the past few years. If the president position is of interest to you and you want to know more about what it entails, please give me a call and I can give you some background information.

It has been a long, busy journey to get to our re-entry. As I stated to our 2020 graduates at our graduation ceremony on August 28th, if nothing else these past few months have allowed us to work on the virtues of patience, patience and more patience. I would continue to ask parents and students for their patience as we work through the up-coming months. As more information and direction comes out from AHS and Alberta Education, we will certainly be responsive to their requirements and recommendations. We will make sure that if changes occur we will communicate those to you as soon as possible.

Mr. Bates

New VIBE Coach

Hi everyone, I am Ramona Mathison and I will be the new VIBE Coach within J.R. Robson this year. I will be providing mental health prevention programming within some of your classes. You will likely see me in the halls and classrooms on Tuesdays and Thursdays, however I may be around other days as well, so feel free to peek into my office and say hi!



Counsellor's Corner

Living through the COVID19 experience will forever be etched in our memories and will one day be history where each of us shares our own rendition of how Covid19 impacted our life in the year 2020. With these thoughts we are super excited to welcome all students to another school year. We are all excited to be back and students seem to be adjusting to the COVID19 changes very well. It is an adjustment period for all of us, but we are proud of the students for rising to the challenges this school year is creating for us.

A special welcome to all returning students, our students who are homeschooling and new students who have joined us for this school year. We are excited to get to know you. We would like to welcome **Ramona Mathison to our school as our new VIBE Coach**. Ramona will be at J. R. Robson for full days on Tuesday and Thursday. We will share her time with VES. As we begin the new school year, we are looking forward to creating memories to last a lifetime.

Again, Mrs. Polishuk and Mrs. Hart will share the counsellor duties and are available for career counselling, registration information, personal counselling referrals and post-secondary questions. **Mrs. Polishuk will be looking after the grade 8, 10 & 12** while **Mrs. Hart will be looking after the grade 7, 9 & 11 students**. We work together, so if you have a quick question do not hesitate to ask either one of us and we will do our very best to help you out. We would also like to **invite parents** to contact us, at any time, if you have any concerns about your child's programming.

Students requiring extra help. Each teacher usually offers extra help sessions as part of their program. Please see course outlines or ask the teacher when they have extra help sessions. Lunch and Learn will be running again and this is an opportunity for students to get extra help to finish any missing work.

Junior High Students: Welcome to all of our new and returning students. Please stop by and introduce yourself to us. We look forward to getting to know each of you during your

years at J. R. Robson. If you need help with preparing for exams, study skills, having trouble with some friends or just need someone to talk to, please come and see us we would be happy to help out.

Grade 10/11 Students: We would like to welcome our new students. **Just a reminder the last day to add or drop courses for this semester will be Sept. 11.** If you are thinking you might need to make a timetable change for second semester, please do it as soon as possible as sometimes it is easier to do these changes when we have the entire year's timetable to work with.

Students are encouraged to start job shadowing, working part-time jobs, ask questions about various careers, and begin your career planning journey. Many post-secondary institutions will be hosting Open Houses during the months of September to November and students are encouraged to attend to learn more about potential programs and pick the post-secondary institution which is right for you. Open Houses may look different at each post-secondary school - many are going to a Virtual Tour, so please refer to their website to find out how open houses will be handled this year.

Grade 12 Students: See Mrs. Polishuk to review your program and make sure you are prepared for your post-secondary options. **Registration will open on October 1 for most post-secondary institutions.** Apply early. Many students in the past have been put on wait lists which adds to the stress of waiting to be accepted. A graduation meeting will be held in late September or early October for both parents and students to begin planning the graduation event and to review the process of applying for post-secondary school. Please watch for the date of this meeting. Also, students will be asked to set up a **MyPass account** <https://public.education.alberta.ca/PASI/myPass/welcome> with Alberta Education to access diploma exam results, access transcripts; an **ApplyAlberta** account <https://>

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Counsellor's Corner

www.applyalberta.ca/ to apply to post-secondary schools; or a **Student Finance System (SFS) account** <https://studentaid.alberta.ca/>. Please use a home email address to access these sights as your Buffalo Trail Public Schools email does not exist after graduation.

For scholarship purposes: all scholarship information is now located on our school website. Scholarship research begins in September. Students in grades 10 - 12 are encouraged so start searching for scholarships that will suit their needs along their education journey.

Work Experience/RAP/Green Certificate students who worked during the summer, please see Mrs. Scully (gr. 10 & 12) and Mrs. Hart (gr. 11) to finalize your hours and complete paperwork or to enroll in the program for the 2020-2021 school year.

We would also like to **Welcome Tanya Laye** who will be our new **Social/Emotional Coach**. Tanya will be in our building on Monday, Tuesday and Thursday to meet with students.

Dates to remember:

Green Certificate Meeting Info Session for parents and students wanting to enroll in the program will be held Thursday, September 17 at 5:30 pm virtually. Please email: monique.hart@btps.ca if you are interested in registering for this event. Green Certificate is a 16 credit course allowing students to explore learning in the following categories: greenhouse, bees, equine, swine, poultry, sheet, cow/calf, and field crop. These 16 credits can be earned from Grade 10 to 12 and involve 3 tests levels X, Y, Z which can be written in November/February/May when the student feels they are ready to challenge that test.

Sept 11 – Last day to add or drop courses for first semester

Thursday, September 24, 2020 - Open House at the University of Saskatchewan - 3-7 Virtual only. See website for more details. <https://admissions.usask.ca/tours-and-events/open-house.php>

Former Marauder Playing Triple A Baseball



Congrats to Marauder Riley Starko who was recruited this summer by the Neutral Hills Academy to play Triple A Baseball for the Neutral Hills Wranglers in Veteran, AB.

If you still have textbooks from last year, please return them ASAP. We are especially looking for Social 7 "Our Canada" and Social 9 "Issues for Canadians" textbooks as they are needed for this year's students!

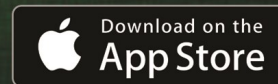
Town of Vermilion Mobile App is here!

Connect with your Community.



Features

- ✓ Receive instant updates to your phone
- ✓ One-touch calling to all departments
- ✓ Instant directions to county facilities
- ✓ Submit permits and forms using the app



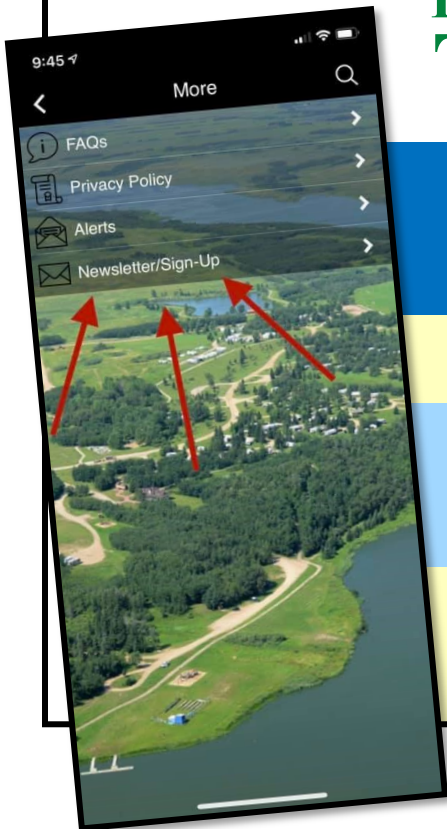
Also available online at: vermilion.communityapps.ca

Download the Town of Vermilion App!

Be sure to sign up for the newsletter to have the latest notifications sent right to your phone via text!

When you've got the app downloaded, go to 'More' in the bottom right hand corner and simply select 'Newsletter/Sign-Up.'

This will allow you to receive notifications, such as road closures, water restrictions, upcoming community events and more!



Back to School Stress

Children may be feeling anxious or fearful about going back to school.

Feeling comfortable and safe will help children focus on learning.

Recognize the signs of stress and help your children develop healthy coping strategies.

Signs of Stress in Children

Children may respond to stress in different ways such as:

- Clingy and other child-like behaviors
- Uncharacteristic emotional outbursts
- Withdrawing
- Sleeping and eating problems
- Headaches and stomach aches

Responding in a kind and supportive way, listening to concerns and sharing care through warmth and love will calm and comfort children.

Helping Children with Stress

Reassure children there are health measures in place to keep students and staff safe.

Keep to a routine, it provides structure and certainty and helps kids thrive.

Let your children know that they are not alone and that you can be counted on for support.

Remember it's OK to not be OK and that these feelings are normal.

Share relaxation skills with your child.

Practicing Self-Care

Practicing self-care is calming and reduces the effects of stress.

Role model self-care for your children; your calmness is important and helpful to them.

Self-care strategies may include:

- Relaxation and calm breathing
- Healthy eating, physical activity and getting enough sleep
- Hobbies and fun activities
- Regular gratitude practice
- Spending time outdoors

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca

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





SEPTEMBER 2020

CRAFTASTIC FRIDAYS!

Arts and crafts are a great way for children to use their imagination, relieve stress, assist in achieving developmental milestones such as fine motor skills, problem solving and social skills.

We will have a craft/activity available for curbside pick up to take home and enjoy with your children!

Join us virtually through ZOOM on the last Friday of the month for a Show & Tell, where your child can share their creations with us!!

Registration is required.

SESSIONS

Fridays 9:30 - 11:30 AM

September 11 & 18 - Curbside Pick-up

September 25 - Show & Tell via ZOOM

LOCATION

Lloydminster - Lloyd Mall parking lot
(across from Urban Planet)

Vermilion - Parking lot of Vermilion Regional
Centre in front of Kiddie Oasis doors

Kitscoty - TBA at the time of registration

For more information or to register, please contact us:

306-825-5911 or info@midwestfamilyconnections.ca

PLAY. LEARN. CONNECT.