



October 1, 2024

**J. R. Robson High School**

5102 – 46 St.  
Vermilion, AB  
T9X 1G5

Phone: 780-853-4177  
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## Principal's Corner

The week of September 23 – 27, was highlighted by a variety of Orange Shirt Day and National Truth and Reconciliation Day activities. Guest Rob Malo, a Franco-Manitoban Métis member of l'Union Nationale Métisse Saint-Joseph du Manitoba, who is a storyteller, author, stage performer, juggler, poet, and community builder kicked off the week by sharing French-Métis and reconciliation themed stories with music, jiggling and juggling to the junior high students. Focused curricular learning occurred in many different courses all week long. Many indigenous games were played in Phys. Ed. classes; students cooked Bannock in Foods class; in high

school Social Studies students looked at significant events in First Nations, Métis, & Inuit nationalism and effects of globalization; in high school Language Arts students chose and researched and presented on an amazing Indigenous person who has influenced history, overcame a substantial obstacle, or is positively impacting society today; Language Arts 30-1 were reading the short story "Totem" by Thomas King (former professor of Native Studies at University of Lethbridge), and analyzing themes and symbolism which arise in the story; junior high Language Arts classes the students studied the history of oral

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## Around the School



Students added their hand print to their respective Pirate Crew boards on Sept. 18 These will be displayed in the concourse.

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Attachment: VIBE Human Services Directory

### School Council Meeting

**Wednesday, Oct. 21, 2024**  
at 7 pm in the  
**Learning Commons**  
New executive members  
needed! Please join!

#### Website:

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

#### Facebook:

[https://www.facebook.com/  
JRRobsonSchool/](https://www.facebook.com/JRRobsonSchool/)  
Pirate Crew Instagram  
[https://www.instagram.com/  
jrpiratecrews/](https://www.instagram.com/jrpiratecrews/)



## Principal's Corner Continued

storytelling and researched various Canadian Indigenous Influencers; Art students used the resource Canadian Art History to learn about Professional Native Indian Artists and Emily Carr. On October 9th, Metis author Christy Fenton will join us for an afternoon to do a book talk. While many learning activities occurred during the week, our learning about truth and reconciliation does not stop and continues throughout the year.

Just a reminder to parents to please get your updated student information and FOIPP forms into the office so we can ensure that we have correct phone and contact information.

Our next School Council meeting is October 21st at 7:00 pm in the Learning Commons. We are in need of a new executive this year. The workload is not onerous but impactful so if you have any interest please call me at the school to learn more about the positions available.

Have a great Thanksgiving and a safe Halloween.



## "Why I Love Alberta" Video Contest



Last spring, students were invited to take part in the "Why I Love Alberta Youth Challenge" to tell the world why Alberta is the best place to study, work and live. In Grade 9 Communication Technology class with Ms To, students fulfilled the contest requirements by submitting a creative 1-minute video featuring footage and photography of their personal and favorite components of life in Alberta. Students in this class won all three prizes for this contest, including \$1000, \$500, and \$250! Winners included Jalyynn Westman and Marina Howorko for first place, Carter Jaremco and Jett Wilson in second place, and Taylor Blackmore with Jay Barrett for third.

## Pirate Crews

Pirate Crew Executive members went on a Retreat on Sept. 26 to plan activities and events for the year.



## Counsellor's Corner

September was a month full of activities such as: Mega Volley and other volleyball tournaments; X-Country running events with one hosted by our school at the Provincial Park; a "kick off" to the Marauder Football season; Pirate Crew Retreat; the annual Terry Fox Run; a guest speaker to kick start our recognition of truth and reconciliation events; finalizing last year's yearbook; settling into classes, and rekindling friendships.

The J. R. Robson Hot Lunch program is going to operate by using different vendors from the community to support our lunch menu. Lunch will be served 4 days per week - Tuesday to Friday. See the website to order. Deadline was Saturday, September 28 for this month. <https://jrr.hotlunches.net>. Many thanks to Mrs. Maier for guiding us through this transition.

Mrs. Scully and Mrs. Hart would like to encourage any grade 9-11 students, wishing to attend a post-secondary institution after grade 12, to attend open houses. Often students feel the academic pressure of grade 12 and do not have the time to attend these all day sessions in their last year of high school. Picking the right post-secondary institution is an important first step to making the transition from high school. The chart on the next page provides dates of **Open Houses at post-secondary institutions. Many post-secondary institutions waive the registration fee if you attend an open house and register on that day.** Some post-secondary schools encourage students to come and be a student for the day and have separate days allotted for just that. Please see the ELAA link below for more details on how to contact a post-secondary school. <https://elaa.b-cdn.net/uploads/pdf/DAG2024v2docx.pdf>

**Grade 12 students** are encouraged to see Mrs. Scully if they need **help registering for post-secondary study**. Use the Apply Alberta website to start this process. This website prepares the information needed to apply to any post-secondary institution in Alberta thus streamlining the application process.

**(Use a private email address for this process as your BTPS account ceases to exist 1 month after graduation.)** You will also need an **Alberta Digital ID** to access some of the sites. This is the same information needed to access your health records. Some post-secondary institutions base acceptance on competitive averages while others are based on a first applied, first qualified basis. Applying to at least 2 post-secondary institutions gives you more options for acceptance. Remember you will need a credit card to submit your application online. **Many post-secondary schools open registration on October 1, so apply quickly.**

- **Apply Alberta Website:** <https://www.applyalberta.ca/pub/>
- **Alberta Digital ID website:** <https://account.alberta.ca/>

**High School students should also be searching for scholarships as well.** Often-times you will need two letters of reference for these letters, so start asking people who know you best to write your reference letters. Also see <http://studentaid.alberta.ca/> for scholarships available through the provincial government. Some due dates are fast approaching. To access the scholarships which we are aware of, please use the following instructions  
⇒ Go to the JR Robson Website: <https://jrrobson.btps.ca/>  
⇒ Choose **Students** from the Menu bar  
⇒ From the Menu on the left hand side, choose **Scholarships**

Grade 10 - 12 students should create a MY-PASS account:

<https://public.education.alberta.ca/PASI/myPass/welcome> MyPass is an Alberta Education website where students can:

- Order high school transcripts in English/French
- View diploma exam marks
- View Detailed Academic Reports
- View progress towards a credential (diploma or certificate)
- Order copies of your credential (diploma or certificate)
- Receive important messages

*(Continued on page 5)*

## Open Houses for Fall 2024

Post-Secondary Institution	City	Open for Ap- plications	Open House Dates
Alberta College of Art & Design	Calgary	October 1	October 26
Ambrose University	Calgary	October 1	October 19 or March 1
Athabasca University	Athabasca	July 1	No open house
Bow Valley	Calgary	October 2	October 26 or March
Burman University	Lacombe	September 9	October 7, Nov 7 or Feb 3-6, March 9
Canadian Armed Forces	Kingston Ontario	September 1	No open house
Concordia University	Edmonton	October 1	October 1 or March 6
Keyano College	Fort McMurray	October 1	September 21
The King's University	Edmonton	October 1	October 19 or March 22
Lakeland College	Vermilion/Lloydminster	October 2	October 18 & 19
Lethbridge Polytechnic	Lethbridge	October 1	November 6
MacEwan University	Edmonton	October 1	November 2
Medicine Hat College	Medicine Hat/Brooks	October 1	November 13
Mount Royal University	Calgary	October 1	October 19
NAIT	Edmonton	October 1	October 26
Norquest College	Edmonton	October 1	October 19
Northern Lakes College	Slave Lake/Grouard	October 1	No open house
Northwestern Polytechnic	Grande Prairie/ Fairview	September 1	October 5
Olds College of Agriculture and Technology	Olds	October 4	October 4 & 5 May 14
Portage College	Lac La Biche, St. Paul, Cold Lake	October 1	October 21 - 23 or March 17 - 19
Prairie College	Three Hills	October 1	November 15 & 16 or March 3-14 or May 24
Red Deer Polytechnic	Red Deer	October 1	October 26
SAIT	Calgary	October 2	October 18 & 19
St. Mary's University	Calgary	October 1	October 5 or February 22 or May 14
University Of Alberta/Augustana	Edmonton/Camrose	October 1	October 19
University of Calgary	Calgary	October 1	October 26
University of Lethbridge	Lethbridge/Calgary	September 1	October 26
University of Saskatchewan	Saskatoon	September	September 20

## Counsellor's Corner Continued

Also, for **Grade 12 Students** the first meeting to discuss graduation criteria and the graduation event is scheduled will occur in October. Watch for more details.

Remember the **STRONG Interest Inventory** is available through your counselor and VIBE Coach for any grade 11 & 12 students who are having trouble deciding on a future occupation. It is a great way to start the career planning process. See Mrs. Hart, Mrs. Scully or your VIBE coach, Ramona for further information. A special **thank you to VIBE** for sponsoring the cost of this career planning tool.

**Work Experience** students are asked to contact their counselor first: Mrs. Scully (gr. 10 & 12) or Mrs. Hart (gr. 11) prior to enrolling in this program. Mrs. Kaye will be the one responsible for administering the program and she will require students to check in regularly to meet deadlines and hand in hours or paperwork.

**RAP (Registered Apprenticeship Program)**. For these programs, students will enroll through Mrs. Hart. The **RAP program** is available to high school students who are interested in pursuing a trade. Students can earn up to 40 high school credits through the RAP Program. The student must find an employer who is willing to take you on as an apprentice and then you can begin accumulating hours as part of your high school program.

**WISEST** presents the SET Conference (a Science, Engineering, and Technology experience) on **Saturday, November 23th, at the University of Alberta**, for young women and gender-diverse students in Grades 10 – 12 who are curious about careers in science, engineering, and technology (SET). **SET Students will:**

- Gain insight into different career paths in science, engineering, and technology (SET) and related University of Alberta programs.
- Explore SET through lab tours and activities

- Get access to role models and mentors to learn what it is like to pursue science, engineering, or technology.

### Conference Registration Details

- ⇒ Nov 23th, 2024 from **9:00 am- 3:00 pm** at the University of Alberta
- ⇒ The registration fee is **\$50 per student**
- ⇒ **Registration opens on October 4th.**
- ⇒ **See Mrs. Hart for more information**

**Green Certificate.** High School students interested in Green Certificate **please see Mrs. Hart to register prior to October 10.** A meeting will be scheduled, along with the representative from Alberta Agriculture, once I have all of the new registrants names to provide more information about the program. Students in this program will earn 16 credits towards their diploma at the grade 12 level. Green Certificate is available in the following areas:

Bees	Cow/Calf Production
Dairy Production	Equine
Field Crops	Green House
Chickens	Sheep
Swine	Feedlot

**Please stop by and introduce yourself to our Social Emotional Coach - Amy Olobayo or email her at [amy.olobayo@btps.ca](mailto:amy.olobayo@btps.ca) to access her services.** She is available to meet with students who may need help with family, peer or personal issues. She is in our building on Monday (all day), Wednesday (afternoons), and Friday (mornings).

**Parents and Students** are encouraged to sign up for **PowerSchool** through either parent or student portal. Here is the direct link to Parent Portal: <https://powerschool.btps.ca/public/> Please see the administrative assistants if you are struggling and they will be happy to assist you. This way you can monitor your progress on a regular basis.

**Have a very Happy and restful Thanksgiving weekend and Happy Halloween this month**



## Volleyball News

Volleyball Junior B Girls won Silver at the St. Jerome's Tournament on Sept. 20th.



## Social Emotional Coach

Welcome Back Amy

We are excited to have Amy back in the building with us. She is available to students Monday, Wednesday afternoons, and Fridays. Come say hi to her in the Zen Den (Room 206).



Amy Badry Olobayo is the Social Emotional Coach for Mannville School, J.R. Robson and the Learning Hub. She has thirteen years experience working in the field of mental health and addiction with adults, youth and families. Amy has specialized training in motivational interviewing and trauma-informed care. She received her BA (honours) in Community Development and Dance from the University of Calgary. Amy enjoys incorporating art and movement into her practice as a way to embody social and emotional learning.

Amy was born in Vermilion and is grateful to come back to the community she was raised in to share her knowledge and skills and to build connections with families and students. She is a mother of two little ones. As a family, they enjoy being outside, dancing in the living room and making messy art projects.

*What a Novel Idea!*


## Book Club




*We meet weekly to discuss all our favourite tropes, heroes, and villains. Our first meeting is on:*



 **Date:** *Every Wednesday*

 **Time:** *Lunch*

 **Location:** *McLaren's classroom*

## Notes from our BTPS Career Coordinator

In October and in November many institutions have open houses. This is a great chance to checkout the school. (please check specific institutions web sites for info or refer to the Open House chart on page 4)

Here is a general look and address to access information:

<https://elaa.b-cdn.net/uploads/pdf/DAG2024v2docx.pdf>

Oct 01: start for early application to post secondary institutions (please check specific institutions web sites for info)

Oct 10: ELAA and career information event at WHS during the day

Please contact your schools office or [vince.saretsky@btps.ca](mailto:vince.saretsky@btps.ca) for more information around careers and off campus opportunities in BTPS.

# New SMS Messaging System: SchoolMessenger

Buffalo Trail Public Schools has recently adopted a new messaging platform, SchoolMessenger. As part of this implementation, we are required to seek permission from any potential recipients to reach them via SMS text message.

On October 1, 2024, we will be enabling the SMS features of the platform. In order to ensure you are ready to receive texts, you need only follow 2 easy steps to opt-in:

1. Make sure the school has your mobile phone in our system.
2. Text Y or Yes to 978338.

After sending that text, you will be con-

firmed as "opted in" and you will receive any text messages they send out after Oct.

On October 1, for any phone number we have on file who has not already manually opted in, a confirmation text will be automatically sent. You need only to reply Y or Yes to the text message to opt-in. The message should be from 978338 and will read: "Buffalo Trail Public Schools text messages. Reply Y for aprx 3 msgs/mo. Txt HELP 4info. Msg & data rates may apply. See [schoolmessenger.com/tm](http://schoolmessenger.com/tm)" If you do not wish to receive text messages, no action is needed and any prompts can be ignored.

## Close Connections Workshops...

- for adults over 18 years of age in Vermilion & Area
- interactive and in-person
- 4 hours of training

*Together, we can support wellness, foster hope, and prevent suicide.*

*So, let's talk about it.*



Childcare available & meal for participants and children provided by the VIBE team with funding support from



Mental Health Foundation

### AHS SPEAKS

Alberta Health Services Suicide Prevention Education, Awareness, Knowledge and Skills

## Close Connections Suicide Prevention Training

Through our close connections, we can help others by supporting day-to-day wellness, promoting life and preventing suicide.

Increase your knowledge and practice skills to:

- R** Recognize when someone you care about might be thinking of suicide
- E** Engage in conversation and listen with empathy
- A** Ask about thoughts of suicide
- C** Connect the person to safety, supports and resources
- H** Heal and take care of your own mental health while helping others

### Join the conversation in this interactive workshop.

Date: November 7, 2024 Time: 5:00 - 9:00pm

Location: Vermilion Elementary School Library

Scan the QR Code to Register

Limited spaces available.



Register by: November 1, 2024

Questions? email [Lorelee.Marin@RecoveryAlberta.ca](mailto:Lorelee.Marin@RecoveryAlberta.ca)



# English Language Classes

This class is for English Language Learners to improve their written, reading, listening and speaking skills. Learners that attend will receive a certificate of attendance.

**October 4- December 6**

Fridays 7:00pm - 9:00 pm

Location: CLASS Office

Instructor: Elizabeth Myhovich

Cost: \$50

Cash, cheque or E-transfer to [payments@classab.ca](mailto:payments@classab.ca)



To Register:  
780-853-2000  
[coordinator@classab.ca](mailto:coordinator@classab.ca)  
[www.classab.ca](http://www.classab.ca)

Or scan here:



## SET CONFERENCE

Discover you have a place in science, engineering and technology.

**Sat., Nov. 23, 2024**  
9:00 a.m. - 3:00 p.m.

A special, one-day conference at the University of Alberta for grades 10, 11 and 12 young female and gender-diverse students.

- Hands-on experiments
- Meet STEM-minded peers
- Discover potential careers
- Get fun swag
- Explore the U of A
- Engage with role models and mentors

Registration Opens October 7, 2024  
Cost: \$60 + \$15 lunch (optional) = \$75 + Designated spaces and subsidies are reserved for rural and Indigenous students. For more information and to register: [www.uab.ca/WISEST](http://www.uab.ca/WISEST)

For more information and to register: [www.uab.ca/WISEST](http://www.uab.ca/WISEST)  
@WISEST | 780-493-7774 | [www.uab.ca](http://www.uab.ca)

## Vermilion Junior Curling Tuesday After-School League

Grades 4-12

Tuesdays 3:45-5:30pm

Fee: \$97.00 (includes windup pizza party and curling photo)

November 5, 2024 – March 4, 2025

Vermilion Curling Rink

Junior Curling Meeting October 8, 2024 at 7pm upstairs  
at the Vermilion Curling Rink (back entrance)

Registration on November 5 at the Vermilion Curling Rink

(Registration forms for pre-registration can be requested from Joanne at 780 853-2233 - leave a message)

Come and learn the skills for the lifetime sport that rocks!

Curling equipment is available to borrow from the Junior Curling Program

Want to try the sport of curling or brush up on some skills, come to a "Learn to Curl" session on October 27 from 3:00pm-5:00pm

## VERMILION JUNIOR CURLING Monday Night Open League 2024-2025

Monday Nights 6:45-8:30pm

Starting Nov 18, 2024

6 end games

at Vermilion Curling Rink

2 divisions (younger teams and older teams)

(Curlers can be in Grade 4 to Grade 12)

Teams from surrounding communities are welcome!

Entry fee \$200/team

(If you don't have a team but would like to curl, please contact Doug)



**Fighting off fall fatigue**

As we adjust back into the school routine, we may be tempted to reach for an energy drink to ward off an afternoon slump or early morning fatigue. While they are marketed with claims of increased energy and improved concentration, what do we really know about energy drinks?

- Energy drinks can contain caffeine, added sugars and other stimulants.
- A single energy drink can contain 160-180mg of caffeine which is almost half of Health Canada’s recommended daily intake for adults (400mg daily) and over the maximum amount recommended for children and youth (100mg daily).

**Effects of caffeine and sugar from energy drinks**

- Caffeine stimulates the central nervous system for up to 6 hours.
- Caffeine can increase blood pressure, irritability, restlessness, nervousness and contribute to difficulty sleeping, irregular heartbeat, headaches and tremors.
- Caffeine can affect how some medications work.
- One energy drink can contain up to 54 grams of sugar which is the same as 13.5 sugar cubes.
- The quick-digesting sugars in these drinks can lead to significant energy spikes and crashes.

**Risks of energy drinks**

- High amounts of sugar, which adds calories, and can increase blood sugar in those who have diabetes.
- High amounts of caffeine, which can make high blood pressure and abnormal heartbeats more likely in those who have heart problems.
- The caffeine in energy drinks may make it harder to sleep. Over time this can lead to sleep deprivation.
- Mixing energy drinks and alcohol together can make the effects of alcohol harder to notice. People may feel they are not as intoxicated as they really are and drink more.

**Talk to your children and youth about energy drinks and caffeine:**

- Have informed conversations about these drinks.
- Explain that energy drinks are not meal replacements and drinking them on an empty stomach can worsen side effects.
- Mixing energy drinks with alcohol can be dangerous.
- Encourage other ways to increase energy such as a consistent sleep schedule, regular physical activity and balanced eating.
- Make gradual steps to reduce intake instead of stopping abruptly as withdrawal symptoms can happen.

**MORE RESOURCES**

Visit [myhealth.alberta.ca](http://myhealth.alberta.ca) and search “Energy Drinks”



For 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



VERMILION LIONS CLUB  
5240-65TH STREET  
VERMILION, ALBERTA  
T9X 1X6



**2024 SANTA ANONYMOUS REGISTRATION FORM**  
**Vermilion and Area, Minburn, Mannville, & Clandonald**  
**DEADLINE FOR REGISTRATION IS November 25th, 2024.**

**Santas Anonymous is only available for families with children that live in the same household. Pick-up and delivery will be Saturday December 14th, 2024. We will be starting deliveries at 8:30 a.m. Pickup from 9:00 to 10:30 a.m.**

**Children will receive gifts and/or gift cards. Food will be in the form of gift cards.**

Name of parents/guardians: \_\_\_\_\_

Street or Box Address: \_\_\_\_\_

Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ (If you do not have a phone, another contact number is required.)

**If we cannot contact you to confirm we will not provide.**

Is your family's income below \$35,000.00? \_\_\_\_ (Combined income of both spouses based on Line 150 of you and your spouse's tax return)

**Where do you want your food gift card from (Circle one) : COOP or Vermilion AG Foods**

First Name (and last if different) of every member in the household	Male or Female	Age of children under 18	Name of School Child/Youth attends	Size your child wears? Chld, youth adult, etc	What does your child want for Christmas? <u>WE do not buy video games.</u>

We require a reference to be identified by the recipient that can be contacted to confirm that the recipient is experiencing financial hardship and requires the assistance of Santa Anonymous. A reference must know which community you live in. The reference can be a staff member from Human Resources (social services), Children Services, Early Childhood Educators, School personnel, Clergy, Counsellors, Village or Town Administrator or Councillors, FCSS, nurse, or RCMP member. Your reference cannot be a relative. The reference must know all members of the family, including the children. If the reference information is not filled out then the application will not be considered complete and will not be processed. My reference is:

Reference's Name \_\_\_\_\_ Position \_\_\_\_\_ Agency \_\_\_\_\_ Phone # \_\_\_\_\_

**Please note:** Mail completed application to address at the top. If you require more information please calling Don Good 780-853-2220. By signing this form you agree that **the Vermilion Lions Club has the right to contact the reference to confirm hardship and/or call the local schools to confirm children.**

Applicant's Signature \_\_\_\_\_