



“A great place to LEARN...and more!”

# Hilltop Jr./Sr. High School



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**Twitter:** @ngpshth

## Welcome Back September 2019 Newsletter

### Message from the Administration

VOLUME 11, ISSUE 1

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#### Welcome Back!

Welcome to Hilltop High School for the 2019-2020 school year! I hope you enjoyed a wonderful summer. I also hope you are relaxed, recharged and ready to start a new school year. I am very pleased that you have chosen to be a part of our amazing learning community. I welcome your dedication to our excellent school and I look forward to working with you and your children. Thank you for making Hilltop the number one school of choice in Whitecourt.

It is exciting to have the students back in classes and the hallways. Their excitement and enthusiasm is contagious this early in the school year. We have more students than ever this year. Our enrollment has now surpassed the 540 mark. We are bursting at the seams with great students.

Each year brings positive change to our learning community. This includes a few additions to our staff. We are excited to welcome Candice Sullivan, Denika Friedrich and Lydia Pau to the Hilltop teaching staff. Mrs. Sullivan will be teaching Math and Science. Ms. Friedrich will be teaching English and Social and Ms. Pau will be teaching Biology, Chemistry and Physics. We would also like to welcome Roxanne Amiot as an Educational Assistant at Hilltop as well as Selene Dowsett as an Educational Assistant at Gateway Academy.

We encourage parents to be involved and informed. Please come out to the Friends of Hilltop School Council meeting on Wednesday, September 18. This is an organizational meeting where an executive will be elected for the upcoming year.

If you have any questions or concerns, please do not hesitate to give your child's teacher or me a call. I look forward to having a great relationship with you as we all strive to help your children reach their academic potential.

Sincerely,  
Brent Northcott

#### Important Dates

- September 9:**  
Picture Day
- September 18:**  
FOH Council Meeting 7pm
- September 26:**  
Grad Meeting 7pm
- September 30:**  
Orange Shirt Day
- October 3:**  
Career and Education Expo

#### First Day Fun



#### 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

**September 9**

Picture Day


(Packages were sent home first day of school, please contact the office if you need a package)



**September 18**

First FLEX Day


Math/Social/Other



**September 18**

Friends of Hilltop School Council Meeting

7:00 pm




Get Involved!

**September 26**

Grade 12 Graduation/ Scholarship Parent Information Meeting


7:00 pm



**September 30**

Orange Shirt Day






**Career and Education Expo 2019**

**Thursday, October 3**

9:30 am—3:30 pm



All students will be once again attending the Career and Education Expo this year. Students will have the opportunity to explore numerous career and post-secondary pathways while visiting a variety of booths at the Allan and Jean Millar Centre. This event is also open to the public and admission is free.

**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 student's 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 if you have any concerns.

We appreciate your cooperation

**Employee Recognition**

We would like to acknowledge and congratulate the following Hilltop staff members for their years of service and commitment to education within NGPS.



**Jennifer Keay (10 years)**

**Chris Keay (10 years)**

**Elan Properzi (10 years)**

**Jackie Runge (10 years)**

**Karla Sanderson (10 years)**

**Kristine Woodford (10 years)**

**Pam Mehl (15 years)**

**Charlotte Blain (20 years)**



**Staff News**


We would like to warmly welcome new staff to the Hilltop family!

**Ms. Candice Sullivan** will be joining the Science/Math department, **Ms. Lydia Pau** will also be teaching Science and **Ms. Denika Friedrich** joins the English/Social department.

We would also like to welcome Educational Assistants **Ms. Roxanne Amiot** to the Hilltop family and **Ms. Selene Dowsett**, who will be joining Gateway Academy.

**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.



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.

Students are not permitted to share lockers and they must use the lock/combination provided to them by Hilltop High School.

\* If there is no call or notification of a student's 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 if you have any concerns.

We appreciate your cooperation



**NEW STUDENT REGISTRATION**

We are still accepting new student registration. Registration packages can be found on our website at hilltophigh.ca, please contact the school to schedule an intake meeting with administration before registering. Our office is open, Monday - Friday from 8:00 am - 4:00 pm.

## School Expectations

*There are school expectations the staff at Hilltop High School believes to be important to ensure the success of your child in our school setting. Abiding by these expectations will greatly assist in promoting a safe and caring school environment. Your cooperation is appreciated.*

### Respectful Communication

**Definition:** Appropriate communication between staff members, between students, between students and staff, and between students, staff and parents. Appropriate communication is the practice of non-heated conversations, positive body language, appropriate volume, tone and choice of language, as well as active listening.

**Expectation:** Respectful communication is to be used at all times.

### Lates/Attendance

**Definition:** Lates: coming after the usual, proper or expected time. Attendance: being in the classroom and actively learning

**Expectation:** Students are expected to arrive in class before the bell rings and attend class on a daily basis.



**Please be advised of our revised late/attendance policy.**

**For the complete policy please refer to the student/parent handbook available on our website at [hilltophigh.ca](http://hilltophigh.ca)**

**Absences: All** absences must be excused by the students' parents or teachers. This means the parent or guardian must call the school, in order for the absence to be acknowledged. If there is no call or notification, then it will be considered **unexcused** and an automated call will go home that night. The following day, the student will be admitted to class without parent contact, but the student will receive a lunch hour detention. If the parent contacts the office before 11:30 AM, the detention will be cancelled. If a parent does not contact the office, the student will be called to the office for detention at lunch. (We feel this parent contact is vital for success, therefore, they must contact us before the detention is cancelled) If students fail to show up for lunch time detention due to habitual lates and absents, a full day in-school suspension will be issued; the student then has opportunity to complete missed work (assignments, quizzes, and tests). Whether students are excused or unexcused from school, it is their responsibility to get caught up on missed work.

**Lates:** At the beginning of each semester, students will be issued five free late slips by their teacher. There are four blocks each day and thus these five free lates could be used in just 1.25 short days. Once these free admittances have been used, students will need to get a late slip from the office to be permitted into class. Parents/Guardians will have to call the office to acknowledge and excuse their students late by 11:30 am on the day of, otherwise the late student will be issued a minimum 15 minute detention at lunch or serve the amount of time the student is late, if greater than 15 minutes. If the student is late in the afternoon, they will be expected to receive a call acknowledging and excusing their absence by 11:30 am the following day. The exception to this is if there is a test/exam in the class for which the student is late. Those students without calls will be required to serve their 15 minute lunch detention as well as, talk to the teacher for whom they are late, to get missed work. When lates become habitual, contact will be made home by the teacher. When lates become chronic, it will become an office referral and/or a full day in-school suspension may be issued by administration. It is important for students to bring school work to lunch detention to allow them to get caught up on missed work.

### Loitering

**Definition:** Spending time idly; lingering without purpose.

**Expectation:** No loitering in the hallways and lunchroom. Students are to be in class. If students are on spares, they are expected to work in the library quietly, go outside or leave campus entirely.

### Appropriate Dress

**Definition:** Wearing clothing that is respectful of the learning environment.

**Expectation:** Students and staff will wear clothing that is non-revealing and does not have inappropriate slogans.

### Cell Phones or Text Capable Electronics

**Definition:** Any devise capable of making a phone call or text messaging.

**Expectation:** Cell phones or text capable electronics are not allowed in class unless authorized by a teacher. They are off limits in all exams.

### Smoking, Vaping and Restricted Areas

Hilltop High School is a smoke/vap-free zone. It is illegal for anyone under the age of 18 years to smoke or be in possession of nicotine. Senior High students who are of legal age must be off school property. The arena parking lot, curling rink and back alley area are out of bounds for grade 9 students from 8:00 am to 4:00 pm. All Students are not allowed to leave the school building during class or during the break between classes. Cigarettes, vaporizers and any illegal paraphernalia will be confiscated and not returned.

***Other school expectations exist. We encourage you to check the parent/student handbook for more information.***



# 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.



Like our page on Facebook @hilltophighschool.



Follow us on Twitter @ngpsht.



View our website at [hilltophigh.ca](http://hilltophigh.ca).



Read our monthly newsletters online at [hilltophigh.ca](http://hilltophigh.ca) or pick up a copy at the front office.



Pay for school fees, sports activities and more at [schoolcashionline.com](http://schoolcashionline.com).  
*For more information visit our website at [hilltophigh.ca](http://hilltophigh.ca).*



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

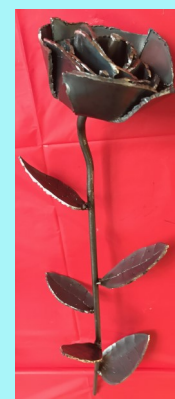
### Highlights from Summer Boot Camps

Gateway Academy  
**Career Exposure**  
 Summer Boot Camps

Gateway Academy's Career Exposure Summer Boot Camps were a success this summer. This year marked the third year Northern Gateway Public School's offered students in our community and surrounding area the opportunity to participate in these unique programs designed to allow students to learn new skills from industry professionals, while exploring career pathways and earning high school credits.

This year NGPS saw an impressive 250 students enroll in the free one to two week programs, which included a variety of options from Esthetics, Art and Tourism to Medical Minds, Movie Making and Motorcycle Mechanics. Several new programs were offered this year; Equine First Aid saw students

learning how to care for horses by using both live horses and even a life size mannequin horse. The RCMP Academy brought special guests Hulk the police dog and Constable Kathy Stewart who landed the RCMP helicopter in the school's back yard for students to see. Welding was a high demand program this year, students successfully completed the course and had everyone impressed with the stunning metal roses they created. Students then finished the week with a celebration to showcase their talents and achievements, including a luncheon with treats prepared by the Culinary students and a movie created by the Moving Making Magic course students. Hilltop was proud to host the Summer Boot Camps for the third year and we want to thank NGPS and all community partners and sponsors for offering these opportunities to our local youth and supporting student success. Thank you to all the amazing instructors from across the province for joining us to share their knowledge with students. Thank you to the 250 students who registered this year, we hope you enjoyed the courses and have learned new skills to help you advance your goals for the future.





# 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.**

**September Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 Loaded Tator Tots	5 Mac & Cheese	6 Perogies and Sausage
9 Butter Chicken w/ Rice	10 S&S Meatballs w/ mashed potatoes & corn	11 Chili Cheese Dogs	12 Taco in a Bag	13 Cheesy Ravioli w/ Salad
16 Meatball Sand- wiches	17 Aloha Chicken w/ Rice	18 Turkey Bacon Ranch Wrap w/ Soup	19 Meatball Lasagna w/ Salad	20 Beef Stroganoff
23 Chicken Fettuccini Alfredo	24 Sloppy Jo's	25 Bacon Cheese- burger Tator Tot Casserole	26 Chicken Casserole w/ Rice	27 Pulled Pork & Coleslaw Buns w/ Potato Chips
30 Chicken Caesar Wraps				

**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 \$1.50  
 Cheese, Meat & Crackers \$3.50



**Grade 10-12 students!**  
 Are you interested in a trip to Ottawa to learn about medicine?

Technology? Canada's Parliamentary Democracy? Law? Business? Then Encounters With Canada is the program for you! For under \$800 you can travel to our nation's capital, spend a week with students from across Canada and discover careers in 15 different theme weeks!

Spots are limited! See Mrs. Keay if you are interested!



## 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.



## 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!



**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.



Friends of Hilltop Parent Council

**2019-2020 Friends of Hilltop Council Members**

**Chairpersons: Tammy Dickson and Avy Fast**

**Secretary: Joanne Merrifield**

**Treasurer: Judy Watson**

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

Welcome back everyone – we hope you have enjoyed your summer! To all parents, if you have ever thought about becoming part of the Friends of Hilltop Parent Council, this is the year to do it!

Plan to attend the VERY short meeting on **September 18 at 7:00pm**. It is a great way to stay informed, contribute to the school, and to give back to your community. Friends of Hilltop welcomes new parents.

**NEXT MEETING: September 18, 2019**

**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.



NOW AVAILABLE

Make online payments with  
**SchoolCashOnline**

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

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

**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**



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

*(formerly called Storefront)*

**Phone: 780 - 778 - 5865 Fax: 780-778-5683**

### **SCHOOL HOURS**

Monday: 8:30 am to 3:00 pm

Tuesday: 8:30 am to 3:00 pm

Wednesday: 12:30 pm to 7:00 pm

Thursday: 8:30 am to 3:00 pm

**Friday: No School**



Gateway Academy is Hilltop High School's outreach program. This alternative program is designed for students that are unable 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 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 also offer:

- Flexible time schedule;
- Individualized study program;
- Access to a variety of Core and Option courses;
- 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.
- Students may enroll in a partial program at the outreach while maintaining enrollment in other courses at their local high school.

The Gateway Academy Program is designed for students who:

- Are unsuccessful in the regular school setting;
- Prefer working independently and are highly self motivated;
- Need only a few credits to complete their high school diploma;
- Have work commitments or difficulties interfering with regular attendance;
- Are single parents who are unable to commit to a full-time program;
- May have experienced difficulties and dropped out of school;
- Have relocated mid-semester and are unable to register in regular school;
- Exhibit a desire to improve their education and career options.

We are located in downtown Whitecourt, on the corner of 51<sup>st</sup> Street and 51<sup>st</sup> Avenue (5104- 51 Ave.)

**Registration begins on Tuesday September 3, 2019. For more details,  
e-mail Mrs. Kendall @ [maureen.kendall@ngps.ca](mailto:maureen.kendall@ngps.ca) or call (780) 778-5865.**

### **STEPS TO REGISTER**

Students wishing to register at Gateway Academy must complete a registration package available at the school. Current Hilltop students must first have permission form Hilltop administration before beginning the registration process.

Students must come to the school for an intake interview, which they may schedule or attend on a drop-in basis. As well as your completed registration package, make sure you have the following information ready for your intake meeting:

- Birth Certificate or passport
- Legal first and last name
- Name of last school attended and contact person (Phone number if possible)
- If you have completed Grade 9 and have not been registered in a high school, a report card from Grade 9 must be provided.

Completion of the package does not guarantee acceptance into the program.

Staff may require time to gather information to determine whether or not Gateway Academy can provide the appropriate education.







# Grad News



## Grad 2020 Remind

Parents and students please sign up to receive important reminders regarding Grad 2019 via text message.

**Text the message @hthgrad20 to the number (587) 316-7407**

## Important Days to Remember

Hilltop High School's 53rd Graduation Ceremony  
Grad 2020

**Date & Time: TBA**

Graduation/Scholarship Information Meeting

**Thursday, September 26**

**7:00 pm**

Hilltop Auditorium

Grad Pictures

**November 26-29**

Photo sessions can be booked online approximately a week before. Communication will be sent out via the Grad Remind with full instructions once online booking is available and open.

Grad Photo Re-takes

**February 5**

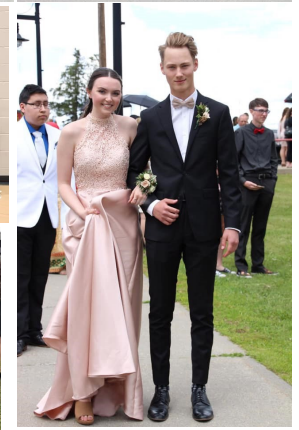
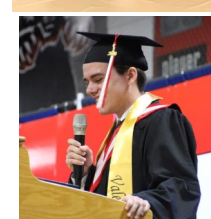
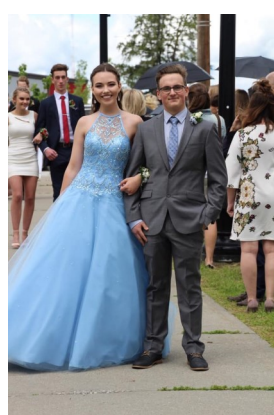


## Class of 2020 Grad Council

Applications are available at the office and due by September 20

## A Look Back at Grad 2019!

Congratulations to the Grad Class of 2019. We wish each of you all the best in your journey ahead and encourage you to remain life long learners. Yearbooks will arrive some time this Fall. Once they arrive, there will be notifications sent to the Grad 2019 Remind group and on our social media pages. Please remember that you will not receive your yearbook until you have paid any outstanding fees or returned any textbooks you may still have .





### Hilltop High School Off-Campus Education

Registered Apprenticeship Program, Dual Credit and Work Experience



### Students hard at work this Summer!



If you are a student interested in Off-Campus Education or are a business interested in taking on a RAP student, please contact Mrs. Van De Kerckhove at 780-778-2446

**FOR NEW RAP OPPORTUNITIES WATCH HERE, ONLINE OR THE OFF CAMPUS BULLETIN BOARD**



# Athletics

Be a Charger...Take Charge!



We are seeking volleyball coaches for the upcoming season for both the Jr. girls and boys teams and the Sr.

boys team. If you are interested in coaching the Hilltop Chargers please contact us at 780-778-2446.

Volleyball tryouts will take place the first week of school. Please see Mr. Keay for more information.

#### Senior Tournaments

- Wetaskiwin Sept 13/14 (Boys/Girls)
- Onoway Sept 20/21 (Boys/Girls)
- Spruce Grove Sept 27/28 (Boys Girls)
- Home Tournament Oct 4/5 (Boys/Girls)

#### Junior Tournaments

- Whitecourt Sept. 27/28 (Boys/Girls) ( Tentative)



Are you interested in Golf?

See Mr. St. Louis



#### CATS Home Games

Come Cheer on the CATS on their home turf.

**September 6**  
**September 27**  
**4:00 pm**  
**Graham Acres**

## 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

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).



## MYPASS.ALBERTA.CA

To access your records after writing a diploma, you will need to have a [myPass.alberta.ca](http://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.

## First Nations, Métis and Inuit (FNMI)

**Mrs. Smith-Tomke , FNMI Liaison Worker**

Tansi, Abawasheded

Welcome Students and Parents/Guardians to the 2019/2020 school year at Hilltop High School. I look forward to making a connection with you all, and I hope you will stop in at Student Services to say hello. The first celebration this year will be Orange Shirt Day. On Monday, September 30, Hilltop High School staff and students are encouraged to wear orange shirts to honour and bring awareness to the experiences of residential school students. Please stop by my office if you are interested in wearing a t-shirt with the logo chosen for this school year. Enjoy the fall colors and warm winds.

Hiy Hiy, Ish Nish

**Orange Shirt Day**

EVERY Child MATTERS

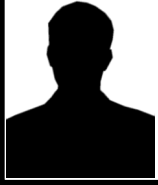


## Passport Photos

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



Like us on Facebook



Follow us on Twitter



Join Hilltop Remind



PowerSchool for Student Grades and Attendance

## 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.



## 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)



Healthy fun will help you maintain balance.

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

Is a part-time job a good idea?

## 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

## **SURVIVING THE RETURN TO SCHOOL (for parents!)**

I saw this sign at a hockey rink the other day and I thought how relevant it is in regards to our children returning to school. We all want our children to be successful and success is measured in many ways, not just academically.

*“Your child’s success or lack of success in sports doesn’t not indicate what kind of parent you are.*

*But having an athlete that is coachable, respectful, a great teammate,  
mentally tough, resilient, and tries their best IS a direct reflection of your parenting”*

*~author unknown*

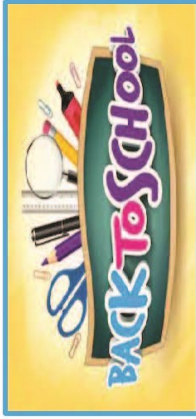
It’s that joyful, stressful, exciting, anxiety inducing time of year again for all of us: BACK TO SCHOOL. I have heard it said, students returning to school after 2 months of vacation is like trying to run a marathon after lying on the couch all summer! Children are often completely off their regular routines, diet, nutrition, sleep, activities, not to mention, they are likely not reading a lot or practicing math! There may be some jitters: new friends, new teachers, challenging school work and anticipating new transitions. We parents can have similar jitters: new teachers, maybe new school, new parent friends, etc. We feel panic at how we are going to do it all and vow that “this year it will be different!”.

I am sharing with you some tried and tested (by me, a super busy mom of 4) that may help you survive the return to school. But first I need to say this, for all you exhausted and frazzled parents trying to do everything on your own (and I cannot emphasize this enough!): **get your children on board to help you! I am a firm believer of the notion “Do not do for your child what they can do for themselves”. If your child is old enough to go to school, they are old enough to take on some responsibilities.**

1. Save panic by **downloading school supply lists** on line and having the local stationary store prepare it for you. What a stress relief!
2. Find **lunch box inspirations**: think roll-ups, wraps, Bento boxes (just a healthier, fancy Lunchable), left overs in a thermos, cheese/crackers/pickles. With encouragement and guidance, by age 7, (in my humble opinion) children should be able to make most of their lunch on their own.
3. **Talk a lot about your child’s school friends**. It will get them excited about who they haven’t seen for a while.
4. Go to the school, play in the playground, and walk around the building to ensure they know the doors to go in and out of.
5. Keep a **family calendar**, either digital if all your children can access it, a whiteboard or an old fashion paper one. It helps prepare children for what is coming, so they know what to expect and hopefully provide smoother transitions.
6. Create an **accessible** and **convenient** routine for all the paper that comes into your home: hanging file folders, individual storage boxes or crates, wall folders. Whatever works for you, your family and the space in your home.
7. Go through the letters, notes and agenda items **each and every day**. Many tears have been shed in my house over missed permission forms and upcoming activities that they were not able to attend because we did not complete the forms!
8. **Help your children organize their tasks, chores and responsibilities** by creating a chart, lists or reminders throughout the house. I am talking signs or notes taped to doors, TV’s, mirrors, etc. on things such as what to pack in their backpack, their jobs, chores or homework after school.
9. Bring closure to the end of summer by doing a **memorable family activity**: picnic, going for ice cream, playing board games, visit a museum, have a different dinner (fondue, indoor grill, make your own pizza). Talk about some of the memories you created over the summer and what you are all looking forward to in the new school year.
10. **Screen time** is a constant battle in my household. It wreaks havoc on proper exercise, homework and sleep. If you have this issue as well, consider contacting your Wi-Fi provider about available options to set time limits for devices. Utilize “Apple Screen Time”, “Google Family Link” already on your smart phone or download an app such as “Our Pact”, “Questodio” or “Mobicip” which are all very effective at a minimal cost.
11. If you’re really organized (I have never actually done this, but it sounds like a sweet and thoughtful idea), print off “My Teacher’s Favorite Things” at [www.likeabubblingbrook.com/wp-content/uploads/2016/07/Teacher-Favorite-Things-Printable.pdf](http://www.likeabubblingbrook.com/wp-content/uploads/2016/07/Teacher-Favorite-Things-Printable.pdf)

I have to admit, I begin each school year with good intentions and enthusiastic optimism of staying organized and in control - only to feel like I am losing my grip on everything by October 1st. But like we teach our children: every time you fall, get back up again! Welcome back to Northern Gateway Public Schools! We are all in this together, we got this, and we are just getting started!

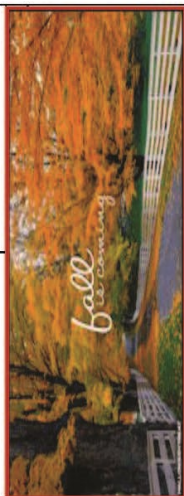
*This article was submitted by Tammy Charko BA, BSW, RSW. Student Support Facilitator at Northern Gateway Public Schools. Tammy advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 children,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



# Whitecourt & District Public Library

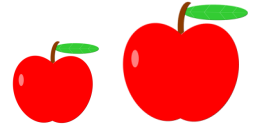
## Events Calendar for: September, 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
CLOSED	CLOSED LABOUR DAY	Sassy Stitches (6:30—8 pm)		Soapstone Carving Club (5:30 - 7:30 pm)		French Storytime (10:30—11:30 am) Family Movie (1—3 pm)
8	9	10	11	12	13	14
CLOSED		Sassy Stitches (6:30—8 pm)		Sign, Say & Play @ AIMC (9:30-10:15 am) <i>Regn. Required!</i>	Read & Roll @ AIMC (10:30-11:30 am) <i>Regn. Required!</i>	Storytime (10:30-11:30 am) Family Movie (1 pm) Adult Art Therapy 2-4 pm
15	16	17	18	19	20	21
CLOSED		Sassy Stitches (6:30—8 pm)	Storytime (10:30—11:30 am)	Sign, Say & Play @ AIMC (9:30-10:15 am) <i>Regn. Required!</i>	<b>CLOSED</b>	Storytime (10:30-11:30 am) Family Movie (1—3 pm)
22	23	24	25	26	27	28
CLOSED	Adult Book Club (6:30 to 8 pm)	Sassy Stitches (6:30—8 pm)	Adventure Time with Car & Ali (3:45-4:30 pm)	Sign, Say & Play @ AIMC (9:30-10:15 am) <i>Regn. Required!</i>	<b>NO Read &amp; Roll @ AIMC TODAY!</b>	Storytime (10:30—11:30 am) Family Movie (1—3 pm)
29	30					
CLOSED		Craft Night (6 - 7 pm) Sassy Stitches (6:30—8 pm)	Adventure Time with Car & Ali (3:45-4:30 pm)	Teen Night (6 - 7:30 pm)	Read & Roll @ AIMC (10:30-11:30 am) <i>Regn. Required!</i>	Storytime (10:30—11:30 am) Family Movie (1—3 pm) Adult Art Therapy (2-4 pm)



**NOTE:** Changes may occur during the month. For our most up-to-date information, checkout our Facebook page, or call (780) 778-2900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September 2019</b>						
1	2 Labour Day  No School	3 Day 1 Regular Classes Begin for <b>All Grade 9</b> Students Only First Day Gr. 9 Options 1/6	4 Day 2 Regular Classes Begin for <b>All Students</b>  CATS Parent Meeting after practice(6:00pm)	5 Day 1	6 Day 2 CATS Game Day <b>Home</b> vs. Pioneers	7 CATS Team Trip Eskimos Game Edmonton
8	9 Day 1 Picture Day	10 Day 2	11 Day 1	12 Day 2	13 Day 1 CATS Game Day Away vs. Titans	14
15	16 Day 2	17 Day 1	18 FLEX Day 1 Math/Social/Other  Friends of Hilltop School Council Meeting 7:00pm	19 Day 2 CATS Game Day Away vs. Celtics	20 Day 1	21 CATS Whitecourt Junior Jamboree
22	23 Day 2 CATS Card Blitz Night after practice(6:00pm)	24 Day 1	25 Day 2	26 Day 1 Grade 12 Graduation/ Scholarship Meeting 7:00pm	27 Day 2 CATS Game Day <b>Home</b> vs. Cougars	28
29	30 Day 1 Orange Shirt Day			<b>Welcome back Chargers!</b> We hope everyone had a wonderful summer, and is ready for a new school year. <b>August 27-30</b> Organizational Days for Staff Only <b>August 28</b> Meet the Staff Night		



Welcome to Hilltop, Grade 9's!



Welcome back to Hilltop, Senior High!



Zach Stoyles built a house...a tiny house!



Grade 9's toured the school in June and won Charger swag!



Track and Field Provincial Medalists



Friends Forever



Walking sticks in Outdoor Ed



Timira Mindus hard at work!



Chillin in Student Services