



May 2, 2023

**J. R. Robson High School**

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## Principal's Corner

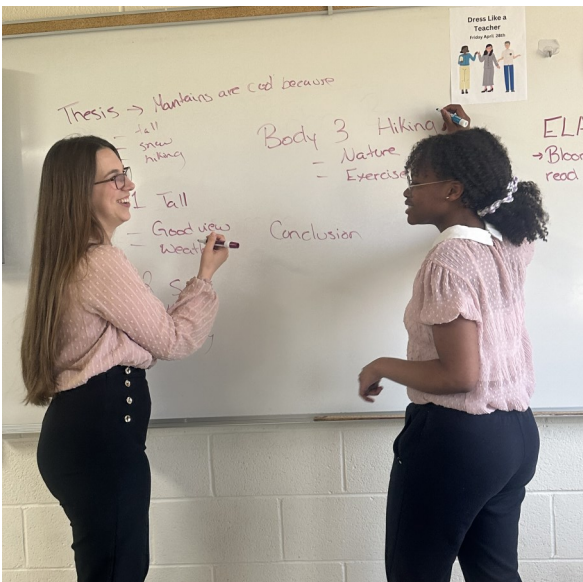
On April 26, we had our last School Council meeting at the school. We had lots of good discussion about the budget for 2023-24 school year. Based on the budget provided to our school, we anticipate that we will be able to remain at the current level of staffing. That is good news. We also discussed the purchase of an electronic information sign for the outside of our building. Our next meeting will not be until the next school year in September.

On April 4, BTPS hosted their annual Public Speaking Contest and I want to congratulate Asia Clark who was our

Division 3 rep and Kira Jar-emko who was our Division 4 representative. Our public speaking leader Mrs. Hart reported that both did an excellent job. Congratulations to Asia who won the gold medal for Division 3. I also want to congratulate Breanne Gourley for her recognition by Alberta Education. Breanne's Social Studies 30-2 January Diploma Part A written submission was selected by Alberta Education as an exemplar for them to use as a sample writing in future publications pertaining to Grade 12 Diploma writings. Well done Breanne.

*(Continued on page 2)*

## Around the School



Left: 'Dress Like A Teacher Day' was held on Friday, April 28. Below: Masks created for Art class.



### In this edition:

Principal's Corner .....	1
Around the School .....	1
Principal's Corner Con't .....	2
National Poetry Winner .....	2
Thank You .....	2
Counsellor's Corner .....	3
Counsellor's Corner Con't .....	4
Spring Football .....	4
Yearbook .....	4
Try-A-Trade .....	5
Metis Artisan Visit .....	5
Fundraiser Thank You .....	5
Mental Health Gala .....	5
Mental Health Webinars .....	6

## Spring Fling

Friday, May 26

Show and Shine  
and other activities



### Website:

[irrobson.btps.ca](http://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

April was National Poetry Month, and Ella Morrison entered the Hapara Student Voice Poetry Contest. Ella was awarded first place in Canada and second place internationally for her poem "A Voice." Congratulations Ella.

Our curling and badminton teams have wrapped up their seasons. Not only did our athletes do well and develop their skills, but there was also a lot more participation this year than in the previous couple of years. The last sport of the year, Track and Field, is now in full swing. We are lucky to host two track meets at our school this year. The Junior High JR Robson meet (May 17) and the BTPS Junior High Northers (May 30) will keep the field busy.

Just a reminder that May 5 is a professional development day for teachers. We will be in Wainwright working with educational consultant Anne Davies. This will build on our previous work with her, and her expertise is second to none. With the extra-long May long weekend for students, May will be over before we know it and 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.

On May 29 we will host the VES Grade 6 class for the annual Grade 7 orientation day. Every year we invite the Grade 6 class to attend our building for the day and go through a typical day class schedule. We look forward to them joining us.

## National Poetry Contest Winner

**CONGRATULATIONS to our very own Ella Morrison!**

April is National Poetry Month, and Ella entered the Hapara Student Voice Poetry Contest. Ella was awarded **FIRST** place in Canada and **SECOND** place internationally for her poem "A Voice."

It is an incredible achievement to be recognized on the national, let alone international, level. We are so proud of her hard work and creativity! Congratulations again, Ella, on this outstanding achievement.



# THANK YOU

to **Cornerstone Co-op** for their generous donation to our snack program.

## Counsellor's Corner

**Thank you to all parents and students for your quick response with regards to completing the online registration for the 2023-24 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.

Special thanks to Buffalo Trail Public Schools for organizing the bussing for the annual **Try-A-Trade Event** held in Lloydminster on April 26, 2023. The grade 10 students tried some new trades and made job connections.

**Grade 9 students will be attending Lakeland College's Lloydminster Campus on Monday, May 8, 2023 for a tour of the campus.** 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 10 from 5:30-9:30 pm at the Vermilion Regional Center.** Some of our

*(Continued on page 4)*

Important Dates in May	
May 5, 2023	No School - Teacher Professional Development Day
May 1-7, 2023	Mental Health Week
May 8, 2023	Grade 9 Field Trip - Lakeland College Lloydminster Campus Tour
May 10, 2023	VIBE Art Gala - Regional Center - 5:30-9:30 pm
May 15, 2023	ELA 9 - Part A - Provincial Achievement Test
May 17, 2023	J. R. Robson School Track & Field Meet - all junior high participating
May 18-22, 2023	May Long Weekend - No school for students and staff
May 26, 2023	Spring Fling
May 29, 2023	VES Grade 6 Orientation. No classes for Grade 7 students
May 30, 2023	Northern Track and Field Meet - only some JRR students will participate

## Counsellor's Corner Continued

students have entered the Art Contest, so be sure to check out their artwork at this event. This event supports **Mental Health Week - May 1 - 7**. Many thanks to VIBE staff for organizing this event for our families.

Many thanks to **Ramona Mathison, our VIBE Coach**, for coming into our health classes and teaching our students about strategies to support good mental health. We appreciate your wisdom and knowledge.

**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. A **new program agreement must be in place to earn summer hours**. See Mrs. Hart or Mrs. Polishuk for more details.

**Money Management Skills Course for 2023 Graduates:** Did you know that all grade 12 students in Alberta have free ac-

cess to a comprehensive online personal finance course? Developed specifically for teen learners by Enriched Academy. The self-study program features an engaging video format and covers eight topics ranging from budgeting basics to getting started in the stock market. Completing the course will ensure much-needed money management skills and it also offers a certificate of completion that looks great on a resume. All Graduating Students who complete the program are eligible to apply for a scholarship. Please click [here](#) to request your account. Scholarship details are found [here](#).

Good luck to our junior high students as you participate in the **school track and field meet on May 17, 2023**. Lunch will be served outside on that day.

We will be welcoming the Grade 6 class from VES on **Monday, May 29, 2023 for Grade 6 Orientation**. **Grade 7 students** will be staying home as we introduce them to J. R. Robson.

## Vermilion Marauders Spring Football

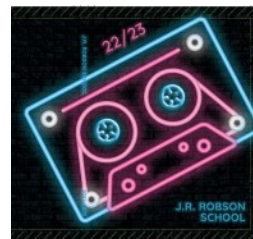
Vermilion Marauders spring football, open to grade 8-11, **starts May 1**. Practices will be Monday, Wednesday, & Thursday throughout May.

Please contact Lorne Maier for registration form:

[lorne.maier@btps.ca](mailto:lorne.maier@btps.ca)



## 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:



## Try a Trade 2023



Grade 10 students travelled to Lakeland College—Lloydminster Campus for Try A Trade. It was a chance to students to see possible career paths in the Trades.

## Metis Artisan Visit



We had Frances Whitford - A Metis Artisan as a guest speaker come into and speak to our junior high social studies classes (Wed., April 19). The context of the lesson was to fo-

cus on the origins of the Metis and what makes the Metis a distinct culture amongst other Indigenous groups in Canada. Frances was able to share a bit of her family history with us as well as her art practice, which is her way of preserving and sharing her culture. The students were given the opportunity to create a dragonfly craft that they were able to take home with them.



to everyone who supported our spring flower fundraiser. All proceeds go towards Pirate Crew activities!



## 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

# Caregiver Education Team Newsletter

May/June 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

## Caregiver Education Sessions

### Understanding Autism

For parents and caregivers of children and youth in grades K-12

Wednesday, May 3  
6:00 – 7:30 pm

### Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6.

**Part 1:**  
Tuesday, May 23  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, May 30  
12:00 – 1:00 pm

### Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together

Wednesday, May 31  
6:00 – 7:30 pm

## Adult Education Sessions

### Silver Linings *Supporting Wellness in the Later Years*

**Part 1:**  
Tuesday, May 9  
12:00 – 1:00 pm

**Part 4:**  
Tuesday, May 16  
12:00 – 1:00 pm

## Junior-High Jitters *Transitioning to the Teenage Years*

For caregiver and their teens (grades 6-8) to attend together

Wednesday, June 14  
6:00 – 7:30 pm

## Participant Feedback:

“...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Well presented...very knowledgeable and clear. Videos were great. Thank you!”

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

May/June 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Registration

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](http://www.cyfcaregivereducation.ca)

## Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Wednesday, May 3, 2022**

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-12; for adults only.

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

### Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

**Tuesday, May 23, 2023**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

### Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

**Tuesday, May 30, 2023**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

## Participant Feedback:

"The session was great, perfect during the lunch hour and just the right amount of info to be effective. Thank you."

"Love the convenience of online, and still feeling involved in discussions."



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## Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

**Date: Wednesday, May 31, 2023**

Time: 6:00 – 7:30 pm

For caregivers and youth (grades 7-12) to attend together.

## Junior-High Jitters Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

**Date: Wednesday, June 14, 2022**

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

## Participant Feedback:

“Thank you so much for your time and insight! You were both fabulous presenters and this was very helpful.”

“Thank you so much for the webinar. It was really good.”



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Addiction & Mental Health  
Edmonton Zone

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# Adult Education Sessions

May/June 2023



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

## Silver Linings

### Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

#### Part 1:

In this session, we will look closer at the common mental health challenges older adults face and some of the causes contributing to these challenges.

**Date: Tuesday, May 9, 2023**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

#### Part 2:

In the session, we explore helpful strategies and supports that promote mental health wellbeing in older adults.

**Date: Tuesday, May 16, 2023**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

### Registration:

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](http://www.cyfcaregivereducation.ca)

### Participant Feedback:

“Thank-you so much for your thorough presentation. It is also a huge blessing that it is free. Thank-you so much.”

“Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest.”

“Always get so much out of these sessions and really appreciate you sharing out all the videos and resources after!”



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