



January 10, 2022

**J. R. Robson High  
School**

5102 – 46 St.  
Vermilion, AB  
T9X 1G5

Phone: 780-853-4177  
Fax: 780-853-2920

## Principal's Corner

Happy New 2022 Year. It probably didn't start the way we all expected it to, but we will definitely make the most of it as best we can. It is great to have the students back and luckily we have been through this before so we all feel much more confident in meeting the challenges. Please refer to my letter and the letter from BTPS Superintendent Holoien that were emailed out about the parameters we have to work within as a school community. These parameters are not new, we basically operated through the 2020-21 school year with these parameters and safety measures; for the

most part it is just a continuation of what we had already been doing all of this school year, just with some enhanced protocols.

Under some directions of BTPS we have had to modify the conclusion of semester 1 for high school students. There will still be final exams and/or final projects in the classes, but since we have missed a week of instruction teachers will be modifying content as needed. Once we have had the opportunity to discuss these modifications with the students and get

*(Continued on page 2)*

## Around the School

Every student added their handprint and initials to their Pirate Crew group board.



### In this edition:

Principal's Corner .....	1
Around the School .....	1
Principal's Corner Con't .....	2
Complimentary .....	2
Counsellor's Corner .....	3
Counsellor's Corner Con't .....	4
December Activities .....	5
Hope After Loss .....	6
Mental Health News .....	7

WELLNESS TOGETHER

**Canada**

<https://ca.portal.gs/>

Mental Health and  
Substance Use Support

**Website:**

[jrrobson.btps.ca](http://jrrobson.btps.ca)

**School Calendar**

<http://jrrobson.btps.ca/>

**Calendar.php**

**Facebook:**

[https://www.facebook.com/](https://www.facebook.com/JRRobsonSchool/)

**JRRobsonSchool/**

**App**

<http://bit.ly/JRRapp>



## Principal's Corner Continued

their feedback, teachers will finalize a pathway to finish the courses and will then communicate this with the parents. One thing that will be happening for courses that do have a final assessment of some kind, whether that be an exam or project, the mark received by the student cannot lower their overall average for the course, only raise it. So if a student does not do well on a final exam for example, this mark would not be entered if it was to lower the student's overall course average. Conversely, if the student does well on the final exam, it would count towards the student's overall course average. Parents can expect an email from the teacher(s) that are instructing your student in the courses they are currently enrolled in that will explain what is happening to wrap the course up.


The best way to communicate up-to-date information to parents is through email. **Please check your inbox regularly this month.** A lot of information will be coming out and we want to keep parents as informed as much as possible. Update final exam schedule will be posted on our website: <https://jrrobson.btps.ca/home/news/post/january-2022-exam-schedule>

If you ever have any questions, please contact the school directly.

We have been told by BTPS that the Alberta Government will be sending out rapid test kits and higher grade masks for students and staff beginning the week of January 10. We will be providing more information about this through emails as well as when these supplies arrive.

## Complimentary: Make a Difference

Arenas Abuzukar (Gr. 7), as part of the JR Robson Believe Leadership Club, created the below initiative to promote reading, writing and mental health awareness. Please visit her website:



<https://arenasabuzukar.wixsite.com/my-site>

### START NOW!

For every book you read or story you write, a bracelet in support of mental health awareness will be donated.

## Learning Commons News

New fiction books have been added to our collection including the newest Diary of a Wimpy Kid and Guinness World Records 2022! Mrs. Smith is currently working on a non-fiction order. Book suggestions are welcome, please speak with Mrs. Smith or Mrs. Schroeder with your ideas.

Ebooks and audiobooks are available to sign out anytime through [Soraapp.com](https://soraapp.com)

Order directly from [Scholastic Online Reading Club!](https://www.scholastic.com) **Our School Code is:** RC239520. Shop and earn rewards of 20% for our school and free shipping on orders over \$40 when using the code.

## Counsellor's Corner

Once again January has brought about a unique turn of events for both staff and students as we return to school after Christmas vacation. Your vacation has been extended. While some of you are excited about the concept of another week off, many of you have anxiety about the current situation. All feelings are normal and we are here to help. Your teachers are still working this week so if you need one of us, please reach out to us through email.

If there are any **grade 12 students** who are having trouble applying for post-secondary study, need scholarship information, or need further information about attending a postsecondary school, please contact Mrs. Hart, who would be happy to assist you. Alexander Rutherford Scholarship and Student Loan applications are available online at <https://studentaid.alberta.ca/> and applications need to be in the semester prior to you attending post-secondary schools.

**Grade 12 students** are encouraged to make sure your MYPASS account is active, as that is where you will receive your marks for your diploma examinations, explore options of remarking or rewriting the exam if required. <https://public.education.alberta.ca/PASI/myPass/Welcome/Index> Please remember to use your home email address and contact information as your BTPS account will cease to exist after graduation.

To access scholarships, students should start searching and gathering data to apply for these in grade 10. Here is the website link to all of the scholarships that we are aware of at the school level. Applying for scholarships is an individual task as so many of them pertain to certain situations. A link to this website will also be

posted on our new J. R. Robson APP or website <https://jrrobson.btps.ca/students/scholarships>

**Timetable changes:** The end of January marks the completion of the first semester. The J. R. Robson timetable was created based on student demand, so the opportunities to switch classes may be challenging. Please contact Mrs. Polishuk (gr.11) or Mrs. Hart (gr.10/12) during the month of January to check out the possibilities, as we like to have students begin semester 2 in the right classes.

As counselors, we would like to encourage **all grade 10/11 students** to attend open houses or arrange buddy days at post-secondary institutions, job shadow people in fields that interest them, find part-time employment in areas in which they may have career aspirations, or do career research into potential careers. If you can narrow down the post-secondary institution that is right for you, it is one step further along the career decision-making pathway.

For **grade 11 students**, who are still searching for a career path, the **Strong Interest Inventory** is a tool we use to assist you on your career planning journey. Please see Mrs. Polishuk, Mrs. Hart or Ramona Mathison, our VIBE coach, for more details on how to access this tool.

For **Green Certificate/Work Experience/RAP students** please make use of the online format which has been created to make the evaluation of work experience easier for all. Please see Mrs. Scully or Mrs. Hart if you need additional help getting started in the online environment. Also check in regularly to see what paperwork you need to complete the various levels of the program.

*(Continued on page 4)*

## Counsellor's Corner Continued

If there is a need to change the final exam schedule for grade 10/11/12 students, you should be advised in early January. Preparing for any exam can be a stressful experience. Here are some **Quick study tips** to help alleviate some of your stress:

- Have a place to study. Avoid studying in your bed, have a desk or table where you can study
- Take frequent breaks. Work for 15 minutes take a 5 minute break
- Have all materials you might need to study -- make a basket with necessary study items (pens, pencils, markers, highlighters, post it notes, cue cards, etc)
- Study a little every night to prepare for your upcoming exams
- Attend review sessions or complete review booklets
- Get plenty of rest
- Stay hydrated and eat nutritional foods
- Put away all electronic devices that may be a distraction

For students who do a lot of snowmobiling, **the Alberta Snowmobiling Association** is offering a free course for youth and young riders. Here is the link for those who may be interested:

[h t t p s : / / www.snowmobilecourse.com/canada/alberta/overview.aspx](http://www.snowmobilecourse.com/canada/alberta/overview.aspx)

Through health and CALM classes, VIBE has introduced each of you to a number of strategies to help **reduce your anxiety**. Here are some helpful techniques:

- Stay hydrated -- have a bottle of water with you during your day
- Get plenty of rest at night -- as you are going to sleep, reflect on the good things in your day and go

to sleep focusing on the good in your world

- Practice mindfulness activities - going to your happy place, yoga, stretching, meditation, progressive muscle relaxation
- Practice deep breathing -- helps relax your muscles so you can relax
- Limit your caffeine intake as it gives you nervous jitters
- Eat well - choose healthy foods and eat with people
- Practice positive Self-Talk
- Try using aromatherapy - Using essential oils is said to help you relax, sleep, boost your mood and reduce your heart rate/blood pressure.
- Stay Active - get outside and go for a walk, exercise on a treadmill, do some chair yoga. Focus your attention on your muscles to alleviate stress.

Covid has put many strains on our lives in the last few years, but each time you have risen to the occasion and weathered the situation, adapted to the changes, learned something about yourself and survived the blips in the road. We will get through this hurdle as well. I want to leave you with this little poem:

### The Five W's Of Life

**Who** you are is what makes you special.  
Do not change for anyone.

**What** lies ahead will always be a mystery.  
Do not be afraid to explore.

**When** life pushes you over,  
you push back harder.

**Where** there are choices to make,  
make the one you won't regret.

**Why** things happen will never be certain.  
Take it in stride and move forward.

© The Inspirational Pictures NW

## December 2021 Pirate Crew Activities

December had Marauders participating in various dress-up days and activities.

Dec. 2: We decorated the Christmas tree and concourse

Dec. 9: Dressed-up in red and white

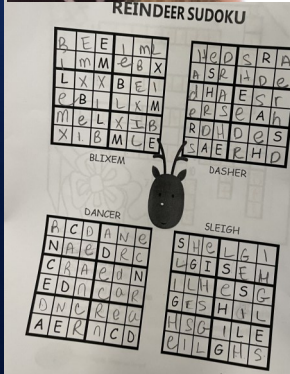
Dec 14: Dressed-up in an ugly Christmas sweater

Dec 15: Bring your own mug day for hot chocolate

Dec. 16: Wear a Christmas hat day

The last day of classes on December 17 included Pajamas Day and our traditional pancake breakfast during Period 1. The end of the day included school-wide Bingo during Period 6 and various class activities in Period 7 & 8. The activities included a scavenger hunt, board games and movies.

Mrs. Barnes also had students 'Find Coco' during December by identifying the Vermilion places where Coco was photographed.



# Hope After Loss: Audra's Legacy A Program For Grieving Children & Youth

A group designed to support children & youth experiencing grief and loss due to a death of a special person.

**Program dates (10 week program)**

Tuesday, January 25, 2022 until March 29, 2022

*Open to families in Vermilion, Lloydminster, County and surrounding areas*

Kitscoty United Church, 5014—51 Avenue

Tuesdays from 6:30 p.m. - 8:00 p.m.

*\*Parents support available at the same time*

*Ages 6-11 and 12-16.*

Cost is \$20 per family. Subsidy is available.

**Preregistration is necessary (deadline Jan 19th)  
Space is limited.**

To register or for more information, contact  
Shirley at (780) 846-2576 (h) or (780) 871-1750 (c)  
or Gayle at: (780) 871-1750

Funding provided by:

*FCSS City of Lloydminster, FCSS County of Vermilion River, FCSS Town of Vermilion,  
FCSS Town of Wainwright, FCSS Village of Kitscoty, FCSS Village of Marwayne,  
and donations from the community.*

*We are a non - profit charitable society  
and donations are always welcomed.*

Service Provider:

**Walking Through Grief Society**

*In Partnership with VIBE*

The Grief Support  
Group will cover the  
following:

Death and Grief and Loss

Feelings

Fears, Guilt, and Regrets

Memories

Healing

Self-Care and Support

Rituals and Special Days

Saying Goodbye



**What is a vape?**

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that may contain nicotine or cannabis (THC) in a liquid form. The e-juice is heated into an aerosol cloud and inhaled by the user.

**What should parents look for?**

Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a vape “disguised” as everyday items.

**What is in e-cigarette liquid?**

Nicotine, which is a highly addictive drug.

A combination of water, chemicals and propylene glycol, which is a food preservative and is in antifreeze and theatre fog.

When the chemicals in e-juice are heated, they form new toxic compounds including formaldehyde and acetaldehyde, known to cause cancer; and acrolein which can severely irritate the eyes and airways. Added chemicals for flavour may not be safe to inhale and they can irritate the lungs and airways.

**Vaping is not harmless**

Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown. Recent reports show an increase in vaping-related injuries; including significant respiratory and health effects such as lung failure, seizures and even death.

Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

**Talk to your teen about vaping**

Talk to your teen about vaping early, even as young as age 10.

Know the facts so you can discuss the health risks and nicotine addiction.

Focus on the short-term effects of vaping – it can change the way your brain works, may make it harder to breathe, it costs a lot of money, and youth are the target of big companies looking for lifelong customers.

Correct misconceptions in a calm manner and take time to listen.

**MORE RESOURCES**

<https://www.canada.ca/en.html>

Search “About Vaping” and “Talk with Your Teen about Vaping”

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

