



November 2, 2020

J. R. Robson High School

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Vermilion, AB
T9X 1G5

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Principal's Corner

With the start of month three of the school year I want to take the opportunity to commend our students for their commitment to our school COVID re-entry plan. As I have explain in previous communication our re-entry plan is designed to minimize the risk of infection for everyone in our building. It has been a huge undertaking, with many sacrifices made but the good news is that we still do not have a positive case identified in our school. Note that today we will be e-mailing some updated information documents to parents provided to us from Alberta Health and Alberta Education. I

encourage you to take the time to read these documents.

The next Parent School Council meeting is November 23rd at 7:00 pm. A highlight of this meeting will be our VIBE coach Ms. Ramona providing explanation about VIBE programming, and some specifics around how VIBE works with junior high students regarding student digital citizenship. In addition, I will be providing an update on our Annual Education Results Report for the 2019-20 school year. It will be a ZOOM meeting, I encourage parents to attend.

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Around the School



Left: Picture taken of an early sunrise at our school by one of our caretakers, Rocky.

Below: Photo taken for Comm Tech by Alexis Hager



PAC Online Meeting

Monday, Nov. 23
@ 7 pm

Everyone welcome!
Link to join meeting
will be sent via text.

Website:

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

Facebook:

[http://www.facebook.com/JR-
Robson-School-
613941298627779/](http://www.facebook.com/JR-Robson-School-613941298627779/)



Principal's Corner Continued

We will be posting our January exam schedule shortly to our website. Remember that junior high students do not stop classes for exams in January. High school students will have a designated exam week. As this is a very important time for our high school students, I continue to encourage parents to plan appointments and events around exam week as students will write the course final exam on the scheduled day. We do have contingency back up dates in place for those students who may be down with illness.

As it worked out this year, students do not have any school the week of November 9-13. Teachers will be at school on the 9th-10th. On the 9th we will be doing professional learning with regards to the new Inclusive Education planning tools for students on individualized programs. On the 10th we have a division wide ATA learning day. Our local ATA members always plan a variety of sessions for teachers to take part in. As for our Remembrance Day Ceremony, it will be held on Nov. 6th at 11:00 am. Students will remain in their designated classrooms, and will observe a video presentation created by Mr. Maier. Thank you to Mr. Maier for all his hard work to make our Remembrance Day Ceremony happen.

Finally, on November 18th we will be handing out our academic student awards for last year. Unfortunately, we are not able to celebrate as usual, and so cannot invite parents and guests to this celebration. We do plan to video the presentations and make available on our website for parents to watch.



Comm Tech
photography
by Jennalee
McDonald

Mental Health—Routine

Routine.

It may sound simple and general, and that's because it is...

But developing your own family ritual will give your child consistency and security in the home, as well as setting them up with good habits for life. Building routines with your children helps them to feel safe.

In what some researchers have described as an 'epidemic of anxiety', the predictability and familiarity that comes with routine offers the perfect safe space that kids need.

A consistent routine in the home will have far fewer variables, so your kids can relax in knowing what to expect.

Resources

<https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

<https://biglifejournal.com/>

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.

Grade 7 Networking Seeking Donations

We are looking for scrapbooking paper or card making materials.

If you have some you are willing to donate, please send or drop off at the school or contact Mrs. Innes to make arrangements



Counsellor's Corner

For high school students, open houses continue for post-secondary institutions during the month of November. Most post-secondary institutions are more than willing to give private tours as well. See Mrs. Hart or Mrs. Polishuk for more details. Here is a chart outlining the open houses occurring in November:

November 4 should be “Take Your Kids to Work” day for grade 9 students. Unfortunately, this activity has been suspended this year due to the COVID19 situation.

November 18 will be the day we celebrate the success of our students from last year. Congratulations to all of our winners. To those who do not receive an award, as long as you are working to the best of your abilities, that is what counts. Be your best!

For grade 12 students, if you need assistance with your post-secondary applications, career planning, or hunting for scholarships, please do not hesitate to contact Mrs. Polishuk. Once you receive confirmation from the post-secondary school, be sure to check their email system for updates on your application process. You may need documents from J. R. Robson to finalize your registration, so it is very important you keep looking for communication from the post-secondary institution you applied to. Once again - for all correspondence from post-secondary institutions, please use your own home email account.

J. R. Robson uses online reporting through PowerSchool to monitor your child's progress. Please contact the office for more information on how to become digitally connected to PowerSchool. Our last evening of **Parent-teacher interviews will occur on November 4** to address your concerns and the learning needs of your child. Here are a few tips to help your teen be successful in school. (<http://kidshealth.org/en/parents/school-help-teens.html?view=ptr&WT.ac=ptr>)

J. R. Robson Website continues to be our

Institution	Open House Date
AB College of Art & Design now called Alberta University of the Arts	TBD - Virtual
Athabasca University	Virtual - see website
Bow Valley College	TBA - Virtual
Burman University	TBD
Canadian Armed Forces Royal Military College of Canada	info.edmonton@forces.gc.ca
Grande Prairie Regional College	TBD
Keyano	Check Website
Lethbridge College	TBD - Virtual
MacEwan University	November 7
Medicine Hat College	November 18 - Virtual
Northern Lakes College	Check Website
Portage College	TBD
Prairie College	Check website
Red Deer College	Check website
Royal Canadian Mounted Police	Check Website

method of communication to parents and students about upcoming events.

Remembrance Day Ceremonies will be held on **November during block 3 & 4 in our individual classrooms.** May we take this opportunity to reflect and thank those who have sacrificed their time so we may live the life we enjoy in Canada today.

For students in **work experience/RAP/Green Certificate students**, please continue

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Counsellor's Corner

to submit hours and complete necessary paperwork on a regular basis. You need to see your school counsellor to enroll in this program.

Santa's Anonymous will be collecting names of students and families this month. This is a change from previous years with the deadline of November 30. If you need to access this service, please look for the form attached to this newsletter.

Traditionally November and December can be very stressful months for students due to lack of sunlight hours and with this year we have the added stress of the pandemic as well. For some, they may be feeling overwhelmed. Here are some tips to manage stress taken from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Healthy ways to cope with stress

- Know [what to do if you are sick](#) and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - ⇒ Take deep breaths, stretch, or [meditate](#)

- ⇒ [Try to eat healthy, well-balanced meals.](#)
- ⇒ [Exercise regularly.](#)
- ⇒ [Get plenty of sleep.](#)
- ⇒ Avoid excessive [alcohol and drug use.](#)

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

November 9—13 is a week off for students to recharge, relax and spend time with family. Enjoy your week away from school and stay safe.



Comm
Tech
photog-
raphy by
Brady
Nelson

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. We provide the following resources for you at no cost:

Immediate text support

Information and videos on common mental health issues

Mental wellness programs you can do on your own and with coaching

Monitored communities of support

Individual phone, video, and text counselling

This online service was launched in response to growing mental health concerns related to the COVID-19 pandemic. Wellness Together Canada is a Health Canada funded project that is a partnership among [Stepped Care Solutions](#), [Kids Help Phone](#) and [Homewood Health](#) – three of Canada's leading and most innovative mental health organizations. Access through: <https://ca.portal.gs/>

Vimy Ridge Virtual Tour

Social Studies 20-1/20-2 class was able to participate in a virtual live interactive tour of Vimy Ridge National Monument today that was hosted by EF Tours and Veterans Affairs Canada, it was pretty cool for students to experience Vimy virtually (not as cool as it was in person though!)

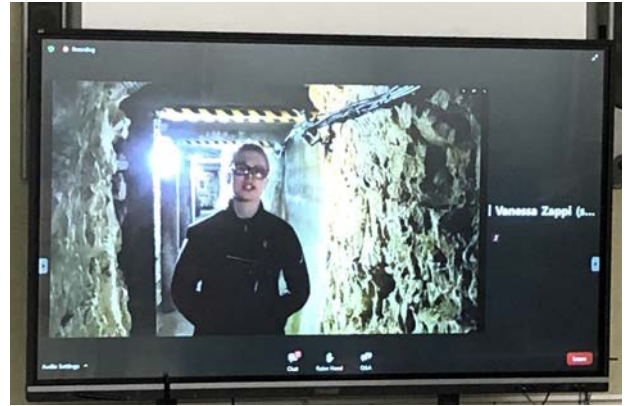


Photo Reenactments by Comm Tech students

Above: Harley Harms and Joshua Gould Below: Hailey Warren and Raylee Martin with Chloe Maxwell, Emersen Isley and Mila Jubinville



VIBE



Happy November JR!

VIBE has been busy within the school providing programming from Grade 7-10's on several different topics including building mental wellness, healthy relationships, study skills, empathy and more. It has been wonderful getting to know the students and connecting with them throughout the day. I am also looking forward to interacting with students in new ways and am excited to say I will be popping downstairs with games to play during lunch, so get ready for some competition!

Parents, I will be attending the next JR Parent Council Meeting on November 23, where I will provide a quick parent information session around online safety and will be available to answer any questions you may have about me and my role within JR Robson.

Lakeland College is looking for a [Student Computer Technician - 1164](#)
(click link above for more info)



Comm Tech photography by Korey Hemauer

Volleyball Team Photos



Above: Jr. High Boys Team
Below: Jr. High Girls Team



THE EDGE
Youth Drop-in Centre

Begins Sept. 10

THURSDAYS

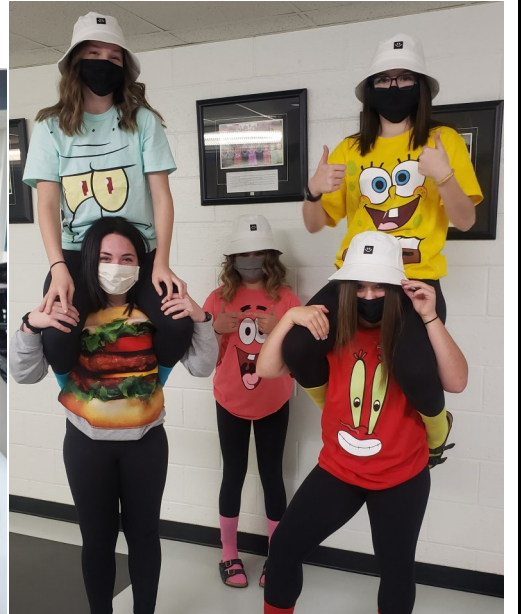
Times: 3:30 to 6pm

Please Note

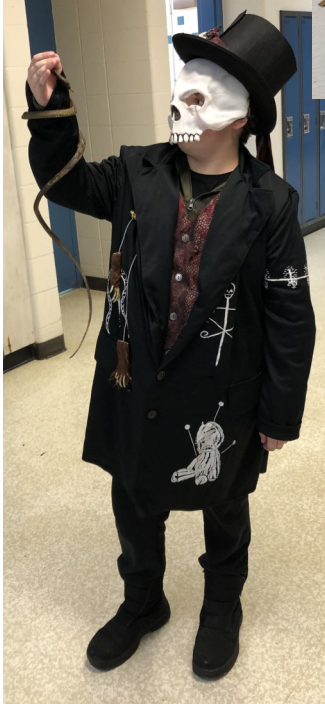
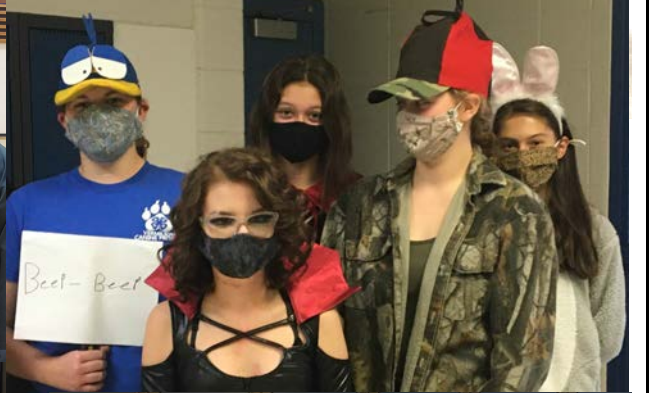
Covid-19 Prevention Measures:

- Registration will be mandatory before entry
- Masks will be required inside the building
- Additional hygiene practices will also be used (sanitization, distancing, etc.)

Halloween 2020



Halloween this year included in class activities and candy



VERMILION JUNIOR CURLING

Monday Night Superleague

2020-21

Monday Nights 6:45-8:45pm

Starting Nov 16, 2020

6 end games

at Vermilion Curling Rink

2 divisions (4 younger teams and 4 older teams)

(Curlers can be in Grade 4 to Grade 12)

Teams from surrounding communities are welcome!

Entry fee \$200/team

Cash payout \$20.00 per win (for season games)

(Prizes for playoffs)

To enter, please call Doug McCrae at 780-853-0062

Vermilion Junior Curling Tuesday After-School League

Grades 4-12

Tuesdays 3:45-5:30 pm

Fee: \$80.00 (includes windup pizza party and curling photo)

November 3, 2020 – March 2, 2021

Registration forms can be requested from vermilioncurlingclub@gmail.com

Stigma and COVID-19

The COVID-19 pandemic has sparked a rise in social stigma.

Social stigma is when society expresses negative judgment towards others. This often takes the form of fear, blame, and unfair treatment.

Why is the COVID-19 pandemic creating stigma?

Lack of understanding and stress causes fear, anger, and intolerance.

How can stigma impact the well-being of your family?

Stigma is associated with poor social, physical and mental health.

Stigma can make people feel guilty or bad about themselves and may lead to isolation and disconnection.

Feelings of guilt and lack of control increases stress, anxiety and fear.

Judging others does not encourage kindness, compassion or understanding.

What can you do to reduce stigma?

Words matter, so choose your words carefully to show support and empathy.

Model acceptance and compassion.

Bust myths and misunderstanding by sharing the facts from credible sources.

Practice the recommendations for staying safe and preventing the spread of COVID-19.

Kindly correct others who use words or actions that are hurtful to others.

Tips to help your child or family if you experience stigma

Reach out to someone you trust and talk about how you are feeling.

Practice self compassion. Don't blame yourself if you have the virus.

Take a break from social media and use that time to practice self-care together.

Check in and pay attention to how you and your children are doing. Take time to have a conversation to help build coping skills and increase understanding.

MORE RESOURCES

- [Mental Health & Covid](#)
- [Covid Testing & Stigma](#)
- [Talking With Your Children About Covid 19](#)
- [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





Looking for Local Services?
FROM AGENCIES
TO TOLL FREE NUMBERS,
FIND THE SUPPORT YOU NEED!

<https://vibewellnessprogram.wordpress.com/resources/>

CLICK LINK ABOVE TO ACCESS

Updated yearly by VIBE MHCB



Youth Wellness Clinic

Promoting mental health within your community



For youth up to 21 years of age, we can help identify and manage mental health concerns, including but not limited to:

Depression, Anxiety, & ADHD

To find a location and book an appointment call

1.800.370.1697



Tips to help your child be comfortable and confident wearing a mask

To help protect each other and to prevent the spread of COVID-19 it is recommended masks be worn when [physical distancing](#) cannot be maintained. This includes in places like schools, buses and public transit, health care facilities, and some community public places. Many stores and businesses also request that customers wear masks.

Talk to your child about why masks are important, and help them feel confident and comfortable wearing a mask.

Here are some simple tips and helpful resources:

A simple act of kindness.



Masks provide protection.

Masks help keep everyone safe during the COVID-19 pandemic, especially in public places like a school. It is a simple act of kindness: My mask protects you. Your mask protects me. Masks offer a way to cover your mouth and nose to prevent germs that can go from your body onto someone else or on to surfaces that people touch. Germs can come from your body when you do things like sneeze, cough, talk, yell, laugh or sing. Wearing a mask may stop you from touching your nose and mouth which can also help prevent the spread of the virus. Watch this [short video](#) to learn more about why wearing a mask matters. For more helpful tips, visit alberta.ca/masks.



Choosing a mask? Let your child help.

If possible, have your child choose the color and design of their mask, and the fabric that will feel comfortable for them. Mask extenders (ear savers) that connect the elastics behind the head rather than hooking them behind the ears may help your child feel more comfortable wearing a mask. If your child experiences touch sensitivities, look for masks made of soft material. When a child-sized mask is not available, follow the steps in [this video](#) to adjust an adult-sized mask.



Wear your mask properly.

Proper handwashing is the first step to proper mask use! To learn more, check out this [short video](#) from Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw. She explains how to safely put on, wear, and take off a mask. Here are some other great resources for children, families, and schools:

- [Masks for school video](#)
- [Wear a mask poster](#)
- [My mask protects you, your mask protects me poster](#) from Alberta Health Services



How to care for your cloth mask.

Store masks in a sealed and clean storage bag (like a sandwich bag) to keep them clean and ready for use. When you remove your cloth mask, place it back in the bag until you need to wear it again. Practice this at home with your children. This will help get them into the habit of caring for their mask. Be sure to wash your masks after each use, and throw out used storage bags. Visit alberta.ca/masks for tips on cleaning your mask.



Role model mask-wearing for your children.

Show your children how you put on and take off your mask, while practicing good hand hygiene. Try wearing your masks at home for short periods of time and wear them when you are out in your community. For creative ideas about how to help young children adapt to wearing masks, check out these [7 quick tips for parents](#).

Tips to help your child be comfortable and confident wearing a mask



Use reliable information and resources about COVID-19 to support your family.

Use websites, information, and resources from the Government of Alberta and Alberta Health Services to help your family through these challenging times. Here are some key sources:

- To help your family head back to school, visit: alberta.ca/returntoschool and ahs.ca/covidschools
- For mental health and wellness support, visit ahs.ca/helpintoughtimes
- For the latest guidance from the Government of Alberta, see: alberta.ca/covid19
- For the latest guidance from Alberta Health Services, visit ahs.ca/covid
- If your child has questions about COVID-19, check out [COVID-19: What kids need to know](#)

WELDING ART


LAKELAND COLLEGE TRADES COURSES



NOV 26 & 27, 2020

This 2 day course requires NO previous experience and will focus on creativity and using recycled or upcycled materials.

You will have expert instruction from ticketed Welders with an exclusive opportunity to create something beautiful & unique to take home.

To register: talk to your school principal
To print a registration form: 



WELDING ART

WELDING ART

WELDING ART

Pieces of Art created by BTPS students, the next piece could be created by YOU!





Vermilion Lions Club
4929 50 Ave
Vermilion, AB T9X 1A6



2020 SANTA ANONYMOUS REGISTRATION FORM
Vermilion and Area, Minburn, Mannville, Clandonald, Islay

DEADLINE FOR REGISTRATION IS WEDNESDAY NOVEMBER 25th, 2020.

Due to Covid 19, gift cards only will be mailed to you by Dec 7th for you to purchase your food & presents for the children.

Name: _____

Street or Box Address: _____

Town: _____ Postal Code: _____

Phone: _____ (If you do not have a phone, another contact number is required.)

If we cannot contact you to confirm we will not provide a Christmas Gift Card.

Is your family's income below \$35,000.00? ____ (Combined income of both spouses based on Line 150 of you and your spouse's tax return)

First Name (and last if different) of every member in the household	Male or Female	Age of children under 18	Name of School Child/Youth attends

We require a reference to be identified by the recipient that can be contacted to confirm that the recipient is experiencing financial hardship and requires the assistance of Santa Anonamous. A reference must know which community you live in. The reference can be a staff member from Human Resources (social services), Children Services, School personnel, Clergy, Counsellors, Village or Town Administrator or Councillors, FCSS, nurse, or RCMP member. Your reference cannot be a relative. The reference must know all members of the family, including the children. If the reference information is not filled out then the application will not be considered complete and may not be processed. My reference is:

Reference's Name _____ Position _____ Agency _____ Phone # _____

Please note: Mail completed application to address at the top. If you require more information please call 853-4240. By signing this form you agree that **the Vermilion Lions Club has the right to contact the reference to confirm hardship and/or call the local schools to confirm children.**

Applicant's Signature