

“A great place to LEARN...and more!”



# Hilltop Jr./Sr. High School

VOLUME 1, ISSUE 2

~ Inside this Issue ~



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## October 2018 Newsletter

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### Student Art

#### Pencil Sketches from Ms. Zacks Art Class!



The school year is now in full swing. It is great to see students settle into their classroom routines and to watch the learning that is happening.

I would like to thank the parents that came out to our Meet the Teacher night and our Grade 12 Graduation Information evening. Thank you also to the parents who came out to our Friends of Hilltop School Council in September. I am pleased to inform you that Tammy Dickson is once again our Chair. The Friends of Hilltop are still looking for a treasurer. If you would like to volunteer, please come to our next meeting on October 17.

I encourage all parents to sign in to the Parent Portal on PowerSchool. There is an app available. Please check with the office if you need assistance accessing your username and password.

FLEX has now started for the 2018-2019 school year. Approximately twice a month, students will have the period prior to lunch (period 3) for Learning Recovery and/or Personal Learning Time. This Tutorial period is supervised and students are expected to attend when they have a teacher request they do so. Parents must be contacted with the relevant information ahead of time so that they can help to support the student learning at home. Students and parents may also request the student participate in these sessions. Any students who are not referred or do not request Tutorial will have an extended lunch hour on these days. Teachers plan learning activities or homework these days. Nominated students who miss FLEX will serve a detention. Parents cannot excuse a student who is nominated for FLEX.

Meanwhile, teachers will be working in groups (Professional Learning Communities-PLCs) to create common lessons, units and assessments as well as to analyze Hilltop's relevant data so as to continue to improve upon the education programs we provide to our students.

Parents, please phone the school if your child is going to be late or absent. If we do not get a phone call, your child will be admitted to class, but will be given a detention. Parents will have until 11:30 am to call in and forgive the detention. If students skip a detention, they will then receive an in-school suspension. We appreciate our parents' support in ensuring students are in class.

I would like to remind parents that our doors open at 8 am. Students will have access to the building after this time.

Lastly, I would like to wish everyone a Happy Thanksgiving. Students have a four day weekend beginning on October 5 which is a professional development and planning day for staff. Monday, October 8 is Thanksgiving. Enjoy the long weekend.

Your partner in education,  
Brent Northcott  
Principal




### 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

### October Important Dates


- 5: PD Day - No School
- 6: World Teacher's Day
- 8: Thanksgiving - No School
- 12-13: A&W Classic
- 16-17: Grad Ring Sale
- 17: FOH Meeting 7pm
- 25: Awards Ceremony 7pm
- 31: Halloween



**October 1**  
**Orange Shirt Day**

Orange Shirt Day is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

**October 5**  
**Staff Planning and Development Day**  
**No School**



**October 5**  
**World Teacher's Day**



**October 8**  
**Thanksgiving Day**  
**No School**



**October 12-13**  
**A&W Classic Sr. Volleyball Tournament**

**October 25**  
**2017-2018 Annual Academic Awards Ceremony 7:00 pm**




**October 31**  
**Happy Halloween**

A reminder that costumes must be appropriate and follow school dress code. No weapons or masks.

**FLEX Days**

**October 10 ( Day 2)**  
**English/Science/Other**

**October 24 (Day 1)**  
**Math/Social/Other**

**Gr. 9 Options**  
**October 16**  
**Last Day Term 1/6**

**October 17**  
**First Day Term 2/6**



# Career and Education Expo Highlights

Students had the opportunity to explore numerous career and post-secondary pathways available to them at the 2018 Career and Education Expo. Special thanks to all sponsors and community partners.





Support Hilltop High School by saving your receipts from Boston Pizza. Every receipt you submit to us earns us 5% cash back towards student programming.

# OPERATION EDUCATION FUNDRAISER

Dear Parents and Guardians,  
Operation Education is a co-operative fundraising initiative that partners local schools with Boston Pizza restaurants in your community to earn cash back. Staff, students and families can dine at any Northern Alberta Boston Pizza and help their school earn 5% cash back on the pre-tax total of submitted receipts.\*

1. Eat at Boston Pizza between **September 1, and December 31, 2018**
2. Save your receipts
3. Submit your receipts to the designated school representative by **January 10, 2019**

It's as simple as eat, save, submit!



Contact your local Boston Pizza for more details.

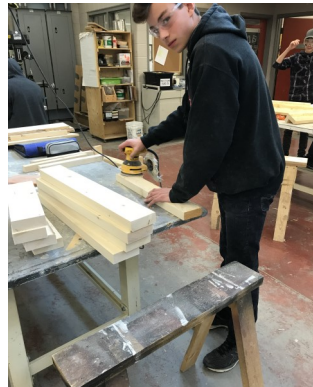
\*Valid for registered schools at participating NAB Boston Pizza locations. Only original receipts are accepted.



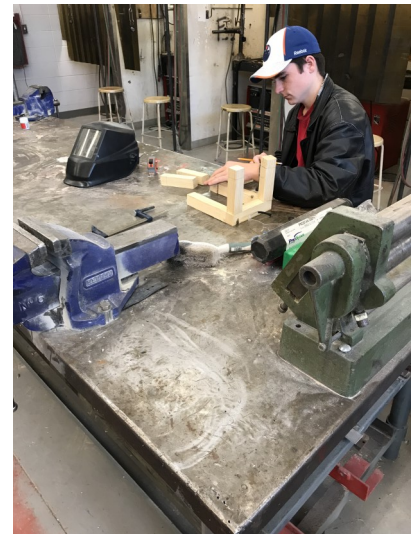
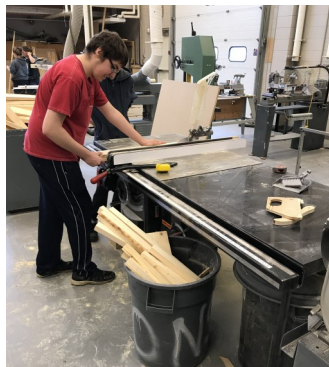
Thank you to Amanda from the **University of Alberta** for presenting to our students the many opportunities available to them at the U of A, one of the top five institutions in Canada. The U of A offers three main campuses and multiple facilities such as; Center for the Arts, Dino Lab, Business and Marketing and the Rutherford Library to name a few. They also have field schools in Italy and Greece with the opportunity to study abroad. They offer over 28 million dollars in scholarships and numerous clubs, activities, sports and volunteer opportunities. **Your degree is yours to create at the U of A.** If you are interested in taking a short quiz to help you determine which program is best for you, visit [uab.ca/programs](http://uab.ca/programs) or visit them at their Open House on October 20.



Discover your story... START HERE!



Ms. Hlus' Construction class is hard at work building projects and learning new tools.



Tanisha Gano-Murray doing a Bio 30 dissection where she learned about the structure and function of eyes.



# Hilltop Bistro



**Open Daily**

**Hilltop Bistro cards are available to purchase from Mrs. Runge in room 503. Accepted payments of Interac, Visa, Mastercard or cash. Bistro cards are punch cards that can be used in place of cash at the cafeteria. These cards are available in \$10.00 and \$20.00 values. Bistro cards make a great gift idea.**

**Daily Lunch Special \$5.00**

- Small Chocolate Milk \$1.00
- Large Chocolate Milk \$3.50
- Milk 2 Go (Vanilla, Banana, Strawberry) \$2.50
- Keurig Cup \$1.00
- Cookie \$0.50
- Loaf \$1.50
- Muffin \$1.00

- Square or Pastry \$2.00
- Veggie Cup or Fruit Cup \$1.00
- Jello or Pudding \$1.00
- Pretzel & Hummus \$2.75
- Sandwiches \$3.50
- Yogurt Parfait (Peach, Strawberry, Blueberry) \$1.50
- Cheese, Meat & Crackers \$3.50

## STUDENT RECOGNITION

**Name: Dylan Penney**

**Grade 12 RAP student**



Dylan Penney has been a Hilltop RAP student with the Town of Whitecourt for almost a year now. He is currently pursuing his career goals while apprenticing as a Heavy Duty Mechanic. He works every day in the afternoons and all day on Tuesdays doing everything from oil changes to axel replacements.

*"I enjoy working at the Town of Whitecourt maintenance shop because I like the challenge of working hands on to discover, solve and fix mechanical problems." - Dylan.*

Dylan also recently completed his first year in the Oil and Gas Program through Northern Lakes College and is working towards his second year. He is also hoping to soon become a part of the Think Big program with CAT. When Dylan isn't working he enjoys hunting, fishing and working on his own automobile.

Congratulations Dylan on your many successes at Hilltop!



## HILLTOP ALUMNI

**Name: Justine Vandenhouten**

**Class of:** 2010 (wow that was so long ago)

**Current Career/Education:** I am a business owner. I currently own Evermore Yoga.



**What do you believe got you to where you are today?** A strong support system and a positive outlook. My teachers that I leaned on and my family and friends that have backed up my life choices no matter how crazy my ideas were or how high my expectations. A positive outlook can turn those hard times into a learning experience. *Ships don't sink because of the water around them, they sink because of the water in them.*

**Favorite Memory from Hilltop:** Hilltop renovations that turned the hallways into a leaky, dark dungeon was a pretty unpredictable and entertaining time. I hope the students now are grateful to have a ceiling and not have to share crowded hallway space with construction crews.

**What advice would you give to a current grade 12 student:** No matter what it may be and where ever your life may take you, find a way to be happy every day. It doesn't have to be all day, but it should be a moment every day.

**Any other notable achievements since high school?** I founded Evermore Artistry, which went on to win the Chamber of Commerce Small Business of the Year and the Peoples Choice award both in 2017.





**Hilltop RAP Stars**  
 Hilltop High School Off-Campus Education  
 Registered Apprenticeship Program



**Current RAP Opportunities**

Millar Western - 4th Class Power Engineering  
 Flint - Electrician  
 Strike - Piepefitter  
 Welders  
 Educational Assistant Program  
 Sone RV - Recreational Vehicle Technician (see ad below)

If you are interested in the Registered Apprenticeship Program stop in at the office and schedule a time to speak with Mrs. Van De Kerckhove

Any business interested in taking on a RAP student please contact Mrs. Sarah Van De Kerckhove at 780-778-2446



**RAP Position Available**

**Recreational Vehicle Technician**

**Three Year Trade Program**  
**Diverse industry; plumbing, heating, sheet metal and welding.**  
**Current shortage of RV Technicians**



One full day a week plus after school, with the potential for weekend and summer employment.

Must be minimum 16 years old.  
 Mechanically inclined.  
 Valid Drivers License an asset.

Apply with cover letter and resume to Mrs. Van De Kerckhove.

Thank you Lorraine Jackson from Careers: the Next Generation for taking the time to speak to our students about the Registered Apprenticeship Program. Mrs. Jackson explained to students how the RAP program operates and how students have the opportunity to earn high school credits while being paid to advance from an apprentice to journeyman in various trade industries. There is currently a shortage in several trades such as; health care, financial, retail, public service, tourism and restaurant industry, students were encouraged to explore these career pathways. As a RAP student, you have the opportunity to earn 40 credits towards graduation (1000 hours of employment) while being paid to learn a trade and work towards your red seal ticket in a 1-4 year program. Students must have completed their HCS 3000 pre requisites and be minimum 16 years old to be considered for a RAP position. Students interested in a specific RAP position should apply with a cover letter and resume to Mrs. Van De Kerckhove. Visit [tradesecrets.alberta.ca](http://tradesecrets.alberta.ca) for more information.



***Congratulations Lorraine!***

We would also like to take this time to wish Mrs. Lorraine Jackson all the best in her retirement. We at Hilltop are very grateful for your partnership and commitment to supporting student access at Hilltop over the years and wish

# Grad News

## Grad 2019 Remind

Parents/Students please sign up to receive important reminders via text message regarding Grad 2019

**Text the message @hthgrad19 to the number (587) 316-7407**

**Mrs. Keay has begun her one on one meetings with Grade 12 students. Please sign up on the sheet on her classroom door (room 302) to have your individual meeting.**

## Important Days to Remember

Hilltop's 52nd Graduation Ceremony  
**June 28, 2019**  
 Time: 1:00 pm

Grad Rings  
**Tuesday, October 16**  
 Lunch Hour & 6:00 pm - 7:00 pm  
**Wednesday, October 17**  
 Lunch Hour Only

Graduation Scholarship Information Meeting  
**November 1, 2018**  
 7:00 pm

Grad Pictures  
**December 3-6, 2018**  
 Session Booking details TBA at a later date  
 Grad Pictures Re-Take Day  
**February 19, 2019**

## 2017-2018 Yearbooks are Here!

Stop by during the lunch hour and see Mrs. Keay to pick up your yearbook if you had pre-ordered.

Grads of 2018, please pick up your yearbooks and grad day photos at the front office from Mrs. Christianson.

There are unfortunately no extra yearbooks to purchase. Make sure to pre order your 2018-2019 yearbook asap with Mrs. Runge.

# 2019

*Class of*

Thank you to everyone who attended our parent information meeting regarding Grad 2019 in September. Students were given individual packages with everything they and their parents will need to prepare for graduation. If you didn't receive your package please stop by and speak with Mrs. Keay. Mrs. Keay will also be holding one on one meetings with all grade 12 students throughout the year to ensure they are staying on track. During the meeting parents were asked to sign up for various volunteer opportunities as Hilltop is only in charge of the ceremony, all other events are run by parents. If you are interested in signing up to volunteer please contact the front office at 780-778-2446.

### **Grad 2019 Parent Volunteer Opportunities:**

Senior Supper (over 30 year Hilltop tradition)  
 Winter/Spring Formal Dance  
 Grad Ceremony Decorations  
 Cake Auction  
 Grad Banquet (only possible with many volunteers)





## **Gateway Academy – Whitecourt Campus News**

*(formerly called Storefront)*

**Hours of Operation Monday-Thursday 9:00 am – 3:30 pm**  
**Phone: 780 - 778 - 5865 Fax: 780-778-5683**



Check out Gateway Academy's new Facebook and Twitter pages. Follow us on Twitter and like and share our Facebook page @ngpsgaw.



Gateway Academy has 50 students registered currently, ranging from grade 9-12. Students have the opportunity to learn and pursue graduation requirements in a welcoming, flexible learning environment.

### **This Month's Activities Include:**

**Pumpkin Carving-- Monday Oct 29th @ 11am**

**Thanksgiving Meal-- Wednesday Oct 3rd @ Noon**

**School Brunch-- October 17th @ 10:30am**



*A place where you can be yourself!*

The Whitecourt Teen Centre is a free drop-in program for youth in grades 6-12.

The Teen Centre Hours are 3:30 pm to 8:00 pm, Monday- Friday

Holiday & PD Days: Please visit our Facebook or Instagram page for current updates including holidays, PD Days and Flex Days, as times and dates are subject to change.

**Facebook: Whitecourt Teen Centre Page**

**Instagram: wcteencentre**

The Teen Centre will also post the updates on the Teen Centre door.

Our Teen Centre programs and activities include: DIY projects, arts & crafts, cooking & baking, movies, video games, sports & activities, board games, pool & much more! Participation in programs & activities is optional.

Health and wellness at the Teen Centre is important. We believe in the physical and mental wellbeing of our youth and express this importance through various self-esteem building activities as well as forms of self-care such as yoga, fitness, cooking and baking.

**We are now doing Flex Days at The Teen Centre from 11:20 am - 1:00 pm!**

**Come to the Teen Centre on Flex Days for a free hot lunch!**

The Teen Centre offers homework support, a variety of resources and supplies for school projects, and free wifi!

**October 10 Flex Day Menu: Lasagna**

**October 24 Day Menu: Taco in a Bag**

Thursday Nights are **Open Gym at the Teen Centre**. Register at the Teen Centre to participate in Open Gym in the Field House at the AJMC. Thursdays 6-8 pm

Open Gym Fee: \$4.00 per youth

\*Must Register to participate\*. Contact the Teen Centre for more information.

To find out more about attending Open Gym at no cost, please contact Alicia Smallwood Teen Centre Manager-Youth Development, Coordinator Ph:(780) 778-6696 Email: teenwhitecourtbgc@gmail.com

Upcoming Events: Register for Kickboxing on Fridays.

Classes at the Teen Centre & Anytime Fitness

Kickboxing Fee: \$5 per session \* Must Register to participate\*

Contact the Teen Centre for more information

To learn more about joining Kickboxing and other activities at no cost, please contact Alicia Smallwood Teen Centre Manager-Youth Development, Coordinator Ph:(780) 778-6696 Email: teenwhitecourtbgc@gmail.com

Classes are filling up fast, don't miss out!!!!



Hilltop High School

# BREAKFAST PROGRAM

*Operated by Friends of Hilltop Parent Council Society*

Please support our program by donating bottles at the Whitecourt Bottle Depot. Mention they are for Hilltop High School.



## Families of Hilltop High School Students



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.



## VOLUNTEERS NEEDED!!

The Breakfast Program is looking for helpers before the start of the school day to help with prep and serving of breakfast. Hilltop High School is not part of Breakfast Clubs of Canada and is run by 100% Parent Council Volunteers. Mrs. Bell has been graciously helping us while she is trying to run the Bistro, but definitely needs extra hands. If you can help at all – even 1 morning a week, please see her at the Bistro. Thank you in advance!!



## Friends of Hilltop Parent Council



2018-2019 Friends of Hilltop Council Members

Chairpersons: Tammy Dickson and Avy Fast Secretary: Joanne Merrifield  
Treasurers: Niki Underwood and Judy Watson

**Next Meeting - October 17, 2018 at 7:00 pm at Hilltop**

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

**EARN MONEY** to pay for your student's school fees, grad garb, school sports and even school trips. Take advantage of the IGA gift cards sold by Friends of Hilltop Parent Council. When you purchase grocery vouchers from the Remax Office or at the school office--**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. Stop by or call the office for more details.



Have a safe and happy Halloween!



## 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.



**Are you undecided about a career?** One of the best web sites for **Career Planning, Education and Employment** is [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca). It also includes information on **financial assistance**.

### Applying for Post-Secondary

Most schools accept applications from October 1st onward. Do not delay. Receiving an offer of acceptance can take a long time. Remember, once you have applied, you must periodically update the post-secondary institution via your online account.

### RAP - Registered Apprenticeship Program

Interested in RAP? Please talk to Mrs. Van De Kerckhove in the front office.



### PLAN YOUR EDUCATION AND CAREER

myBlueprint is a web based service for high school students to monitor their credits and graduation, and to research career pathways and post-secondary opportunities. myBlueprint is synced to the students' PowerSchool, and it updates in real time. Each student already has an account paid for.

For more information: [hilltophigh.ca](http://hilltophigh.ca) / parents and students tab.

### Work Experience

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.**

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](http://learnerregistry.ae.alberta.ca).



### University of Alberta

Saturday, October 20, 2018  
9 a.m. to 4 p.m.

### MacEwan University

Saturday, November 3, 2018

### NAIT

October 12, 2018  
9:00 am - 3:00 pm

October 13, 2018  
10:00 am - 3:00 pm

### Concordia University of Edmonton

Saturday, October 13, 2018 from 10:00am to 2:00pm.

### The Kings University

October 13, 2018 from 10:00 am - 2:00 pm



## 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](http://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 personal inbox.
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.

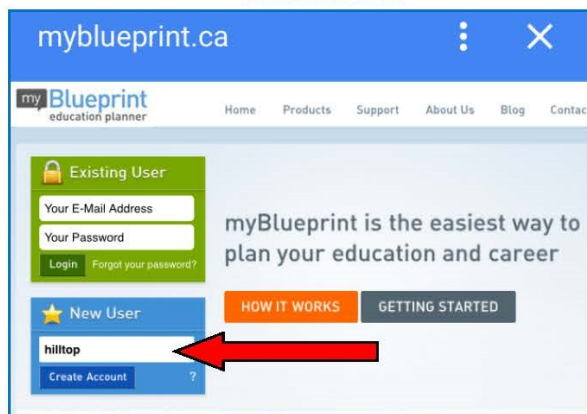


# myBlueprint

PLAN YOUR EDUCATION AND CAREER

myBlueprint is a web based service for high school students to monitor their credits and graduation, and to research career pathways and post-secondary opportunities. myBlueprint is synced to the students' PowerSchool, and it updates in real time. Each student already has an account paid for. Here are the steps for getting started:

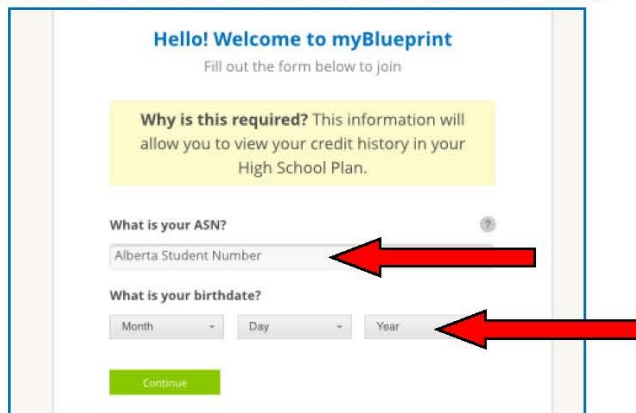
**Step 1:** Type in our school password "hilltop" and click on **create account.**



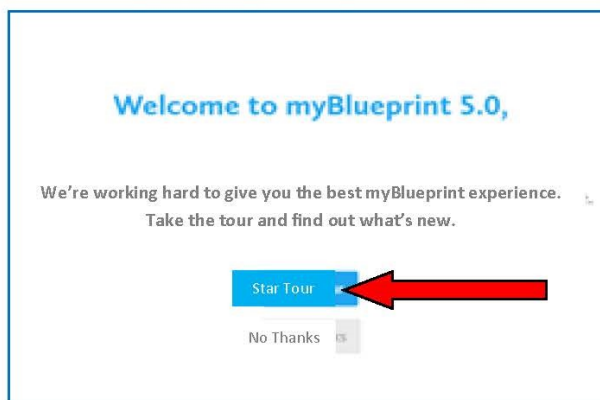
**Step 2:** Choose your grade.



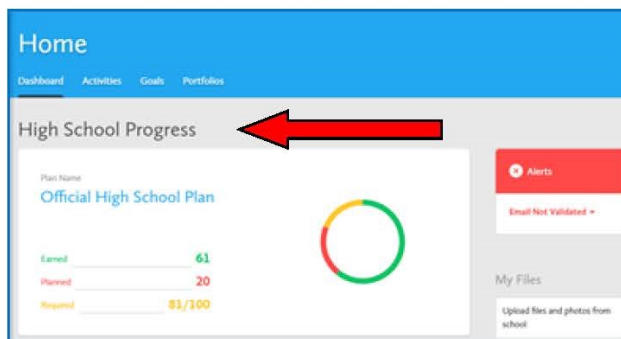
**Step 3:** Enter your Alberta Student Number and birthdate. ( Your Alberta Student Number can be found on your PowerSchool )



**Step 4:** You're in, start touring!



**Step 5:** myBlueprint connects to PowerSchool automatically to count credits, check graduation requirements and help research schools and career pathways.





# Athletics

Be a Charger...Take Charge!






## Volleyball Rosters

<u>Sr. Girls Volleyball</u>	<u>Sr. Boys Volleyball</u>	<u>Jr. Girls Volleyball</u>
Coach: Chris Keay	Coaches: Brandon Haugen & Dexter Robinson	Coach: Debbie Elchyson
Jenna Mohler	Ethan Woodman	Kyleigh Baxter
Bayley Fast	Cruz Wheeler	Kaycie Turcotte
Alyssa Borg	Dillan Stewart	Rebecca Birtles
Areanna Fast	Ayden Waters	Ashley Brown
Maren Hadley	Logan Tschigerl	Dineka Elchyson
Sasha Corriveau	Mason Wilson	Ella MacRitchie
Enila Lavalee	Jared Fry	Tatum Gower
Dakota Bryant	Jacob Oldford	Kate Mullin
Lainey Granley	Jonah Nicholls	Abigail Bryant
Tanisha Gano-Murray	Declan Finan	Rain Gibbs
Kelsey Juengling	Jordan Dixon	Claudia Hadley
		Taylor Leidl
		Annabel Taylor



CATS Cards available at the front office. \$20.00 each

### Home Games at Graham Acres

**October 3**  
Titans vs CATS  
4:00 pm

**October 11**  
Celtics vs CATS  
4:00 pm

MPFL Banquet  
**October 27**

Peace Bowl  
Athabasca Bowl  
**November 4**

**CATS Roster**  
**(Hilltop Players)**

Pearson Amiot  
Kevin Blain  
David Csuka  
Nevin Deane  
Jaden Dibben  
Noah Guthrie  
Keegan Johns  
Reed LaValley  
Jared Mott  
Ayden Mytrunec  
Caleb Ochsner  
Chase Pastoor  
Gabriel Phaneuf  
Elijah Rivard  
Joshua Robinson  
Ethan Schar  
Zachary Stoyles  
Noel Tapp  
Aaron Theede  
Ethan Wilberg  
Jacob Wilson  
Kenneth Zaddery

## GOLF

The following students qualified and participated in Golf Zones in September. **Taylor Topilka, Owen Chamberland, Carter Wilde, Lane Johnston, Zach Augot, Mckenzie Whatmore, Hanna Clarke, Coleen Harder, and Tanisha Gano-Murray.**



Congratulations to Lane Johnston who won gold at Zones with an impressive 77, he went on to represent Charger Nation at Provincials in Calgary where he competed with hundreds of the best youth golfers across the province. Also qualifying for Provincials was Mackenzie Whatmore winning gold in the ladies flight, shooting a personal best 120. Hilltop girls won the overall girls team zone banner and our boys finished with a silver in the team event. Great job golfers!







## Medieval Club

Have you ever wondered how knights fought back in medieval times? Or what arts and crafts people used to make? Perhaps you are into sports and martial arts or maybe you are just curious about what kind of skills were needed to be a medieval artisan. Hilltop's Medieval Club meets at lunch on Thursdays to learn all there is about the medieval times as well as how to do medieval style combat. Students can learn all about the medieval ways of fighting as well as about honour and chivalry. Students can learn about making medieval crafts like chainmaille and wire weaving, but also about making armour as well as how to engage a foe with cunning skill and accuracy. If you would like to find out what we do in Medieval Club, please come and speak to Miss Mehl in Room 304!

## Climate Change Video Contest

The national FOCUS! Climate Change Secondary (Grades 8-12) Video Contest returns for a second year.

Last year more than 400 students from 80 schools across 8 provinces combined their talents and imaginations and submitted over 160 films. Through stop animation, live action, image-driven story-telling, and documentary techniques, Canadian youth produced both haunting and hopeful narratives for our future. The films were simply jaw-dropping for their creativity and teachings. Winning films from last year, as well as a new resource library of student made films for teachers and students, can be seen on our website.

The contest invites students in Grades 8-12 (individually or in teams of up to 5 members) to make a short video (maximum 5 minutes) about climate change. Full details are available on our website at <https://kimberley-foundation.org/focus-main-page>.

Fantastic prizes (1 grand prize of \$5,000 + \$2,500 for the school, and 3 additional prizes for best creativity, best technical realization and best science communication each valued at \$2,500 + \$2,000 for the school) can be won. In addition, the overall prize package includes a trip to Vancouver in May 2019 for a public screening of the winning films.

Our website has a specific section dedicated to new innovations, climate change news, and various other resources to learn about climate change (facts, websites, active organizations) which we hope can also be a useful learning resource.

For your information, the Kimberley Foundation is a charitable not-for-profit organization registered in the Province of British Columbia whose aim is to support unique, self-directed learning experiences that will help change the world.

**The deadline for video entries is March 4, 2019.**



## School Reach

School Reach is a club devoted to quiz game shows. Students gather in room 304 at lunch on Fridays to test their knowledge about pop culture, music, sports, entertainment, history, literature, movies and much more. Come bring your lunch and some friends to try out our amazing game show buzzer system while answering some questions! Everyone is welcome and we have a great time during lunch hour.



Hilltop High School would like to request that all students leave any valuables at home.

We encourage all students to keep their combinations for their hall & gym lockers confidential.

## **Attention Parents**

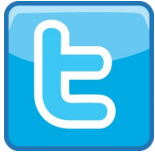
All students courses, assignments, grades and attendance are available live on Power School and can be viewed at any time.

If you have not signed up for Power School, or are having difficulty signing in, please contact the front office and we will help get you started at 780-778-2446. If you have no access to internet you are welcome to stop in to the Learning Commons and access Power School through our internet. Power School is also available as an app for smart phones.

## **Parent/Guardian Reminder**

- \* If a student is going to be late or absent for any reason, a parent or guardian must notify the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours
- \* Please remember that **ALL** students must be signed out by a parent/guardian when leaving the building for any reason, including in the event of an emergency or evacuation. Students can be signed out by a parent/guardian either in person or by calling the school at 780-778-2446.
- \* If there is no call or notification of a students absence from a parent or guardian then it will be considered **unexcused** and an automated call will go home that night. Please be advised if our system has rejected your phone number due to a cancelled landline, we will use the next available phone number (ex: cell phone number)
- \* **Please contact the school to verify your contact information or if you need to make any changes.**

We appreciate your cooperation



Follow us on  
Twitter

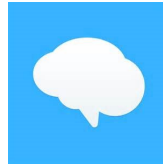


Like us on  
Facebook

PowerSchool  
for Student  
Grades and  
Attendance



Join Hilltop  
Remind



**Support your school with  
SPIRITWEAR!**

**NEW! Charger Spirit Wear**

**Hoodies: \$40.00 each**  
**Short Sleeve T-Shirts: \$15.00 each**  
**Long Sleeve T-Shirts: \$16.00 each**  
**Hats: \$10.00 each**

Spirit Wear can be purchased from  
Mrs. Runge in room 503

**PRICE REDUCED** **Reduced Spirit Wear**  
**Short Sleeve & Long Sleeve T-Shirts \$3.00 each**  
**Shorts \$3.00 each**



## School Fees

CTS Fees, school fees, and grad fees are available to pay on schoolcashonline.ca. Please check your account regularly to make sure you don't have any outstanding fees on your account.



Make online payments with  
SchoolCashOnline

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

Register at SchoolCashOnline.com

**KEVGROUP**  
School Cash Simplified



## Time suggested for homework + studying

if you are pursuing academic excellence at Hilltop High School

### GRADE TEN

Only four core classes are available. Instead of fast-tracking, explore your interests, try different electives, and complete PE 10. Perhaps you could explore sports and extra-curriculars. No homework, you say? Read the newspaper or explore something new.



20 min  
x 3 days of  
the week



20 min  
x 3 days of  
the week



20 min x  
5 days of  
the week



30 min x  
5 days of  
the week



exercise  
and sleep  
help you  
achieve

### GRADE ELEVEN

Four science courses may become available to you: Biology, Chemistry, Physics, and Science 20. Many students manage two at a time quite well by keeping on top of things. Math 10C branches into two streams 20-2 and 20-1 (both for students interested in University, it mostly depends what you want to explore career-wise). To excel in Social, pay attention to current events. To excel in English, read lots of varied texts. It is also time to complete CALM.



Bio 20 - 5 x 30 min  
Chem 20 - 5 x 30 min  
Physics 20 - 5 x 30 min  
Science 20 - 5 x 20 min  
Science 24 - 3 x 15 min



20 min x  
3 days of  
the week



Math 20-3 - 2 x 15 min  
Math 20-2 - 5 x 40 min  
Math 20-1 - 5 x 40 min



Social 20-1 - 3 x 30 min  
Social 20-2 - 3 x 30 min

### GRADE TWELVE

Put away your phone and buckle up. Apply for post-secondaries as early as October 1st. Think about working less and earning higher marks; you have your whole life to work. If you miss school, you have work to do!



30 minutes per week to work on scholarships and post-secondary preparations



Lots of sleep contributes to your ability to learn.



3.5 hours per science and math course /wk (spread out)

2 hours for English and Social, each /wk (spread out).

Is a part-time job a good idea?



Healthy fun will help you maintain balance.



**ENCOUNTERS  
WITH CANADA**

**Are you interested in meeting students from  
across Canada and learning about our nation?  
Encounters Canada is for you!**

Encounters with Canada is our country's largest and foremost youth forum!

Every week of the school year, 120 to 148 teens from across Canada (ages 14 to 17) come to Ottawa. Here they discover their country through each other, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career options, develop their civic leadership skills and live an extraordinary bilingual experience. Over 100,000 youth have lived the EWC experience, to date!

**If you are interested in any of the programs, please see Mrs. Keay ASAP - The early fall programs fill quickly!**

**You will need a Teacher Recommendation (See Mrs. Keay for the Link to the Google Form)**

**For more information, check out: <https://www.ewc-rdc.ca/pub/>**

**Deadline October 30**



## Forum for Young Canadians



**Forum is now accepting applications for the 2018 sessions!**

Would you like to contribute to the future of your community and country? Are you interested in decision-making and politics? **Forum for Young Canadians** is for **YOU!** Take part in a week long youth conference, giving you a behind the scenes look into the world of Canadian Parliamentary Democracy! You will learn to communicate, collaborate and transform your ideas into meaningful community action!

**Meeting decision-makers where the decisions get made.**

### **This includes:**

- Visits to the House of Commons and Senate with the Speakers of each House as well as Clerks and pages. They show you how the institution works before getting to see Question Period live in action.
- A reception where MPs are invited to come meet and chat with participants. All MPs are invited and last year over 100 MPs came to at least one reception. The Prime Minister came to two events in 2016.
- A breakfast at the Senate with Senators hosted by the Speaker of the Senate. It's a chance to ask them what they do.
- A visit to Rideau Hall, residence of the Governor General, which is a great opportunity learn about his role and responsibilities. In 2017, some participants met the Governor General His Excellency The Right Honourable David Johnston during their tour of Rideau Hall.

The total cost for the **entire** week is \$895.00 per student including G.S.T. (Accommodation, Airfare, Meals, and Program fees included). Students are responsible for travel to and from Edmonton to the airport. [Forum for Young Canadians Website](#)

**If you are in grades 10-12 and are interested in this once in a lifetime opportunity, please see Mrs. Keay.**

**Deadline October 30**

# MAYOR FOR A DAY

## WHAT WOULD YOU DO?

Let us know what you would do if you were **MAYOR FOR A DAY** and what improvements you would like to see made.

Applications are available at [whitecourt.ca](http://whitecourt.ca).

Submissions must include a completed application form and an essay attachment.

Applications will be accepted until noon on **MONDAY, DECEMBER 3, 2018**, and can be emailed, faxed, mailed or dropped off at the Allan & Jean Millar Centre.



Two winners will be selected by Town Council based on a panel recommendation. One in middle school (Grades 6-8) and one in high school (Grades 9-12).

Winners will be awarded a prize and will be declared "MAYOR FOR A DAY" on a specified date.



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Contact Fay Arcand at [fayarcand@whitecourt.ca](mailto:fayarcand@whitecourt.ca) or 780.778.3637 ext 417 for more details.

# Whitecourt's YOUTH ADVISORY Committee



To be a member of Whitecourt's Youth Advisory Committee you must be between 13-18 years of age as of December 31 of the current year. The objective of this committee is to work collectively to ensure the needs of youth are met.

**REPRESENT - ENGAGE - CONNECT**

As a member, you will advocate for youth issues, and provide recommendations to Council regarding important issues concerning Whitecourt youth. Students who fulfill their year commitment to the Committee will be awarded a bursary upon graduation (and proof of post-secondary studies).

### The bursary will be awarded as follows:

\$100.00 will be awarded for the attendance at a minimum of 5 Youth Advisory Committee meetings.

\$400.00 will be awarded for successful completion of the following:

- ◆ Mandatory participation in the coordination and implementation of a Town Hall Meeting at the respective school of the Committee Member;
- ◆ Attendance of a Council Meeting (followed by a verbal report on the meeting);
- ◆ Participation in a minimum of four of the following community events listed below:

Youth Recognition Event

Seniors' Activities

Canada Day Festivities

Other events sanctioned by Town Council

Party In The Park

Run 4 Fun

Children's Festival

Trade Fair



### The Committee consists of up to 14 members:

- ◆ Mayor of the Town of Whitecourt;
- ◆ 1 Town Council Representative;
- ◆ Up to 12 Student Representatives from Percy Baxter Middle School, Hilltop High School, École St. Joseph School and the community at large.

For more information, application form and policy please visit:

[www.whitecourt.ca](http://www.whitecourt.ca)



### DESIGNED FOR ADDICTION?

This past summer, at a family reunion, I met a third cousin twice removed. While we were trying to figure out how on earth we were related, he shared with me he is attending university taking cell phone app design and development. Interestingly, he said because of what he is studying, he rarely uses his cell phone now and if he does it is for phone calls and texting. He does not use social media. Curious, I inquired as to why that is. He shared with me an alarming insight about phone apps: "they are *purposely* designed to be addicting". Like most parents, I am concerned about my kids' cell phone use (and my own, to be honest). Daily, I am surprised and irritated with how difficult it is for them (and me) to put it down. Why is it a struggle to stop and put the phone away? Are apps seriously designed to be purposively addictive to users? Upon further investigation, I found several articles that confirmed these fears. I have summarized one below, for the parents of Northern Gateway Public Schools, by Hilary Andersson which was published on BBC Panorama on July 4, 2018.

Social media companies are deliberately addicting users to their products for financial gain, Silicon Valley insiders have told the BBC's Panorama programme. "It's as if they're taking behavioural cocaine and just sprinkling it all over your interface and that's the thing that keeps you coming back and back and back", said former Mozilla and Jawbone employee Aza Raskin. "Behind every screen on your phone, there are like a thousand engineers that have worked on this thing to try to make it maximally addicting" he added.

In 2006 Mr. Raskin, a leading technology engineer himself, designed "infinite scroll", one of the features of many apps that is now seen as highly habit forming. At the time, he was working for *Humanized* - a computer user-interface consultancy. Infinite scroll allows users to endlessly swipe down through content without clicking. "If you don't give your brain time to catch up with your impulses," Mr Raskin said, "you just keep scrolling." He said the innovation kept users looking at their phones far longer than necessary.

But, he said, many designers were driven to create addictive app features by the business models of the big companies that employed them. "In order to get the next round of funding, in order to get your stock price up, the amount of time that people spend on your app has to go up," he said.

***"So, when you put that much pressure on that one number, you're going to start trying to invent new ways of getting people to stay hooked."***

A former Facebook employee made a related point. "Social media is very similar to a slot machine," said Sandy Parakilas, who tried to stop using the service after he left the company in 2012. "It literally felt like I was quitting cigarettes."

One of the most alluring aspects of social media for users is "likes", which can come in the form of the thumbs-up sign, hearts, or retweets.

Leah Pearlman, co-inventor of Facebook's "Like" button, said she had become hooked on Facebook because she had begun basing her sense of self-worth on the number of "likes" she had.

**"When I need validation - I go to check Facebook or Instagram," she said. "I'm feeling lonely, 'Let me check my phone.' I'm feeling insecure, 'Let me check my phone.' Suddenly, I thought I'm actually also kind of addicted to the feedback."**

#### **VULNERABLE YOUTH**

Studies indicate there are *links between overusing social media and depression, loneliness and a host of other mental problems.*

Last year Facebook and Instagram founding president, Sean Parker, said publicly that the company set out to consume as much user time as possible. He claimed it was "***exploiting a vulnerability in human psychology***".

"The inventors," he said, "understood this consciously and we did it anyway."

When confronted with Mr. Parker's allegation that the company had effectively sought to hook people from the outset, senior Facebook official Ime Archibong told the BBC it was still looking into the issue.

Recent reports indicate Facebook is working on features to let users see how much time they have spent on its app over the previous seven days and to set daily time limits.

Twitter declined to comment.

Snapchat said it was happy to support frequent creative use of its app, but it denied using visual tricks to achieve this and added that it had no desire to increase empty engagement of the product.

Clearly, there are many benefits to social media such as entertainment, information, news, community events and staying in contact with friends and family. But as more research comes to light, we must to be discerning, cautious and informed to the risks of over-use and the marketing ploys that are designed to influence us and our children.

*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 encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2018</b>						
	1 Day 1	2 Day 2	3 Day 1 Titans at CATS 4:00 pm Graham Acres	4 Day 2	5 Professional Development Day No Classes World Teacher's Day	6
7	8 Thanksgiving Day	9 Day 1	10 FLEX Day 2 English/Science/Other Tutorial	11 Day 2 Celtics at CATS 4:00 pm Graham Acres	12 Day 1 A&W Classic Sr Volleyball Tournament Whitecourt (boys/girls)	13 A&W Classic Sr Volleyball Tournament Whitecourt (boys/girls)
14	No School	15 Day 2	16 Day 1 Last Day Gr. 9 Options 1/6	17 Day 2 First Day Gr. 9 Options 2/6	18 Day 1	19 Day 2
21	22 Day 1	23 Day 2	24 FLEX Day 1 Math/Social/Other Tutorial	25 Day 1 2017-2018 Academic Awards Ceremony 7:00 pm	26 Day 2 Sr Volleyball Tournament Hinton (boys/girls)	27 Sr Volleyball Tournament Hinton (boys/girls)
28	29 Day 1	30 Day 2	31 Day 1 Halloween	Happy Thanksgiving!		

# GALLERY

## Staff News

Please join us in welcoming Miss. Jacy Richardson back to the Hilltop Family. Miss. Richardson joins our English/Social department. Welcome!



Gold for the Girls Sr. Volleyball Team



Grade 12 students get ready for the Career and Education Expo



Employee Recognition Evening



CATS Football in action



Shinny in St. Louis' gym class



Jody Smith - Tomke awarded 15 years of service in NGPS



Hilltop Staff support Orange Shirt Day



Evelyn Cartwright awarded 10 years of service with NGPS



Silver for the Boys Sr. Volleyball Team



Mrs. Smith - Tomke serves bannock in support of Orange Shirt Day



Katrina Zack awarded 10 years of service with NGPS



Tanisha, Hannah & Colleen at Golf Zones



Jayden and Isabella hard at work recycling and keeping our school clean.

