



WEEKLY BISON TRACKS

DREAM/RÊVEZ, BELIEVE/CROYEZ, ACHIEVE/ACCOMPLISSEZ

Hello Grade 12s!

Please consider submitting an application for our In-House Scholarships. Awards are presented in the fall at our awards night. Please read through the attached Descriptions/Criteria for each award and apply for those which you feel you meet the criteria. The forms are available on our school website under Student Services/Scholarships, but I have also attached them to this email. They are all fillable, so you can complete, save and email them back to me by April 30th.

In-House Awards & Scholarships

Step 1:

Please fill out the In-House Scholarship Application Form (attached)

Please read the Awards Criteria (attached) to determine which Scholarships you qualify for.

Step 2:

If you are applying for any of the scholarships with their own application form (these are attached), please fill out that form in addition to the In-House Scholarship Application Form in Step 1.

Student Information Form

Please complete the attached Student Information Form and email the AJS staff members when requesting a reference letter. This form will provide the individual with a better picture of your background in order to provide a strong letter for you. Two staff reference letters are required to complete the scholarship package.

Important - Alexander Rutherford Scholarship Application

In order to prepare for the 2020-21 academic year, the 2019-20 Alexander Rutherford High School Achievement Scholarship application will be closed on the Alberta Student Aid System on Thursday, April 30, 2020.

Here are some key points:

1. Students will be able to login to their Alberta Student Aid accounts in early August to apply online for the new 2020-21 Alexander Rutherford High School Achievement Scholarship.
2. Any "work in progress" applications students have not submitted to Alberta Student Aid will be closed on the system on April 30, 2020. These students will need to reapply when the new online application is available in early August.
<http://studentaid.alberta.ca/scholarships/alberta-scholarships/alexander-rutherford-scholarship/>

Please contact Mrs. Boake or myself if you have any questions.

Thank you and take care,

Mrs. Richardson

[Ardrossan In House Awards Criteria](#)

[AJS School In House Scholarship Application](#)

[Alberta Citizenship Awards Application](#)

[ATA Local 28 Scholarship Application Form](#)

[Kevin Gaetz Award Details](#)

[Ricoh Works Scholarship Application Requirements](#)

[Ricoh Works Scholarship Information](#)

[Sherwood Park Elks Scholarship Information](#)

[Sherwood Park Elk Scholarship Application](#)

[Turk Mahan Memorial Scholarship Information](#)

[Turk Mahan Memorial Scholarship Application](#)

[Student Information Form for Applying for Scholarships/Awards/Bursaries](#)





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Parent Google Invite and Summary

Parents/guardians that had not yet received Google Classroom notification invites were all sent an invitation this week. Invites were sent to a parent email address as they appeared in our PowerSchool site. If you did not receive your invite, there are a number of steps to take in order to get connected:

1. Try searching for "(Classroom)" in your All Mail folder. This phrase is part of the "Sender" field of the invite.
2. Try searching for "Get Google Classroom email summaries" in your All Mail folder. This is the subject line of the invite.
3. Check your Spam folder using the same search phrases.

If there is no sign of your invite, we'll have to send a new one. Before requesting a new invite, however, please ensure that you have added the domain "classroom.google.com" to your spam blocklist so it will not get filtered again. This process will vary depending on your email service.

Once you accept your invite, you can decide if you wish to have daily or weekly summaries of your child's courses. It all comes in one summary. You only accept the invitation once for all Google classrooms combined.

There is some great Google Classroom information on the following EIPS Alternative Learning page: <https://sites.google.com/eips.ca/online-learning/home>

If you need us to re-send the invite, contact Mr. Schwartz (paul.schwartz@eips.ca) at the school.

Invitation



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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 stop-page 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.



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:





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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.

Ardrossan Jr. Sr. High School will be having the next School Council meeting on Monday, April 27th at 6:30 p.m.

We hope that you can join us on Google Meets virtually as we continue to keep everyone safe.

Please RSVP to Melanie.pinto@eips.ca by Monday at 3 p.m.

The Meet code will be sent to you via that email at 6 p.m. on Monday for your use only.

We look forward to finalizing fees schedules for next year and hearing about the alternate platform.

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



Send your pictures to
AJS.Yearbook@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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DREAM/RÊVEZ, BELIEVE/CROYEZ, ACHIEVE/ACCOMPLISSEZ

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, hesitance, 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



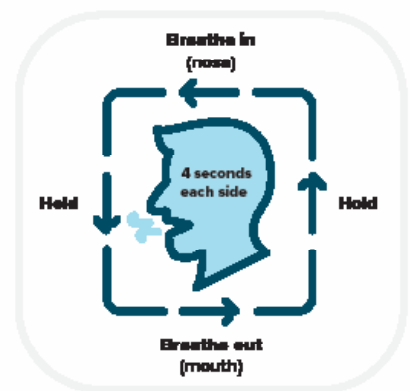
Activities to support your mental health

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
- Step 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

Monday: 8:30 a.m. - 4:30 p.m.

Tuesday, Wednesday, Thursday: 8:30 a.m. - 8 p.m.

Friday: 8:30 a.m. - 4:30 p.m.

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

strathcona.ca/wellbeing





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WHAT ALTVIEW SUPPORTS ARE AVAILABLE DURING COVID-19?

1

ONLINE OFFICE HOURS

Need peer support and resources? Email sophie@altview.ca to book an appointment on Zoom. Available for 2SLGBTQ+ individuals, families, and allies. Available **Monday & Tuesday 12PM-3PM** and **Wednesday & Thursday 3PM-6PM**.

2

ONLINE COMMUNITY GSA

2SLGBTQ+ youth! Come join us online on Zoom for a fun hangout every **Wednesday evening** from **6:30PM-8PM**. Begins April 22, 2020 and is a weekly group. Email sophie@altview.ca to get the Zoom link to join!

3

ONLINE WORKSHOPS

We have moved our presentations online live via Zoom! We offer educational workshops about 2SLGBTQ+ topics including terminology, statistics, and best practices. We tailor each presentation for your specific needs. Email info@altview.ca to book.

4

STRATHCONA PRIDE

The Strathcona Pride Committee is currently planning events for pride - just online! Stay tuned on our Facebook [@SCPrideFestival](https://www.facebook.com/SCPrideFestival).

IF YOU HAVE ANY QUESTIONS, WE'RE HERE FOR YOU! PLEASE REACH OUT.

THE ALTVIEW FOUNDATION, WITH SUPPORT FROM FAMILY & COMMUNITY SERVICES, PRESENTS:



Online Community Youth GSA!

A fun and non-judgmental online space to be yourself, connect with others, and ask questions! Open to all 2SLGBTQ+ youth and allies.

EVERY WEDNESDAY EVENING!
6:30PM-8PM
HOSTED ON ZOOM

Please email sophie@altview.ca to get the Zoom link to join!



Strathcona County's Mental Health Capacity Building Program is funded by Alberta Health Services and delivered by Strathcona County's Family and Community Services.



online office hours

Mondays & Tuesdays: 12PM-3PM
Wednesdays & Thursdays: 3PM-6PM

Available on Zoom for anyone looking for support and resources. We offer a non-judgmental online space that provides peer support for any 2SLGBTQ+ individuals and families.

Email sophie@altview.ca for inquiries or to book an appointment!