



WELCOME

Ms. Leanne Marynowski
Teacher (Math/ Science/Phys. Ed)

I am originally from a small town in Saskatchewan called Paynton. After graduating from high school, I enrolled in the Bachelor of Science combined with a Bachelor of Education program at the University of Alberta: Augustana Campus in Camrose, Alberta. Later, I transferred to Edmonton to finish my education courses. Once I started my first practicum in a downtown Edmonton school, I knew I had found my calling. I graduated in December of 2017 and began my teaching career in Edmonton.



Now, at Vermilion Outreach School, I teach all streams of Math, Science, and Phys. Ed. I am excited to meet and get to know all the students here at Vermilion Outreach School. I believe that school should be a safe and respectful place that empowers students, helps students develop resiliency in the face of challenges, and is a diverse place where everyone feels welcome.

Mrs. Anita Dutchak
Office Administrator/TA

I am new to the VOS team however, I have been lucky to work in a BTPS school office for 19 years prior to this position. My heart is in education so I am looking forward to my role as VOS office administrator. Working in a school environment has always made my days feel purposeful and rewarding. When not at work, I enjoy spending time with my husband and three adult children. I enjoy gardening, spending time with friends and keeping active.



A Learning Experience Designed for You!



November 8, 2021

Vermilion Outreach School

5110 - 46 St.
Vermilion, AB
T9X 1G5

Phone: 780-853-2111

Teach Your Children To Remember



"Lest We Forget"



SUBMIT YOUR
PAYMENT VIA
PAYPAL



Website:
vos.btps.ca
School Calendar
<http://vos.btps.ca/Calendar.php>



No School Nov. 8-12

Students do not have school the week of November 8-12. It is a week off for students to recharge, relax and spend time with family. Enjoy your week away from school and stay safe. Teachers will be at school on the 8th and 9th participating in professional development activities. On the 8th, we will be doing professional learning and on the 9th, we have a division wide ATA learning day. Our local ATA members always plan a variety of sessions for teachers to take part in.

Santa's Anonymous will be collecting names of students and families this month. This is a change from previous years with the deadline of November 24. If you need to access this service, please look for the form attached to this newsletter.



Diploma Exams

On October 27, 2021 Alberta Education announced that they would be reducing the weighting of Diploma exams from 30% to 10% of the student's overall course mark for the 2021-22 school year. They went on to say that in the fall of 2022 the weighting of the Diploma exam will return to 30% of the student's overall course mark for Diploma exam courses

Tuesday, January 11	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A* English Language Arts 30–2 Part A*
Wednesday, January 12	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A* Social Studies 30–2 Part(ie) A*
Thursday, January 20	9:00 A.M.–12:00 P.M.	Mathematics 30–1 Mathematics 30–2
Friday, January 21	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Monday, January 24	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Tuesday, January 25	9:00 A.M.–12:00 P.M.	Biology 30
Wednesday, January 26	9:00 A.M.–12:00 P.M.	Chemistry 30
Thursday, January 27	9:00 A.M.–12:00 P.M.	Physics 30
Friday, January 28	9:00 A.M.–12:00 P.M.	Science 30

Thank You Mrs. Hart from Jr. Robson School for Sharing Your Counsellor's Notes

Career Fair for Grade 9 & High School: The ELAA group is an organization made up of representatives from all of the Alberta post-secondary schools. Their goal is to help keep school counsellors, parents and students informed of changes within their schools. This year they will be offering **Virtual Open House opportunities for parents, staff and students** to ask questions or tour their various websites and schools. Four sessions have been scheduled for November. Here are the dates:

- November 16, 10 am - 12pm MT
- November 17, 5-7 pm MT
- November 25, 1-3 pm MT

Please use the following links to access the event:

- To Register: elaa-launch.6connex.us/event/VirtualELAA/student/register
- To Attend: elaa-launch.6connex.us/event/VirtualELAA/student/login

WISEST SET Conference – Saturday, November 20, 2021

WISEST presents the virtual SET Conference (a Science, Engineering and Technology experience) on **Saturday, November 20th**, for girls 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 virtual lab tours and activities
- ♦ Meet undergraduate and graduate-level university students and learn what it is like to be a student in science, engineering or technology.
- ♦ Meet STEM professionals and speak with inspiring mentors.
- ♦ All girls and gender diverse students in grades 10-12 are welcome at SET.

Conference Registration Details

- ♦ The registration fee is only \$15/student for the full day and \$10/student for half the day (students can attend either morning OR afternoon)

- ♦ Students will download information and register online at www.uab.ca/WISEST
- ♦ Please note: space is limited to 100 students.
- ♦ WISEST has a limited number of subsidies available for rural, Indigenous or other students unable to pay the full registration cost of \$15 for the full day or \$10 for half the day. Please contact Fervone Goings directly at fervone.goings@ualberta.ca to make arrangements for these subsidies.
- ♦ If you have any questions, please contact the wisest office at wisest.events@ualberta.ca.

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. Here is a chart outlining the open houses occurring in November:

Many post-secondary institutions above are waiving 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.ab.ca/index.php?option=com_content&view=article&id=64



VERMILION JUNIOR CURLING

Monday Night Super- league 2021-22

Monday Nights 6:45-
8:30pm
Starting Nov 15, 2021



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
Cash payout \$20.00 per win (for season
games)
(Prizes for playoffs)
To enter call Doug: (780) 853-0062

VIBE NEWS

Kirsten Evans offers VIBE programming at VOS each Monday. Starting on Nov. 15, she will be offering the brain smoothies program. This program will run for six weeks. Brain Smoothies is a mental wellness program with art-based exercises that provide a mental break, foster focus and energize the mind. This is done using Budha Boards and does not require any art experience. It is meant to be a fun strategy that makes it easy for everyone to do art in a way that it can be a healthy mental habit.

Kirsten Evans
VIBE Wellness Coach



VIBE is a Mental Health Capacity Building Project. VIBE focuses on mental health prevention through classroom programming, presentations, community events, etc.

TAKE THE FAMILY CHALLENGE

Tell us about your fun family activities & enter to WIN one of 3 prizes. Entry deadline is November 15.
Prizes: 2 - \$25 GC to Booster Juice. 1 set of Children's Binoculars.
To enter: Post a picture & mini description on social media using #VermilionFamilyFun or
send an email with a picture & mini description to VermilionWellnessCoalition@gmail.com



MONDAY



Take a 30 minute walk
in nature together.
Pause.
What can you see, feel,
hear, smell, taste?

Play Together

- play a game (board, cards, video, charades)
- build a puzzle
- plan and build a new creation with Lego or Playdoh

Disconnect from all
devices and spend 30
minutes reading
together.

TUESDAY



Go outside and create
a family of snow
angels; have a big
joyful belly laugh while
you are doing it!
No snow?
Do 20 Jumping Jacks!

Choose a space in
your home to clean
and organize together.
Take a before and
after picture.
Donate gently used
items you no longer
need.

Get your groove on -
turn up the music and
have a dance party!
Try different music
genres for extra fun.

WEDNESDAY



Chalk the sidewalk or
paint the snow with
positive messages.

Ask your kids to teach
you one deep breathing
technique they have
learned. Practice together!

On a night when the
family is home - plan,
prepare, and eat a
meal together.
Everyone can help out!
Share three things you
are grateful for.

THURSDAY



A Day of Remembrance

Attend a Remembrance Day
Service; in-person or online.

Take time to learn why we
wear a poppy?

Check out Veterans Week
Learning Resources at
veterans.gc.ca

Express Gratitude: Drop off a
thank you card at the local
legion.

FRIDAY

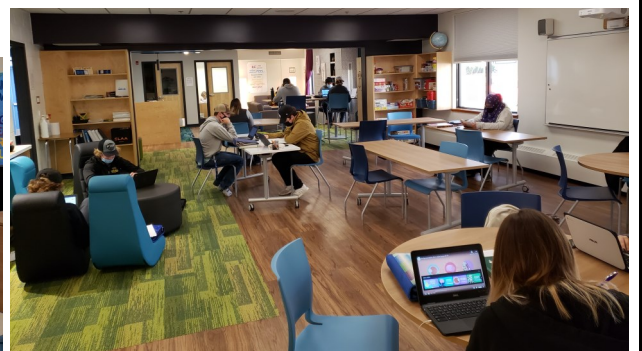


Do a random act of
kindness for someone in
your neighbourhood.

Take a field trip to the
McNabb Wildlife
Sanctuary
(search on google maps)
or visit a local park
or playground.

Try a new food.
See an unfamiliar
vegetable or fruit at the
grocery store? Look up
the taste, texture and
uses, then give it a try!

The View Around Here





Vermilion Lions Club
4929 50 Ave
Vermilion, AB T9X 1A6



2021 SANTA ANONYMOUS REGISTRATION FORM

Vermilion and Area, Minburn, Mannville, Clandonald, Islay

DEADLINE FOR REGISTRATION IS **WEDNESDAY NOVEMBER 24th, 2021.**

Due to Covid 19, gift cards only will be mailed to you by Dec 8th for you to purchase your food & presents for the children ages 11 and up. Children ages 0 to 10 will receive presents and the presents and food gift cards will be delivered December 18th.

Name: _____

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)

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

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, 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 may 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 call Barry at 853-4483. 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

Talk to your kids about alcohol

While the legal age to consume alcohol is 18, the average age adolescents in Alberta have their first drink of alcohol that is more than a sip, is 13. This is important because the earlier in life a person starts to drink, the greater the risk of drinking problems in the future.

You can have a positive impact by having open conversations with your child, setting healthy boundaries and clear expectations.

You are the role model

Children tend to mimic the behavior of those they love and admire, especially that of their parents.

Peer pressure is a factor in adolescent drinking but often youth drink for the same reason as adults including sociability, relaxation, and fun.

People may also drink alcohol to avoid problems, relieve anxiety or stress, or to get drunk. Talk with your children about other strategies to manage difficult times or strong emotions.

Refusal Skills

Practice strategies with your child so they feel comfortable saying no when they are offered alcohol or other substances:

"No thanks, I don't want to". Teach them to repeat as many times as needed when being pressured; simply repeat in a friendly, neutral manner.

"Sorry, I have to leave". This may be the best way to get out of a tricky situation. Let your children know they can always say no to something that makes them uncomfortable. This will relieve them of a lot of the pressure.

How to have a conversation about alcohol

Be brief and neutral when explaining the facts about alcohol to your child; discuss the pros and cons. Explain the difference between drinking in moderation and alcohol misuse.

Encourage questions and expect that you'll be asked about your own drinking and experiences. Listen with full attention so your kids will talk.

Try to understand your child's point of view and avoid lecturing to keep the conversation going.

MORE RESOURCES

[Alcohol and Health Talk to Your Children About Alcohol \(albertahealthservices.ca\)](https://albertahealthservices.ca/alcohol-and-health-talk-to-your-children-about-alcohol)

[Parent Information Series | Alberta Health Services](#)

[Teen Health \(alberta.ca\)](https://alberta.ca/teen-health)

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

