



March 1, 2022

**J. R. Robson High
School**

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Principal's Corner

Our next School Council meeting is Monday March 21 at 7:00 pm. We will host it as a virtual meeting and a link will be texted out just prior to the meeting. We will be reviewing some updated BTPS policy and discuss learning directions for the upcoming school year. Also just a reminder that students do not have school March 4 and March 7 as these have been designated by BTPS as wellness days. While March 4 was already a designated non-instructional day in the school calendar, after the calendar release the BTPS Board of Trustees designated March 7

as a non-instructional day for staff and students as well. This is not reflected in the original copy of the school calendar that you may have at home.

March is a busy month for our school counselors. They will be working with the Grade 9-11 students and figuring out timetables and course selection for next year. It is important that students choose their courses carefully as it helps me determine course need when I build the timetable for next year.

March is also a busy month for our basketball and curling

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Around the School

The Deer, the Caribou and the Moose

Fun times in PE with Indigenous carries!



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Virtual PAC Meeting

Monday, March 21
7 pm

Text will be sent with
details.

Website:

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

Facebook:

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



Principal's Corner Continued

teams. Congratulations to our senior high boy's curling team who will be heading to the ASAA Curling Provincials Tournament in Lethbridge. Good luck fellas. Our senior high girls curling team did well at Zone play downs but came up just a bit short. All basketball teams will be wrapping up their season this month. Good luck to all the basketball players as you compete in the wrap-up tournaments.

A Covid19 protocol update letter was sent out to all parents/guardians on March, 1. To view a copy of this letter on our website, please click this link:

[Letter to Parents and Guardians - Updated COVID-19 Protocols](#)

Parent-Teacher Interviews

Thurs, March 31 & Tues, April 12
To book your appointment, please go to <https://jrrobson.btps.ca/bookings>
(Bookings will go live at a later date, a text will be sent out when it is available.)

Vermilion Soccer AGM

Vermilion Soccer Association is holding our AGM (Annual General Meeting) on;

Date: Monday, March 21, 2022

Time: 6:30pm start

Location: Vermilion Curling Club - Reunion Hall (use the outdoor stairs at back of the building)



Also: a Zoom link is available (you need to register by emailing vsa.reg.agm@gmail.com)

Please note that COVID protocols will be in place and will adhere to Alberta Government orders.

*Registration will be open and you are welcome to hand forms in at the meeting.

Yearbook Order Form



The 2021-2022 J. R. Robson Yearbook will represent this unique academic year. It maintains its hard-cover and full-color jam-packed 72-pages!

Order your yearbook today.

Sales end June 15, 2022.

Each yearbook will be \$40.00, with the option to personalize your order for an extra \$2.50. Please use the following link to order your yearbook today:

<http://ybstore.friesens.com/stores/772478>

**VIBE & Town of Vermilion FCSS with our partners below are hosting
Mental Health First Aid
April 6 & 7 Vermilion Regional Centre
8:30a.m. - 4:30 p.m.**

To register for this FREE training scan the qr code or go to: eventbrite to register : <https://www.eventbrite.ca/e/mental-health-first-aid-vermilion-ab-tickets-277088046807>
(Workbook and meals will be provided. Space is limited)

Mental Health First Aid teaches participants how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help

COMMUNITY FUND.

JOIN US APRIL 6 & 7, 2022 FOR A
FREE MENTAL HEALTH WORKSHOP
WITH THE DO MORE AGRICULTURE
FOUNDATION IN VERMILION, AB.

REGISTER BY
SCANNING THE QR
CODE:



Learn more about our Talk Ask
Listen workshop at www.domore.ag

The Do More
Agriculture
Foundation



Counsellor's Corner

Well March has entered as a lamb, so we will have to wait to see if the roars like a lion as we progress through the month. This is going to be a grueling month with few academic breaks for students. Our basketball and curling seasons will be coming to an end and badminton will be starting in the gym. The Ski Trip is planned for March 22. If you are interested, please see Mr. Woodward for more information.

A message from the University of Alberta: They are here to help you students register for classes at the University of Alberta! Registration for online faculty-specific courses and general Registration 101 workshops are now available. At this session students will:

- Learn how to navigate Bear Tracks system for course selection and registration
- Chat with an advisor and get advice on which courses to take
- Explore the next steps on their journey at the U of A

Students can view the full schedule and register at uab.ca/reg101. Please note all admitted students are welcome to attend. However to build a draft schedule, students must have adopted their admission offer.

A message from Lakeland College: Have your students mark their calendars! Information Sessions are on-campus this year on **Thursday, March 10 (Lloydminster) and Friday, March 11 (Vermilion)**. Our two-day event is great for high school students that have either applied or are thinking about applying, and just need that extra reminder of what it's like to be a Lakeland student!

High School Registration for the 2022-23 School Year:

Registration for grade 9 - 11 students takes place in MARCH. Students will receive links to the online registration form in their school email accounts and parents will receive notifications as well on March 15. For **Grade 10 & 11 students** you will need to complete the registration form (google form) with input from your parents and your counsellor. Grade 9 & 11 students should consult Mrs. Polishuk and Grade 10 students should consult Mrs. Hart, if you have any questions about registration. **All online registration forms for Grade 10 and 11 students will be due on Friday, APRIL 1.** If as parents you have questions or want to discuss changes to your child's registration, please contact the school to schedule an appointment with your child's counsellor or arrange an interview on March 31.

For **Grade 9 students**, an information meeting will be held on **Parent Teacher Interview night April 12, 2022 at 6:30 pm.** During the meeting, Mrs. Polishuk will explain the criteria for the Alberta High School Diploma, graduation requirements, course sequencing and course offerings at J. R. Robson. Watch for more details on this date in next month's newsletter.

Parent teacher interviews will take place on March 31, 2022 from 4:30 - 7:30 and again on April 12, 2022 from 4:30 - 7:30.

For Grade 11 students, second semester is a good time to think about completing the Strong Interest Inventory which can assist in career aspirations. Please see Mrs. Hart, Mrs. Polishuk, Mr. Bates or Mrs. Mathison, (our VIBE coach) if you are interested. Take a tour of post-secondary institutions to learn more about the school you want to attend.

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Counsellor's Corner Continued

Grade 12 should focus on your application and your grade 12 workload. Start researching scholarships that apply to you as well. Again these are available on our website. <http://jrrobson.btps.ca/>
From the main menu choose:



Scholarships

An Exciting Rural Education Opportunity:

Nursing Opportunity in Wainwright: Alberta Health Services in collaboration with the University of Calgary is providing the opportunity to get an undergraduate nursing degree in Wainwright! Through the **Rural Registered Nursing Degree Program**, Wainwright and area residents interested in earning a university degree to become a registered nurse may do so

without leaving their home community. Space is limited to eight students per year from Wainwright and surrounding communities within a **120km radius**. **It is a 4 year program with September admission only.** Please visit the UCalgary website at <https://nursing.ucalgary.ca/future-students/undergraduate/routes/rural-community-route> for information. Applications for the September 2022 intake of the Registered Nursing Degree Program – Rural Community Route are open! Applications for Fall 2022 semester must be submitted before **March 1, 2022**. Apply **HERE**. Although the deadline has passed, this is an opportunity to consider for grade 11 students in our local community.

Inspirational quote for the month:

“Peace cannot be kept by force. It can only be achieved with understanding.” Albert Einstein



Human Sexuality 101: For Parents and Guardians

Human Sexuality is taught in schools. We offer sessions to inform you about what students will be learning.

Sessions are provided via Zoom.

Dates:

March 29, 7 p.m. - Preschool

March 30, 7 p.m. - Elementary

March 31, 7 p.m. - Junior/Senior High

To sign up for a session, please email Pat Calyniuk - pat.calyniuk@btps.ca, and you will be sent a Zoom link.



SCARED OF
LEAVING HIGH
SCHOOL?

IF YES, COME
CHECK US OUT
ON MARCH
10TH, 2:30 PM
AT LAKELAND
COLLEGE

Follow our
instagram:
posthighschool
for more
information



WE ARE DOING A
PRESENTATION
TO TALK
ABOUT LIFE
AFTER HIGH
SCHOOL. FOR
GRADES 10, 11
AND 12.

Presented by Lakeland College students. Sign up sheet available outside the Counsellor's Office. Deadline to sign up is March 9

<https://www.instagram.com/posthighschool/>

Sports Updates



Curling: Both teams did very well at curling zones in St. Paul. The girls played the best they ever did and were very impressive. They came in third place and won bronze. The Boys also curled amazing and worked hard. They came in second place and won silver. The boys will be heading to Curling Provincials in Lethbridge on March 3 to 5. They were very excited to hear a wildcard opened up and they get the chance to go to Provincials.

Phys. Ed.: Thank you to Chuck Lychak and the Vermilion Provincial park for supporting our cross country ski program by cutting trails in our school field. Your support is appreciated and the grade 8's and



9's enjoyed being exposed to a new outdoor activity. (see picture below)

Basketball: On February 3rd, 4th, and 5th, JR Robson hosted their annual "Snoball" basketball tournament. 32 senior high boys and girls teams in total participated. Even with a short power outage it was a huge success. The JR Robson Boys finished 3rd and the girls placed 5th. This tournament could not have happened without the support of the local community. Thank you to Booster Juice, Longs Value Drug, and Vermilion AG Foods for supporting player of the game awards. In addition, we would like to thank Lakleland College, St.Jerome's, Marwayne, Kitscoty and Vermilion Elementary School for the use of their facilities. It is great to have school sport back!



ARE YOU LOOKING FOR A

LEADERSHIP OPPORTUNITY?

JOIN THE BELIEVE LEADERSHIP CHAPTER AT JR ROBSON!

DO YOU HAVE A PASSION?

- Baking? Crafts? STEM or robotics? Any other passion?

IS THERE A PROBLEM YOU WANT TO SOLVE?

- Mental health? Human rights? Access to technology? Any other issue?

Create a Passion Project to build your leadership skills, create positive change, AND get volunteer hours!



INFO SESSION:

Thursday March 3 in the Vibe Room

Zoom attendance also available. Please see ask a teacher for the Zoom link.

FOLLOW FOR MORE:



@believeleadershipJRR

10th MENTAL HEALTH Art Celebration

Create art about what mental health or mental illness means to you.

EVERYONE HAS MENTAL HEALTH! Mental health is:

1. How you feel, think, and behave.
2. How you cope with ups and downs.
3. How stress affects you.

WHO CAN ENTER?

Youth must attend a school in: Vermilion, Mannville, Kitscoty, Innisfree, Marwayne, Paradise Valley, Dewberry, School of Hope, Blessed Sacrament School, Blessed Sacrament Outreach School or St. Thomas Aquinas

How Do I Enter?

- Create art about "What does Mental Health or Mental Illness mean to you?" (options include visual art including photography, digital art, canvas, sculpture, multimedia, paper).
- Submit your art entry to your VIBE Coach or your school office by April 14, 2022.
- One entry can be entered for competition, additional pieces can be entered but for display only.

All art will be displayed at the Mental Health Art Gala on May 4th at the Vermilion Regional Center.

Prizes:

All K-6 entries will receive a prize!

Grade 7-9: 1st: \$200.00; 2nd: \$100.00; 3rd: \$50

Grade 10-12: 1st: \$250.00; 2nd: \$150; 3rd: \$75.00

Grade 7-12: 4th-10th place will receive a prize

Top 3 Cash Prize Winners from grade 7-9 and 10-12 categories may become property of VIBE if the winner takes the cash instead of a prize.

Deadline for Art Submissions: Thursday, April 14, 2022

In partnership with:

County of Vermilion River FCSS
Village of Kitscoty FCSS
Village of Marwayne
Mannville, Minburn, Innisfree FCSS
Town of Vermilion FCSS



The food and mental health connection

Good nutrition is essential for physical and mental well-being. Healthy food impacts mood, behaviour, and thinking.

Some tips to help your children eat healthy:

- Offer fruit & veggies more often
- Choose water to drink
- Start each day with breakfast
- Role model healthy eating
- Stock up on healthy snacks

Connect through food

Eating meals together is a great way to connect! Children thrive when they are connected to others.

- Involve your children in planning and preparing family meals
- Cook, eat, and share recipes with others
- Relax with your children over a meal and share the events of the day

Mindfulness and food

Learn about food choices and build a healthy eating routine with your children through mindful eating.

- Together, notice the flavors, textures, and smells of food
- Enjoy food at meal times by putting away distractions and taking your time
- Notice how you feel when you eat healthy food

Connect to traditions through food

Help your children gain a sense of connection through cultural food.

- Celebrate special occasions with cultural foods
- Share with your children the stories behind traditional food
- Together with your children, prepare and eat a new cultural dish and discuss its history and importance

MORE RESOURCES

[Ways to Wellness Eating Healthy Foods \(albertahealthservices.ca\)](#)
[Canada's Food Guide](#)
[School Age Nutrition on Vimeo](#)

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



Buffalo Trail Public Schools

Annual Superintendent's Public Speaking Contest

“Public Speaking is the art of giving power to words – to influence, inspire and transform lives. “

~Dirish

The Buffalo Trail Public School Superintendent's Public Speaking Contest provides an opportunity for students in BTPS to be involved in an event that will display their public speaking abilities. The competition is meant to acknowledge the importance of public speaking as an essential skill for today's youth.

Date: Friday, April 29th, 2022 @ 9:30 a.m.

Place: Virtual Contest (link to be sent out later)

Competition Categories - Three categories will be established. Two general category topics are indicated in each category and students will be given the latitude to expand on either topic in a direction of their choosing.

Elementary Division – Open to students currently enrolled in Grade 4, 5 or 6
Speech Length: 2-4 minutes

- Topics:**
- 1) **What would you do if you were the principal of the school?**
 - 2) **Who is one of the people you admire and why?**

Junior High Division – Open to students currently enrolled in Grade 7, 8 or 9
Speech Length: 3-5 minutes

- Topics:**
- 1) **Does social media have more of a positive or negative influence in our lives?**
 - 2) **If you could be the Prime Minister of Canada for a day, what changes, if any, would you make for Canada and why?**

Senior High Division - Open to students currently enrolled in Grade 10, 11 or 12
Speech Length: 5-7 minutes

- Topics:**
- 1) **Should the voting age in Canada be lowered to 16? Why or why not?**
 - 2) **To what extent should our government balance protecting our health and safety with protecting businesses and the economy during the COVID-19 pandemic?**

Buffalo Trail Public Schools

Contest Regulations

- Contest is open to students who are currently enrolled in a BTPS school.
- Schools can nominate a maximum of 1 (one) candidate in each of the competition categories (A school level competition may be held to identify the candidates to be nominated).
- Speakers may not use visual aids or gimmicks. A gimmick is any device or stunt used to distract the audience, such as clothing, costumes, props, singing a song, using taped music in the background, or leading a cheer or chant. Gestures are acceptable and are defined as a subtle, physical action that is meant to highlight or support a verbal message. It should not distract the audience and at no time should there be audience participation.
- Speakers must write a new and original speech (defined as having done their own research, scripting and presenting) each year.
- Sources of information used in the speech must be acknowledged. For example, an article from a magazine may be used for reference but should not be quoted directly unless you tell the audience your source.
- The decision of the judges shall be final.
- Scholarship prizes shall be awarded in the following format:

1st and 2nd place will be recognized in each of the three categories. Each Gold Medal recipient will have their name engraved on the **Superintendent's Annual Public Speaking Award** and this award will be placed on display in the Superintendent's Office. Gold and Silver Medal recipients will be provided with the corresponding medal and the following monetary prize:

• Elementary Division	Gold Medal – \$100.00	Silver Medal - \$50.00
• Junior High Division	Gold Medal – \$200.00	Silver Medal - \$75.00
• Senior High Division	Gold Medal – \$300.00	Silver Medal - \$100.00

Due to the pandemic, we are unable to host lunch this year.

If interested in participating, please see Mrs. Hart