



Principal's Corner

With semester 1 in the books, I want to commend the students and staff for their commitment to the positive learning environment we have here at the school and the dedication everyone has to academics. I look forward to the new learning opportunities semester 2 will bring for both students and staff. While much of the public does not get to see some of the exciting new learning that our students encounter, I do want to highlight an example. Approximately six years ago we invested in three 3D printers. Since then we have added to that three more new printers, simply to meet

the growing demand by our students in the area of 3D printing. In semester 1 one of our high school CTS students used a software to construct, on his own, a moveable functioning 3D crane. Without any blueprint or how-to lesson plan he first used his mathematical skills to scale and manufacture the various parts. Then with the help of Mrs. Smith all the parts were 3D printed and assembled. The precision and detail that he put into the project was well done; so too was the way he approached this project from the perspective of an in-

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Around the School

Chemistry 20 students doing an ammonia titration lab



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Pink Shirt Day

February 23



Website:

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

Facebook:

[https://www.facebook.com/
JRRobsonSchool/](https://www.facebook.com/JRRobsonSchool/)
App
<http://bit.ly/JRRapp>



Principal's Corner Continued

ventive engineer. That is where the real learning occurs. And this is the type of learning I see day after day from our students in all of the grades.

I would like to remind parents of Grade 7 and 10 students to fill out and return your Alberta Education Accountability Pillar APORI survey that you should have received in the mail. It is very important planning information for the school and school division. Our Grade 7-11 students will be completing similar surveys in the month of February as well.

February brings the annual two-day teacher convention for teachers in our area. Since this falls just prior to the Family Day long weekend, students will not have any school from Feb. 17-21. Students return to school on February 22.

February also marks the return of inter-school extra-curricular activities. Both our curling and basketball teams are eager to get back at competing. Return to play does come with some restrictions however, and for now only team members and game officials are allowed into any BTPS school for game action. No spectators are currently allowed at this time. This weekend our senior high girls and boys' basketball teams are hosting our home tournaments. Please check our website and Facebook page for a link to our livestream of some of the games being played.



Caregiver Education Team

AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth. Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session. To register, click [HERE](#) or go to: www.cyfcaregivereducation.ca

[February Newsletter](#) (click link to PDF file)

A few session highlights:

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Tuesday, February 15, 2022

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 [for adults only](#).

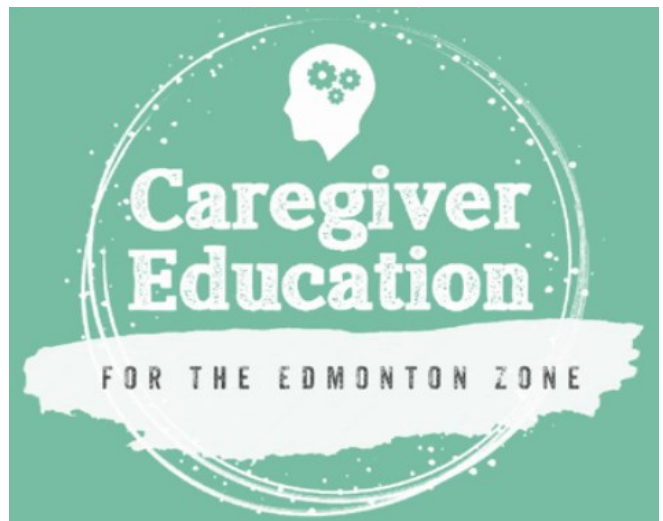
Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Date: Monday, February 28, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; [for adults only](#).



Counsellor's Corner

Welcome Back!. With the beginning of a new semester, it brings new courses, new teachers, new students and new expectations. Change can be hard for some people. To help overcome the stress of changes in our life, here are some helpful tips:

1. Plan for it
2. Think about the possibilities - look for the positives. Positive energy is much more energizing than dwelling on the negatives.
3. Allow change to appeal to your strengths not your weaknesses.
4. Make change an adventure or fun experience where you can learn and grow, while having fun.
5. Practice mindfulness strategies: deep breathing, chair yoga, listening to nature music or walking to reduce your stress.

For Senior High

February 16 will be the last day to add or drop courses for the second semester for high school students.

MyPass Account: Students in high school are strongly encouraged to register for a MyPass account. Through this account you will be able to see diploma marks, order transcripts for post-secondary schools, view your detailed academic report, or register to write or re-write diploma examinations. For those who do not have an account yet, here is the link <https://public.education.alberta.ca/PASI/myPass> . Alberta Education sends you a time sensitive password in the mail to Canada Post. Do not delay, get your account activated today.

Grade 9 - 11 - Registration for classes for the 2022-2023 school year will occur during the month of March. Watch for further information.

February 25, 2022, University of Lethbridge presentation in CALM 20 at 12:30 - 1:13. Any students interested are welcome to attend.

Grade 12 students, make sure your applications to post-secondary institutions are completed by the end of the month as many post-secondary institutions do not accept registrations after March 1. Scholarship information is available on our school website. Use the **MENU** at the top of the screen, in the top right hand corner, choose **Students**, then in the top left-hand corner, you will see a menu: Counselling, **Awards, Scholarships**. Any new scholarships are added to our website for your use. If you have additional questions please see Mrs. Polishuk or Mrs. Hart.

Grade 11 students – please see Mrs. Polishuk if you need information about career planning or about courses for next year. Please see her to schedule an appointment. Parents are always welcome too, if you have questions or concerns. Remember the **STRONG Interest Inventory** is available through Mrs. Polishuk, Mrs. Hart or Ramona, our VIBE coach, for any grade 11 & 12 student who are having trouble deciding on a future occupation. It is a great way to start the career planning process.

Students enrolled in off-campus courses: RAP/Green Certificate/work experience please continue to enter your hours on a regular basis and keep your paperwork up-to-date. **Green Certificate students need to see Mrs. Hart to complete the Agriculture 3000 safety unit which is the prerequisite for this course.**

February 23 is "PINK T-Shirt Day". Please

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Counsellor's Corner Continued

wear pink to take a stand against bullying.

January has been yet another journey through the Covid 19 Pandemic. It was a stressful month for all of us. Here is a new thought to keep us moving forward into February:

<https://twitter.com/motivational/status/1099343584002744320>



VERMILION ROAR LACROSSE

We are doing our best to bring lacrosse back for the 2022 season!!!!
Registration opens February 1st

All players are to be registered & paid before going on the surface for regular practice!!

For More Information contact:

roarregistrar@gmail.com or Ryan Adams at 780.581.8348
or radams2319@gmail.com

Online Registration:

Click on the following link to register for the 2022 Season:

<http://vermilionroar.rampregistrations.com/>

**Come Out and
Play the Fastest
Game on Two
Feet!**

No payment is being requested until season is confirmed, however registration is required prior to March 1st/22 to ensure the \$50 discounted registration fee

2022 Season

Division:	Fees:	Schedule:
6U(must be between 3-6 on Dec 30, 2022)	\$130	TBA
8U(must be between 6-8 on Dec 30,2022)	\$130	TBA
10U(must be between 9-10 on Dec 30, 2022)	\$145	TBA
12U(must be between 11-12 on Dec 30, 2022)	\$210	TBA
14U(must be between 13-14 on Dec 30, 2022)	\$235	TBA
16U(must be between 15-16 on Dec 30, 2022)	\$245	TBA

What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

Hope has benefits for children

Hope builds resilience which is our ability to bounce forward from challenging events.

Hope helps us feel optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

Ideas for nurturing hope in your family:

- Acknowledge how you feel; accept what is in your control and what is not & focus on solutions.
- Encourage positive coping skills; maintain your self-care routine.
- Borrow hope from others; ask what makes them hopeful.
- Surround yourself with positive people.
- Find something you are passionate about.
- Make a list of your successes, strengths and resources.

Subscribe to Text4Hope
Text **COVID19HOPE** to **393939**

MORE RESOURCES

<https://greatergood.berkeley.edu/>

search: Hope

<https://kidshelpphone.ca/>

search: Fostering Hope

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

