"A great place to LEARN...and more!"



Hilltop Jr./Sr. High School



Principal: Mr. Brent Northcott Email: brent.northcott@ngps.ca



Message from the Administration

Welcome to March. With the government releasing restrictions, we look forward to getting back to some sense of normalcy.

Parents of students in Grade 10 will have the opportunity to complete the annual Alberta Education Assurance Survey. This used to be called the Accountability Survey. Surveys are to be completed by March 25, 2022. We strongly encourage all parents to complete this survey as it provides the school with valuable feedback to aid us in planning. Students and staff will complete their surveys by mid-March.

Any student interested in the Minister of Education's Youth Council can apply until March 25, 2022. This council gives students a direct line to the Minister of Education. The minister is looking to attract 40 junior and senior high school students, ages 14 to 19, with diverse interests, identities, backgrounds, and perspectives from all regions of Alberta. For more information and instructions on how students can apply, visit alberta.ca/student-engagement.aspx.

We will also be holding Parent Teacher Interviews on the evening of March 24. We will be returning to in person interviews for this round. The portal on the school website will be available to book appointments beginning March 7. We also host our Fine Arts Night during the spring Parent Teacher Interviews.

We would like to thank Mrs. Long for her dedication to Hilltop. Mrs. Long will be leaving her position early in March. We are currently recruiting a replacement. We wish Mrs. Long well in her future endeavours.

Hilltop has many ways for parents to stay up to date on what is happening at school. Our School Connects system sends home attendance information daily for students who have not had their absence called in to the office. We also have a Remind account where parents can receive text messages of important school announcements. There is a link to sign up on the school website. You can also follow us on Twitter and Facebook and check the school website for updates.

Your partner in education,

Brent Northcott

Principal



VOLUME 13, ISSUE 6

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Important Dates

March 11
PD Day No School
March 16
FOH Meeting 7pm
March 24
Fine Arts Night & Parent Teacher
Interviews

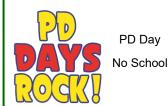
March 25
Last Day of Classes

Bell Schedule

Warning Bell	8:55 AM
Block 1	9:00 AM - 10:22 AM
Break	10:22 AM - 10:26 AM
Block 2	10:26 AM - 11:48 AM
Lunch Break	11:48 AM - 12:22 PM
Warning Bell	12:22 PM
Block 3	12:27 PM - 1:49 PM
Break	1:49 - 1:53 PM
Block 4	1:53 PM - 3:15 PM

NEWS AND EVENTS

March 11



March 13



March 14





March 16

March 17



March 21

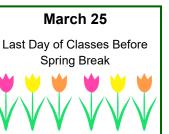


March 24

Parent Teacher Interviews



4:00 pm -8:30 pm



MARCH 24



Fine Arts Night 4:00 pm - 8:30 pm

Join us as we showcase the many outstanding talents of our students!

Open for Registration

We are now open for registration for the 2022-2023 school year!

REGISTRATION IS OPEN!

We have so much to offer at Hilltop High School! From core academics, Computer Sciences and a Red Seal Chef instructed Foods program, to Media Arts, Registered Apprenticeship Program (RAP) and Work Experience. We offer students a multitude of opportunities to direct their own learning!

Options like Photography, Mechanics, Art, Drama, Cosmetology and Welding, to name a few!

A rich range of extracurricular programming including competitive sports, numerous clubs and humanitarian pursuits.

Gateway Academy—Whitecourt Campus is our Outreach school offering flexible and alternative learning options to meet students' individual needs.

The 2022-2023 Registration Form, along with what is required to register, is available on our website. Any questions please contact us at 780-778-2446.

All new to Hilltop students will be required to participate in an intake meeting before registering. Please contact us to set up an appointment.

Like us on Facebook



Follow us on Twitter



Join Hilltop Remind



PowerSchool for Student Grades and Attendance



Have you registered for ngpsTALK yet?



Learning for life. Together.



Dear Parents/Guardians:

We are excited to share with you our new engagement platform ngpsTALK.

Northern Gateway Public Schools is excited to introduce a new platform, ngpsTalk, where stakeholders (students, staff, parents, community members) will have the opportunity to offer ideas, feedback and stories of their experiences and thoughts regarding schools and education. It allows students, parents, staff, community members to add their voice to support the work of our schools.

In order to access the ngpsTALK platform, you must register and have a login. We are encouraging staff, students, parents, and community members to register and participate in our current and upcoming projects.

The registration process is as follows:

- 1) go to ngpstalk.ca
- 2) click the register now button
- 3) fill in the short registration form
- 4) confirm your registration through an email sent to your inbox

Once confirmation is complete you are able to log in and participate in the active engagements.

Our first engagement is titled What makes your school community shine? In the spirit of the new year, we are kicking things off with a "feel good" discussion aimed at celebrating our schools.

If you could only pick one thing, what is the one thing you would say makes your school community shine?

We look forward to sharing your submissions and celebrating each and every one of our school communities!

As part of the registration drive, we are offering prizes to those who sign up.

- 1 'Family Fun Pack' prize per school community (all parent and community registrants names are entered into the draw; not students)
- 2 Grand Prizes which are new touchscreen Chromebooks (all registrants names are entered into the draw including students)

There will be promotional material and a school newsletter article coming out in the next few days regarding this. Please watch social media for more.

Your voice is important! Register today to join the conversation - LET'S TALK!

Northern Gateway Public Schools

HEALTH AND SAFETY

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has tested positive on a rapid antigen test or received a message from Public Health indicating that they are a case⁴ of COVID-19, they are required to isolate as per Public Health instructions. For more information on isolation requirements after a positive rapid antigen test, refer to the Rapid testing at home website.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case ⁴ of COVID-19 in the last 10 days? A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.	YES	NO
----	--	-----	----

If child answered "YES" AND they are NOT fully immunized5:

Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10day isolation period, in which case they can proceed to question 2.

If child answered "YES" and they are fully immunized⁵ proceed to question 2:

If child answered "NO" to question 1, proceed to question 2:

2.	Does the child have any new onset (or worsening) of the following core symptoms:			
	Fever	YES	NO	
	Temperature of 38 degrees Celsius or higher	ILS	NO	
	Cough	YES	NO	
	Continuous, more than usual, not related to other known causes or conditions such as asthma	9000-000	11.5	
	Shortness of breath			
	Continuous, unable to breathe deeply, not related to other known causes or conditions such as	YES	NO	
	asthma			
	Loss of sense of smell or taste	YES	NO	
	Not related to other known causes or conditions like allergies or neurological disorders	ILS	l NO	

If the child answered "YES" to any symptom in question 2:

- If the child is fully immunized⁵
 - o Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer.
 - After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions.
- If the child is NOT fully immunized⁵.
 - o they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer
- Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve3
- If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve3.
- They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose



³Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ Á lab-confirmed case OR a probable case as defined in the <u>Alberta COVID-19 Notifiable Disease Guideline</u>

HEALTH AND SAFETY

- If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
- Children 2 years of age and younger are not eligible for rapid antigen testing and should complete the AHS Online Self-Assessment tool to access molecular (e.g. PCR) testing.

If the child answered "NO" to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills	YES	NO
Without fever, not related to being outside in cold weather	1.20	
Sore throat/painful swallowing	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or reflux	ILS	NO
Runny nose/congestion		
Not related to other known causes/conditions, such as seasonal allergies or being outside in cold	YES	NO
weather		
Feeling unwell/fatigued		
Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as	YES	NO
depression, insomnia, thyroid dysfunction or sudden injury		
Nausea, vomiting and/or diarrhea	VEC	NO
Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite	YES	NO
Not related to other known causes/conditions, such as anxiety or medication	TES	NO
Muscle/joint aches	YES	NO
Not related to other known causes/conditions, such as arthritis or injury	TES	NO
Headache	VEC	NO
Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered "YES" to ONE symptom in question 3:

Keep your child home and monitor for 24 hours and consider giving child an at-home rapid antigen test.

- If at-home rapid antigen testing is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use an at-home rapid antigen test if available or follow the AHS Online Assessment Tool for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Use an <u>at-home rapid antigen test</u> if available or follow the <u>AHS Online Assessment Tool</u> for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

- If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
- Children 2 years of age and younger are not eligible for rapid antigen testing, and should complete the AHS Online Self-Assessment tool to access molecular (e.g. PCR) testing.

For at-home rapid antigen testing result instructions:

- If at-home rapid antigen test is negative they can return to school and activities when they feel well enough to go.
- If <u>at-home rapid</u> antigen test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered "NO" to all questions:

Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 molecular test result or two negative rapid antigen tests, taken not less than 24 hours of each other and feel better.



HAPPENINGS AT HILLTOP

Big thanks to Jamie St. Martin,
Hilltop Alumni and Journeyman
Electrician with Flint (a division of
ClearStream) and Charity
Vollmann with Careers Next
Generation for the tour of The
Manor construction site where our
Electrical RAP student, Seth
Lanctot, has begun his journey as
a registered apprenticeship.



NEW Interactive Yearbook

CHECK THIS OUT!

We are one of the first schools in Canada to do an interactive Yearbook with Jostens.

Students can log in with their email and upload up to 10 pictures, once the Yearbook is printed they can scan their classmates picture in the Yearbook and see the extra photos. We will also have it for school sports, an icon will appear and we can load extra pictures for any club, team or group.

All photos submitted are checked by Al and Yearbook Club. The cut off date for submitting photos is approximately one week after grad day.



Thank you to the Whitecourt Indigenous Friends
Society for recognizing these students and their efforts in
the logo creation contest. Congratulations to **Ashley Brown** for creating the winning logo. Thank you to



Austin Pepper, Courtney Kotchilea and Tatum Gower for participating, they earned 2nd/3rd place and honourable mention.



Students had some egg-citing labs in Mr.
Buttons class. First **Bio 30** students carefully dissected a sheep brain and then **Physics 30** students tested the laws of motion in their egg lab. The learning never stops in Science





Urban Gardening Class Blossoms

Urban Gardening students get the tower gardens started and seeds planted as they prepare for the growing season. They also had a sale at Valentines Day, selling hand dyed rainbow carnations. We love seeing this class bloom each year because it means Spring is on the way!







Thank you Concordia University for stopping by to show students the many possibilities available to them at their post-secondary institute. Congrats to Liam Gagnon who won the Concordia prize draw.





HILLTOP MEDIA STUDENT SPOTLIGHT



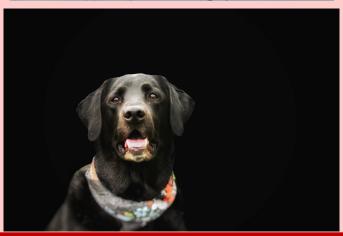
Check out the incredible talents of Hilltop Media student **Brooklyn Skrecek!**Brooklyn is an animal lover, a registered member of the Equine Green
Certificate Program and she has a keen eye for photography.
Keep up the impressive work, Brooklyn!















ATHLETICS

Be a Charger, **Take Charge!**



Basketball

March 2022 Basketball Events

JR Girls Basketball Zones

Hosted by Hilltop High School March 4 & 5

Grade 9 Girls team will be participating



@ RF Staples

March 4 & 5

JV Girls Participating

JV Boys Basketball Zones

@ Frank Maddock (Drayton Valley)

March 4 & 5

JV Boys Participating

Senior Girls GCAA Playoffs Semi-Finals

@ Hilltop High School

March 3

Top 4 teams compete - TBD

Senior Boys GCAA Playoffs

@ St. Joes

March 3

Top 4 teams compete - TBD

Senior Boys & Girls GCAA Final

@ Mayerthorpe

March 8

Winning Teams from Semi Finals Compete for GCAA Banner and Gold Medals!

Senior Girls Zones

@ RF Staples

March 11 & 12

Senior Girls Attending

Senior Boys Zones

@ Edwin Parr (Athabasca)

March 11 & 12

Senior Girls Attending







OFF- CAMPUS EDUCATION

VIRTUAL SESSIONS

(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

March 8 • Scaffolding

March 17 • Automotive/Mechanical (YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

March 23 • Mechanical Trades

April 5 • Service Trades

April 20 • Pipe Trades

May 10 • Information and Communications Technology

May 17 • All Opportunities/Summer Internships

events@nextgen.org 1.888.757.7172



CALENDAR





RAP STARS

(Registered Apprenticeship Program)

Congratulations to Seth Lanctot who has secured a RAP position as an Electrician with Flint.





Congratulations to Donovan Eden who has also secured a RAP position with Flint. Student Apprentice Communication Technician Company- Ralcomm Ltd Location-Whitecourt



Job Specification:

Raicomm Ltd, in partnership with CAREERS, is seeking a part time student who has successfully completed Grade 11 to enter the Registered Apprenticeship Program (RAP) in the Communication Technician trade.

- Equipment Installations into trucks such as two-way radio, cell boosters, stereo systems, automotive
- Clean shop and rental equipment
- Set up rental radios, program two-ways and test communications equipment

 Potential for some field work in the oilfield with cell boosters, towers, camera systems and computers.

Special Skill Requirements:

- Self-starter with the ability to work in a team environment
- Willing and able to learn, adapt to change and demonstrate flexibility

Knowledge and Experience Requirements:

- Successfully completed (Grade 11) Must be 16 years of age or older
- Definite interest in the Communication Technician trade expressed
- Basic computer skills and knowledge

- Must be willing to learn the basic skills of a Communication Technician
- Must provide proof of full COVID-19 double vaccination
 Completion of HCS 3000 (HCS 3010 is optional)

Preferred assets:

- Physical fitness an asset
- First aid safety ticket
- WHMIS safety ticket H2S alive safety ticke
- Driver's license preferred

Application Deadline and details: Deadline March 15th, 2022

- Please address your cover letter to Mike Stark
- Deadline to apply is March 15th 2022
- Apply through your school's Off Campus Coordinator
- Complete the CAREERS Application Form [https://bit.ly/3rjXCGW] with your Resume & Cover Letter. Questions? Contact CAREERS Program Coordinator: Charity Vollmann, (403) 443-8161, cvollmann@nextgen.org

18256 102 Ave NW Edmonton, Alberta, Canada T5S 1S7 careersnextgen.ca

NEW RAP Opportunity

Part Time Minimum Wage Instrumentation and Control Technician - 1 Position Painter and Decorator - 1 Position Insulator (Heat and Frost) - 1 Position

Requirements

Completed Grade 10 HCS 3000 Course Enrolled in High School Drivers License Preferred

Deadline to Apply March 24

To apply please submit a Resume, Cover Letter and Careers Application. For more information please see Mrs. Van De Kerckhove.

Alberta Apprenticeship and Industry Training

TRADE ENTRANCE REQUIREMENTS



MINIMUM REQUIREMENTS

Successful completion of the following courses:

RECOMMENDED PATH Alberta High School Diploma that includes the following courses:

▼ English 10-2

Educational Development (GED) tests

Related Career and Technology Studies (CTS)

☐ English 20-2 Math 20-3

Science 10

A pass mark in all five Canadian General Educational

Development (GED) tests

Entrance Exam

O English 10-2

EGOF OR

Baker

Barber

Entrance Exam

English 30-2 Math 30-3

Physics 30 **OR** Chemistry 30 **OR** Science 30 Related Career and Technology Studies

(CTS) courses

Physics 20 OR Chemistry 20 OR Science 20 Related Career and Technology Studies (CTS)

CATEGORY

Bricklayer

Cabinetmaker

Carpenter

Concrete Finisher

Cook

Crane and Hoisting Equipment Operator

Floor Covering Installer

Glazier

Hairstylist

Insulator (Heat and Frost)

Ironworker

Lather (Interior Systems

Mechanic)

Locksmith

Metal Fabricator (Fitter)

Painter and Decorator

Parts Technician

Water Well Driller

Welder

CATEGORY

Agricultural Equipment Technician

Appliance Service Technician Automotive Service Technician

Boilermaker

Communication Technician

Electric Motor Systems Technician

Electrician

Elevator Constructor

Gasfitter

Heavy Equipment Technician

Industrial Mechanic (Millwright)

Motorcycle Mechanic

Natural Gas Compression Technician

Plumber

Power System Electrician

Powerline Technician

Sheet Metal Worker

Sprinkler Systems Installer

Steamfitter-Pipefitter

Transport Refrigeration Technician

Auto Body Technician

Landscape Horticulturist

Outdoor Power Equipment

Technician

Recreation Vehicle Service

Technician

***** CATEGORY

Roofer

Instrumentation and Control Technician

Refrigeration and Air Conditioning Mechanic

*See the individual trades on tradesecrets.alberta.ca for Category D trade entrance requirements.

Equivalencies will be considered for entrance requirements.

If you have an existing trade certificate, it can serve as your entrance requirement when registering in an additional trade.

tradesecrets.alberta.ca





GRAD NEWS

Grad 2022 Remind

Parents and students please sign up to receive important reminders regarding Grad 2022 via text message.

Text the message @hthgrad22 to the number (587) 316-7407

Important Days to Remember

Hilltop High School's 55th Graduation Ceremony Thursday, June 30, 2022 at 1:00 pm

Grad Application Part 1 **Due April 21**

Grad Application Part 2 **Due May 31**

Grad applications can be found on the following pages

Grad Council 2022

Ally Ann Romanchuk - President
Jencel Diaz - Vice President
Dineka Elchyson - Treasurer
Kate Mullin - Secretary
Eric Davidson - Public Relations
Miriam Epp - Yearbook Liaison
Rebecca Birtles - Council Member
Jorie Johnson - Council Member
Micah Ottley - Council Member

Staff Advisors: Mrs. Van De Kerckhove, Mrs. Blain and Mrs. Trebilcock



Winning Grad Logo, Song and Quote

Quote

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." – Ferris Bueller, Ferris Bueller's Day Off

Song

"The Nights" - Avicci



Congratulations to **Kale Fowler** who won the Valentine's Day gift basket draw put on by Grad Council! Kale was the closest to guessing the correct amount of candies in the jar, only 10 away from the actual amount of 1815.

Support the Class of 2022!



Please support the Class of 2022 and Grad Council's fundraising efforts by donating your empty

bottles/cans to the Whitecourt Bottle Depot.

Just mention they are for Hilltop High School's graduating class of 2022 when you drop them off.





Form Submission Deadline: on or before April 21, 2022

Participation in the Graduation Ceremonies is a privilege, not a right. In order to be part of the celebration on Thursday, June 30, 2022, you must complete TWO forms. Part 1: Due April 21, 2022.....Part 2: Due May 31, 2022

All students intending to participate in the graduation ceremony on June 30, 2022, must complete this form (PART 1) to be put on the initial grad list. This form MUST be turned in to Mrs Trebilcock in Student Services on or before April 21, 2021.

1.	Full Name:		
2.	Phone Number:	1 18	
3.	Participation in Graduation Cere		(home phone) us grad memorabilia, a cheque for
ASA costs	Pay Grad Fees to Mrs Runge - y cash, debit or cheque (made out P, BUT you will be reimbursed if y can be reimbursed through the IGA Groots ds of Hilltop Parent Council.	to Hilltop Grad) ou do not gradu	ate. Grad Fees and other grad related
<u>Wha</u>	t are your fees for???		
Pure	chase of Cap & Gown\$26	Keepsake.	\$10
Adv	rertising\$10 Misc\$4	Decoration	s, Programs, etc \$5
Phot	tos of the Day (handshake, class o	ap & gown, cla	ss formal) \$30
		TOTAL \$85	
Mrs. R	Runge's Signature		TURN OVER





Have you:

- 5. Completed the "Hilltop High Grad 2022 Ceremony Biography" form. Have Mrs. Bezushko sign below.
- 6. Emailed ONE baby and ONE early teen picture to jessica.bezushko@ngps.ca *******Your photos MUST be in digital format.

Mrs.	Bezushko's signature:	
------	-----------------------	--

Return form to Mrs. Trebilcock in Student Services. Thank you!





Form Submission Deadline: on or before May 31, 2022

Participation in the Graduation Ceremonies is a privilege, not a right. In order to be part of the celebration on Thursday, June 30, 2022, you must complete TWO forms. Part 1: Due April 21, 2022.....Part 2: Due May 31, 2022

This second form will ensure you have met the requirements for graduation. Please be sure to read through the graduation policy so that you are not caught by surprise and all graduation requirements are met. This form MUST be turned in to Mrs Trebilcock in Student Services, on or before Tuesday, May 31, 2022.

1.	Full Name:	
2.	Phone number:(personal)	(house)
3.	(Mrs. Kurasevich) must be returne	te (Mrs Runge) and library and text books od or paid for prior to being placed on the them sign below indicating you have no s.
	Mrs Runge (school fees)	Mrs Kurasevich (library & textbooks)
4.	Do you plan to attend the gradua	tion ceremonies on Thursday, June 30th,
	YES	□ NO





j.	Signatures (required)	
Stu	udent Signature	Date
Pa	rent Signature	Date
6.	Final Confirmation of Program To verify that you have a plan in place to earn a required course leading to an Alberta High Sch with Mrs Trebilcock for your second One-on-C	ool diploma, you must meet AGAII
	Mrs T's initials Date:	

After all signatures are completed, hand this form back to Mrs Trebilcock in Student Services.



Cooking with Chef Mercer

and her fabulous students

Chicken Fried Rice

Start with the rice...

- 1 tablespoons of butter
- 3/4 cups rice
- 1 1/2 cup chicken stock
- ½ Teaspoon of salt
- 1/4 teaspoon for pepper
- 1. In a medium size saucepan (soup pot) on medium heat melt the butter, and then stir in the rice.
- 2. Cook for about 4 minutes making sure all the rice is coated with the melted butter
- 3. Pour in the chicken stock, and salt and pepper
- 4. Bring liquid to a boil on high, and then turn to **low**, cover with a lid and cook for 15 minutes
- 5. Turn off heat, leaving it **covered**, let sit for 5 minutes...then Fluff with a fork
- 6. Place in a Tupperware container, labeled with group names and place into the fridge in the storage room.

Equipment List: Make sure to gather equipment BEFORE you start

- Cutting board x2
- Chef knife
- 1 baking sheet w/ parchment
- Large cast iron frying pan
- Liquid measure
- Small saucepan w/ lid
- 1 small bowl (for whisking egg)
- 1 large bowl (to hold all ingredients)
- 3 baby bowls
- Eating plate & fork to grab your chicken from demotable

While rice is cooking...you will need to cut the onion & chicken

- 1 tsp sesame oil
- 3 tablespoons of diced onion, diced small
- 1 chicken breast, cubed into **small** pieces
- 1 tablespoon soy sauce
- Heat sesame oil in a large black frying pan, over medium heat.
- 2. Add onion and the chicken and cook until the onion is soft, then chicken is almost completely cooked.
- Add 1 tablespoon of soy sauce and stir-fry for 2-3 minutes.
- 4. Remove from pan and place into bowl

Fry the egg next...

- 1 Tablespoon butter
- 1 egg
- 1. Melt butter in same frying pan, then cook the egg and cook until you end up with scrambled eggs, then remove it and place into same bowl as chicken mixture

Veggie time... cube small

- 2 tsp canola oil
- 1 large carrots, diced small
- 1 stalks celery, chopped
- 1/4 large bell pepper, diced
- 2 tablespoons frozen peas
- 2 tablespoons corn
- 1. Next turn the heat up, add the canola oil
- 2. Cook the carrots, celery, and bell peppers until tender. Once cooked add the peas and corn. Season with salt and pepper.
- 3. Remove the vegetable mixture and add it to the chicken, vegetable and egg bowl.

CLEAN THE FRYING PAN

Let's finish this....

- 1 tsp sesame oil
- 1 tsp butter
- pinch red pepper flakes
- 1 tsp garlic
- 1 tsp ginger
- 2 tablespoons soy sauce
- 1 Teaspoon Hot sauce
- 1 teaspoon lime juice
- 1 teaspoon sesame seeds
- 1 green onions thinly sliced
- 1. Get the pan nice and hot again. Add the sesame oil, butter, red pepper flakes and garlic, ginger. Cook for 2 minutes.
- 2. Add the rice and stir thoroughly making sure it frys up, and does not stick on the bottom of the frying pan (BEST TO USE A WOODEN SPOON)
- 3. Pour in the chicken veggie, egg mixture.
- 4. Fry it together
- 5. Finally, stir in all the other ingredients, soy sauce, hot sauce, lime juice, sesame seed, and green onions
- 6. Serve hot









FOOD TRUCK CHALLENGE

The Gr 9 Culinary Arts Food Truck Challenge is BACK after two long years! Chef Mercers Gr. 9 students are officially Food Truck Owners, ok hypothetically, but these amazing entrepreneurial students will create, market, cook and sell!



The Food Truck Challenge will take place at lunchtime on March 9 and will be offered to all staff and students who will then vote for the winning group.

Tickets are \$10.00 each and will go on sale Mar 2 and Mar 4.

Food Truck #4 Menu Wére All Mad Here

Shirley Temples - Drink Me Potion Mad Hatter's "Eat Me" Tea Cookies "Off With Your Head" Cheesecake



Food Truck #5 Menu **Snazzy McDazzy Blueberries**

Jakes Amazing Ham Sandwich Yogurt Berry Parfait Berry Smoothie

Food Truck #1 Menu **Sassy Sauces**

Chicken Alfredo Pasta Mac. Please

Mamma Spaghetti





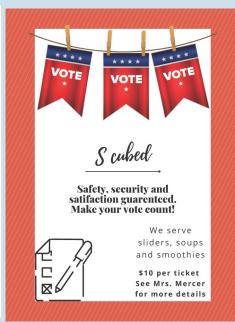
Food Truck #3 Menu **Old Maries Tarts & Berries**

Blueberry Tart Chocolate Tart Chicken Pot Pie



Food Truck #2 Menu S Cubed

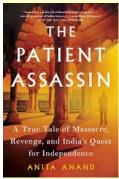
Soup Slider Smoothie



Learning Commons News

Click on the link below the image for more information or to reserve a book.

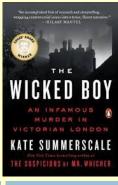
New Non Fiction



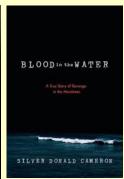




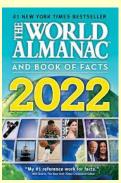
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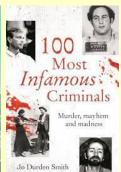
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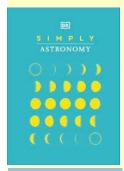
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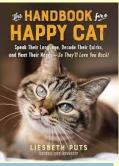
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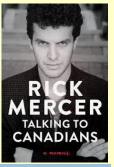
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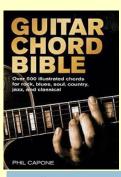
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SPECIAL ANNIVERSARY EDITION

HOW TO WIN FRIENDS & INFLUENCE PEOPLE

The Only Book You Need to Lead You to Success



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How to Not Right Bad Rite Bad Wright Bad Wright Bad Write Bad The Most Common Writing Problems on the Bast Ways to Avoid Them

Ben Yagoda
**Ahalo ber 'apada' ... **apada' iniquenty interpolate of our forquenty
all made were productional made and out for [And flows are now at a lab.

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New Manga and Graphic Novels



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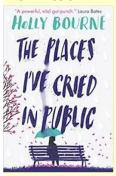


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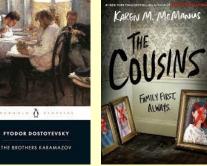
Learning Commons News

Click on the link below the image for more information or to reserve a book.

New Fiction













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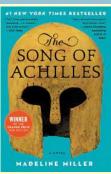


Fyodor Dostoevsky The Karamazov Brothers

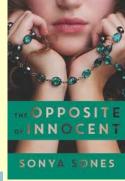
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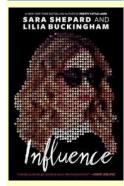
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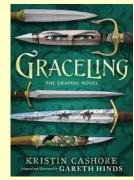
THE GIRL KATY LOUTZENHISER

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New Manga and Graphic Novels



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Key Study Guides from Castle Rock are now available to order. The Key Study Guide is an excellent resource to aid students in preparing for exams, review and study tips for all core classes. Click the link to order!

TO ALL HILLTOP HIGH SCHOOL PARENTS AND GUARDIANS:

On behalf of our school, we would like to share with you the following information about student resources that are available from Castle Rock Research **HILLTOP HIGH SCHOOL,** we have been privileged to work with this Alberta-based company to access quality materials to support students, teachers, and parents.

To order print or digital products please visit:

https://schoolorders.solaro.com/2108

To help reduce shipping charges, orders will be individually packaged, aggregated and shipped to the school for pick up by each student. Orders can be placed between **February 27, 2022** and **March 8, 2022** with shipment following within a week after the closing date. For **SOLARO** digital orders, clients will receive an emailed confirmation for immediate activation.

The following resources are available with educational discounts:



- ◆ The KEY Study Guides Mathematics, English Language Arts, Science, and Social Studies courses across grades 3 to 12. Grade 12 Math and Science KEYs have been updated to include questions from recently released Diploma exams. \$20.00 per copy
- Student Notes and Problems (SNAP) Workbooks –
 Instructional content, practice exercises, and unit assessments covering the breadth and depth of select Science and Mathematics courses. \$20.00 per copy
- Problem Solved All of the questions from the respective SNAP books are presented along with the detailed solutions. Class Notes – An excerpt of each SNAP workbook that focuses students on the explanatory notes for each topic. \$11.00 per copy
- ◆ SOLARO \$20.00 for an annual student license
 - access up to 10 courses across all available grades and subjects, for 1 year
 - o use online or on mobile devices,
 - more courses than are available in print,
 - o learn more at View SOLARO Video.



Thank you,

HILLTOP HIGH SCHOOL







HILLTOP BISTRO



March Menu

MONDAY	TUESDAY WEDNESDAY		THURSDAY	FRIDAY	
	1 Toasted Fried Egg Sandwich w/ Salad or Soup Soup: Chicken Rice	BBQ Chicken on a Bun w/ Soup or Caesar Salad Soup: Cream of Celery	3 Soft Taco w/ Marinated Salad Soup: Lentil	Spaghetti w/ Meat Sauce Soup: Chicken Noodle	
7 Grilled Cheese w/ Salad or Soup Soup: Tomato	8 Perogies w/ Kolbasa Soup: Borscht	9 Pork Ribs w/ Sauerkraut & Potatoes Soup: Vegetable Barley	10 Hamburgers w/ Salad or Soup Soup: Tomato Macaroni	11 Bistro Closed	
Chicken Caesar Salad Soup: Cream of Broccoli	15 Chili w/ Garlic Toast Soup: Chicken Noodle	16 Hot Dogs w/ Salad or Soup Soup: Tomato Rice	Fettucine Alfredo Soup: Chickpea Tomato Coconut Curry	18 Chicken Stir-Fry Soup: Cream of Cauliflower	
21 Macaroni and Cheese w/ Ranch Salad and Toast Soup: Chicken Rice	22 Egg Roll Skillet Soup: Tomato Macaroni	23 Ham w/ Creamy Dill Potatoes Soup: Cream of Celery	Pizza Buns Soup: Split Pea and Ham	25 Greek Salad w/ Chicken and Toast Soup: Hamburger	
28	29	30	31		
	Bistro	Closed - Spring	Бгеак		



Indigenous News

Tansi, Abawashded, Hello

I am very pleased to say that we have two conferences in the near future that we are offering to students. These conferences are **FREE**! I am excited to share information about the **Indigenous Youth Rising Conference** which is hosted by <u>Kihew Waciston MacEwan University</u>. This is a virtual presentation on March 9, 2022. Hilltop High School Students can register for this and we will be gathering in the schools Learning Commons. That day we will offer a free luncheon for students and we will be entertained by many wonderful guest speakers throughout the day.

Also we will be taking part in the **We Belong: Celebrating 2SLGBTQ+ History conference** which is funded by the <u>Department of Canadian Heritage.</u> This will be held at Hilltop High School's Learning Commons on March 2, 2022. Students must register as soon as possible as these presentations have limited capacity, and may fill up quickly. Also on this day, we will be having lunch, no charge to our students. Please come to Student Services for more information regarding these wonderful opportunities.

Hiy Hiy, Ish Nish, Thank you



Gateway Academy – Whitecourt Campus News

(formerly called Storefront)
Phone: 780 - 778 - 5865 Fax: 780-778-5683

Text: 780-779-1193

SCHOOL HOURS

(*Breaks: 10-10:15 Lunch 11:30-12:30) Monday: 8:30 am to 3:00 pm Tuesday: 8:30 am to 3:00 pm Wednesday: 8:30 am to 7:00 pm Thursday: 8:30 am to 3:00 pm

Friday: No School





What is Gateway Academy?

Gateway Academy is Hilltop High School's Outreach program. Our alternative educational setting is designed for students that are unable to, or do not wish to, attend a traditional high school program. We offer programming for Grades 9 through 12. The program is based on Alberta Education's curriculum and students receive credit towards their high school diploma as they would in the regular program.

We offer a nurturing environment that supports not only academic development but emotional, social and intellectual growth.

We offer:

- A flexible schedule where students can drop in to receive individualized tutorials;
- A quiet, welcoming learning environment;
- Individualized independent learning;
- In person and/or online one on one tutorials with the subject teacher;
- Personal Support (including access to counselling with a psychologist from Canniff & Associates);
- Staff mentorship to aid in planning high school courses and school-career transitions.

Staff members for the 2021/2022 School Year are:

Maureen Kendall - Outreach Coordinator/English & Options Teacher

Contact: maureen.kendall@ngps.ca Petra Lewis - Math/Science Teacher Contact: petra.lewis@ngps.ca Kevin Babiuk - Social/Learning Strategies

Contact: kevin.babiuk@ngps.ca
Tammy Johnson - Administration Assistant
Contact: tammy.johnson@ngps.ca
Candace Halvorson - Educational Assistant
Contact: candace.halvorson@ngps.ca

Friends of Hilltop Parent Council 2021-2022 Friends of Hilltop Council Members

Earn 5% profit on your regular grocery shopping at IGA!!

NEXT MEETING: March 16 at 7:00 pm

**At this time Friends of Hilltop cannot offer a Breakfast Program. Please stay tuned in the future for more information.

You can continue to **EARN MONEY** to pay for your student's school fees, grad garb, school sports and even school trips. Take advantage of the **IGA gift card**s sold by Friends of Hilltop Parent Council.

When you purchase grocery vouchers from the Remax Office or at the school --5% of your purchase is placed in an account just for you. It just stays there until you need to access these funds to pay for any variety of school related expenses.

IGA voucher cards are the **ONLY** fundraiser for Friends of Hilltop, other than bottle recycling to fund our Breakfast Program. Please call the office for more details.



Earn 5% profit grocery shopping at IGA and support Hilltop High School's Friends of Hilltop Parent Council.

EARN MONEY to pay for your student's school fees, grad garb, school sports and even school trips. When you purchase IGA grocery vouchers from the Remax office or at Hilltop's front office, 5% of your purchase is placed in an account just for you. It stays there until you need to access these funds to pay for any variety of school related expenses. Stop by or call the office for more details on how to sign up.







Mrs. Van De Kerckhove

Student Services Newsletter

Our Student Services Team works diligently to support our student's social, emotional, career and academic needs. Opportunities for students are communicated through weekly announcements, newsletters and through Hilltop's Social Media. Students are invited to drop into our Student Services area for support or to see Ms. Trebilcock or Mrs. Smith - Tomke for an appointment.

RAP - Registered Apprenticeship Program

If you are interested in a RAP position and would like to find out more information, or are an employer wanting to hire a RAP student, please contact Mrs. Van De Kerckhove in the front office.



Are you undecided about a career? One of the best web sites for Career

Planning, Education and Employment is www.alis.gov.ab.ca. It also includes information on financial assistance.

Former Hilltop students looking for transcripts will need to sign up for MyPass. (See instructions below) Students needing their Alberta Student Numbers should contact Alberta Education directly at 310-0000 or online at learnerregistry.ae.alberta.ca.



MYPASS.ALBERTA.CA

To access your records after writing a diploma, you will need to have a myPass.alberta.ca account established.

GRADE 12 STUDENTS MUST SIGN UP FOR MyPass

*Alberta Education has decided that Diploma results will only be available via your MyPass account. *The school cannot create your account on your behalf.

How to sign-up:

- 1. Go to mypass.alberta.ca
- 2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your
- 3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at https://extranetapp.learning.gov.ab.ca/ learnerRegistry/forms/
- 4. Using a button on the subsequent screen, request that a secure verification code be mailed to your home via post. It should arrive within two weeks.
- 5. Upon receipt in the mail, login and enter the code. It will expire. Act promptly.
- 6. You will now have access to all of your academic records.

MCSnet Scholarship Opportunity

As Alberta's largest rural internet provider, we believe students deserve to grow their education in technology. That's why we started the new MCSnet Scholarship program. Our local communities are at the heart of our success, and we want to invest in our young people's future. Each year, we will offer four \$1000 local scholarships to graduating grade 12 students. To be eligible, you must be pursuing post-secondary education in Computer Science or related studies, and you must reside in the MCSnet service area. For more information and the application, please visit hilltophigh.ca > Graduation/Scholarships > Scholarships and Bursaries

Work Experience

Paperwork DUE

Many students have signed up for work experience but have not yet handed in the paperwork needed to get them started. If you have not already done so, please hand in the signed Off Campus Agreement and the Parent Permission form. As well, be sure to hand in signed hour

If you are you a student who is currently employed? Have you signed up for work experience? You can earn up to 15 credits towards your high school diploma. Completion of HCS 3000 course modules is mandatory.

sheets at the end of each month. See Mrs. Trebilcock

for more information.



Resources:

Distress Line 780-482-4357

Mental Health Help Line

1-877-303-2642

Kids Help Phone

1-800-668-6868 or text 686-868

Sexual Assault Services/CASASC 24HR Crisis Line 1-866-956-1099

Alberta OneLine 1-866-403-8000

Call 211, an essential phone service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time.







Hilltop High School STAY CONNECTED



Access student schedules, attendance and grades online at any time with PowerSchool. *Also available as an app for smart phones. To create an account, please contact us to receive your individual username and password.



Receive important reminders from Hilltop High School by text message through Remind. *Also available as an app for smart phones. To sign up text @hilltophig to (587) 316-7407.



facebook. Like our page on Facebook @hilltophighschool.



Follow us on Twitter @ngpshth.



View our website at hilltophigh.ca.



Read our monthly newsletters online at hilltophigh.ca or pick up a copy at the front office.

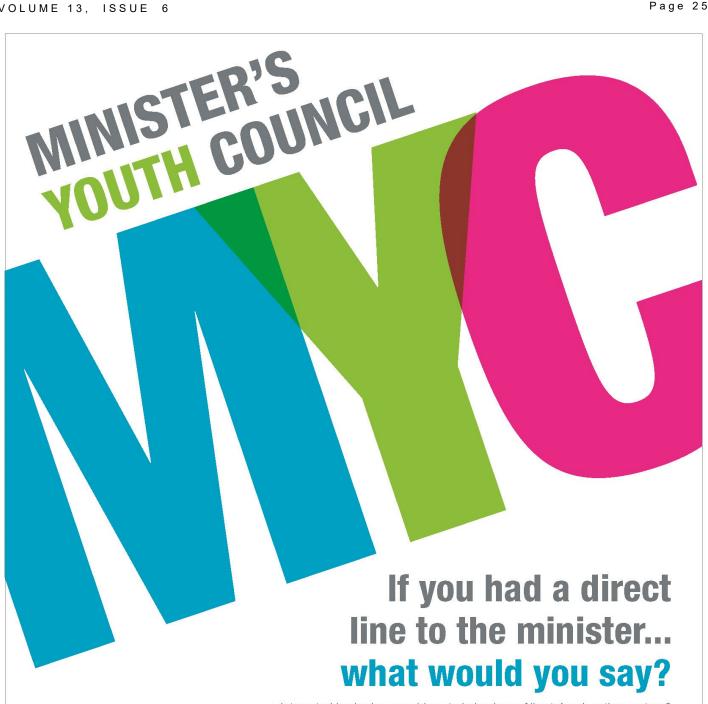


Pay for school fees, sports activities and more at schoolcashonline.com.

For more information visit our website at hilltophigh.ca.



Contact us directly at (780) 778-2446 or email hilltop@ngps.ca.



- Interested in sharing your ideas to help shape Alberta's education system?
- We are looking for 40 junior and senior high school students with diverse interests, identities and backgrounds to share their perspectives.
- As a council member, you'll gain valuable experience and develop your leadership and communication skills.

Be part of the conversation and apply today!

The deadline to apply is March 25, 2022 For more information, including how to apply, visit alberta.ca/student-engagement.aspx



Alberta





As an annual check-up on the education system, the Assurance Survey provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Assurance Survey uses a set of 12 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From February to March 25, Alberta Education will be conducting the annual Assurance Survey. In February, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education. In early March, students in grades 7-12 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in June 2022, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

TRUST IN THE GOOD

I started writing my regular article about resiliency and building strength for better days to come. Then a war began in Europe and I just could not hit send on my original piece. My mom shared a heartfelt poem with me this morning by Donna Ashworth that eased my anxiousness a little. I contacted the author and asked her permission to share it with you. I hope it will calm your fretful heart as it did mine.

The world can be a terrifying place at times and it seems we are emerging from one horrendous period, into another.

So if you are feeling wobbly today, it is no wonder.

The world is a scary place.

But it always has been.

And I am afraid it, always will be.

Keep your little corner of the world calm today,

And if you feel helpless and hopeless there is something you can do.

You can channel your fear into kindness.

It does help.

It is something to do with the energy of thousands of people sending positivity at the same time, it creates magic, of this I have no doubt.

So, when the winds of war rage and the hounds of dread howl, hunker.

Think kind thoughts, do kind deeds and spread love around your little part of the world.

And trust in the good.

There is always good.

Shared with permission by Donna Ashworth, best selling author and poet https://donnaashworth.com/

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.

Saturday		رم ا	12	6	26	
Friday		4 Day 1	11 Staff Planning and Development Day – No Classes	18 Day 1	25 Day 2 Last Day of Classes Before Spring Break	
Thursday		3 Day 2	10 Day 1	17 Day 2 Gr 9 Option 5/6 Begins St. Patrick's Day	24 Day 1 Parent/Teacher Interviews and Fine Arts Night 4:00 pm -8:30 pm	31
Wednesday		2 FLEX Day 2 English/Science/Other	9 Day 2	16 FLEX Day 1 Math/Social/Other Gr 9 Option 4/6 Ends Friends of Hilltop School Council Meeting 7:00 pm	23 Day 2	30
Tuesday)22	1 Day 1	8 Day 1	15 Day 1	22 Day 1	29
Monday	March 202		7 Day 2	14 Day 2 Pi Day	21 Day 2 World Poetry Day	28 First Day of Spring Break
Sunday	Ma		Ø	13 Daylight Savings Time (Spring Forward 1 Hour)	20	27

 $\Box \Box \Box \Box \Box \Box \Box \Box \Box$ For our most up-to-date calendar please view our Google Calendar on our website at **hilltophigh.ca**



Mrs. Harnum helps Jeffer in **Urban Gardening**



Grad Council 2022



The planting season begins for the Urban Gardening



Students take the pledge to say no to bullying for Pink Shirt Day!

Basil



Seth Lanctot proudly says farewell after graduating early! Way to go!



Ally-Ann Romanchuk distributes grad

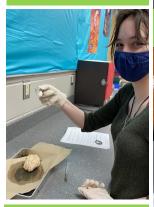
Adrian Bueckerts custom built table!



Gr 9's hand out chips for **RAK Day**



The beginning of baby basil in the tower garden



Hails Gano shows us parts of the sheep brain that we care not to see ever again! Ewww!



with her special effects makeup techniques!





and Education Expo



Urban Gardening students sell rainbow carnations for Valentines Day!



Career and Education Ехро



Sidney and Jordan get ready to plant



Grade 12's earn their prize of doughnuts for bringing in the most food bank donations!



Miriam and Lincoln win the Kindness Bingo game for RAK Day!