



Marauder News

Marauders: Explore, Create, Achieve.

Principal's Corner

I would like to invite all parents to the next virtual Parent School Council meeting on Monday October 25th at 7:00 pm. At our September meeting we did not elect an executive so if you are interested please attend. The ZOOM meeting link will be sent via text prior to the meeting.

On September 30th our students had the opportunity to participate in National Day for Truth and Reconciliation activities organized by BTPS. This school division wide program had various activities and online guest speakers for our students of all grades. BTPS will further recognize the National Day for Truth and Reconciliation on October 8th

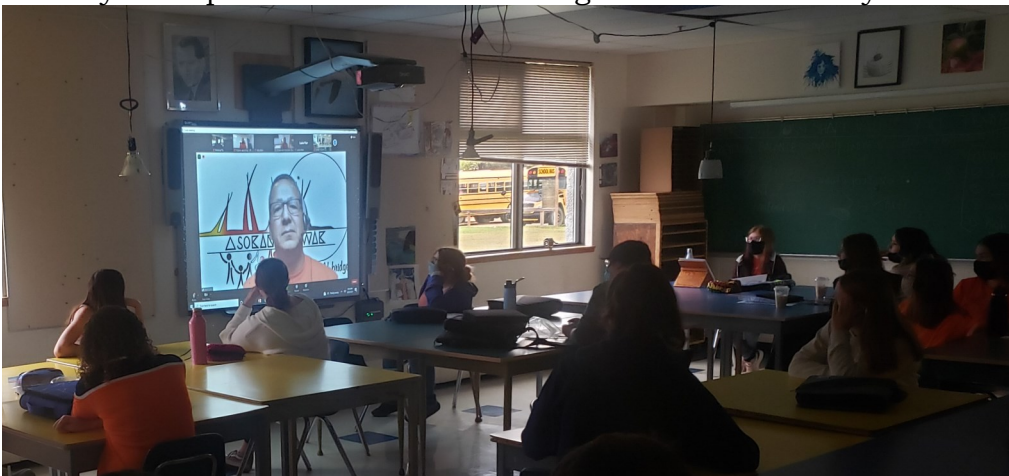
and there will be no school for students or staff on that day. Originally there was no school for students, and the day was to be Celebration day for BTPS staff. However the Board of Trustees decided that they would make the day for staff to reflect on truth and reconciliation. Classroom instruction in all grades around Truth and Reconciliation will continue throughout the school year with various resources that have been provided to our teachers.

We are very happy that our extra-curricular clubs and teams are busy playing and practicing. Volleyball, cross country running,

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Around the School

Kevin John addresses students on the first National Day for Truth and Reconciliation on Thursday, September 30 (also known as Orange Shirt Day). Guest speakers and activities were available throughout the day to help student reflect on the significance of this day.



October 6, 2021

J. R. Robson High School

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Virtual Parent Advisory Council Meeting

Monday October 25
@ 7:00 p.m.

Text will be sent with details.

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

Yearbook, football and Diversity Club are busy with their various games and meetings. While many health protocols are in place to make these activities as safe and germ-free as possible, it is also important to recognize the importance of these events to the overall health of our students. It is a balancing act between the two and appreciate parent understanding for the measures we have had to put into place.

On October 22 teachers will be participating in school based professional development with a focus on developing literacy in the grade subject areas.

Have a great Thanksgiving and a safe Halloween.

Vermilion Marauders Football

Scores:

Sept. 16: Breton 56 - Vermilion 13
Sept. 27: Vermilion 64 - Vegreville 13

Upcoming games:

October 8 home game: Millwoods Christian vs. Vermilion (5:00 pm start)

October 14 away game: Vermilion vs. Edson (4:00 pm start)

October 19 away game: Vermilion vs. Hinton (4:00 pm start; game will be played in Spruce Grove)

November 4 home game: Drayton Valley vs. Vermilion (4:30 pm start)



Our website is changing! The new look will go live on Friday, October 8! Simpler and easier navigation!! <http://jrrobson.btps.ca/>

Scholarship Highlights

Applying for University of Calgary High School Awards is easy. Go to ucalgary.ca/awards to learn more

Pathways to Medicine Scholarship Program is an initiative of the Cumming School of Medicine at U of C. The goal of this scholarship is to facilitate the career development of promising high school graduates who come from low-income backgrounds; students who are Indigenous and/or from rural Alberta, who have a career goal of becoming a physician. The scholarship includes \$20,000 towards tuition coverage, mentorship, MCAT Prep Course, paid summer research experience, enrichment program and acceptance into medical school provided that the program criteria have been met. For more information, please email pathways@ucalgary.ca

Scholastic Book Orders

Order directly from Scholastic Online Reading Club! Monthly paper flyers are also available to pick up in the Learning Commons.

Our School Code is: RC239520. Shop and earn rewards of 20% for our school when you use this code. Free shipping on orders over \$40 when using the code.

[Parent's Guide to Reading Club](#)



Counsellor's Corner

We would like to encourage any grade 9-11 students, wishing to attend a post-secondary institution after grade 12, to start attending open houses. Often students feel the academic pressure of grade 12 and do not have the time to attend these all day sessions in their last year of high school. Picking the right post-secondary institution is an important first step to making the transition from high school. Many post-secondary schools were planning In-person Open Houses but after the government announcement on September 15 may have transitioned back to a Virtual Open House format. The chart on page 5 provides dates of **Open Houses at the post-secondary institutions**.

Many post-secondary institutions above are waiving the registration fee if you attend an open house and register on that day. Some post-secondary schools encourage students to come and be a student for the day and have separate days allotted for just that. Please see the ELAA link below for more details on how to contact a post-secondary school.

https://elaa.ab.ca/index.php?option=com_content&view=article&id=64

Career Fair: The ELAA group is an organization made up of representatives from all of the Alberta post-secondary schools. Their goal is to help keep school counsellors, parents and students informed of changes within their schools. This year they will be offering **Virtual Open House opportunities for parents, staff and students** to ask questions or tour their various websites and schools. Four sessions were offered in September and now 4 additional sessions have been created for the month of October. Here are the dates:

- October 5, 5-7 pm
- October 14, 11-1 pm
- October 20, 5-7 pm
- October 28, 5-7 pm

Please use the following links to access the event:

- Register: elaa-launch.6connex.us/event/VirtualELAA/student/register
- Attend: elaa-launch.6connex.us/event/

VirtualELAA/student/login

Lakeland College will be visiting CALM class from 12:32 - 1:13 on Wednesday, October 6. Students interested in attending are welcome to attend our class that day.

University of Calgary will be visiting CALM class from 12:32 - 1:13 on Monday, October 18. Students interested in attending are welcome to attend our class that day.

Grade 12 students are encouraged to see Mrs. Hart if they need **help registering for post-secondary study next fall**. Use the Apply Alberta website to start this process. This website prepares the information needed to apply to any post-secondary institution in Alberta thus streamlining the application process. **(Use a private email address for this process as your BTPS account ceases to exist 1 month after graduation.)** Some post-secondary institutions base acceptance on competitive averages while others are based on a first applied, first qualified basis. Applying to at least 2 post-secondary institutions gives you more options for acceptance. Remember you will need a credit card to submit your application online. **Many post-secondary schools open registration on October 1, so apply quickly.**

<https://www.applyalberta.ca/pub/>

High School students should also be searching for scholarships as well. There are millions of dollars of scholarships that go uncollected each year as they simply do not have any applicants. Oftentimes you will need two letters of reference for these letters, so start asking people who know you best to help you out with your reference letters. Also see <http://studentaid.alberta.ca/> for scholarships available through the provincial government. Some due dates are fast approaching.

Please note: our WEBSITE is changing so once the new one is up and running, the new link to our Scholarship section can be found under the Students tab.

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Counsellor's Corner

Grade 10 - 12 students should create a MY-PASS account.

<https://public.education.alberta.ca/PASI/myPass/welcome> MyPass is an Alberta Education website where students can:

- Order high school transcripts in English/French
- View diploma exam marks
- View Detailed Academic Reports
- View progress towards a credential (diploma or certificate)
- Order copies of your credential (diploma or certificate)
- Receive notifications of important messages

Also, for **Grade 12 Students** the first meeting to discuss graduation criteria and the graduation event was originally scheduled for October 5 but that meeting is postponed to October 19 at 6:30. The link for this Zoom session will be sent home through PowerSchool. Watch for information coming your way.

Remember the **STRONG Interest Inventory** is available through your counsellor and VIBE Coach for any grade 11 & 12 students who are having trouble deciding on a future occupation. It is a great way to start the career planning process. See Mrs. Hart, Mrs. Polishuk or your VIBE coach, Ramona for further information. A special **thank you to VIBE** for sponsoring the cost of this career planning tool.

Work Experience, RAP and Green Certificate Students please continue to submit your hours on a regular basis using the online system. Mrs. Scully (gr. 11), and Mrs. Hart (gr. 10 & 12) will be administering the program. To enroll, please see your counsellor to begin in the program.

High School students interested in Green Certificate **please see Mrs. Hart to register prior to October 15**. A meeting will be scheduled, along with the representative from Alberta Agriculture, once I have all of the new registrants names to provide more information about the program. Students in this

program will earn 16 credits towards their diploma at the grade 12 level. Green Certificate is available in the following areas:

- Bees
- Cow/Calf Production
- Dairy Production
- Equine
- Field Crops
- Green House
- Chickens
- Sheep
- Swine

Grade 9 students will be preparing for the annual **Take Your Kids to Work Day** which is happening **November 3, 2021**. Due to the COVID situation, this program will be completed through a virtual platform this year. Health teachers will be involved in planning the day.

Please stop by and introduce yourself to our Social/Emotional Coach Mrs. Tanya Laye. She is available to meet with students who may need help with family, peer or personal issues.

Parents and Students are encouraged to sign up for PowerSchool through either parent or student portal. Please see the administrative assistants if you are struggling and they will be happy to assist you. This way you can see your progress on a regular basis.

Below: Art 8 Folder Cover Art by Amiya Sloopweg



Counsellor's Corner—Open Houses

Institution	Open House Date
AB College of Art & Design now called Alberta University of the Arts	Oct 23
Ambrose University	Oct 16
Athabasca University	Virtual - see website
Bow Valley College	Oct 16 & 19
Burman University	Oct 20 - Virtual
Canadian Armed Forces Royal Military College of Canada	info.edmonton@forces.gc.ca
Concordia University of Edmonton	Oct 16
Grande Prairie Regional College	TBD
Keyano	Email.recruitment@keyano.ca
The King's University	Oct 16
Lakeland College- registration fee waived if you apply at open house	Oct 22 & 23
Lethbridge College	Oct 28
MacEwan University	Nov 6
Medicine Hat College	Nov 3
Mount Royal University	Oct 30
NAIT	Oct 30
Norquest College	Oct 23 & Mar 19
Northern Lakes College	Sep 23,27,29 Time 5-7
Olds College	Oct 15
Portage College	Oct 5 & Mar 1
Prairie College	Check website
Red Deer Polytechnic	Nov 6
Royal Canadian Mounted Police	Check Website
SAIT	Oct 23
St. Mary's University	Oct 16, Feb 12 & May 11
University of Alberta	Oct 16
University of Calgary	Sep 30
University of Lethbridge	Oct 23
University of Saskatchewan	Oct 23

Believe Leadership Club



This year in J.R. Robson we are inviting all marauders to join us in a milestone for the school: the start of The Believe Leadership Club. The club involves 8 lessons, that teach individuals extremely important concepts like leadership, courage, discipline, teamwork, and problem-solving. The BLC integrates these lessons into what we call a passion project, where you combine a passion you have with a problem you would like to solve and make an impact. You have the chance to make a change! On top of all these benefits students who complete the 10 weeks get volunteer hours!!! So what do you need to do to sign up??? **Come to the vibe room October 7 at lunch**, where we will be able to answer all your questions and there will be sign-up sheets to join!!!



Orange ribbons have been tied around our school yard in remembrance of the Indigenous children who died at residential schools

Student Vote 2021

Student Vote Day was held on Monday, September 20 in concurrence with the Federal Election. A total of 253 students voted, with 25 ballots spoiled






The results were:

- 126 - Shannon Stubbs, Conservative
- 58 - Ann McCormack, PPC
- 15 - Des Bissonette, NDP
- 14 - Kira Brunner, Green Party
- 8 - Fred Sirett, Maverick Party
- 7 - John Turvey, Liberal Party



Here are the national results:

NATIONAL SUMMARY

PARTY	SEAT COUNT	VOTE %
 Liberal	117	24%
 NDP	107	28%
 CONSERVATIVE	88	25%
 BLOC Québécois	21	2%
 green PARTY OF CANADA	3	10%

**STUDENT
VOTE** 
Canada

C · I · V · I · X

 Elections Canada

Understanding Emotions

Emotions are a normal and important part of life. Emotions aren't right or wrong or good or bad, they only tell you how you feel. You can control your actions and behaviours, even when your emotions feel strong.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions. Ask your child how their body feels when they are angry, sad, happy etc. This is a helpful way to make the emotions less intense and improves their ability to respond rather than react during stressful moments. Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time can help reduce tension in your body and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or lie down.
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles, hold for 5 seconds, and exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.
- Notice how you feel now. Repeat as needed.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- Going outside for a walk
- Learning something new
- Listening to music
- Talking with a friend or family member
- Watching a funny show
- The ideas are only limited to your imagination!

What do you like to do to recharge?

Gratitude

Being grateful improves our ability to cope with stress and improves our overall mood.

- Take a few minutes to talk about what you're grateful for each day.
- Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you.
- Use a journal to write down things you're grateful for each day or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family has been grateful for.
- The key is to practice daily!

MORE RESOURCES

<http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc-coping-strategies-v3-4.pdf>
<https://feelingswheel.com/>

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

