



March 3, 2022

Vermilion Outreach School

5110 – 46 St.
Vermilion, AB
T9X 1G5

Phone: 780-853-2111

WELCOME

Let me introduce myself, my name is Marty Person and I recently joined the Online and Outreach schools. Back in January, I was very excited to see the posting for the need of a science and math teacher here and was even more pleased that BTPS gave me the opportunity to transition mid-year.

I started my teaching career in Lloydminster and have been working in Buffalo Trail Schools ever since. Over the years I have taught a variety of different subjects and a wide range of age groups. I have especially enjoyed the jr./sr. high grades; I guess they get my crazy sense of humor!

I live in Marwayne where my wife (Kym) and I have been for the last 20 years. Our three children have all grown and are doing a variety of things from farming, university studies to working retail. An exciting part of family life is the new addition of a grandchild, Braxton. He is a one year old now and not a day goes by that he is not entertaining us to the fullest. On our down time from school we spend time at the lake, camping or traveling when we can. I look forward to meeting and spending time with all my new students, whether it be in person or virtual.

This transition has been challenging, yet rewarding and I have appreciated everyone's patience both students and staff in helping me make it a great start to this new path here at this school.

Marty Person



SUBMIT YOUR
PAYMENT VIA
PAYPAL



A Learning Experience Designed for You!



Website:

vos.https.ca

School Calendar

[http://vos.https.ca/
Calendar.php](http://vos.https.ca/Calendar.php)



NO SCHOOL
FRIDAY, MARCH 4
MONDAY, MARCH 7

Just a reminder that students do not have school March 4 and March 7. These days have been designated by BTPS as wellness days. While March 4 was already a designated noninstructional day on the school calendar, after the calendar release the BTPS Board of Trustees designated March 7 as a non-instructional day for staff and students as well. This is not reflected on the original copy of the school calendar that you may have at home.

REMINDER
NO SCHOOL

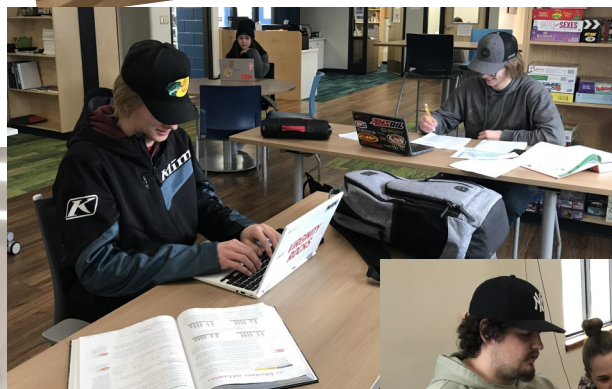
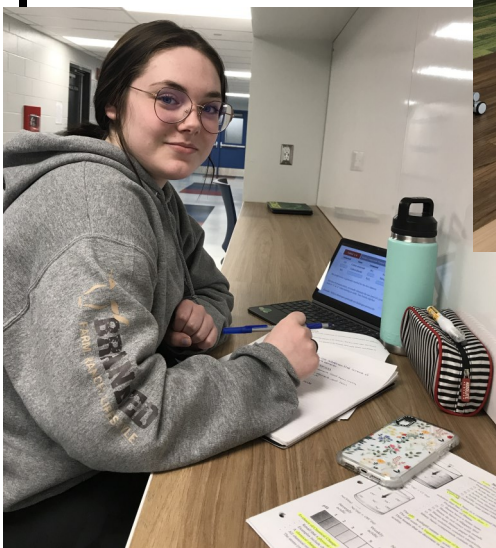
The View Around Here



**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL

Hello
Sunshine!




"Not every day is good
but there is something
good in every day."

ALICE MORSE EARL



Stakeholder Engagements

BTPS is hosting online Stakeholder Engagement Sessions during the month of March. All sessions will be held online from 7:00-7:30pm. To join a session, scan the QR code below!

Dates:

- Tuesday, March 1
- Tuesday, March 8
- Wednesday, March 16
- Thursday, March 24

The purpose of this engagement is to:

- share with stakeholders the highlights of the Year Two Report.
- check in on direction around strengths and challenges moving forward.
- identify a priority domain to direct planning for 2022/2023.

We hope to see you online and share the exciting work of BTPS's staff and students!

STAKEHOLDER ENGAGEMENT 4 YEAR PLAN ONLINE COMMUNITY FOCUS GROUPS

March Dates 2022

Tuesday March 1, Tuesday March 8, Wednesday March 16,
Thursday March 24



Scan QR Code to Join the Meeting

All meetings will be held online from 7 pm to 7:30 pm. Educational Stakeholders are encouraged to attend a meeting that best fits their schedule.

www.teachingsexualhealth.ca



Human Sexuality 101: For Parents and Guardians

Human Sexuality is taught in schools. We offer sessions to inform you about what students will be learning.

Sessions are provided via Zoom.

Dates:

March 29, 7 p.m. - Preschool

March 30, 7 p.m. - Elementary

March 31, 7 p.m. - Junior/Senior High

To sign up for a session, please email Pat Calyniuk - pat.calyniuk@btcs.ca, and you will be sent a Zoom link.



VIBE & Town of Vermilion FCSS with our partners below are hosting Mental Health First Aid April 6 & 7 Vermilion Regional Centre 8:30a.m. - 4:30 p.m.

To register for this FREE training scan the qr code or go to:
eventbrite to register : <https://www.eventbrite.ca/e/mental-health-first-aid-vermilion-ab-tickets-277088046807>
(Workbook and meals will be provided. Space is limited)

Mental Health First Aid teaches participants how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help

COMMUNITY FUND.

JOIN US **APRIL 6 & 7, 2022** FOR A
FREE MENTAL HEALTH WORKSHOP
WITH THE DO MORE AGRICULTURE
FOUNDATION IN VERMILION, AB.

REGISTER BY
SCANNING THE QR
CODE:



Learn more about our Talk Ask
Listen workshop at www.domore.ag

Do More
Agriculture
Foundation



10th MENTAL HEALTH Art Celebration

Create art about what mental health or mental illness means to you.

EVERYONE HAS MENTAL HEALTH! Mental health is:

1. How you feel, think, and behave.
2. How you cope with ups and downs.
3. How stress affects you.

WHO CAN ENTER?

Youth must attend a school in: Vermilion, Mannville, Kitscoty, Innisfree, Marwayne, Paradise Valley, Dewberry, School of Hope, Blessed Sacrament School, Blessed Sacrament Outreach School or St. Thomas Aquinas

How Do I Enter?

- Create art about "What does Mental Health or Mental Illness mean to you?" (options include visual art including photography, digital art, canvas, sculpture, multimedia, paper).
- Submit your art entry to your VIBE Coach or your school office by April 14, 2022.
- One entry can be entered for competition, additional pieces can be entered but for display only.

All art will be displayed at the Mental Health Art Gala on May 4th
at the Vermilion Regional Center.

Prizes:

All K-6 entries will receive a prize!

Grade 7-9: 1st: \$200.00; 2nd: \$100.00; 3rd: \$50

Grade 10-12: 1st: \$250.00; 2nd: \$150; 3rd: \$75.00

Grade 7-12: 4th-10th place will receive a prize

Top 3 Cash Prize Winners from grade 7-9 and 10-12 categories may become property of VIBE if the winner takes the cash instead of a prize.

Deadline for Art Submissions: Thursday, April 14, 2022

In partnership with:

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



SCARED OF
LEAVING HIGH
SCHOOL?

IF YES, COME
CHECK US OUT ON
MARCH 10TH, 2:30
PM AT LAKELAND
COLLEGE BENTLEY
BUILDING ROOM
102

Follow our
instagram:
posthighschool
for more
information



WE ARE DOING A
PRESENTATION
TO TALK
ABOUT LIFE
AFTER HIGH
SCHOOL. FOR
GRADES 10, 11
AND 12.

[https://www.instagram.com/
posthighschool/](https://www.instagram.com/posthighschool/)

The food and mental health connection

Good nutrition is essential for physical and mental well-being. Healthy food impacts mood, behaviour, and thinking.

Some tips to help your children eat healthy:

- Offer fruit & veggies more often
- Choose water to drink
- Start each day with breakfast
- Role model healthy eating
- Stock up on healthy snacks

Connect through food

Eating meals together is a great way to connect! Children thrive when they are connected to others.

- Involve your children in planning and preparing family meals
- Cook, eat, and share recipes with others
- Relax with your children over a meal and share the events of the day

Mindfulness and food

Learn about food choices and build a healthy eating routine with your children through mindful eating.

- Together, notice the flavors, textures, and smells of food
- Enjoy food at meal times by putting away distractions and taking your time
- Notice how you feel when you eat healthy food

Connect to traditions through food

Help your children gain a sense of connection through cultural food.

- Celebrate special occasions with cultural foods
- Share with your children the stories behind traditional food
- Together with your children, prepare and eat a new cultural dish and discuss its history and importance

MORE RESOURCES

[Ways to Wellness Eating Healthy Foods \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/ways-to-wellness-eating-healthy-foods)
[Canada's Food Guide](https://www.canada.ca/en/health-canada/services/food-nutrition/canadas-food-guide)
[School Age Nutrition on Vimeo](https://www.vimeo.com/581111111)

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

