



Marauders: Explore, Create, Achieve.

May 3, 2021

J. R. Robson High School

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Principal's Corner

On May 4, the province announced that all Kindergarten to Grade 12 students across the province will now temporarily shift to at-home learning beginning May 10, with a return to in-school learning on May 25. Friday, May 7 is a Staff Professional Learning Day in BTPS so there will be no classes for students that day. May 20 and 21 are Designated In-Lieu Days and May 24 is the Victoria Day holiday so there will also be no classes for students on those days.

We appreciate all of your support as we transition to at-home learning. This has been a challenging year for our students as they have not had consistency in their school year. There are supports available

- [Youth Mental Health](#)
- [COVID-19 and Your Mental Health](#)
- Mental Health Helpline:
Phone: 1-877-303-2642
- Kids Help Phone: 1-800-668-6868

(Continued on page 2)

Around the School

Right: Leif Messal playing some guitar

Below: Tylin Vold doing some welding in IA



In this edition:

Principal's Corner	1
Around the School	1
Principal's Corner Con't	2
Science 8 Project	2
Yearbooks	2
SEC Mental Health Info	2
Rural Mental Health Connect	2
Counsellor's Corner	3
Mental Health Week	4
Thank You	4
They Build Bridges	4
BTPS Public Speaking Contest	4
Fatherhood Conference	5
Living Well Series	5
Mental Health News	6
Supporting 2SLGBTQ+	7
Self-Care with VIBE	8

Spring Fundraiser plant delivery day is May 17.

You will be contacted closer to the date with pickup arrangements if you placed an order.

Website:

jrrobson.btps.ca
School Calendar
<http://jrrobson.btps.ca/Calendar.php>

Facebook:

<https://www.facebook.com/JRRobsonSchool/>
App
<http://bit.ly/JRRapp>



Principal's Corner Continued

In addition to email communication, we have been also posting COVID school information to our website. Please check there from time to time for any updated information that has been added.

Science 8 Project—Gears

Grade 8 Science students learned about, designed and 3D printed gears.



Yearbooks

Order your 2021 Yearbook
online!

[http://ybstore.friesens.com/
stores/772478](http://ybstore.friesens.com/stores/772478)



Mental Health

How to Reduce Test Anxiety

Test anxiety is a type of performance anxiety. In situations where the pressure is on and a good performance counts, people can become so anxious that they are actually unable to do their best.

Relaxation response is a technique to help you become relaxed, and can take the place of an anxiety response. Some short-term techniques include the tensing and differential relaxation method, and deep breathing.

The Tensing and Differential Relaxation Method: [How to reduce stress with progressive muscle relaxation](#)

Deep Breathing

<https://www.youtube.com/watch?v=PmBYdfv5RSk>

Some other practices that may decrease test anxiety are; writing it out, walking off your stress, catching your breath, 5 minute meditation, and finding a comfortable rhythm.

<https://www.northwestern.edu/breathe/test-anxiety/>

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

Thank you to all parents and students for your quick response with the registration forms for the 2021-2022 school year. Timetabling can begin. The timetable will be developed over the course of the next month or so and hopefully student timetables will be available in June. We have asked parents and students to review the choices your child made carefully, so we have your child enrolled in the class of "best fit" and where they can achieve the most success. If students need to review, please contact your Counsellor, Mrs. Polishuk or Mrs. Hart

Attention Grade 12 Students:

- ⇒ **Rutherford Scholarship & other Government Scholarship Applications**
Check out: <http://studentaid.alberta.ca> for the information about registering. You need to apply one month prior to beginning your post-secondary studies to receive the scholarship.
- ⇒ **Student Loan Information:** Student loan information will also be found at <http://studentaid.alberta.ca>
- ⇒ **BTPS Student Email Accounts:** These accounts will be disabled/expire three months after you have left school. Please make sure you change your email addresses if you have important contact information coming to these addresses.

Congratulations to the winners of the **VIBE Mental Health Art Gala contest**, where many young local artists showcased their artistic talents promoting mental health awareness. Support **Mental Health Week - May 3 to 7**. Many thanks to VIBE for organizing events for families during this week.

Exam Schedule - at present, a final exam schedule has NOT been created due to

COVID19. Each student is asked to focus on their daily learning and staff will be making assessments based on your in-class efforts. A final exam schedule may be created as we move forward so keep informed.

Work Experience, RAP & Green Certificate Students: If you are enrolled in this program, you will need to hand in **your hours and evaluation forms at the end of May** for any hours which you earned during the school year. There will be a **new program agreement that must be in place to earn summer hours.** See Mrs. Hart or Mrs. Scully for more details.

If you have not checked out the **VIBE Facebook** page lately, make sure you do. VIBE continues to do great work in our community and offers a wide variety of opportunities to help improve our mental health. <https://www.facebook.com/VIBEvermilion/>

Here are some suggestions to boost our happiness for this month:

- * Practice mindfulness -- meditate, clear your mind
- * Listen to music with a loved one
- * Watch an uplifting movie
- * Unplug from technology for part of your day
- * Take a walk and focus on the wonderful things you see
- * Make a list of 3 good things that happened in your day
- * Schedule time in your day to make a connection with someone
- * Reflect on how you have adapted during the pandemic and look at who you are now

Positive Quote for the month: If you see someone without a smile, give them one of yours. ***Dolly Parton***

Mental Health Week

May 3-9 is Mental Health Week!



THANK YOU!

On top of the \$500 we receive from the Rotary Club of Vermilion each year for breakfast, they have also given us another \$250 to put towards our snack program.

They Build Bridges

Thank you to Kevin John from **They Build Bridges** for visiting the Social Studies 10-1 class by Zoom. Kevin spoke to students about the legacies of residential schools and effects of systemic racism against Indigenous people in Canada, and about the importance of reconciliation in Canada.



Speaking Competition

Congratulations to the following students who participated in the BTPS 9th Annual Superintendent's Public Speaking Competition School Speak-Off on April 20th:

Madison Tovell
Maren Abuzukar
Kira Jaremco
Jada Sanford
Amaya Myhovich.

Representatives from our school this year were:

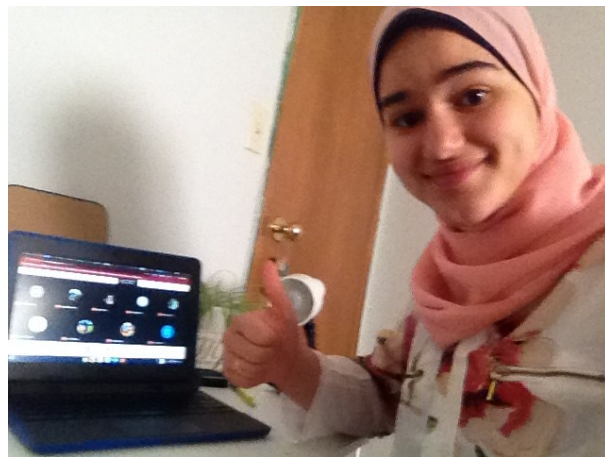
Junior High Category - Kira Jaremco
Senior High Category - Maren Abuzukar.

The main event was livestreamed on April 28 and can be viewed on BT Tube.

Kira Jaremco placed second in her division and won the silver medal and \$75 with her speech on "How can one person make a difference?"



Maren Abuzukar tied for first in her division and won a gold medal and \$300 with her speech on "How can we support multiculturalism in schools?"



Fatherhood Virtual Conference

4th Canadian National Fatherhood Conference - Side by Side: Celebrating the Diversity of Fatherhood

May 12, 2021—May 13, 2021

Learn Best Practices • Engage More Dads • Connect with Colleagues

For more information and to register:

<https://web.cvent.com/event/fd4df410-e262-4c16-b085-8bb750092478/summary>



Dad Central



Réseau Papa

Monday, May 3rd,
10th, 17th
@ 7-8pm VIA
Zoom



Visit <http://lloydminstermentalhealthca/livingwell> to register at no charge.

LIVING WELL

A blend of
mindfulness,
movement, and
reflection.

SERIES 2:
PRESENCE

Weekly themes
include Gratitude,
Compassion, and
Joy.



PROJECT
SUNRISE



PRACTICE
Mindfulness

Practicing mindfulness together can help build your family's connection with each other.

Need help to calm a busy mind? Try this simple strategy to tune into your surroundings using your 5 senses. Look around you, what do you see, hear, smell, taste, feel?

Mental Health Tip

Move
YOUR BODY

Move your body every day to improve your mental and physical well-being. The key is to make movement fun and try activities that you enjoy.

What is your family's favourite way to connect and get active together?

Mental Health Tip

Fuel
YOUR BODY

Did you know that what you eat and drink affects how you feel? We know that it helps your body grow and stay strong, but it's also good for your brain.

Make a family goal to focus on drinking water to hydrate your body and keep your brain fuelled and energized.

Mental Health Tip



Build
ASSETS

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you.

Talk together about how being kind makes you feel great! Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

Mental Health Tip

Interested in more ideas on how to create positive connections and build a healthy family?

Join us for the **Move Your Mood June Family Challenge**

Register in May at www.sparcreddeer.ca

Everything gets better when you move your body. www.participaction.com

EXPAND YOUR
Mind

Did you know that being creative, dancing, and listening to music are simple ways for your family to boost their mental well-being and release feel good chemicals in their brains?

Take time to expand your mind today. Be kind to yourself and others, have a great laugh, turn up the music and dance like no one is watching!

Mental Health Tip

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





• PRESENTS •

SUPPORTING 2SLGBTQ+ YOUTH

Join Michael from The altView Foundation on May 7th from 1-2pm for a presentation and Q&A online via Zoom to help you understand why and how to support LGBTQ+ students. Please email pat.calyniuk@btps.ca or Ariel.Haubrich@btps.ca to register for the Zoom link.

40%

LGBTQ+ youth with 1 or more supportive adults were 40% less likely to attempt suicide

33%

A third of LGBTQ+ students missed at least one day of school in the past month for feeling unsafe.

75%

Three-quarters of LGBTQ+ students heard homophobic language in school often.

17%

17% of LGBTQ+ students reported having changed schools due to safety concerns.

9%

Less than a tenth of LGBTQ+ students said school staff frequently intervened when students used homophobic remarks.

42%

Only 42% of students could identify more than 10 supportive school staff members, a factor directly linked with feeling safe.

References: <https://www.thetrevorproject.org/2019/06/27/research-brief-accepting-adults-reduce-suicide-attempts-among-lgbtq-youth/>

https://www.glsen.org/sites/default/files/2020-10/NSCS-2019-Executive-Summary-English_1.pdf

Join VIBE Online May 11 & 12

7:00 p.m to 7:30 p.m

Explore realistic techniques that are quick, easy, and scientifically proven to support your wellbeing!

To register, email pat.calyniuk@btps.ca
You can attend the live virtual sessions or watch later at your convenience.

Register and Attend (or watch)

AND YOU WILL BE ENTERED
TO WIN A VARIETY OF THE
NEWEST AND COOLEST
FIDGET TOOLS!

