



May 2, 2022

J. R. Robson High School

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Principal's Corner

On April 25 we had our last School Council meeting at the school. We had lots of good discussion about the school budget for 2022-23 school year. Soon I will be sending out an information e-mail letter to all parents explaining the budget reduction our school is facing and the resulting implications it will have. While staffing and program delivery will be affected, quality programming will continue.

On April 29 BTPS hosted their annual Public Speaking Contest and I want to congratulate Arena Abuzukar who was our Division 3 rep and Maren Abuzukar who was our Division 4 representative. Our public speaking leader Mrs. Hart reported that both did

an excellent job. Maren is also a student leader in BTPS, and with the support of School Superintendent Holoien hosts the Believe Leadership Club. The Club does noon hour Zoom meetings to discuss various leadership opportunities.

Curling and badminton have wrapped up for the year and our teams did very well. Congratulations to the high school boys curling team of Payton DeRoo, Korey Hemauer, Ethan Ward and Kolten Sheppard who won bronze at the ASAA Provincial Tournament in Lethbridge. As well, we had several football players attend the Football Alberta Team North 6-man football

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Around the School



Some Grade 12 JRR students enjoying ice cream before Easter Break.

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Reminder

School Hours are
8:00 am to 4:30 pm

Please ensure students are not at school before or after those times unless participating in extra-curricular activities.

Website:

irrobson.btps.ca
School Calendar
<http://irrobson.btps.ca/Calendar.php>

Facebook:

<https://www.facebook.com/JRRobsonSchool/>
App
<http://bit.ly/JRRapp>



Principal's Corner Continued

all-star team try-out camp and impress the tryout coaches. Congratulations to Landyn Herzog and Kolten Sheppard who will be on the Alberta Team North and Mr. Maier who is the defensive coach. They play Team Alberta South later this month in Lacombe.

Track and Field is now in full swing. We are lucky to host three track meets at our school this year. The Junior High JR Robson meet, the BTPS Junior High Northers and the BTPS Junior High Finals will all be at our school this year.

Just a reminder that May 6 is a professional development day for teachers and that the May long weekend is a 5 day break for staff and students. After that we will be busy wrapping courses up and preparing for final course assessments in June. Alberta Education does have several resources for parents on preparing for exams like [Grade 9 PAT](#) and [Diploma Exam Overview](#) in addition to many other resources. If you get a chance just do a search on their website and you should find the resources or information you need.

Have a great May long weekend.

Annual Superintendent's Public Speaking Contest



Congratulations to our two school representatives, who represented J. R. Robson in the Superintendent's Speech Competition held on Friday, April 29. Arenas Abuzukar competed at the Junior High Level with a topic of: "Does social media have more of a positive or negative influence in our lives?" and Maren Abuzukar represented the Senior High with a topic of "Does online media broaden or isolate perspectives?" Maren came in second and will receive a silver medal and \$100. A special congratulations is extended to Autumn Court for participating at the school level. It is a huge feat to speak in front of an audience. Thank you for participating.

**RUSTLERS
COED
VOLLEYBALL
CAMP**

August 26-29
Lakeland College Gym
Lloydminster Campus

more info: austin.dyer@lakelandcollege.ca
WWW.GORUSTLERS.CA

GRADE 6-9
900AM-1100AM
1130AM-100PM

GRADE 10-12
230PM-430PM
500PM-630PM

\$250

Thank
you!

for supporting our spring fundraiser. 50% of the proceeds will be donated to Ukrainian Canadian Congress. Final totals will be announced in the next newsletter. **A reminder to be ready to pick up your order(s) on Monday, May 16.**

Counsellor's Corner

Thank you to all parents and students for your quick response with the registration forms for the 2022-23 school year. Timetabling can begin. The timetable will be developed over the course of the next month or so and student timetables will be available in June.

High School students interested in attending Lakeland College Lloydminster Campus please see Mrs. Hart for more information and to pick up a permission form. **The tour is on May 16, 2022.** Thank you to Lakeland College and Buffalo Trail Public Schools for facilitating this event.

Attention Grade 12 Students:

- **Diploma exams are expected to be written in June. Please plan around your exam schedule.**
- **High School students in the RAP program** should apply for the RAP Scholarships. Please see this link: <https://tradesecrets.alberta.ca/apprentice-services/get-financial-support/scholarships/>
- **Rutherford Scholarship & other Government Scholarship Applications** Check out: <http://studentaid.alberta.ca> for the information about registering. You need to apply one month prior to beginning your post-secondary studies to receive the scholarship.
- **Student Loan Information:** Student loan information will also be found at <http://studentaid.alberta.ca>
- **BTPS Student Email Accounts:** These accounts will be disabled/expire three months after you have left school. Please make sure you change your email addresses if you have important contact information coming to these addresses.

VIBE will be hosting their Art Gala on May 4 from 5:30-9:30 pm at the Vermilion Regional Center. This will be an in-person event. Congratulations to the winners of the **VIBE Mental Health Art Gala contest**, where over 700 young artists showcased their artistic talents promoting mental health awareness. This event supports **Mental Health Week - May 2 to 8.** Many thanks to

VIBE staff for organizing this event for our families.

Work Experience, RAP & Green Certificate Students: If you are enrolled in this program, you will need to hand in **your hours and evaluation forms at the end of May** for any hours which you earned during the school year. There will be a **new program agreement must be in place to earn summer hours.** See Mrs. Hart or Mrs. Scully for more details.

The **Final Exam Schedule** should be attached to this newsletter. This may be the first time for some students to write a final exam in a few years. Here are some tips to help you prepare for your final exams: Taken from: <https://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/faq-20058195>

- ⇒ Learn how to study efficiently. Attend a study class offered by your teacher or see Ramona, our VIBE Coach for help in this area.
- ⇒ Study early and in a similar place - start making study notes or keep your cue cards from your unit tests as a method to prepare for your final exam. Studying in your classroom can also help you to relax.
- ⇒ Establish a consistent pretest routine. Similar to an exercise warm up, establishing a preset exam routine will help alleviate stress prior to a test.
- ⇒ Talk to your teacher about your test. Ask about what kinds of questions you need to prepare for and if they have some additional strategies for you to be successful.
- ⇒ Learn relaxation techniques - use mindfulness strategies: visual imagining, deep breathing, progressive muscle relaxation or yoga to help you calm before the test.
- ⇒ Don't forget to eat and drink prior to your exam. Having a good breakfast is important to your learning. Avoid high sugar, fat, and caffeinated foods prior to a test. Eat a well balanced meal that follows Canada's Food Plate.
- ⇒ Get some exercise prior to your exam.

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Counsellor's Corner Con't

- Aerobic exercise can relieve stress.
- ⇒ Get plenty of sleep prior to the exam. Being well rested will make you think clearly and help you do your best.
 - ⇒ Don't ignore your learning needs. If you qualify for extra time, a quiet exam area, or having the exam read to you, use it.

Important Dates in May

May 2-8, 2022	Mental Health Week
May 4, 2022	VIBE Art Gala - Regional Center - 5:30-9:30 pm
May 6, 2022	No classes for students - Professional Development Day for teachers
May 16, 2022	* <u>ELA 9 - Part A</u> - Provincial Achievement Test *Tour of Lakeland College Lloydminster Campus for <u>high school students</u> interested in attending
May 18, 2022	J. R. Robson School Track & Field Meet - all junior high participating
May 19 - 23, 2022	May Long Weekend - No school for students and staff
May 25, 2022	Northern Track and Field Meet - only some JRR students will participate
May 29-31, 2022	Grade 12 Canoe Trip

Hello May

- M**aybe life isn't going upward
- A**s you wish, but if you can learn from
- Y**esterday, you can win tomorrow

OurMindfullife.com



Sports Updates

The Junior High Badminton players did very well representing JR Robson School at the BTPS Finals in Irma. A big congratulations to Annie Bardoel for winning the Silver medal in the U14 Girls Singles category.



The Senior High Badminton players also did well at Districts on April 13. The gold teams advanced to zones on the 27th. District results were: Boston Crate and Jayden Scully – Mixed Doubles – Gold; Austin McDonald and Garrett Richardson – Boys Double – Gold; Lauren Sayers – Girls Singles – Bronze; Rya Carlson and Britney Yarmuch – Girls Doubles – Bronze. At Zones in Lloydminster on April 27, Boston Crate and Jayden Scully earned Bronze. Garrett and Austin advanced to playoffs but lost in the first round.

Vermilion Marauders Spring Football for Grades 8-11 (grade 12's can coach) will have Mondays and Wednesdays practice 4:00 - 5:30 during May. There is no cost to play, all equipment has been provided but students were asked to bring their own shoes. Vermilion Marauders Football Club was well represented at the 6-Man All-Star Football Tryouts. The boys impressed and showed great skill, proving yet again that small town Vermilion has hidden secrets. Congratulations to Jayden Lenz, Landyn Herzog, Kolten Sheppard, Adam Blackmore, and Harley Harms for trying out.



FREE ART
ACTIVITIES FOR
ALL AGES

VIBE MENTAL
HEALTH
CONTEST ART
DISPLAYED

FREE MENTAL
HEALTH
RESOURCES

THEME:
A LITTLE BIT OF THIS &
A LITTLE BIT OF THAT

SENIOR'S ART
DISPLAY

FREE DOOR
PRIZES

EVERYONE OF
ALL AGES
WELCOME

FREE DESSERT
WITH
CHOCOLATE
FOUNTAIN

INDOOR
PLAYGROUND OPEN
FOR FAMILIES TO
TRY OUT

8TH MENTAL HEALTH

Art Gala

SILENT AUCTION OF THE WINNING ART
FROM THE MENTAL HEALTH ART
CONTEST

WEDNESDAY MAY 4TH, 2022
5:30 - 9:30 PM
VERMILION REGIONAL
CENTRE

FREE COME & GO EVENT

PARTNERSHIP WITH:

- VILLAGE OF KITSCOTY FCSS
- VILLAGE OF MARWAYNE FCSS
- COUNTY OF VERMILION RIVER FCSS
- TOWN OF VERMILION FCSS
- MANNVILLE, MINBURN, INNISFREE FCSS
- WALKING THROUGH GRIEF SOCIETY

CASUAL DRESS



BTPS PINK SHIRT DAY

T-SHIRT DESIGN LOGO CONTEST

CALLING ALL BTPS STUDENTS!

WE NEED YOUR HELP TO DESIGN OUR **2023 PINK SHIRT DAY** LOGO!

SHOW OFF YOUR CREATIVITY AND YOUR DESIGN COULD BE CHOSEN AS THE LOGO ON OUR OFFICIAL 2023 BTPS PINK SHIRT DAY SHIRTS!

GET CREATIVE!

This is a fun, exciting activity and way to get your individual classes and students involved in **Pink Shirt Day**. Our suggestion is that each student designs a t-shirt with the theme of Anti-Bullying in mind.

This year we would like our shirts to feature artwork created by our students

Entry Deadline: JUNE 1, 2022

First Prize:

Design featured on our 2023 BTPS Pink Shirt Day Official Shirt

Honourable Mentions:

BTPS Backpack

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There will also be prizes for schools with the largest number of participants!

Official Rules

Details

- Designs must only be created in the colour black, on a white 8.5 x 11 paper. Remember, this is a logo design contest not a poster contest. Designs should be simple, clear, and any words need to be legible.
- Designs can include an anti-bullying slogan or words
- Designs must be original, and free of copyright images.
- Grades K-12 are eligible to submit designs.
- Submission grants BTPS the right to reproduce, publicly display and distribute as part of our Pink Shirt Day campaign.

Entries must be submitted via [Google Form](#) and include the student's full name, school, and grade.

To submit an entry, please complete this [Google Form](#).

CONTEST OPENS: MAY 1, 2022

CONTEST CLOSSES: JUNE 1, 2022

T-Shirts with the winning design will be available for purchase. More details will be communicated at that time.



Bullying Stops Here

Together we can make a difference