



WEEKLY BISON TRACKS

DREAM/RÊVEZ, BELIEVE/CROYEZ, ACHIEVE/ACCOMPLISSEZ

School Information

[SCHOLARSHIPS](#)

[POST SECONDARY INFO](#)



Dear future Grade 8 and Grade 9 AJS parents and guardians,

As we are moving forward with planning for the upcoming school year, your child may or may not have received our course selection form from our counsellors before our physical stoppage in the school year. If you did not receive the form, please click the following link to review the form together with your child:
[2020-2021 Registration for Ardrossan Junior High.](#)

Thank you for completing the form after reading over the course descriptions. Please note that student choices will determine course offerings for next year.

We thank you for emailing the course selection form to our Registrar at glenda.ewanovich@eips.ca at your earliest convenience.

Please contact us at the school if you are in need of any assistance or if you have any questions.

Thank you.

ATTENTION GRADS

The final deadline to submit your grad quote for the yearbook is
Monday, April 20, 2020
Please send your submission to AJSGrad@eips.ca

Grad Write-Up 2020



WE WOULD LOVE TO SEE PICTURES OF YOU AND YOUR ONLINE LEARNING EXPERIENCE!



Send your pictures to AJS.Yearbook@eips.ca

AJS School Council

Stay tuned, an invite will be sent out shortly for our virtual meet.



Ardrossan's Rylee MacLennan was selected by Ink Movement for two of her "Future and Nostalgia" poems to be published in May or June. She was selected amongst many different submissions, alongside other artists. Ink Movement is a non-profit organization that produces an annual anthology to give local youth between the ages of 14-24 a platform to express themselves artistically. Congratulations Rylee!

Please visit <http://www.inkmovement.org/edmonton> for more information.





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Alternative Learning During In-school Class Cancellations

Thank you to all EIPS families and students for your patience while the Division worked out the details of how learning will take place while in-school classes are cancelled. Over the last few weeks, teachers and staff have worked hard at developing alternative learning plans at all grade levels. Students enrolled in diploma courses began working with their teachers in late March. And, on April 6, the Division officially launched its alternative instruction for all other students.

Delivering learning in this way is new for students, family members and teachers. They'll no doubt be obstacles to overcome along the way, and there will be successes that will bring surprise. Over the coming weeks, students will start to adjust to a different format, and teachers will learn what works best for those in their classes. It will take time. Know that teachers care deeply about students, about their achievement and are committed to ensuring all learners have the resources needed to successfully transition to the next year.

To help make the shift in learning as smooth as possible, EIPS has developed an online toolkit for families: [Alternative Learning During In-School Class Cancellations](#). The toolkit offers information about learning resources, supplemental lessons, navigating Google Classroom, how-to tips on supporting students, and more. In addition to learning supports, the toolkit also lists various mental health resources families can access to help navigate the unprecedented challenges everyone is facing as a result of the global COVID-19 pandemic.

Given the circumstances, it's important no one feel undue pressure to get it all right from the very beginning. There are many supports available to help along the way, and your child's education remains top of mind for every EIPS teacher and administrator. Using the resources available, teachers will do their best to help guide both you and your child until everyone is back at school, and face to face.

For more information, and questions about alternative instruction, contact the school at 780-922-2228.



Student Services also has a Google classroom full of resources and ideas to support students and families. Information about scholarships and registration will also be posted there.

Sign up! **Classroom code crlxr7q.**
You can also email the counsellors directly if you'd like to arrange time for a chat:

ann.boake@eips.ca or
tamia.richardson@eips.ca.

Alternative Learning

Did you know ... It's not an expectation in our alternative learning to print off documents.

Use free pdf, lined paper, etc.

FREE, hi-speed internet is available 24/7 in parking lots at all community halls and senior centers throughout rural Strathcona County.





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Supporting your mental health & well-being

It's important to realize that our responses can change over time



In times of uncertainty or when things are out of our control, it's normal to experience strong emotions. We might feel stressed, overwhelmed, scared, or even indifferent – and that's ok, everyone responds differently.

Some common reactions to stressful events are **tiredness, loss of appetite, irritability, fear, difficulty focusing, withdrawal, trouble remembering, and unable to rest or feel settled.**

When we become aware of our own reactions, we are better able to take intentional steps to manage the stress or emotions that we may be experiencing.

Family and Community Services offices closed to visitors - we are still here for you by phone.

Family and Community Services is still available to assist you with parenting supports and other concerns related to finances, stress, relationships and others by phone.

Please call 780-464-4044 to speak to our team during extended operating hours listed below:

Monday, Friday, Saturday, Sunday: 8:30 a.m. to 4:30 p.m.
 Tuesday, Wednesday, Thursday: 8:30 a.m. to 5 p.m.

How can we support ourselves during these times?

Connect with family & friends. Even a phone call or text message from someone you care about can provide comfort and connection that helps you to cope through challenging times.

Accept your feelings. Try to put words to your emotions and don't judge or label yourself because of it.

Maintain as normal a schedule as possible. Be mindful of getting rest, eating regular and balanced meals, and keeping reasonably busy.

Be kind to yourself. Engage in self care, give yourself permission to feel upset, or try writing in a journal. Whatever you chose, try to extend the same kindness and compassion to yourself that you extend to others.

Realize that those around you are under stress also. Everyone responds differently and may have different coping strategies to respond when things are tough.

For more information or resources about supporting your mental health and well-being, visit strathcona.ca/wellbeing



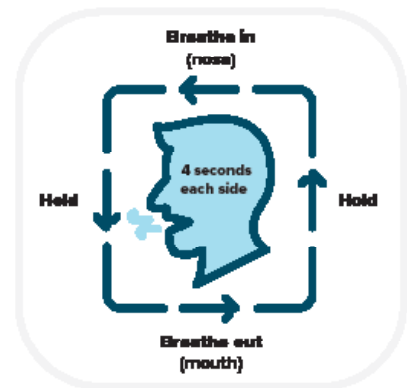
Activities to support your mental health

With so many unknowns and a lot of time spent at home in isolation, creating intentional time in your day for your mental health is a must! Try and do something every day that will awaken your senses, help you do some deep breathing, get you up and moving to elevate your heart rate and allow you to focus on what you appreciate.

Sensory

- Drink and eat slowly and mindfully—look closely before putting it in your mouth, smell, feel the texture in your mouth, listen to the sound of chewing, enjoy tasting each bite
- Wrap outside and feel the fresh air in your nose, on your skin, in your lungs—note the temperature, the smell, the colours, take time to touch your surroundings and listen to the sounds around you

Box breathing



www.yesmind.com/the-benefits-and-steps-of-box-breathing-462800

Aromatherapy Rice Bag

- Find a long cotton sack and fill it with rice.
- Add 10-15 drops of your favorite essential oil scent.
- Tie a knot at the end or sew it shut.
- Microwave your aromatherapy rice bag for 1-2 minutes for heat relief (make sure to check the temperature before laying it on your skin). Or, freeze your rice bag for an ice pack.

Movement

- Stretching: neck, shoulders, back, hips, ankles, quads, hamstrings, calves, feet, hands
- Push ups
- Squats
- Lunges
- Jumping Jacks
- Go for a walk outside
- Do some house chores



Positive Thinking

- What does feeling grateful feel like for you (body, mind, spirit)?
- What are 3 things you're grateful for today?
- Who is a person that you feel grateful for today (someone you know or don't know)?
- What is one way you can show gratitude today?
- What is something you can do to make yourself smile today?

For more information: strathcona.ca/wellbeing or call 780-464-4044



COVID-19 INFORMATION Support available

780-464-4044

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 Friday: 8:30 a.m. - 4:30 p.m.
 Saturday, Sunday: 8:30 a.m. - 4:30 p.m.

strathcona.ca/wellbeing

