



Principal's Corner

I would like to invite parents, community members and future student employers to a presentation at the school on Nov. 25 at 7:00 pm. In conjunction with our School Council meeting, the presentation will feature Mr. Vince Saretsky, BTPS's Career Coordinator, who will explain the benefits of a working relationship between school and community businesses through Work Experience and Registered Apprenticeship Programs (RAP). It will be an informative, interactive session for future work placements and employers. If you have questions about having students in your workplace, this is an excellent opportunity for you as an employer to find the answers.

Mr. Saretsky brings a wealth of knowledge and resources to the table to help connect students with the workplace. If you have any questions please give me a call.

On November 8 at 7:00 pm we have our annual Awards Night. Outside of Graduation, this is the second biggest celebration we have during the school year. Congratulations to all award recipients. Thank you to all the award donors, your generosity makes the event very memorable for our students and their families.

I want to welcome our newest staff member, Mrs. Cadman to

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Around the School



The grade 10 CALM class worked with VIBE to demonstrate teamwork and a win-win attitude by playing "the mover game" as part of "7 Habits of Highly Effective Teens" unit .

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School Council Meeting
Wednesday, Nov 25, 2024
at 7 pm in the Learning Commons
Career Coordinator Presentation to follow

Website:
[jrrobson.btps.ca School Calendar](http://jrrobson.btps.ca/SchoolCalendar)
<http://jrrobson.btps.ca/Calendar.php>
Facebook:
<https://www.facebook.com/JRRobsonSchool/>
Pirate Crew Instagram
<https://www.instagram.com/jrpiratecrews/>



Principal's Corner Continued

the teaching team here at the school. Effective immediately, Mrs. Cadman will be in charge of the PE program. I also want to thank Ms. Carnegie for her commitment to our students and wish her well in her future endeavors.

Our Remembrance Day ceremony will occur at 1:00 pm November 8 in our gymnasium. Thank you to Mr. Maier and the students for organizing. All community members are welcome to attend our ceremony. I want to thank the Royal Canadian Legion for attending our ceremony again this year, it is really appreciated.

There is no school for students the week of November 11-15. When we get back we will have five weeks of uninterrupted instruction. During that time expect most high school courses, especially Diploma courses, to be close to completing a majority of the critical content before the Christmas break. Our first Diploma Part A exam is January 15, just over a week after getting back from the Christmas break. As we get closer to January and semester end, it is a stressful time for students. I just ask that parents be aware and help with that healthy balance in activities if they see their student start to feel overwhelmed with all they are involved with.

Thank You

We received a generous donation to our food programs from the 4H Sheep Club!



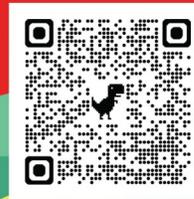
Earn a Bachelor of Science in Nursing (BScN) in your home community

Rural Community Route

Our curriculum combines classroom learning with clinical simulation and practicum placements to prepare you to enter the profession.

Applicants must be residents of Alberta and reside within the geographical region identified for each community at the time of application and for the duration of the program.

Contact us at bnosinfo@ucalgary.ca
nursing.ucalgary.ca/undergraduate/rural



ELA Monster Project



In ELA students work on making their own monsters using symbolism after reading a radio play adaptation of Mary Shelley's *Frankenstein*.



Counsellor's Corner

Congratulations to our athletes in the volleyball, football and cross country programs. Even though your season is ending be proud of all you accomplished this season. We want to welcome basketball and curling activities to our extra-curricular list starting in November. Good luck to all of our teams.

Remembrance Day Ceremonies will be held on **November 8 at 1:00 pm. Parents are welcome to attend.** May we take this opportunity to reflect and thank those who have sacrificed their time so we may live the life we enjoy in Canada today. It is also **Formal Day** to honor our veterans. Students are encouraged to bring a donation for a poppy.

On November 8 at 7:00 pm in the gymnasium, we will host our annual **Awards Ceremony.** Congratulations to all of our winners. To those who do not receive an award, as long as you continue to work to the best of your ability, you are already winning your own award. Just do your best!

November 11-15 is a week off for students to recharge, relax and spend time with family. Enjoy your week away from school .

For high school students, open houses continue for post-secondary institutions during the month of November. Most post-secondary institutions are more than willing to give private tours as well. See Mrs. Hart or Mrs. Scully for more details. The chart (below) outlines the open houses occurring in November:

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>

Graduation Portraits - sign up in the office for your grad photos on Wednesday, December 4 and Thursday, December 5.

For grade 12 students, if you need assistance with your post-secondary applications, see Mrs. Scully. Once you receive confirmation from the post-secondary school, be sure to check their email system for updates on your application process. You may need documents from J. R. Robson to finalize your registration, so it is very important you keep checking for communication from the post-secondary institution you applied to. Once again - for all correspondence from post-secondary institutions, please use your own home email account.

For any high school students interested in a career in the medical field, this may be of interest to you. The Canadian Medical Hall of Fame invites interested high school students and young adult learners in rural, remote and Indigenous communities across British Columbia, Alberta, the Yukon and Northwest Territories to join us **online on Thursday, November 21** to explore careers in medicine and the health sciences in our 2nd annual **Discovery Days in Health Sciences ONLINE ~ Western Canada.** Our goal is to

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Post-Secondary Institution	City	Open for Applications	Open House Dates
Burman University	Lacombe	September 9	Nov 7 or Feb 3-6, March 9
Lethbridge Polytechnic	Lethbridge	October 1	November 6
MacEwan University	Edmonton	October 1	November 2
Medicine Hat College	Medicine Hat/Brooks	October 1	November 13
Prairie College	Three Hills	October 1	November 15 & 16 or March 3-14 or May 24

Counsellor's Corner

educate participants about the vast array of careers that exist in the health sciences with the hope of sparking an interest in pursuing a career in health care. If you are interested, please see Mrs. Hart to get enrolled.

J. R. Robson uses online reporting through PowerSchool to monitor your child's progress. Please contact the office for more information on how to become digitally connected to PowerSchool. Our last evening of **Parent-teacher interviews will occur on November 5** to address your concerns and the learning needs of your child.

The J. R. Robson Website or JR Robson Facebook Page, continues to be methods of communication to parents and students about upcoming events and student success.

For students in **work experience/RAP/Green Certificate students,** please continue to submit hours and complete necessary paperwork on a regular basis. See Mrs. Kaye for your work experience questions and Mrs. Hart for Green Certificate and RAP questions..

For parents who would like more information or tips on how to help your teen be safe using social media, please refer to these websites for Common Sense Media and Media Smarts for some good information:

<https://mediasmarts.ca/parents> or <https://www.common sense media.org/about-us/our-mission>

Your thought for this month: →

Santa's Anonymous will be collecting names of students and families this month. The deadline to register is November 25. If you need to access this service, please look for the form attached to this newsletter.

WHEN I'M WORRIED
AND CANNOT SLEEP
I COUNT MY
BLESSINGS
INSTEAD OF SHEEP
BING CROSBY



January 22, 2025

Vermilion Regional Centre
5702 College Drive, Vermilion, AB

8:00 Networking & Exhibits
8:30 Welcome

Imagine
INSTITUTE FOR
LEARNING

Navigating Challenging Conversations ~ Keynote

Why didn't you tell me? Have you ever had this response after having a tough conversation at work? Home? What is it that makes us so afraid to have tough conversations? Learn proven steps and strategies to build your skills to navigate challenging conversations and create psychological safety at work and in life.



Line Marie Perron
Executive Director
Community and Workplace
Traumatologist

11:30 Lunch, Networking & Exhibits

An Apple a Day

Learn how technology changes our relationships, our thoughts and our behaviors and how we can make sure it is for the good. Review the basics of staying safe online, and recognize the importance of staying well online... because there's no app for that.



Knowledge is Power
Ariel Haubrich

MOVE YOUR MOOD

Get ready to learn positive coping strategies that you can apply to your daily life to manage stress and enhance overall mental and physical well-being. Come ready to make connections, learn ways to move your body, and practice mindfulness.



Denise Fredeen



Tammy Richard

4:00 Closing Remarks & Survey

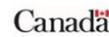
Registration Info

Conference fee: \$60.00 +gst
Lunch & Nutrition Snacks included
Registration closes January 14

Scan QR for more info & to register



Symposium Sponsors:



Jr. Girls JV volleyball team playing in the Spook tournament on Friday, Oct. 25th.



Halloween 2024

As always, there were many creative costumes to be seen in the hallways of JR Robson on Halloween Day. Students had the chance to participate in activities at the end of the day including pumpkin painting, games and more!



Empower your teen. Help them resist drug use/risky behaviours by:

- Nurturing their self-confidence and intelligence
- Creating a sense of hope and optimism
- Ensuring they grow up in a safe environment and are involved in extracurricular activities
- Making sure they have the community support that they need
- Providing clear rules and consequences

Help your kids practice refusal skills

Help your kids practice saying no so they feel comfortable and confident setting boundaries with their friends. Examples of boundary-setting statements they could use:

- No thanks, I'm not interested
- I have to go home
- I'd rather do something else
- Deflect and redirect:
 - Suggest other activities to participate in

Practice these skills with your teen just like you would any other experience.

Talk to your teen about substance use. Here are some tips for having the conversation:

- Talk regularly and often. Many “mini-conversations” are better than long lectures.
- Think about their perspective and listen respectfully.
- Use “teachable moments” to discuss drug use with your teen. (i.e.) while in the car or at the dinner table.
- Eat a meal together as often as possible. Family meals are great ways to strengthen your relationship.

YOU are your child’s most important role model

Talking openly with your teen about drugs can help strengthen your relationship. When you have a solid connection, communication becomes much easier.

If your teen talks back or argues, it doesn't mean they are pushing you away. In fact, it often means the opposite. By asserting their independence, your teen is actually working on building a stronger and healthier relationship with you.

MORE RESOURCES:

[Centre for Addiction & Mental Health](#)

[Parent Information Series - AHS](#)

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 _____