

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

# Hilltop Jr./Sr. High School



Principal: Mr. Brent Northcott Email: [brent.northcott@ngps.ca](mailto:brent.northcott@ngps.ca)

Telephone: 780.778.2446 Fax 780.778.8818

Website: [hilltophigh.ca](http://hilltophigh.ca) Twitter: @ngpsht

Facebook: [www.facebook.com/hilltophighschool](http://www.facebook.com/hilltophighschool)



VOLUME 1, ISSUE 6

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## March 2019 Newsletter Message from the Administration



### Student Art



Welcome to March. Hopefully spring will arrive soon. Staff and students are now settled into Semester 2. Grade 9 students are well into their fourth option.

We would like to thank our parents who are proactive in informing us of their child's late or absence beforehand. We appreciate the forethought and effort in ensuring attendance is recorded accurately. If students do not get a phone call, they will be assigned a lunch detention. If they fail to attend the detention, they will then be assigned an in-school suspension for half a day. We want students to be accountable for their actions. For those few students who are not being accountable for their attendance, they will have to wait until the school receives a phone call from a parent to be admitted to class.

We are also seeing an alarming trend in the number of students who are vaping in or around the school. Many students are under the assumption that vaping is safer than smoking. That could not be farther from the truth. Vaping is against school rules and is covered under Northern Gateway Admin Procedure 163- Smoke- Free Environment. This policy states, "Students may not use, or be in possession of tobacco products, including electronic cigarette products, while in school, on the school premises, on the school property or during school related functions." Students caught with electronic cigarette products (vapes) during class time will have the electronic cigarette confiscated. If students are caught using the vape on school property they will be subject to discipline including suspension as well as having the vape confiscated. Confiscated electronic cigarettes will only be returned to the parent at the end of the school year. We appreciate parental support in keeping Hilltop a smoke-free facility.

March is also a time to look ahead to the next school year. Students will be selecting their courses for the 2019-2020 school year this month. We are now in the planning stages for the new school year as budgets are completed and timetables are developed.

Lastly, we also have an important graduation tradition in March. Our Grade 12 students will once again be hosting the Whitecourt seniors for the annual Senior Supper on March 28. Thank you to Tamara Blackstock for volunteering to organize this year's supper on behalf of the graduating class. The Senior Supper is a Hilltop tradition that is now approaching 40 years.

Your partner in education,  
Brent Northcott



### 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

### Important Dates

**March 10**  
Daylight Savings Time

**March 11 - 15**  
Substitute Teachers Week

**March 15**  
Professional Development Day

**March 17**  
St. Patrick's Day

**March 10**

Daylight Savings Time



**March 11-15**

Substitute Teachers Week



**March 15**

Professional Development Day

No School



**March 17**

St. Patrick's Day



**FLEX Days**

**March 13**

FLEX Day 2  
English/Science/Other

**March 27**

FLEX Day 1  
Math/Social/Other

**Gr. 9 Options**

**March 19**

Last Day Gr. 9 Options  
4/6

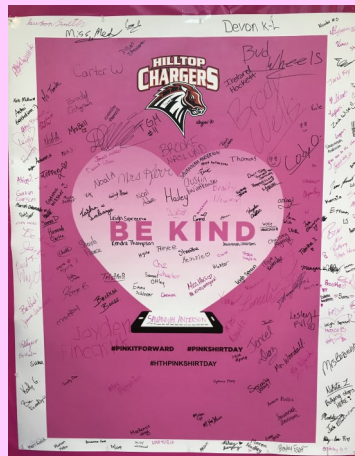
**March 20**

First Day Gr. 9 Options  
5/6

**Pink Shirt Day/Pep Rally**



Hilltop honours Pink Shirt Day by having staff and students sign the pledge to take a stand against bullying. Students were asked to take a picture of themselves signing the pledge and post it to Facebook or Twitter with the hashtag #HTHPinkShirtDay to be entered to win a prize. We also held a Pink Pep Rally where we introduced our Basketball, Curling teams and clubs then played some fun games. Thank you to our special guests who joined us, Constable Brown and the Whitecourt Family Violence Initiative. Thank you to all staff and students for your outstanding support on anti-bullying.



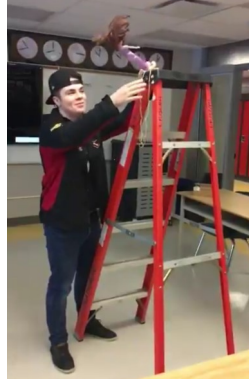
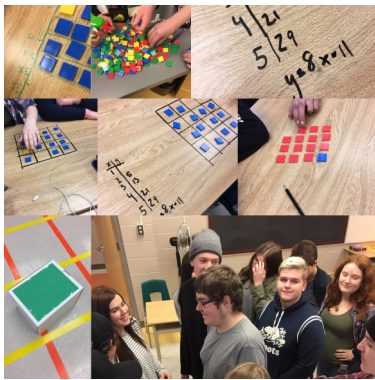


## Schoolreach

Schoolreach is a fast-paced quiz show club held every Friday at lunch time with Miss. Mehl. Schoolreach is a program for Canadian High School students designed to test their trivia knowledge and speed of recall while building skills.



Mrs. Woodford always finds a way to make Math fun! Want to see more of what's happening in her class? Follow her on Twitter @MathWithWoody.



## FOODS

Chef Mercers Foods class made waffles for Valentines Day, while learning the art of plate presentation.



Thank you Concordia University of Edmonton for setting up an information booth and answering student questions.



Thank you to Amber Hester from Jigsaw Learning for working with staff during our Professional Development day.



## Thank You

Mckenzie Seeds graciously donated a hydroponic growing system to one deserving Urban Gardening student. Congratulations to Lisa Coffee, the lucky recipient.

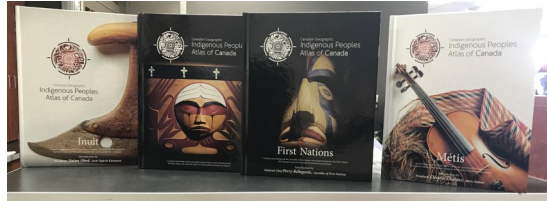






**Special Gift from a Special Guest**

Thank you to the Honourable Oneil Carlier for presenting this beautiful Canadian Geographic's Indigenous Peoples Atlas of Canada box set to our Learning Commons on behalf of the Alberta Government. Thank you to our FNMI Liaison Mrs. Smith-Tomke and Jaxon Perrin for joining us for this special presentation.



**Armed Forces**

Special thanks to Master Seaman Jeff Liew with the Canadian Armed Forces(CAF) for coming to Hilltop to speak to students interested in the Military. The Canadian Armed Forces main purpose is defending Canada, along with peace-keeping, search and rescue, and aid to civil powers/authorities. The CAF covers three main environments, land (Army), air (Air Force) and sea (Navy). If you are interested in joining the Military you can view their updated website at [armedforces.ca](http://armedforces.ca).

**Academic Requirements**

- Minimum Grade 10 (High School Diploma recommended)
- Minimum 17 years of age
  - Canadian Citizen
- No skill required - willing to train - compensation while in Military College

**Application Process**

- Application Online
  - Fitness Test
  - Aptitude Test
  - Personality Test
  - Security Screening
  - Medical Exam
  - Interview



Students had the unique opportunity to obtain seven different safety ticket certifications over the week of Teachers' Convention. The following students successfully completed and obtained certification in H2S Alive, Confined Spaces, Detection and Control of Flammable Substances, WHIMIS, Ground Disturbance, Fall Protection and Transportation of Dangerous Goods; **Kaleeah Gunderson, Damon Irwin, Caleb Tobin, Ayden Mytrunec, Chase Wheeler, Brayden Boucher, Kaylee Veroba, Brekkan Bowes, Logan Tschigerl, Caleb House, Areanna Fast and Brady Turner.** Well done students!

Mr. Finan teaching Tanner Possnett the art of Welding Fabrication.



Mr. Schlosser's Outdoor Education class is learning how to survive in the great outdoors. They started with knife safety before making kindling to help effectively and safely start a fire. Students used coffee cans as a small stove where they then learned how to cook on.







# 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**

## 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)

## Grad 2019

### **Grad Song:**

"Don't you (forget about me)  
by Simple Minds.

**Grad Quote:** "No matter what people tell you, words and ideas can change the world."  
- Robin Williams.

**Grad Logo:** Pictured



## Important Days to Remember

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

Grad Application/Biography Write - Up  
**Due March 10, 2019**

\* Forms can be found on our website at hilltophigh.ca  
\* **Please include one baby photo and one childhood photo in digital format emailed to [jessica.bezushko@ngps.ca](mailto:jessica.bezushko@ngps.ca)**

**Senior Supper**  
**March 28, 2019**  
Senior Circle Supper 6:00 pm  
(student volunteer sign-up on the grad board)

**May 3, 2019**  
Grad Spring Formal  
(details TBA)

## Your 2019 Grad Council

(Left-Right)  
Mikayla Tipler, Briana Kingdon, Jacob Davidson, Sadie Bounds, Jordan Albaya and Tanisha Gano - Murray



## **Attention Grade 12 Students!**

**It's time to meet again!**  
**Please sign up on my classroom door (302) for a brief (10 minutes) meeting!**

Bring your Grad Application with you!



## **Grade 12 One on One Meetings ~ Round 2!**

Sign up for a time on the calendar. **Blocks 1 & 2** are available. **Create a reminder on your phone so you do not miss your appointment.** If you miss your appointment, you go to the bottom of the list!

Bring your Grad Application with you!







## Hilltop High School Off-Campus Education

Registered Apprenticeship Program, Dual Credit  
and Work Experience



### Current RAP/Dual Credit Opportunities

If you are interested in the Registered Apprenticeship Program or are a business interested in taking on a RAP student, please contact Mrs. Van De Kerckhove at 780-778-2446

\*\*NEW\*\*

#### Powerline Technician

**Pre Req:** Must be 16 years old  
Valid Drivers License  
HCS 3000

**Application plus Resume and Cover Letter due May 3**  
Starting Wage: \$22.00 - Summer Position

#### Heavy Duty Mechanic - Alberta Newsprint Company

Resumes Due March 28

#### Millwright - Alberta Newsprint Company

Resumes Due March 28

Harley Davidson Technician  
Oilfield Operator (2 year program)  
4th Class Power Engineering  
Service Rig Floorhand  
Health Care Aide (2019-2020)  
Educational Assistant  
Office Administration



#### Introduction and Hands on Training for Equipment

You will experience how to drive and maneuver a small Bobcat skid steer. Learn how to dig and remove dirt works with a mini excavator. Lift and drive a genie to work at heights and learn the proper way to dress in a harness and tie off. Introduction to hooking up trailers, driving and backing into locations. Picker truck set up and guiding to lift loads. Possible introduction to welding. This opportunity is being offered **April 1-5, 2019 from 4-6pm** every day.

**For more information contact Dannie with any questions 780-779-7765. If you are willing to learn, we are willing to teach. It doesn't cost anything but your time.**



# Athletics

Be a Charger...Take Charge!



### CURLING

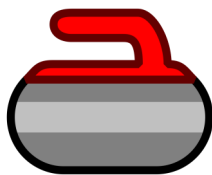
Congratulations to our mixed curling team who earned bronze at Curling Zones in Slave Lake. Huge thanks to their coach Miss. Hlus for all her hard work and to the Whitecourt Curling Club for their continued support.



Curling Team Roster

Coach: Laramie Hlus

Maddy Martell, Caleb Tobin, Ashley Anderson, Jacob Wilson, Kendall Shuck and Kenneth Zaddery (missing from photo)



## Basketball

Jr. Girls continue their winning streak and earn GOLD at GCAA. Well done ladies!





**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**




**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.



**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.





# 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




**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**



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



**NEXT MEETING: MARCH 20, 2019 AT 7:00 pm**

**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.

**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 one morning a week, please see her at the Bistro. **Any students looking to fulfill needed volunteer hours this is a fantastic way to get them! Thank you in advance!!**



## Passport Photos

Available in the Media Lab

**\$20.00 each**



Appointments are available Monday to Friday between 9:00 am and noon. Call Hilltop and ask for Derek Schlosser at 780-778-2446 to book an appointment.

## KEY STUDY GUIDES

**Grade 9 Students:** Did you purchase a KEY Study Guide for Grade 9 Math, LA, Science or Social and in spite of your best intentions did not use it? Ms. Greenshields will try to match up students seeking grade 9 KEY Study Guides for this semester with gently used second hand Study Guides. Bring your second hand Study Guides to the library.

*For grade nine students and grade core subjects only only.*

**New Key Study Guides will be available to purchase in March. Please see Ms. Greenshields in the Learning Commons for an order form.**



## What is Kidsport?

KidSport Whitecourt is a charity in our community that believes that no kid should be left on the sidelines and that all kids should have the opportunity to experience the positive benefits of organized sport. We are one of 40 locally organized chapters in Alberta that provide grants to families who are facing financial obstacles and require assistance in paying their children's sport registration fees. To apply see the office for an application. If you have questions please contact Mrs. Smith-Tomke, or The Town Of Whitecourt's, FCSS Program Coordinator at 780-778-3637 ext.417

**KidSport Whitecourt is also looking for donations to help us help community youth. To donate contact Mrs. Tomke or The Town Of Whitecourt's, FCSS Program Coordinator at 780-778-3637 ext.417**

## To Run or not to run

**1 Who makes the decision and how?**  
Rhett Czaban, Director of Transportation. Weather, Highway Satellite Cameras, Calls to bus drivers and contractors, Scouting the Roads.

**2 Are the buses running?**

**3 The decision is made between 06:00 am and 06:30 am**

**4 How do we let you know?**  
ngps.ca, Twitter, Facebook, Send to School, Keep Home.

**5 It's your decision!**  
It is always your decision whether or not to send your child to school when weather conditions are extreme.

**6 Dress warmly!**  
Don't forget to dress warmly. See you at school!

## 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!

## 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.

**NOW AVAILABLE**


Make online payments with **SchoolCashOnline**


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

Register at [SchoolCashOnline.com](http://SchoolCashOnline.com)


**KEYGROUP**  
School Cash Simplified







**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

**March 6th:** 11am ~ Careers Next Generation will be talking to our students about career pathways and Registered Apprenticeship Opportunities

**Yoga Sessions:** (Students can use these hours towards earning their PE 10 credits!)  
 March 6th 9:30-10:30  
 March 14th 9:30-10:30  
 March 20th 9:30-10:30  
 March 28th 9:30-10:30


Hot lunch will be served on **March 13th & March 27th**. Students, please place your "vote" for menu choices with Tammy!

**Graduating Students:**  
 Writing an April diploma? Please remember to check in with Mrs. Kendall! All modules must be completed by the end of March to ensure you are ready for your April exam. If you are writing a diploma course in June, all modules must be completed by the end of May.

**Weekly Tutorials for our Grade 12's:**  
 English 30-2 Tutorials: Thursday 1-3pm  
 Social 30-2 Tutorials: Tuesdays 1-3pm

**Parent Teacher Interviews will take place on April 11th from 4-8pm.**

**Whitecourt Teen Centre**  
*A place where you can be yourself!*



Teen Centre Hours

Tuesday: 3:30PM to 8:30PM  
 Wednesday: 3:30PM to 8:30PM  
 Thursday: 3:30PM to 8:30PM

FEELING HUNGRY ON FLEX DAYS? WE'RE OPEN FOR LUNCH FROM 11:15AM TO 1:00PM!

MARCH 13 MENU: SPAGHETTI  
 MARCH 27 MENU: SOUP

## The importance of regular attendance and punctuality

	If your child misses...	That equals...	Which is...	And over 13 years of schooling that is...
Attendance →	1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
	1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
	2 days per week	80 days per year	16 weeks per year	Over 5 years
	3 days per week	120 days per year	24 weeks per year	Nearly 8 years

	He/She is only missing...	That equals...	Which is...	And over 13 years of schooling that is...
Lates →	10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ a year
	20 minutes per day	1 hr 40 min per week	Over 2 ½ weeks per year	Nearly 1 year
	30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
	1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

## 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.



### NEW Scholarship Opportunity

APEGA Foundation Student Award is now available for application for students planning to pursue and study the field of engineering and geoscience. Please view [hilltophigh.ca](http://hilltophigh.ca) for more information and application.



**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

If you are interested in a RAP position and would like to find out more information, please see Mrs. Van De Kerckhove in the front office.

### 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).



### 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/parents-and-students-tab](http://hilltophigh.ca/parents-and-students-tab).

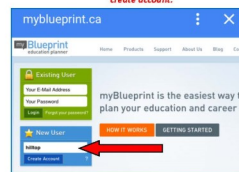


### myBlueprint

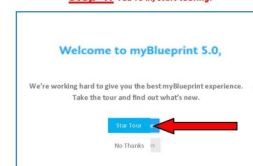
PLAN YOUR EDUCATION AND CAREER

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.



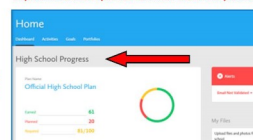
**Step 4:** You're in, start touring!



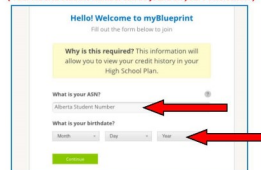
**Step 2:** Choose your grade.



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



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



## 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.





# Time suggested for homework + studying

if you are pursuing academic excellence at Hilltop High School



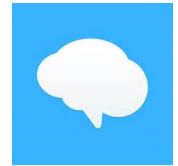
Like us on Facebook



Follow us on Twitter



PowerSchool for Student Grades and Attendance



Join Hilltop Remind

## 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.

### 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.



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/Guardians

\* 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.

\* 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

## SCREEN TIME AND MOODS

Is it just me or does every parent conversation end up in venting about our kids' electronic use? Whether its young ones glued to Peppa Pig, middle ones "addicted" to Fortnite and YouTube or teens obsessed with sending their "streaks" on Snapchat and spending endless hours scrolling through Instagram. Perhaps to our kids, the adults in their life look no different. I like to consider myself fairly "normal" when it comes to my parenting practices but when I get the weekly screen time notice on my phone, I am shocked! Although I justify it as productive: banking, reading a novel, reading/watching the news, checking the weather, emailing work, scheduling family activities, booking meetings, reading articles pertaining to my hobbies, social media, researching holiday destinations, texting family and friends, etc. It is no wonder my kids see me on my phone ALL THE TIME. But why does adult screen time not affect moods and behavior the way it seems to children? Anyone who has witnessed a full blown breakdown after hours on Fortnite or Snapchat can attest that too much screen time does something negative to younger people.

I read an interesting article by Victoria L. Dunckley, M.D. Victoria (a child, adolescent and adult psychiatrist) about this complex subject. With her permission, I have summarized it below.

*Children or teens who are "revved up" and prone to rages or—alternatively—who are depressed and apathetic have become disturbingly commonplace. Traditional treatments often don't work very well, and a downward spiral continues.*

*Both parents and clinicians may be trying to treat what looks like a textbook mental disorder, but fail to address the most common environmental cause of such symptoms—everyday use of electronics. Time and again, I've realized [that to] successfully treat a child with mood dysregulation today requires methodically eliminating all electronics use for several weeks—an "electronics fast"—to allow the nervous system to "reset."*

*If done correctly, this intervention can produce deeper sleep, a brighter and more even mood, better focus and organization, and an increase in physical activity. The ability to tolerate stress improves, so meltdowns diminish in both frequency and severity. The child begins to enjoy the things they used to, is more drawn to nature, and imaginary or creative play returns. In teens and young adults, an increase in self-directed behavior is observed—the exact opposite of apathy and hopelessness.*

*When a child goes through an electronic fast, we see improved sleep, more exercise, and more face-to-face contact with others all compound the benefits—an upward spiral! After the fast, once the brain is reset, the parent can carefully determine how much if any electronics use the child can tolerate without symptoms returning.*

### **RESTRICTING ELECTRONICS MAY NOT SOLVE EVERYTHING, BUT IT'S OFTEN THE MISSING LINK IN TREATMENT WHEN KIDS ARE STUCK.**

*An electronic fast is effective because it reverses much of the physiological dysfunction produced by daily screen time.*

### **SIX WAYS THAT EXPLAIN WHY ELECTRONICS PRODUCE NEGATIVE MOODS**

#### **1. SCREEN TIME DISRUPTS SLEEP AND DESYNCHRONIZES THE BODY CLOCK.**

Because light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock.

#### **2. SCREEN TIME DESENSITIZES THE BRAIN'S REWARD SYSTEM.**

Gaming and at times, social media, releases so much dopamine—the "feel-good" chemical—that on a brain scan it looks the same as cocaine use! When reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure.

#### **3. SCREEN TIME PRODUCES "LIGHT-AT-NIGHT."**

Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies show that exposure to screen-based light before or during sleep causes depression, even when the animal isn't looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child's room, but in fact removing light-at-night is protective.

#### **4. SCREEN TIME INDUCES STRESS REACTIONS.**

Both acute stress (fight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase irritability. Indeed, cortisol, the chronic stress hormone, seems to be both a cause and an effect of depression—creating a vicious cycle.

#### **5. SCREEN TIME OVERLOADS THE SENSORY SYSTEM, FRACTURES ATTENTION, AND DEPLETES MENTAL RESERVES.**

Experts say that what's often behind explosive and aggressive behavior is poor focus. When attention suffers, so does the ability to process one's internal and external environment, so little demands become big ones. One way to temporarily "boost" depleted reserves is to become angry, so meltdowns actually become a coping mechanism.

#### **6. SCREEN-TIME REDUCES PHYSICAL ACTIVITY LEVELS AND EXPOSURE TO "GREEN TIME."**

Research shows that time outdoors, interacting with nature, can restore attention, lower stress, and reduce aggression. Time spent with electronics reduces exposure to natural mood enhancers.

*In today's world, it may seem crazy to restrict electronics so drastically. But when kids are struggling, we're not doing them any favors by leaving electronics in place and hoping they can wind down by using electronics in "moderation". It just doesn't work. In contrast, by allowing the nervous system to return to a more natural state with a strict fast, we can take the first step in helping a child become calmer, stronger, and happier.*

As parents, perhaps we should analyze our own screen time as well. Maybe we can buy a newspaper once in while or read a "real" book or magazine in a sunbeam or on the deck when it warms up. Ask our child to help with on-line banking (if it is age appropriate), rather than texting pick up the phone for a conversation. What our kids see us DO is far more impactful then what our kids hear us SAY.

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. Tammy advocates for students and parents, providing a link between to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 children, 3 of which are teenagers.*





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2019</h1>						
3	4 Day 2	5 Day 1	6 Day 2	7 Day 1	8 Day 2	9
10 Daylight Savings Time	11 Day 1 Substitute Teachers Appreciation Week	12 Day 2	13 FLEX Day 2 English/Science/Other Tutorial	14 Day 1	15 Professional Development Day No Classes	16
17 St. Patrick's Day	18 Day 2	19 Day 1 Last Day Gr. 9 Options 4/6	20 Day 2 First Day Gr. 9 Options 5/6	21 Day 1	22 Day 2	23
24	25 Day 1	26 Day 2	27 FLEX Day 1 Math/Social/Other Tutorial	28 Day 1	29 Day 2	30
31						



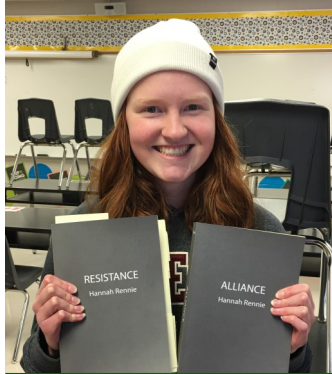
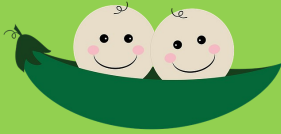


# GALLERY



## Staff News

A special congratulations to Mrs. Long and her husband Martin, on the birth of their twins, a boy and a girl.



Two-time published author Hanna Rennie.



Tanner Possnett  
Pink Shirt Day Fun



Ashley Brown and Claudia Hadley keeping our school clean on a No Bus Day.



Ms. Osmond does Henna for Gateway!



Staff learn First Aid training



No Bus Day Badminton



Nikita is flexible



Cooking cherry bush pies in Outdoor Ed



Open fire cooking in Outdoor Ed



Emma Schlosser takes photos of Samuel Ottley



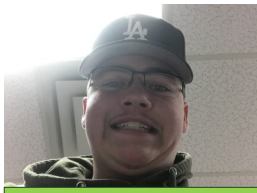
Father/Daughter Photography



Cat house made by Brekkan Bowes in Shop



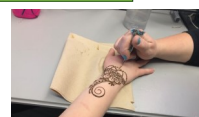
The art of plating in Foods



When you steal Mrs. Christiansons phone for a selfie you end up in the newsletter!



Chest bump



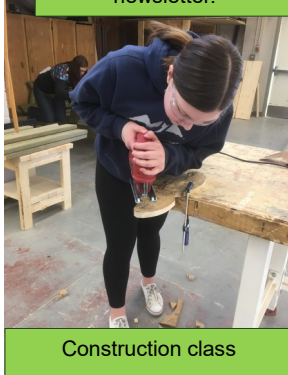
Henna at Gateway



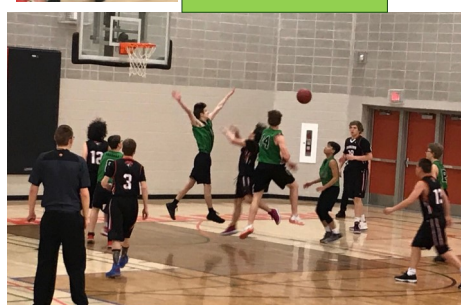
Mrs. Osmond helping Mrs. Johnson get her stuck boot off.



Jaden Fincaryk plays a game at Pink Shirt Day



Construction class



Jr. Boys Basketball

Damon Irwin testing the taste of a salt lamp. It tastes like salt.

