



February 3, 2025

J. R. Robson High School

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Principal's Corner

On February 24, we will be having our next School Council meeting. We will review our school education plan and highlights from the previous school year. We are still in search of a chair for the council so if you or somebody you know is interested, please give me a call or attend the meeting for more information.

As always, February is survey month. I would like to remind

parents of Grade 7 and 10 students to fill out and return your Alberta Education Accountability Pillar APORI survey that you should have received in the mail. The results are very important planning information for the school and school division. Our Grade 7-12 students will be completing similar surveys in the month of February as well.

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Around the School

Jr. Boys Basketball team players practicing before a game.



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School Council Meeting

Monday, February 24
7 pm in the JRR LC

Looking for a council chair. Please attend if interested..

All parent are welcome!

Website:

jrrobson.btps.ca
School Calendar
<http://jrrobson.btps.ca/Calendar.php>

Facebook:

<https://www.facebook.com/JRRobsonSchool/>
Pirate Crew Instagram
<https://www.instagram.com/jrrpiratecrews/>



Principal's Corner Con't

This month also brings the annual two-day teacher convention for teachers in our area. Since this falls just prior to the Family Day long weekend, students will not have any school from Feb. 13-17, re-turning to class on Feb. 18.

We have had a staffing change for semester two. I want to thank Mrs. Cadman for helping us out over the last two months and wish her well in her next endeavors. I would like to welcome Mrs. Johnston to the school. She will be teaching some Grade 7-9 courses, and current teachers in our building will pick up some of the physical education courses for semester two.

VERMILION & DISTRICT ROTARY MUSIC FESTIVAL



MARCH 31-APRIL 6, 2025

FIVE DAYS SHOWCASING LOCAL YOUTH TALENT
AND A FINAL GALA CONCERT & AWARDS PRESENTATION

INSTRUMENTS * VOICE * BAND * SPEECH ARTS
CASH PRIZES!!!

No experience needed. Ask your teachers for more info or email
musicfesver@gmail.ca

REGISTRATION OPENS JANUARY 1, 2025

www.vermilionmusicfestival.ca



Legion Remembrance Day Contest Winners

Jasper Wilson (grade 11) won in both essay *and* poetry categories (right)



Autumn Court (grade 10) won in the poster contest and has advanced to the Provincial level (left)

Remember me.
I passed away.
It's not all bad.
I died for a reason.
For **peace**.
For the **world**.
For my **country**.
For my **province**.
For my **family**.
For **me**.
I battled valiantly.
Same with my brothers.
We don't want to **fade** away in **memories**.
To become a corpse without a name.
No memories of who I was outside of battles.
Remember my **kindness**.
The way I **loved**.
I want my kin to remember a kind **father**.
Their memories of running to me and hugging me.
We are normally seen as a **statistic**.
Numbers on who has passed in war.
I am more than a **soldier**.
I am a **Canadian**.
A **father**.
A **husband**.
A **son**.
I refuse to let my **soul die**.
I am me.
No war will change that.



Counsellor's Corner

Welcome Back to Semester 2. For senior high students you will be starting 3-4 new courses and for junior high your options will change. Our basketball and curling teams are into competitions this month and we want to wish you the best of luck. Go Marauders Go.

For Senior High

- ◇ **February 21 will be the last day to add or drop courses for the second semester for high school students.**
- ◇ **MyPass Account:** Students in high school are strongly encouraged to register for a MyPass account. Through this account you will be able to see diploma marks, order transcripts for post-secondary schools, view your detailed academic report, or register to write or rewrite diploma examinations. For those who do not have an account yet, here is the link <https://public.education.alberta.ca/PASI/myPass>. Alberta Education sends you a time sensitive password in the mail to Canada Post. Do not delay, get your account activated today.
- ◇ **Grade 9 - 11 - Registration** for classes for the 2025-2026 school year will occur during the month of March. Watch for further information. There will be a Grade 9 Registration Meeting on April 9, 2025 as part of Parent Teacher Interviews. Please plan to attend as we will walk through the high school curricular choices for your student.
- ◇ Remember the **STRONG Interest Inventory** is available through Mrs. Scully, Mrs. Hart or Ramona, our VIBE coach, for any grade 11 & 12 student who are having trouble deciding on a future occupation. It is a great way to start the career planning process.
- ◇ On April 8, 2025, we will be hosting an

ELAA post-secondary event. Many post-secondary schools will send a recruiter to our school to provide more information to students, parents and staff about their post-secondary school options. Parents are encouraged to attend with their child to ask questions. More information will be distributed when available.

- ◇ **Scholarship information** is available on our school website. Use the **MENU** at the top of the screen, in the top right hand corner, choose **Students**, then in the top left-hand corner, you will see a menu: **Counselling, Awards, Scholarships**. Any new scholarships are added to our website for your use. If you have additional questions please see Mrs. Scully or Mrs. Hart.

Grade 12 students, your applications to post-secondary institutions should be completed by the end of the month as many post-secondary institutions do not accept registrations after March 1.

Grade 11 students – please see Mrs. Hart if you need information about career planning or about course selections for next year. Parents are always welcome too, if you have questions or concerns. Please make an appointment and I will be happy to meet with you.

Students enrolled in off-campus courses: RAP/Green Certificate/work experience please continue to enter your hours on a regular basis and keep your paperwork up-to-date. **Green Certificate students need to see Mrs. Hart to complete the Agriculture 3000 safety unit which is the prerequisite for this course. Testing Dates are scheduled for Feb, April and May in 2025.** See Mrs. Hart to schedule an exam.

Counsellor's Corner Continued

February 26 is "PINK T-Shirt Day". Please wear pink to take a stand against bullying.

Random Acts of Kindness Day is held every February 17. Here are some reasons to be kind:

(The following is taken from: <https://www.mentalhealth.org.uk/explore-mental-health/kindness-and-mental-health/random-acts-kindness>)

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, doing good does you good. See the pod cast link for more information.

It's essential to look out for each other in and around our communities. This is how we protect and maintain good mental health for all. If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness or hold onto that warm feeling when someone helps you.

Doing something nice for someone doesn't cost a lot of time or money. It's the small things in life that can make a big difference. Practice being kind today.



VIBE MENTAL HEALTH ART CONTEST

CREATE ART ABOUT WHAT MENTAL HEALTH OR MENTAL ILLNESS MEANS TO YOU.

WHO CAN ENTER?

Youth must attend a school or colony or come from the community of: Vermilion, Mannville, Innisfree, Marwayne, Clandonald, Dewberry, Kitscoty, Paradise Valley, School of Hope, Blessed Sacrament School, Blessed Sacrament Outreach or St. Thomas Aquinas School.

HOW DO I ENTER?

- Create art about "What does Mental Health or Mental Illness mean to you?" (option's include paper, photography, canvas, sculpture, woodworking, discuss other mediums with VIBE)
- Submit your art entry with your name, grade and school to your VIBE Coach or school or Pat Calyniuk at J.R. Robson by April 17th, 2025.
- You can enter only one entry for competition and one additional piece can be entered but for display only.
- All art will be displayed at the Mental Health Art Gala on May 1st at the Vermilion Regional Center. All art will be returned after the Gala.
- All students who attend the gala will receive a fidget.

PRIZES:

Grade 1-6: Top 10 will receive a prize
 Grade 7-9: 1st \$200.00, 2nd \$100.00; 3rd \$50.00
 Grade 10-12: 1st \$250.00; 2nd \$150.00; 3rd \$75.00
 Grade 7-12: 4th to 10th place will receive a prize.

PARTNERS:

Town of Vermilion FCSS, County of Vermilion River FCSS, Village of Marwayne FCSS, Village of Kitscoty FCSS, Mannville, Minburn Innisfree FCSS

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
 Sunday February 9th
 Sunday March 23rd
 Sunday April 13th
 from 1:00 – 2:30 PM

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



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 8th – June 10th, 2025

Tuesday – 6.30pm – 8pm in Lloydminster

Preregistration is required by March 25th 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



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.

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 9th – June 11th, 2025.

Wednesday – 6.30pm – 8pm in Lloydminster.

Preregistration is required by March 25th 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

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



VERMILION ROAR

TRY IT OUT - FREE

LACROSSE OPEN HOUSE

MARCH 24 & 26

5-6 PM

U7 (2019+) & U9 (2017-18)

6-7 PM

U15 (2011-12) & U17 (2009-10)

MARCH 25 & 27

5-6 PM

U11 (2015-16) & U13 (2013-14)

6-7 PM

JUNIOR (2005-2008)

CONTACT GREG FOR MORE INFO (780)581-4438

OR FACEBOOK FOR 24/25 SEASON
REGISTRATION LINK



ANNUAL GENERAL MEETING

Wednesday, Feb 26/2025 at 6:30 pm

Webb's RV

4602 Railway Ave

(West of Vermilion Chrysler)

EVERYONE WELCOME!!!

We currently seeking individuals to fill the following board positions....

- Umpire Coordinator
- Tournament Coordinator
- Concession Coordinator

Registration opens March 1/2025

to register go to
www.vermilionminorball.ca



ANY QUESTIONS EMAIL
VMINORBALL@GMAIL.COM



VERMILION SOCCER ASSOCIATION ANNUAL GENERAL MEETING

VSA is currently seeking individuals to fill the following board positions...

- Treasurer
- Secretary
- Mini director
- Concession Coordinator
- Out of Town Tournament Coordinator
- Fundraising Coordinator
- Volunteer Coordinator

EVERYONE WELCOME!!!
Sunday, March 9 at 6:30pm
Upstairs in Curling Rink
Come enjoy some refreshments!!!!



REGISTRATION OPENS MARCH
1/2025

Registration Link
www.vermilionssoccer.ca

More Information
Email: vermilionssoccer@outlook.com



Join our competitive swim team and stay active this spring and summer (Season May 1 - Aug 7). We offer:

- A Positive Team Environment
- Swim Skill Development
- Skills in Self-Discipline, Time Management, & Sportsmanship
- Focus on Personal Improvement



AGM & Registration Night

Wednesday, February 5 @ 6pm

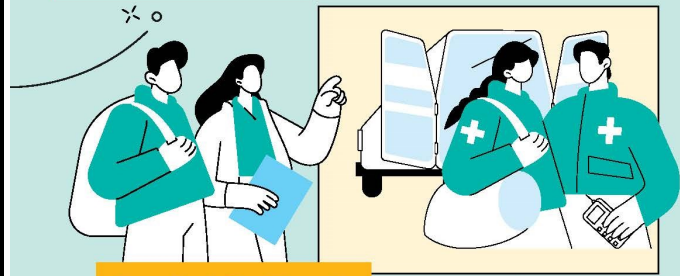
Lakeland College Emergency Training Centre
(5704 College Drive, Vermilion) Room #mm145

Those who attend AGM will have their name put in a draw to WIN \$50 OFF REGISTRATION FEES

All registration fees include a competitive swimsuit and swim cap. Sizing kits will be available for try-on at AGM.

Swimsuit orders are placed in March.

LET'S GO RURAL!



How Do I Get There?

EMERGENCY MEDICAL SERVICES (EMS)

**TUESDAY, FEBRUARY 11, 2025
6:00 PM**

This free interactive Zoom session is available to rural Alberta high school students, parents, and teachers.

Join us to learn more about a career as a paramedic after high school. In this session, ask questions and engage in conversation around education pathways with representatives from the **Alberta Health Services Emergency Medical Services, the Alberta College of Paramedics, and Northwestern Polytechnic**. Hear firsthand experiences that will inspire you to take the next step towards your dream career.



Scan to register.



RhPAP.ca | info@rhpap.ca

This free Interactive Zoom session is available only to rural Alberta high school students
*Financial contribution for RhPAP has been provided through Alberta Health



LAKELAND COLLEGE

Late hours with LAKELAND

Thursday, Feb. 6, 2025
4:30 - 7 p.m.
Both campuses

Visit us on our Vermilion or Lloydminster campuses with questions about post-secondary education opportunities.



Ways to Support Your Child's Relationship with Food and Their Body



Free! Online workshop for parents and caregivers of children aged 2-12 years.



Upcoming Dates

Thurs. February 13, 12:00-1:30 pm
Tues. May 13, 6:30-8:00 pm

Scan QR code to register or visit:
sznutrition.eventbrite.com

Questions?
PublicHealthnutrition.centralzone@ahs.ca



Mealtime Struggles in School-Aged Children



Free! Online workshop for parents and caregivers of children aged 6-12.

Scan QR code to register or visit:
<http://redcap.link/CenMS-School>

Upcoming Dates

Tues. January 14, 1:00-2:30pm
Tues. February 11, 7:00-8:30pm
Tues. March 18, 1:00-2:30pm

Questions?
PublicHealthnutrition.centralzone@ahs.ca



2025 PROGRAM INFO SESSIONS

SEE HOW LAKELAND'S HANDS-ON APPROACH DELIVERS REAL-WORLD RESULTS:

- Explore your chosen program in depth at our Vermilion and Lloydminster campuses.
- Meet our expert instructors and connect with students.
- Learn about career opportunities and how we prepare you for them.



07
MARCH

WHETHER YOU WANT TO LAUNCH YOUR CAREER OR TAKE IT TO THE NEXT LEVEL, LEARNING IN ACTION STARTS HERE.

RSVP now at lakelandcollege.ca/infosessions



Introduction to Teaching Empathy

Empathy is the ability to understand and share feelings of another person.

- Empathy involves recognizing emotions in others, imagining their experience, and responding with care and understanding
- Empathy is a foundational skill for building meaningful relationships and fostering emotional wellbeing.
- Children learn by observing adults model and demonstrate empathy in everyday interactions.

Top Tips to Teach Empathy Model Active Listening and Reflect Back

Set aside 5-10 minutes each day where you give your child undivided attention. Ask them about their day and actively listen without interrupting. After they share, reflect what you heard

Benefit:

When children feel heard, they learn that their emotions are valid. This practice teaches children how to listen to others' experiences and feelings

Top Tips to Teach Empathy Acknowledge and Name Emotions Together

When emotions run high—whether it's anger, sadness, or excitement—practice naming the emotions together i.e.) "It seems like you're feeling really disappointed right now."

Benefit:

- By helping children recognize and name their emotions, they become better at understanding feelings. This helps them relate to others and show more empathy.

Top Tips to Teach Empathy Encourage "Perspective Taking"

While reading a story or watching a show together, pause and ask questions like, "How do you think this character is feeling?" or "What would you do in this situation?"

Benefit:

- This helps children understand how others feel and see things from their point of view, which is an important skill.

MORE RESOURCES, visit:

[Positivepsychology.com](https://www.positivepsychology.com) and search empathy



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