



January 9, 2025

**J. R. Robson High  
School**

5102 – 46 St.  
Vermilion, AB  
T9X 1G5

Phone: 780-853-4177  
Fax: 780-853-2920

## Principal's Corner

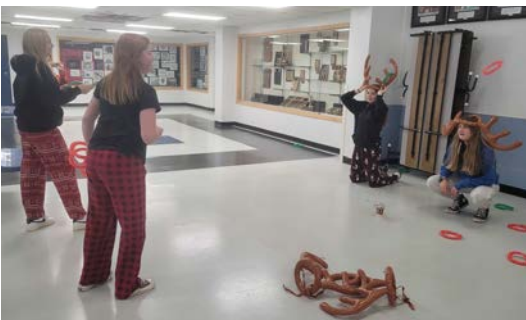
Welcome back students, I hope everyone is looking forward to 2025. January is a busy month for high school students and teachers with semester 1 courses rapping up. As I have stated in previous newsletters, junior high students do not have an exam week in January. While some teachers are having midterm exams, these are being conducted during regular class time. We **do not stop** classes for junior high students in January. The senior high school exam schedule has been released so I encourage

parents to help your student (s) study by providing uninterrupted study time at home leading up to and during exam week. It can be a challenge for some students to juggle schoolwork, home life and part-time jobs during final exams so please help your student create a healthy balance.

Finally, as a reminder, there is no school for students Jan. 30-31 as teachers participate in professional development and semester end wrap-up activities.

## Around the School

Right: Mr. Bates and Owen Harder decorating the Christmas tree!  
Below: Reindeer Toss activity



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### Senior High Semester I Final Exams

Schedule attached to this  
newsletter

Best of luck to all students  
writing.

#### Website:

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



## Hot Lunch Donation



Mrs. Polishuk receiving a \$250.00 donation from the Royal Canadian Legion for our Hot Lunch program. Thank you!

## Learning Commons

We have print magazines in the Learning Commons including:

- ATV Trail Rider
- Canadian Hot Rods
- Popular Mechanics
- Hockey News
- Girls' Life
- Young Rider
- Canada's History
- Discovery
- ArtForum International
- International Artist

**Check them out!**

## FREE FAMILY & PUBLIC SWIM

at Lakeland College Vermilion Aquatic Centre



Sponsored by Vermilion Wellness Coalition, Rotary Club of Vermilion, and Lakeland College

Sunday January 19th  
from 1:00 – 2:30 PM

(Please note pool capacity for these events is 100 people.)



**FREE**

Family  
unplug - connect - play  
Kits

Families choose one kit - scan QR code to order your Free Family Kit:



Art Kit



Game Kit



Activity Kit

Available while supplies last.

Open to families in the Cornerstone Coop communities of Vermilion, Dewberry, Mannville, Wainwright.

**Big Idea:** Put away devices when you are travelling in your vehicle, at events, or practices. Simply pull out the Family Kit & play together.



PROJECT FUNDED BY:



## Counsellor's Corner

Welcome Back. We hope you had a relaxing holiday.

If there are any **grade 12 students** who are having trouble applying for post-secondary study, need scholarship information, or need further information about attending a post-secondary school, please contact Mrs. Scully, who would be happy to assist you. Alexander Rutherford Scholarship and Student Loan applications are available online at <https://studentaid.alberta.ca/> and applications need to be in the semester prior to you attending post-secondary schools. For students who are entering the Registered Apprenticeship Program, you too qualify for scholarships as we have had many students earn the Registered Apprenticeship Scholarships. Here is the RAP Scholarship information: <https://tradesecrets.alberta.ca/apprentice-services/get-financial-support/scholarships/high-school-apprenticeship-scholarships/>

**Grade 10-12 students** are encouraged to make sure your MyPass account is active, as this is where you will receive your diploma exam marks, and explore options of remarking or rewriting the exam, if required. <https://public.education.alberta.ca/PASI/myPass/Welcome/Index> Please remember to use your home email address and contact information as your BTPS account will cease to exist after graduation.

To access **scholarships, high school students** should start searching and gathering data to apply for these in grade 10. Applying

for scholarships is an individual task as so many of them pertain to certain situations. Having some kind of community involvement is important when applying for scholarships. Here is the website link to all of the scholarships that we are aware of at the school level: <https://jrrobson.btps.ca/students/scholarships>

**Timetable changes:** The end of January marks the completion of the first semester. The J. R. Robson timetable was created based on student demand, so the opportunities to switch classes may be challenging. With this in mind, if you require a timetable change for the second semester, please contact Mrs. Scully or Mrs. Hart during exam week to check out the possibilities, as we like to have students begin semester 2 in the right classes.

As counsellors, we would like to encourage **all grade 10/11 students** to attend open houses or arrange buddy days at post-secondary institutions, job shadow people in fields that interest them, find part-time employment in areas in which they may have career aspirations, and do career research into potential careers. If you can narrow down the post-secondary institution that is right for you, it is one step further along the career decision-making pathway. See the link below for contact information to arrange buddy days: <https://elaa.b-cdn.net/uploads/pdf/DAGdocx.pdf>

### Upcoming Winter Open Houses

Please check websites prior to attending for time and date changes.

Ambrose University (Calgary)	March 1, 2025
Burman University (Lacombe)	Feb 3-6, Mar 9, 2025
Concordia University (Edmonton)	March 6, 2025
Olds College (Olds)	May 14, 2025
Portage College (Cold Lake, St. Paul, Lac La Biche)	March 17 - 19, 2025
Prairie College (Three Hills)	March 3-14 or May 24, 2025
King's University (Edmonton)	March 22, 2025
St. Mary's University (Calgary)	Feb 22 or May 14, 2025

*(Continued on page 4)*

## Counsellor's Corner Continued

For **grade 11 students**, who are still searching for a career path, the **Strong Interest Inventory** is a tool we use to assist you on your career planning journey. Please see Mrs. Hart, Mrs. Scully, or Mrs. Mathison for more details on how to access this tool.

For **Work Experience students** please make use of the online format which has been created to make the evaluation of work experience easier for all. Please see Mrs. Kaye if you need additional help getting started in the online environment.

**Amy Olobayo**, our **Social Emotional Coaching Coach** is available to work with our students on Monday (all day), Wednesday (half day) and Friday mornings. JR Robson is fortunate to have a Social Emotional Coach for our students. Don't be afraid to stop by Room 206 and say, Hi!

For **Junior High Students**, you will begin **new complimentary classes** when you start semester 2. Come prepared for another semester of fun. Continue doing your best and enjoy your semester.

Remember Mrs. Cadman has scheduled a ski trip for Junior High on January 9 and Senior

High January 10. Be prepared to hit the slopes and have a day of fun in the great outdoors.

**VIBE** has introduced each of you to a number of strategies to **reduce test anxiety**. For the day of your exam here are some helpful techniques:

- ⇒ Stay hydrated -- have a bottle of water with you
- ⇒ Get plenty of rest the night before the exam
- ⇒ Practice mindfulness activities
- ⇒ Do some chair yoga while you are waiting for the exam to begin
- ⇒ Practice deep breathing prior to the exam -- helps relax your muscles so you can relax
- ⇒ Visualize a positive result
- ⇒ Positive Self-Talk
- ⇒ Do all the questions you know first and come back to the harder questions

Good luck on exams for high school students and for junior high students you have new options to look forward to in February.

## BTPS Career Corner

Across the division, students are gaining valuable experience through various programs such as work experience, RAP, and the Green Certificate. Additionally, there are dual credit courses, CTS courses, and university transfer courses available. If you'd like more information about any of these programs, please visit your school office or feel free to email me at [vince.saretsky@btps.ca](mailto:vince.saretsky@btps.ca).

**Career Fair at JR Robson:** In April, JR Robson will host a career fair in partnership with ELAA. Several post-secondary institutions will be represented, providing a great opportunity for students to explore their options. This event will take place on **Tuesday, April 8th from 1:30 to 3:00 PM**. More details will be shared soon, and schools will be invited, so please check with your school's office for further information.

**Try a Trade:** On **Wednesday, April 30th, 2025**, the Lloydminster Construction Association will host the annual "Try a Trade" event at the Lloyd Exhibition Grounds from **9:00 AM to 2:30 PM**. This event, aimed at Grade 10 students, will feature over 20 exhibitors, providing hands-on opportunities for students to explore trades. Schools will be bringing students to Lloydminster for this exciting event.

**Post-Secondary Tour at Lakeland College:** Tentatively scheduled for **Monday, May 5th**, there will be a post-secondary tour, focused on Grade 9, at our valued partner, Lakeland College (Lloydminster campus). A detailed schedule will be shared at a later date.

VERMILION

# JIM SMITH MEMORIAL JUNIOR BONSPIEL

FRIDAY-SATURDAY JANUARY 24-25, 2025

MAXIMUM 30 TEAMS

DIVISIONS HIGH SCHOOL, JUNIOR HIGH & GRADES 4-6

**\$20/PLAYER**

**ENTRY DEADLINE: JAN 17, 2025**

HIGH SCHOOL & JUNIOR HIGH (3) 6-END GAMES

GRADES 4-6 (3) 4-END GAMES

**POINTS FORMAT**

**SATURDAY SUPPER FOLLOWING THE LAST DRAW**

**PIZZA, VEGGIES, & DESSERT (INCLUDED IN ENTRY)**

**\$10/PLATE FOR FAMILY & COACHES**



**TO REGISTER**

CALL DOUG (780) 853-0062

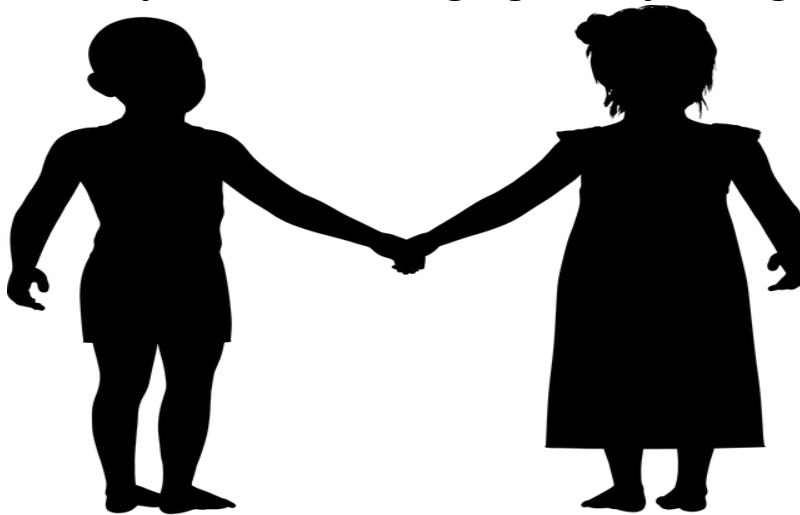
OR

EMAIL: [DJMCCRAE2024@GMAIL.COM](mailto:DJMCCRAE2024@GMAIL.COM)

# Changing Families:

## A program to support youth impacted by divorce & separation

An evidence-based program specifically designed to help children & youth cope with challenging family changes.



Ages 5 to 17 years

Program dates (10 weeks) - April 9<sup>th</sup> – June 11<sup>th</sup>, 2025.

Wednesday – 6.30pm – 8pm in Lloydminster.

**Preregistration is required by March 25<sup>th</sup> 2025**

Cost is \$20 per family. Subsidy is available.

To register or for more information contact:

Gayle at 780-808-1645 or Tracee at 403-615-4780

Or by email at [childrensprogram@wtgsociety.org](mailto:childrensprogram@wtgsociety.org)

### **Goals of the program:**

Supportive group environment, Youth to learn and share together, learn to identify to except & express feelings, teaching youth skills such as communication and problem solving. Youth explore the concepts of divorce & separation.

Funding provided by FCSS:

City of Lloydminster, County of Vermilion River, Towns of Vermilion & Wainwright, Village of Kitscoty  
**We are a non-profit charitable society and donations are welcomed.**

**Service Provider: Walking through Grief Society in partnership with VIBE**

# Hope after Loss: Audra's Legacy

A program for grieving youth  
A group designed to support children & youth experiencing grief and  
loss due to a death of a special person.

Ages groups are 6-11 and 12-18 years

Parent support included during the program.

Program dates (10 week program)

April 8<sup>th</sup> – June 10<sup>th</sup>, 2025

Tuesday – 6.30pm – 8pm in Lloydminster

**Preregistration is required by March 25<sup>th</sup> 2025.**

Cost is \$20 per family. Subsidy is available.

To register or for more information contact:

Gayle at 780-808-1645 or Tracee at 403-615-4780

Or by email at [childrensprogram@wtgsociety.org](mailto:childrensprogram@wtgsociety.org)



The Grief support group covers:  
Death, Grief & Loss, feelings,  
Fears, Guilt & Regrets, Memories,  
Healing, Self-care & support,  
Rituals and special Days,  
And Saying Goodbye

Funding provided by FCSS:

City of Lloydminster, County of Vermilion River, Towns of Vermilion & Wainwright and Village of Kitscoty

**We are a non-profit charitable society and donations are welcomed.**

**Service Provider: Walking through Grief Society in partnership with VIBE.**

**Introduction to Nicotine**

Nicotine is a drug that affects the brain and body:

- acts as a stimulant in small doses, but in large amounts can interfere with the body’s nervous system
- it can mess with the brain’s ability to focus and learn
- it makes youth more likely to get addicted to nicotine
- can make depression and anxiety worse and increase stress
- can cause short-term problems like loss of appetite, diarrhea, nausea, faster heart rate and blood pressure
- is a highly addictive chemical

**Reasons youth say they use nicotine:**

- to reduce stress
- curiosity & social influence
- they crave the high sensation (buzz)

**Ways to counter the reasons:**

- help them learn strategies to manage their emotions and feelings; like being creative, practicing mindfulness, and being physically active
- talk to your teen about their goals and values in life and how nicotine might interfere with them
- knowledge is power – take away the curiosity and kill the cool

**Tips to support your youth to be nicotine-free; help your youth:**

- learn how to make informed decisions: together, learn the facts about nicotine and cigarettes, vaping, pouches, and smokeless tobacco
- understand the physical and mental health risks of using nicotine, and how their brain develops
- express their individuality and pursue their interests and passions
- calculate the financial cost and help them plan how they can use their money to achieve their dreams and goals

**Help your kids create a future free from nicotine addiction - support them to:**

- stand up to industry tactics to market their nicotine delivery products to youth
- ask government to “protect them” from being the target of the industry with their “cool devices and candy flavours”
- be role models for their peers and younger children and youth
- advocate for nicotine-free spaces to play, to learn, to live

**MORE RESOURCES, visit:**

[Canada.ca](https://www.canada.ca) – [Keep your Kids Smokefree](https://www.canada.ca/keep-your-kids-smokefree)

[TruthInitiative.org](https://www.truthinitiative.org)



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  
MENTAL HEALTH  
& WELLNESS  
SYMPOSIUM**

**January 22, 2025**

**Vermilion Regional Centre**  
5702 College Drive, Vermilion, AB

**8:00 Networking & Exhibits**  
**8:30 Welcome**



**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**



**Knowledge is Power**  
Ariel Haubrich

**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.



**Denise Fredeen**



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.



**Tammy Richard**

**4:00 Closing Remarks & Survey**

**Scan QR for more  
info & to register**

**Registration Info**

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



**Symposium Sponsors:**



## Senior High Exam Schedule – January 2025

Tues, Jan 14	<b>English 30-1/30 – 2 Part A</b>
Wed, Jan 15	<b>Social 30-2 Part A</b>
Fri, Jan 17	<b>Math 30-1/30-2</b>
Mon, Jan 20	<b>English 30-1/30 – 2 Part B</b>
Tues, Jan 21	<b>Social 30-2 Part B</b>
Thurs, Jan 23	<b>Chemistry 30</b>
	ELA 20-1
	Social 20-1
Fri, Jan 24	ELA 10-1
	Math 10-3/20-3
	Chemistry 20
Mon, Jan 27	<b>Science 30</b>
	Social 20-2/20-4
	Math 20-1
Tues, Jan 28	Social 10-2/10-4
	Math 10C