



Marauders: Explore, Create, Achieve.

November 3, 2021

J. R. Robson High School

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Principal's Corner

On October 27, 2021 Alberta Education announced that they would be reducing the weighting of Diploma exams from 30% to 10% of the student's overall course mark for the 2021-22 school year. They went on to say that in the fall of 2022 the weighting of the Diploma exam will return to 30% of the student's overall course mark for Diploma exam courses.

The next Parent School Council meeting is November 22nd at 7:00 pm. We are happy to announce that our new PAC president is Mr. Ed Reddy. It will be a ZOOM meeting and the link will be sent out prior by text.

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

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Around the School

Phys. Ed. Students practiced archery on the school yard.



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Virtual Parent Advisory Council Meeting

Monday November 22 @ 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

week of November 9-13. Teachers will be at school on the 8th and 9th participating in professional development activities. On the 8th, we will be doing professional learning with literacy consultant Lana Lane. On the 9th, 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. 5th 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 16th 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 these available on our website for parents to watch.

Vermilion Marauders Football

Oct. 19th: Marauders defeated Edson 20-18
Oct. 27th: Marauders lost to Hinton 24-21
Nov. 1: Marauders play Millwoods Christian Academy (home game) (game photo below)
Nov. 4th: Marauders play Drayton Valley (home game)
Nov. 12th or 13th: playoffs quarterfinals



Foods 10 students showing off their talents in cake decorating.

Counsellor's Corner Tips Managing Stress

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

- 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.

Counsellor's Corner

Grade 9 - Take Your Kids to Work Day scheduled for Wednesday, November 3, 2021 has been cancelled for the 2021-2022 school year. Students will work with their teacher to complete some virtual experiences.

Career Fair for Grade 9 & High School: 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 have been scheduled for November. Here are the dates:

- November 16, 10 am - 12pm MT
- November 17, 5-7 pm MT
- November 25, 1-3 pm MT

Please use the following links to access the event:

- To Register: ela-launch.6connex.us/event/VirtualELAA/student/register
- To Attend: ela-launch.6connex.us/event/VirtualELAA/student/login

WISEST SET Conference – Saturday, November 20, 2021

WISEST presents the virtual SET Conference (a Science, Engineering and Technology experience) on **Saturday, November 20th**, for girls and gender diverse students in Grades 10 – 12 who are curious about careers in science, engineering, and technology (SET).

SET Students will:

- ♦ Gain insight into different career paths in science, engineering and technology (SET) and related University of Alberta programs.
- ♦ Explore SET through virtual lab tours and activities
- ♦ Meet undergraduate and graduate-level university students and learn what it is like to be a student in science, engineering or technology.
- ♦ Meet STEM professionals and speak with inspiring mentors.
- ♦ All girls and gender diverse students

in grades 10-12 are welcome at SET.

Conference Registration Details

- ♦ The registration fee is only \$15/student for the full day and \$10/student for half the day (students can attend either morning OR afternoon)
- ♦ Students will download information and register online at www.uab.ca/WISEST
- ♦ Please note: space is limited to 100 students.
- ♦ WISEST has a limited number of subsidies available for rural, Indigenous or other students unable to pay the full registration cost of \$15 for the full day or \$10 for half the day. Please contact Fervone Goings directly at fervone.goings@ualberta.ca to make arrangements for these subsidies.
- ♦ If you have any questions, please contact the wisest office at wisest.events@ualberta.ca.

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:

| Institution | Open House Date |
|-------------------------------|-----------------|
| MacEwan University | Nov 6 |
| Medicine Hat College | Nov 3 |
| Prairie College | Check website |
| Red Deer Polytechnic | Nov 6 |
| Royal Canadian Mounted Police | Check Website |

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

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Counsellor's Corner

more details on how to contact a post-secondary school.

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

Grade 12 students - sign up for your grad photos on November 17 and 18.

November 16 will be the day we celebrate the success of our students from last year through our annual **Awards Ceremony**. Congratulations to all of our winners. To those who do not receive an award, as long as you continue to work to the best of your ability, then you are already winning your own award. Just do 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. Hart. 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 checking 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 2** 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=p-ptr>)

J. R. Robson Website continues to be one method of communication to parents and students about upcoming events. Our website has recently changed so check out the new format.

Remembrance Day Ceremonies will be held

on **November 5** during our period 3/4 regular instruction block within 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. It is also **Formal Day** to honor our veterans.

For students in **work experience/RAP/Green Certificate students**, please continue to submit hours and complete necessary paperwork on a regular basis. Grade 10 & 12 - see Mrs. Hart, Grade 11 - see Mrs. Scully to enroll in this program or complete required paperwork.

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 24. If you need to access this service, please look for the form attached to this newsletter.

November 8-12 is a week off for students to recharge, relax and spend time with family. Enjoy your week away from school and stay safe.

Below: Congratulations to Mr. Curtis Zorniak on receiving his 10 year service award from BTPS. Mrs. Jillian Innes, currently on maternity leave, also received a 10 year award (not pictured)

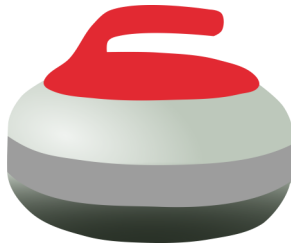


Above: Congratulations to Mrs. Raynette Schroeder on receiving her 25 year (crystal apple). service award from BTPS

VERMILION JUNIOR CURLING

Monday Night Super-league 2021-22

Monday Nights 6:45-8:30pm
Starting Nov 15, 2021



6 end games
at Vermilion Curling Rink
2 divisions (younger teams and 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 call Doug: (780) 853-0062

JR Robson App

We have an app! It can be found by opening a web browser and going to bit.ly/JRRapp

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](#)



TAKE THE FAMILY CHALLENGE

Tell us about your fun family activities & enter to WIN one of 3 prizes. Entry deadline is November 15. Prizes: 2 - \$25 GC to Booster Juice. 1 set of Children's Binoculars. To enter: Post a picture & mini description on social media using #VermilionFamilyFun or send an email with a picture & mini description to VermilionWellnessCoalition@gmail.com



MONDAY

Take a 30 minute walk in nature together. Pause. What can you see, feel, hear, smell, taste?

Play Together

- play a game (board, cards, video, charades)
- build a puzzle
- plan and build a new creation with Lego or Playdoh

Disconnect from all devices and spend 30 minutes reading together.

TUESDAY

Go outside and create a family of snow angels; have a big joyful belly laugh while you are doing it! No snow? Do 20 Jumping Jacks!

Choose a space in your home to clean and organize together. Take a before and after picture. Donate gently used items you no longer need.

Get your groove on - turn up the music and have a dance party! Try different music genres for extra fun.

WEDNESDAY

Chalk the sidewalk or paint the snow with positive messages.

Ask your kids to teach you one deep breathing technique they have learned. Practice together!

On a night when the family is home - plan, prepare, and eat a meal together. Everyone can help out! Share three things you are grateful for.

THURSDAY



A Day of Remembrance

Attend a Remembrance Day Service; in-person or online.

Take time to learn why we wear a poppy?

Check out Veterans Week Learning Resources at veterans.gc.ca

Express Gratitude: Drop off a thank you card at the local legion.

FRIDAY

Do a random act of kindness for someone in your neighbourhood.

Take a field trip to the McNabb Wildlife Sanctuary (search on google maps) or visit a local park or playground.

Try a new food. See an unfamiliar vegetable or fruit at the grocery store? Look up the taste, texture and uses, then give it a try!

Halloween 2021

Two Mr. Woodwards and a cheerleader!



Scoob and the gang!

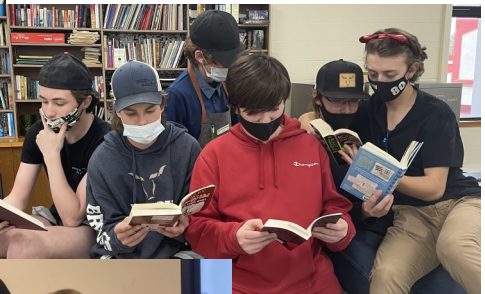


Students dressed up for Halloween on Friday, October 29. At the end of the day, students had the chance to participate in classroom activities including pumpkin carving and a scavenger hunt.

Left: Scavenger hunt item: picture of a mummified head



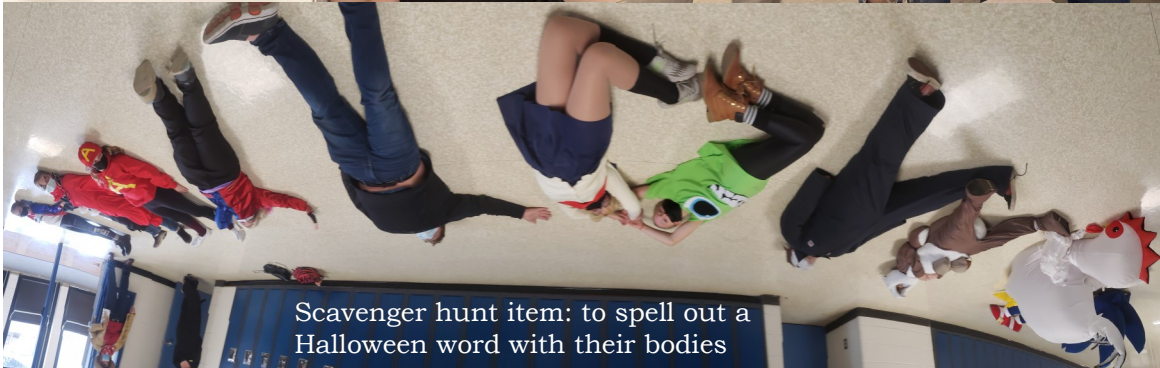
Left: Scavenger hunt item: picture of at least 6 students playing a board game



Scavenger hunt item: picture of at least 3 students with the creepy baby



Scavenger hunt items
Above: picture of at least 6 students reading
Left: at least 3 students with a bug
Below: at least 3 students with red berries



Scavenger hunt item: to spell out a Halloween word with their bodies



Talk to your kids about alcohol

While the legal age to consume alcohol is 18, the average age adolescents in Alberta have their first drink of alcohol that is more than a sip, is 13. This is important because the earlier in life a person starts to drink, the greater the risk of drinking problems in the future.

You can have a positive impact by having open conversations with your child, setting healthy boundaries and clear expectations.

You are the role model

Children tend to mimic the behavior of those they love and admire, especially that of their parents.

Peer pressure is a factor in adolescent drinking but often youth drink for the same reason as adults including sociability, relaxation, and fun.

People may also drink alcohol to avoid problems, relieve anxiety or stress, or to get drunk. Talk with your children about other strategies to manage difficult times or strong emotions.

Refusal Skills

Practice strategies with your child so they feel comfortable saying no when they are offered alcohol or other substances:

“No thanks, I don’t want to”. Teach them to repeat as many times as needed when being pressured; simply repeat in a friendly, neutral manner.

“Sorry, I have to leave”. This may be the best way to get out of a tricky situation. Let your children know they can always say no to something that makes them uncomfortable. This will relieve them of a lot of the pressure.

How to have a conversation about alcohol

Be brief and neutral when explaining the facts about alcohol to your child; discuss the pros and cons. Explain the difference between drinking in moderation and alcohol misuse.

Encourage questions and expect that you’ll be asked about your own drinking and experiences. Listen with full attention so your kids will talk.

Try to understand your child’s point of view and avoid lecturing to keep the conversation going.

MORE RESOURCES

[Alcohol and Health Talk to Your Children About Alcohol \(albertahealthservices.ca\)](https://albertahealthservices.ca)

[Parent Information Series | Alberta Health Services](#)

[Teen Health \(alberta.ca\)](https://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





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



2021 SANTA ANONYMOUS REGISTRATION FORM
Vermilion and Area, Minburn, Mannville, Clandonald, Islay

DEADLINE FOR REGISTRATION IS WEDNESDAY NOVEMBER 24h, 2021.

Due to Covid 19, gift cards only will be mailed to you by Dec 8th for you to purchase your food & presents for the children ages 11 and up. Children ages 0 to 10 will receive presents and the presents and food gift cards will be delivered December 18th.

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.

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 |
|---|----------------|--------------------------|------------------------------------|
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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 Barry at 853-4483. 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