



## Principal's Corner

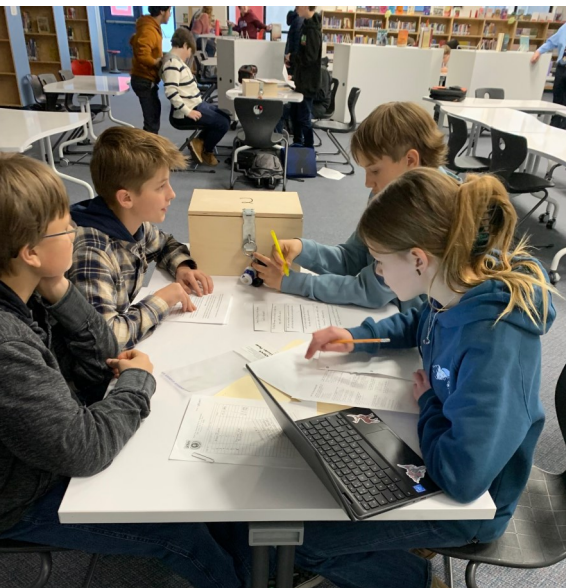
November was a busy month for us at the school and some thank you's are in order. First I want to thank the Vermilion Legion for attending our Remembrance Day Ceremony, we always appreciate the color guard being bagpiped into our ceremony. I also want to thank the many donors who contributed to our Awards Night November 3; without your support our event could not happen. Lastly, thank you to all of the volunteers and volunteer coaches who helped let our fall sports teams have another successful, enjoyable year. We held a student assembly in November to recognize all the students who participated in extracurricular activities and Pirate Crew events.

Well done to all those who were able to participate.

December is a busy month in high school as most teachers will look to have their courses near completion before the Christmas break. Our Christmas break starts after December 22<sup>nd</sup> and students return to classes January 8<sup>th</sup>. Once students are back, high school teachers will be busy wrapping courses up and starting to write diploma and course final exams. The first Diploma exam is the ELA 30-1 and 30-2 Part A January 10<sup>th</sup>. Please have a look at our exam schedule and book any appointments around final exams please. We have a

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## Around the School



ELA 8 students became detectives from the Poveille Police Department and analyzed clues to solve the murder in Edgar Allen Poe's "The Tell-Tale Heart."

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Want to know what is happening in the school? Follow our Pirate Crews Instagram:

@jrrpiratecrews

### 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>**



## Principal's Corner Continued

very short window to get marks in for semester one before we must send them on to Alberta Education. As for junior high students, January is regular classes. In addition, we know that inclement weather happens during the winter months and some rural buses may not run. However, we always run classes as usual and any student who misses will be required to make up any missed instruction or assessments. Parents please be advised that regardless of the number of students in a class on any particular day, you can be assured instruction continues and that there is a lot going on in the classroom.

The month of December is always an exciting time in the school. Our Pirate Crews are busy planning Christmas activities for the students that start this week with the decorating of our 4 meter high Christmas tree located in the concourse. We will wrap up everything on the 22<sup>nd</sup> with our annual staff/parent/Lions Club prepared breakfast for all of the students.

I sincerely hope all students, staff and parents take the time to enjoy the Christmas break and safely connect with family and friends. Everyone deserves that. Merry Christmas.

## Awards Night

Awards Night was held on Friday, November 3, 2023. Congratulations to all who earned an award in the 2022-23 school year. Pictured are the students earning honor pins by grade level.



## Counsellor's Corner

The first of December means that Christmas Break will be here before we know it.

The **2022-2023 Yearbooks** arrived and we have a few extra copies. If you did not order one and would like one, they are available at the school office, on a first come first serve basis. Cost is \$40.

For Grade 12 students, your course work will be finished prior to leaving for Christmas vacation as some of you will write diploma examinations our first week back in January. **First diploma exams are: Wednesday, January 10, - English 30-1/30-2 Part A and Thursday, January 11 - Social 30-1/30-2 Part A.** Good luck on your diplomas.

For students who feel they need to make course changes for semester 2, Grade 10 & 12 students see Mrs. Hart, and Grade 11 students see Mrs. Scully. Our goal is to have you settled prior to the beginning of semester 2.

As guidance counsellors, we would like to encourage all parents to monitor your child's progress on Power School, using the parent portal: <https://powerschool.btps.ca/parents>. If you have any concerns about your child's progress, please do not hesitate to contact the classroom teacher. If you have yet accessed PowerSchool, please contact the office.

**Our Social Emotional Coach, Amy Olobayo** is available to meet with students who need additional social or emotional supports. She is available on Monday, Wednesday, and Friday for SEC services. Please stop by and say "HI". She is available in Room 206.

**Our VIBE coach, Ramona Mathison**, is available to students on Tuesday and Thursday each week. Stop by and say

hello. Ramona can be found in Room 208.

For Grade 12 Students who are looking for extra resources for preparation on your Diploma Exams, **Diplomax** may be for you. Diplomax involves in-class or online Diploma Preparation Classes for Students in Alberta. Students from Buffalo Trail Public Schools have used these resources in the past and have found them very helpful. Check out this website for more details: <http://diplomax.ca/>

For Grade 12 students, please touch base with Mrs. Hart if you need assistance in career planning, applying for post-secondary or to discuss other career goals. **For scholarships, this is a personal journey.** Any scholarships we are aware of, are located on the J. R. Robson School Website. Follow this link below. You can also go the J. R. Robson home page and on the first page there is a white first place ribbon that will take you to the scholarship link. <https://jrrobson.btps.ca/students/scholarships>

**Work Experience/RAP/Green Certificate** - students enrolled in this program need to hand in your hours and necessary evaluations as required. See Mrs. Kaye or Mrs. Hart to finalize your hours for each course.

Wishing you a joyous Christmas season full of laughter and fun. Season's Greetings and Happy New Year from the staff of J. R. Robson School.



## SEL Spotlight

Our Social-Emotional Learning Spotlight for December is *Preventing Cumulative Stress*. December is full of stressors. It is crunch time as we study for exams and complete assignments. We have to visit that annoying cousin, or overbearing auntie at the family Christmas celebration. We have a fight with our mom, and are now late for the bus. The teacher is mad at us for talking, even though it was actually the group behind us. Multiple frustrations, coping with situations in which you feel powerless, and ongoing pressures with no rest or reprieve has an impact on our mind and body.

Not all stress is bad. Short-term stress can inspire and motivate. You have a basketball game on the weekend and are feeling nervous, so you spend extra time this week practicing your free throw shot, or you have a math test on Monday so you block off your Sunday schedule for studying. However, if our stress becomes prolonged over weeks and months, our emotions, thoughts, immune system and health are impacted.

What are signs of cumulative stress?

- Difficulty concentrating
- Feelings of hopelessness and powerlessness
- Sleep disturbances and chronic exhaustion
- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others

Now, what is the solution? To reduce cumulative stress we must actively practice self-care strategies every day.

- Can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and peers. Human connection is a key factor in supporting resiliency.
- Move your body. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Advocate for yourself. Connect with your teacher or supervisor at work to discuss your source of stress: they might be able to help and accommodate your needs.

Today, I invite you to pick one self-care strategy and take a break to rejuvenate and recharge. Facetime a friend, take your dog for a walk, youtube a work out video, or use positive self-talk to get through a tough day.

As always, my door is open to students, staff and families who would like to connect with the Social-Emotional Coach Program. I can be reached by email at [amy.olobayo@btps.ca](mailto:amy.olobayo@btps.ca).

## Explore, Create, Achieve



Left: Outdoor Ed 7 making stretchers and taking advantage of the snowless outdoors

Right: Ethan Scully and Logan Reddy in Multimedia filming their stop-motion video



# Thank You



JR Robson truly appreciates our partnership with Cornerstone Co-op and their continued support of our school through the "Bags for Breakfast" program and the \$562 donation towards our breakfast program.

**SIMPLE CONNECTIONS**  
stronger families

## FAMILY FUNDAYS

**SUNDAYS**  
1:00 - 3:00 PM

**JANUARY**  
21 & 28

**FEBRUARY**  
4 & 11

**J.R. Robson High School Gyms**

Free event open to families from all schools to connect & play.  
Play with large games, giant inflatables, & basketball.  
**Children must be accompanied by an adult.**  
Snack-to-go provided to all children & youth.

Hosted by: Alberta Health Services VERMILION WELLNESS COALITION

**December**  
2023

| SUNDAY           | MONDAY                    | TUESDAY             | WEDNESDAY                   | THURSDAY | FRIDAY                       | SATURDAY |
|------------------|---------------------------|---------------------|-----------------------------|----------|------------------------------|----------|
| <b>Hot Lunch</b> |                           |                     |                             |          | 1<br>Fry Day                 | 2        |
| 3                | 4<br>Stir Fry             | 5                   | 6<br>Spaghetti & Meat Sauce | 7        | 8<br>Fry Day                 | 9        |
| 10               | 11<br>Pizza               | 12<br>Booster Juice | 13<br>Taco Salad            | 14       | 15<br>Fry Day                | 16       |
| 17               | 18<br>Hotdog & Tator Tots | 19                  | 20<br>Subway                | 21       | 22<br>Free Pancake Breakfast | 23       |
| 24               | 25                        | 26                  | 27                          | 28       | 29                           | 30       |
| 31               |                           |                     |                             |          |                              |          |

**Notice:**  
we now accept MC and Visa payments online for hot lunch!

[Hot Lunch Orders](#)

## January 2024 Final Exam Schedule

Last day of classes for Grade 12 students will be on Friday, January 19, 2023  
 Last day of classes for Grade 10 and 11 students will be on Tuesday, January 23, 2023

All exams will start at 9:00 am on their scheduled day.  
 Second semester for high school students will begin on February 5.

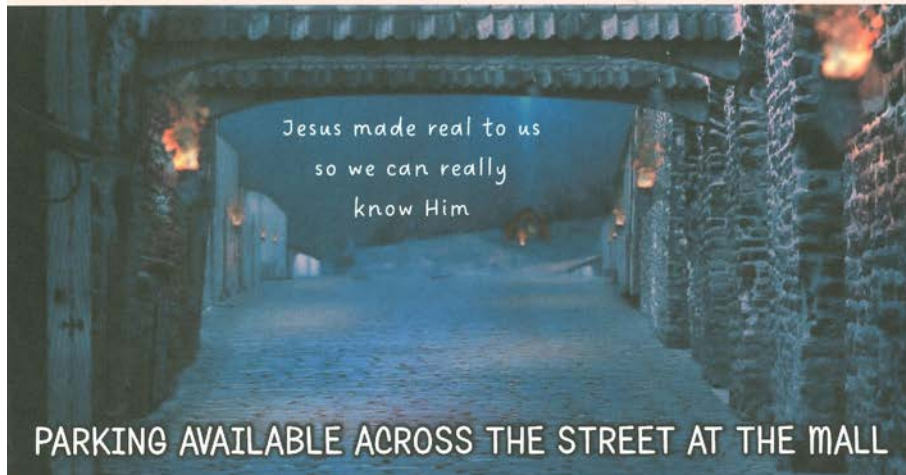
| Date                  | Exams   |
|-----------------------|---|
| Wednesday, January 10 | ELA 30 - 1 Diploma Part A   |
| Thursday, January 11  | Social 30 - 2 Diploma Part A  |
| Monday, January 22    | Math 30 - 1 Diploma   |
| Tuesday, January 23   | ELA 30 - 1 Diploma Part B<br>ELA 30 - 2 Diploma Part B                      |
| Wednesday, January 24 | Social 30 - 2 Diploma Part B<br>Social 20 - 1<br>Math 10 - 3<br>Math 20 - 3 |
| Thursday, January 25  | Biology 30 Diploma  |
| Friday, January 26    | Chemistry 20<br>Social 10 - 1<br>Math 10C                                   |
| Monday, January 29    | Physics 20  |

### Bethlehem Revisited

Sunday December 17 from 4-8 pm Glad Tidings Pentecostal Assembly

A free interactive walk through Bethlehem – events inside and outside

kids activities    snacks    music    family fun    live animals



Jesus made real to us  
so we can really  
know Him

PARKING AVAILABLE ACROSS THE STREET AT THE MALL

