



April 5, 2023

**J. R. Robson High  
School**

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Vermilion, AB  
T9X 1G5

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Fax: 780-853-2920

## Principal's Corner

On April 26 we will have our last School Council meeting for the year at 7:00 pm in the Learning Commons.

Most high school students have completed their course registration for next year. If your student has not done so, please ensure that this happens as soon as possible. I use course enrollment numbers to determine the number of sections required for each course and what may be delivered through the BTPS distributive learning option, so this information is very important.

With spring also comes our school flower fundraiser running April 1 – 30. Online orders can be done at:

<https://jrrobsonhigh-school.growingsmilesfundraising.com/home>

Paper orders can be done with the order form found in this newsletter or from any J.R Robson student.

Easter break will start April 7 and run through to April 16. That gives us approximately 2 months of instruction after we get back to close out the 2022-23 school year. Wishing everyone a good and relaxing break. Come back ready to finish the year strong.



## Around the School



Students getting ready to board the bus to Table Mountain for a day of skiing on March 23.

In this edition:

Principal's Corner.....	1
Around the School.....	1
Public Speaking Competition....	2
Yearbook.....	2
Mental Health Art Gala.....	2
Counsellor's Corner .....	3
Counsellor's Corner Con't.....	4
Grad Fundraiser .....	4
Teen Art Courses .....	4
Skills Canada Competition.....	5
Curling .....	5
Mental Health News .....	6
Spring Pirate Crew Fundraiser..	7

**School Council Meeting**

Wednesday, April 26  
at 7 pm  
at JRR

All parent welcome.

**Website:**  
[jrrobson.btps.ca](http://jrrobson.btps.ca)  
**School Calendar**  
<http://jrrobson.btps.ca/Calendar.php>  
**Facebook:**  
<https://www.facebook.com/JRRobsonSchool/>  
**App**  
<http://bit.ly/JRRapp>



## Annual Superintendent's Public Speaking Contest

Congratulations to the following students for participating in our school Speak-Off:



Asia Clark, Emma Boxell, Maleah Eyben, Jill Chmielewski-Tremblay, Lance Adams, Chloe Simonet, Grace Freeman & Aariez Khan



The main competition was held on Tuesday, April 4th at our school.

Asia Clark was selected to represent JR Robson in the Junior High Division 3. **She won first in her category!**

Kira Jaremco represented our

school in the Senior High Division and placed third.

Congratulations to both girls for representing our school well and making us proud.



## 2023 Yearbook



2023 Yearbooks are now for sale, (to be delivered next year)

\$40 each, personalization an extra \$2.50 per line

Link to the online order form:

<https://ybstore.friesens.com/772478>

Or scan the QR code:



## 9<sup>TH</sup> MENTAL HEALTH

*Art Gala*

WEDNESDAY MAY 10<sup>TH</sup>, 2023  
5:00 - 9:00 PM  
VERMILION REGIONAL CENTRE

FREE COME & GO EVENT  
CASUAL DRESS

**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

## Counsellor's Corner

**For Grade 12 students, Student Loan applications are found online starting in early May.** Use this link to access the website: <https://studentaid.alberta.ca/>. You will required a valid Alberta Digital ID to access the online system. <https://account.alberta.ca/login> **The Alexander Rutherford applications are also available on this website. In order to receive funding you must apply at least one month prior to your attendance at a post-secondary institution.** If you take a year or two off before attending post-secondary school, as long as you qualify, the funds are available to you, so make sure you apply. For information on how to apply, use this website: <http://studentaid.alberta.ca/>. Students who have created an Apply Alberta login are encouraged to use your **PRIVATE email address** as your school address will disappear after June 30. The same login, password and email will be used to apply for your Rutherford Scholarship and Student Loan site so use one that is familiar to you, hopefully you will remember the password.

For **Scholarships applications** - please check on our school website. Choose MENU - STUDENTS -SCHOLARSHIPS

**Registered Apprenticeship Program (RAP) Scholarships** are also available through the Alberta Scholarship Program. More information on how to apply for these scholarships are available here: <https://tradesecrets.alberta.ca/financial-assistance/scholarships/high-school-apprenticeship-scholarships/>

**Parent-Teacher Interviews:** interviews will be conducted through phone calls on March 30, 2023 from 4:30 - 7:30 pm and in person on Wednesday, April 5, 2023

from 4:30 - 7:30 pm. The **Grade 9 students will register for grade 10 course at the Grade 9 Registration Meeting which will take place on Wednesday, April 5, 2023 from 6:30 - 7:30 in the Learning Commons.** This should finalize our registration for high school so the timetabling process can begin.. If you wish to speak with a particular teacher, please contact the office at the school to arrange an interview.

**Grade 10 and 11 Students:** Registration for the 2023-2024 school year should be completed. Mrs. Polishuk and myself (Mrs. Hart) have sent out the links to the student email accounts. Parents are asked to review their child's course selections and have the registration completed by March 31, so we can begin the timetable scheduling process. **Please remember the timetable is built around your course selections, so you will need to make your selections wisely.** Assume you will not be able to make any timetable changes once you select a class. If you or your parents have questions regarding registration, please do not hesitate to contact Mrs. Polishuk [nicole.polishuk@btps.ca](mailto:nicole.polishuk@btps.ca) or Mrs. Hart [monique.hart@btps.ca](mailto:monique.hart@btps.ca) via email or phone 780-853-4177 to ask questions.

**Grade 10 students will be participating in TRY-A-TRADE in Lloydminster on Wednesday, April 26, 2023 from 9:00 - 12:30.** Students will be receiving a permission slip when we return from Easter vacation. This is a good opportunity to see the trades in our local community. Also **Grade 10 students will be taking First Aid Training on Monday and Tuesday, April 17/18, Thursday and Friday April 20/21 or Thursday and Friday April 27/28.** Student who complete this train-

*(Continued on page 4)*

## Counsellor's Corner

ing will receive a high school credit plus many employers require first aid training for summer jobs opportunities.

**For students enrolled in Work Experience, RAP or Green Certificate,** please continue to submit your hours, any mid-term and final evaluations you may have to complete.

**Your VIBE coach, Ramona** is here and willing to work with students at lunch time. She is here on Tuesdays and Fridays. Look for her and say HI.

Easter will be here before we know it. May you take time to recharge your batteries, get outside and have a good celebration with family and friends. Wishing your family a very Happy Easter!

“

**EASTER IS THE ONLY TIME  
WHEN IT'S PERFECTLY SAFE  
TO PUT ALL OF YOUR EGGS  
IN ONE BASKET.**

*Evan Esar*



## Pancake Breakfast

April 30th, 2023

9:00 - 1:00 p.m.

Knights of Columbus

Supporting the

JR Robson 2023

Grad Class

Father Cordeau Center  
St. Jerome's School

\$12.00 per plate  
Preschoolers free



- Popular Menu Options
- Baked Ham
- Strawberries
- Whipped Cream



# LEVEL UP

AT THE UPPER LEVEL POTTERY & ART GALLERY

## SPRING SESSIONS

AGES 12-17

SATURDAYS 1<sup>PM</sup>-4<sup>PM</sup>

APRIL 1 & 22

MAY 13 & 27

JUNE 10 & 17

CONTACT THE UPPER LEVEL POTTERY  
& ART GALLERY TO REGISTER!

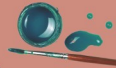


PH: (780) 581-8392  
UPPERLEVELGALLERY@GMAIL.COM

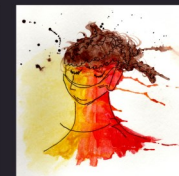
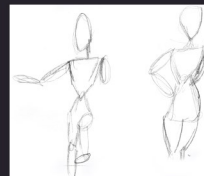
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**DRAWING**



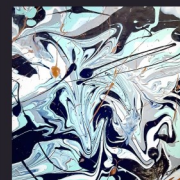
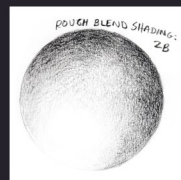
MAY IS  
**WATERCOLOUR**



JUNE IS  
**ACRYLICS**



MEET YOUR INSTRUCTOR  
SAMANTHA MCLENNAN

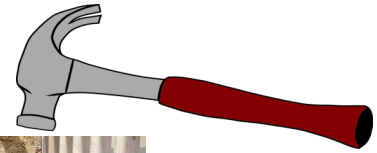
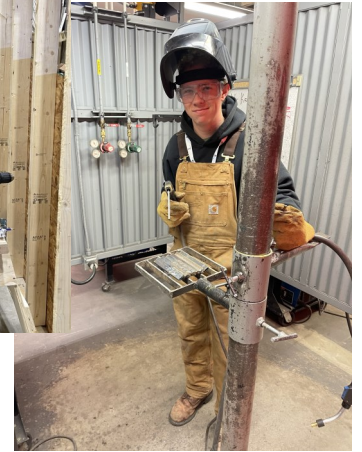
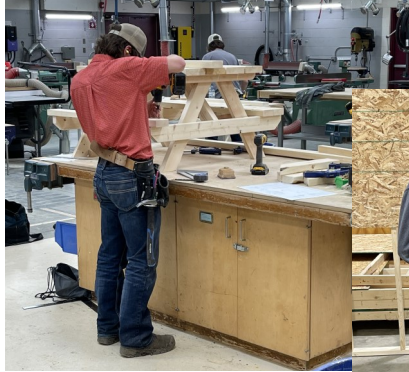


## Skills Canada 2023

JR Robson had three contestants enter the Lakeland College High School Regional Skills competition on Thursday, March 9, 2023. The three categories and names of the students that entered were:

- ⇒ Robbie Oddan - Welding
- ⇒ Deyton Selte - Carpentry
- ⇒ Owen Harder - Electrical

The three boys did very well and had an amazing experience learning and showing off their talents. The three of them were excellent representatives of JR Robson School.



## Curling

The curlers had an amazing 2022/23 season. The Junior High team made it to the BTPS Highway 16 Finals and placed 3<sup>rd</sup> in their pool. The Senior high Boys team had a good season and won bronze medals at Zones in Cold Lake. I was especially proud of the boys as they helped out coaching the Vermilion

youth curling program every Tuesday. The Senior high Girls team also had a good season and won bronze medals at Zones in Cold Lake. The Senior high Mixed team had a great season and placed third in their pool at Zones in Cold Lake.



### Junior curlers:

Skip Emma Chapman, Third Tyann Trach, Second Elliot Atkinson, and Lead Jannel Rosher, and Coach Curtis Zorniak



### Sr. High Mixed:

Skip Samara Hemauer, Third Nick Woywitka, Second Brittney Yarmuch, Lead Garrett Richardson, Spares Alex Polishuk and Linden Adams, and Coach Wayne Hemauer

### Sr. High Boys:

Skip Peyton Deroo, Third Kolten Sheppard, Second Ethan Ward, Lead Korey Hemauer, Spare Owen Harder, and Coach Dwayne Sheppard



### Sr. High Girls:

Skip Ameer Larson, Third Britney Nelson, Second Lauren Sayers, Lead Kaymin Nelson, Spare Jada Sanford, and Coach Curtis Zorniak



## Language Impacts People

Help your family learn how to use language to build caring, connected relationships. When positive, helpful words, tone and body language are used it can enhance mental health.

**Family Smart Practice Tool** shares tips on how to build communication and language skills:

- **Be prepared** by thinking about what and how you are going to say something.
- **Suspend judgement** and do not assume you know what is going on or has happened.
- **Trust** is earned and it takes time to build it.
- **Empowerment** is given by providing an opportunity to share what is important.

**More great tips from the Family Smart Practice Tool** on how to build communication and language skills:

- **Alignment** happens when we work together to identify a common goal and create a plan to achieve it.
- **Check In** regularly to connect better and change directions if needed.
- **Assume good intentions** and that each person wants things to go well.
- **Empathy and listening** helps us to see each other's perspective and to increase understanding.
- **Be kind** to yourself and to others.

## Learn how to tackle stigma and show sensitivity through the words you choose.

- Use positive and respectful language
- Don't use labels or judgement
- Use person-first language to focus on the individual rather than the illness, disability, condition or behaviour.
- Avoid stereotyping or oversimplifying similarities.

Words to combat stigma :

### Stigmatizing

They were an addict.  
Committed suicide.  
They are crazy.

### Respectful

They are in recovery.  
Died by suicide.  
They're living with a mental illness.

**Together with your children**, learn the importance of using the right words when talking about mental health. Mental Health Literacy offers a helpful resource for families to learn about mental health and to use the terms and components correctly.

### Components:

- No distress, problem or disorder
- Mental distress
- Mental health problem
- Mental disorder/illness

Understanding the differences is crucial to getting the right kind of help if needed, to avoid seeking treatment when it is not needed and to be clear about the language we use to express how we feel.

## MORE RESOURCES

[Resources - FamilySmart](#)  
[Language Matters](#)  
[Mental Health Literacy](#)

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



# J.R. Robson School

## Spring Fundraiser



\$38

### 12' Premium Hanging Baskets

Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. Come in a variety of mixes/colours.



\$38

### 12' Premium Patio Planters

All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a Spring patio or backyard paradise.



\$45

### 2 Gallon Patio Rose Planters

Planted in a 2 gallon pot, this perennial will add colour year after year. Floribunda roses are bred for their hardiness and can withstand colder temperatures.

**Please note that colours cannot be selected.**  
*May receive light pink, dark pink, white, or yellow.*



\$27

### 11' Strawberry Basket

A kid favourite! Enjoy fresh strawberries all growing season long. Everbearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!



\$39

### 10-pack 4' Succulents

Fast-growing in popularity, succulents are versatile & low-maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the Echeveria, Sedum, Sedeveria, and Senecio families.  
*Duplicates & substitutes may occur.*



\$36  
LETT'UCE  
GARDEN

### 10-pack 4' Herbs

An assortment of our finest herbs! Varieties include:  
-Mint Mojito  
-Basil (Sweet)  
-Basil (Thai)  
-Thyme  
-Chives Onion  
-Chives Garlic  
-Rosemary  
*Duplicates & substitutes may occur.*



\$36  
LETT'UCE  
GARDEN

### 10-pack 4' Veggies

Grow your own food this year in a garden or planter box!

- Varieties include:
- Tomatoes (x4)
  - Cucumber
  - Zucchini
  - Peppers (x2)
  - Kale
  - Romaine

*Duplicates and substitutes may occur.*



\$39

### 10-pack 4' Zonal Geraniums

These easy-to-grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits.

- Colours: Red, White, Pink  
*Cannot mix & match colours in a lot.*



\$39  
wave  
PETUNIAS

### 10-pack 4' Wave Petunias

The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes, and hanging baskets.

- Colours: Purple, White, Pink  
*Cannot mix & match colours in a lot.*



\$32

### 10-pack 4' Marigolds

Marigolds add a pop of colour and brightness to enjoy all season. Excellent companion plants for many vegetables!  
Only available in orange.

Online orders can be placed on the website until April 30th.  
Collection days for paper orders will be April 17th and 27th.  
Please see order form attached.  
Delivery will be May 15th



