



“A great place to LEARN...and more!”

Hilltop Jr./Sr. High School



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October 2019 Newsletter

VOLUME 11, ISSUE 2

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Fall has arrived! The school year is 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 welcome two new teachers who are joining the Hilltop team. Tayler Button, a former Hilltop graduate, will be teaching Math and Science and Grayson Parish will be teaching English and Social. With the influx of students again this year we have some class sizes that are a little too large for our comfort. We will be reducing the sizes of some of these classes.

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 we have a full executive on school council with Tammy Dickson as Chair.

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. Please join us for Parent Teacher Interviews on October 23 from 4:00 pm - 8:30 pm. Interviews will be held on a drop in basis.

FLEX has now started for the 2019-2020 school year. Approximately twice a month, classes will be shortened to allow for a 60 minute FLEX block. Students will have this extra period 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 will 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. Nominated students who miss FLEX will serve an in-school suspension.

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.

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 11 which is a professional development and planning day for staff. Monday, October 14 is Thanksgiving. Enjoy the long weekend.

Your partner in education,
 Brent Northcott

Important Dates

- October 3:**
Career and Education Expo
- October 4 & 5:**
A&W Classic Volleyball Tournament
- October 5:**
World Teacher's Day
- October 11:**
PD Day- No School
- October 14:**
Thanksgiving Day - No School
- October 23:**
Parent Teacher Interviews
4:00 pm - 8:30 pm
- October 31:**
Halloween



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


Student Photography



Jencel Diaz



October 2
Flex Day 2
English/Science/Other




October 3
Career and Education Expo 2019
9:30 am—3:30 pm



October 4 & 5
A&W Classic Volleyball Home Tournament



October 5
World Teacher's Day



October 11
Professional Development Day

No Classes




October 14
Happy Thanksgiving Day
No School



October 16
First Day of Gr. 9 Options 2/6

October 16
FLEX Day 2
Math/Social/Other

October 16
Friends of Hilltop Parent Council Meeting 7:00 pm




October 23
Parent/Teacher Interviews
4:00 pm - 8:30 pm
Drop - In Basis

PARENT TEACHER INTERVIEWS

October 31
Halloween





Staff News

We would like to warmly welcome two new staff members to the Hilltop family! Mr. Tayler Button joins the Math/Science department and Mr. Grayson Parish joins the English/Social department.



We were honoured to have special guests join us for a beautiful Fancy Dance performance in September. Thank you for coming to Hilltop and sharing your culture with us. Thank you **Kody Gadke** for reading the opening acknowledgment.




On September 30 we supported Orange Shirt Day and honoured residential school survivors, while remembering those who did not survive.
We acknowledge that every child matters.



WE'VE GOT TALENT

We held our first ever Talent Show in conjunction with Orange Shirt Day. What an amazing show it was! Thank you to all our talented performers, our emcee **Noah Guthrie**, and to Ms. Smith -Tomke for organizing the event.




Some of Mrs. Gartner's English 10-2 students participated in a special enrichment exercise. We asked students what did they think of the exercise and here is what they had to say;

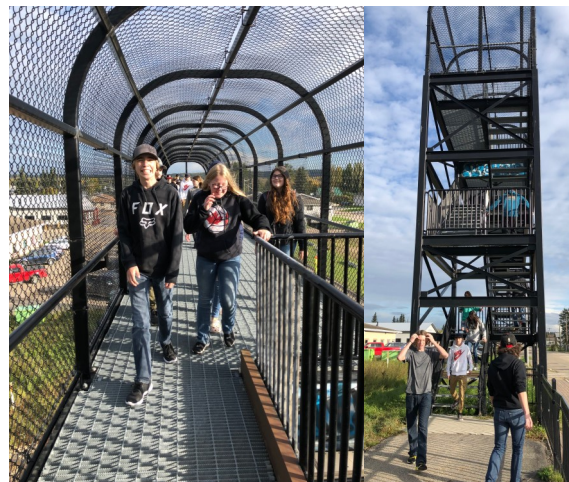
Diesal McDonald: "It was a fun experience and nice to have a break from the regular routine. The hands on experience is much easier than reading from a textbook."

Hunter Possnett: "It was pretty lit."

Thomas Pottinger: "I was happy to have the opportunity because I was all caught up in class, it changed my opinion of the class."



Mrs. Cartwright's class took part in some rigorous training in Fitness class. Well done!



Friends of Hilltop Parent Council
2019-2020 Friends of Hilltop Council Members
Chairpersons: Tammy Dickson and Avy Fast
Secretary: Joanne Merrifield
Treasurer: Roxanne Amiot



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

NEXT MEETING: October 16, 2019 at 7:00 pm

We would like to give a huge thank you and welcome to Roxanne Amiot for volunteering to help us as Treasurer for Friends of Hilltop Parent Council.

This will be a year of new and exciting things at Hilltop High School and we look forward to any feedback, questions, or concerns parents have. Please feel free to attend our next meeting – October 18 at 7 pm.

Hilltop High School is not part of Breakfast Clubs of Canada and is run by 100% Parent, community, and student 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!!

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!

Thank you to our new student representative Lobi Efughi!



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.

October Bistro Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Macaroni & Cheese	2 Chili Dog Tater Tot Casserole with Side Salad	3 Butter Chicken & Rice with Side Salad	4 Bistro Closed
7 Loaded Tater Tots	8 Meatballs and Gravy with Mashed Potatoes & Butter Peas	9 Perogies and Garlic Sausage	10 Taco in a Bag	11 PD Day - No School
14 Thanksgiving Day - No School	15 Oven Baked Meatball Sandwiches	16 Turkey Bacon Ranch Club Wrap with Soup	17 Chicken Fettuccini Alfredo	18 Pizza Day
21 Aloha Chicken & Rice	22 Lasagna with Side Salad	23 Potato Salad with Smokies	24 Pulled Pork Coleslaw Buns with Potato Chips	25 Parmesan Chicken with Rotini Pasta and Side Salad
28 Bacon Cheeseburger with Side Salad	29 Sausage Alfredo Bake with Mozzarella Cheese	30 Classic Tuna Casserole with Side Salad	31 Cheesy Tortellini Spinach Bake	

Daily Lunch Special
Full Order \$5.00
Half order \$3.00

Small Chocolate Milk \$1.00
 Milk 2 Go (Chocolate, Banana, Strawberry) \$2.50
 Keurig Cup \$1.00
 Cookie \$0.50
 Loaf \$1.50
 Muffin \$1.00
 Square or Pastry \$2.00
 Veggie Cup \$1.00
 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!



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 will not have Parent Teacher interviews on October 23rd as Mrs. Kendall is away on Professional Development. Parents, please feel free to call (780) 778-5865 to schedule an alternate time to discuss your child's progress.

We are welcoming our new Canniff psychologists, Moira and Shalini, to our building starting Monday Oct 7th. To welcome them to our Gateway family, we will have a hot lunch on Oct 21st.

On October 9th, Gateway will be having our Annual Thanksgiving Dinner at noon. Please RSVP to Tammy at (780) 778-5865 if you'd like to join us.

Gateway wishes to extend their sincere thanks to the Community Lunch Box for their continued generosity.

We are so grateful to Freddy's 2 for 1 for their continued generosity. Every month Freddy's donates a free hot lunch to our students. Our baked spaghetti last week was so delicious! Thank you! Our next Freddy's luncheon is scheduled for Oct 23rd.

We will have prizes for costumes on Halloween, and students will have the opportunity to carve pumpkins to take home.



CHOCOLATIER

FUNDRAISER FOR GATEWAY ACADEMY

Gateway Academy Fundraiser is fundraising with Purdys Chocolatier, just in time for Christmas!

If you'd like to support us through purchasing some very sweet Christmas gifts for friends, family and yourself, please click the link below:

<https://fundraising.purdys.com/1021354-67539>

After you've signed in you can buy our amazing chocolates or invite others to join and support our Fundraising Campaign. The orders will be ready for pick up on December 10th.



Gateway Academy celebrates the new year with a welcome back luncheon.



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

Friday, June 26 at 2:00 pm

Grad Logo, Quote and Song Submissions
Due October 16

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



Introducing your Grad Council of 2020

- Emma Schlosser** - President
- Kyra Paul** - Vice President
- Kenzie Beck** - Secretary
- Randi Lemoal** - Treasurer
- Kat Taylor** - Public Relations
- Hannah Lyver**
- Luc Aubin**
- Shanitha Murry**
- Rianna Hodgson**

Grad Advisers: Mrs. Christianson, Mrs. Blain and Mrs. Van De Kerckhove

Submission for Grad Logo, Song and Quote

Submissions for grad logo, song and quote will be accepted at the front office

Rules

- All song choices must include a copy of the lyrics.
- All logos, songs and quotes must be school appropriate
- No political quotes, songs or logos will be accepted.
- *submissions will be disqualified if rules are not followed*

Deadline for Submissions

October 16 at noon.

All grads will have the opportunity to vote on logo, song and quote of their choice after all submissions have been approved.

Watch the grad bulletin board for selected options and voting date.

YEARBOOKS *are here!*

Attention Graduates of 2019! Your yearbooks are here and now available for pickup at the front office! Our office is open Monday to Friday, 8:00am - 4:00pm.

All Graduates who attended the 2019 Grad Ceremony will receive a photo package, even if you did not order a yearbook. The photo package consists of two group photos (cap & gown and formal) and a single photo while on stage receiving their certificates. Photo packages are available at the front office.

Thank you Yearbook Committee for all your work in producing another amazing yearbook and thank you Mr. Schlosser for the beautiful photo packages.



Class of 2020!

This is an exciting time for our grade 12 students! We have begun thinking about Graduation 2020 and our after high school plans. You need to start keeping track of your credit count, if you are unsure, please see Mrs. Keay as soon as possible. **One on One Meetings** are underway, if you have a C-Block spare, please stop by Room 302 and make an appointment with Mrs. Keay. If you are in class during C-Block, she will find you.

The minimum requirements for an Alberta High School Diploma are as follows:
**** 100 credits earned by the end of your grade 12 year.**

- * English 30-1 or English 30-2
- * Social 30-1 or Social 30-2
- * A 20- level Mathematics course
- * A 20- level Science course
- * Physical Education 10
- * Career & Life Management (CALM 20)

* **10 credits in any combination from:**

- o CTS
- o Fine Arts (Art, Drama)
- o Physical Education 20 and/or 30
- o Second Language Courses
- o RAP courses
- o Locally Developed Courses
- o Learning Strategies

* **10 credits in any 30- level course (in addition to ELA and Social) These course may include:**

- o 30-2 level CTS
- o 30 level Work Experience
- o 30 level RAP course
- o 30 Green Certificate Specialization Course
- o Special Projects 30
- o Science 30
- o Mathematics 30-1, 30-2, or 31
- o Art 30
- o Drama 30

If you are earning a High School Certificate of Completion, a student must earn a minimum of **80 credits** including the following:

English Language Arts 20-2 or 30-4

Mathematics 10-3 or 20-4

Science 14 or 20-4

Social Studies 10-2 or 20-4

Physical Education 10 (3 credits)

Career and Life Management (CALM) 3 credits

HCS3000 must be completed before Work Experience 1 credit

5 credits in one of the following options:

- 30-level Knowledge and Employability occupational course (Horticulture or Child Care Services) **or**
- 30-level Career and Technology Studies (CTS)

AND

5 credits in one of the following options:

- 30-level Knowledge and Employability Workplace Practicum course, **or**
- 30-level Work Experience course, **or**
- 30-level Green Certificate course, **or**
- Registered Apprenticeship Program (RAP) course

Post Secondary Applications for most Alberta institutions open October 1, 2019. In order to ease the stress and pressure over applying, Mrs. Keay is hosting some workshops to walk you through the process:

- **Tuesday October 01 - 3:30 to 4:45**
- **Wednesday October 02 - 3:30 - 4:45**
- **Thursday October 3 - 7:00pm - 8:00pm**



Finally, all grade 12 students have been invited to a Google Classroom. Please *sign in*. This is where you will find all kinds of information, your Yearbook Submissions, announcements, as well as other things that come up throughout your grade 12 year.

Graduation can be a scary and exciting time. You don't have to have all the answers, no one ever does. But there are dozens of people at Hilltop that are here to help and make it a little less scary.

Hilltop High School Off-Campus Education

**Registered Apprenticeship Program, Dual Credit
and Work Experience**

Registered Apprenticeship Program

NAME	EMPLOYER
Draydon Lindsay	Klash Auto Body
Kayden Deitz	Whitecourt Transport
Kyle Prokipchuk	Millar Western
Jaron Osborne	Alberta Newsprint Company
Ryan Oliver	Carbonex Contractors
Zachary Stoyles	Millar Western
Daniel Beaulac	Millar Western
Caleb Tobin	JBS Mechanical
Jacob Wilson	KW Mechanical
Damon Irwin	Alberta Newsprint Company

NAME
Mackenzie Hogg
Vanna Scott
Brooke Naslund

**Health
Care Aide
Program**

NAME
Shanitha Murry
Katie Dickson
Cassie Hough

**Educational
Assistant
Program**

NAME
Brianne Kerr

**Green
Certificate
Program**

Dual Credit Program

NAME	POSITION	EMPLOYER
Jaxon Perrin	Power Engineering	Millar Western
Logan McSorley	Power Engineering	Millar Western
Quade Lewis	Oil & Gas	

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

Boys and Girls Club of Whitecourt & District Society

NEED A JOB?

The Boys and Girls Club of Whitecourt & District Society is seeking a work experience student!

If you are interested in starting a career with children or in the human services field, we are here for you! We can help you earn your Child Care Assistant certification as well as work experience credits.

Our schedule will fit your school schedule, and you will be paid for the position. Must be 16 years of age or older to apply.

For more information please see Mrs. Van De Kerckhove at Hilltop, or email the Boys and Girls Club at whitecourtbgc@gmail.com

Health Care Aide students receive their first set of scrubs.



Athletics

Be a Charger...Take Charge!



Hilltop Chargers Rosters

Jr Boys Volleyball – Coach: Clayton Puddicombe
Teacher Rep: Heather Czenczek

Nathaniel Alversado, Dryden Czenczek, Kale Fowler, Noah Fry, Caleb Leighton, Zach Merrifield, Simon Puddicombe, Carson Wittman

Jr Girls Volleyball - Coaches: Trudi Lang & Haylee Doepker

Teacher Rep: Mrs. Carwright
 Kassidy Lang, Ally Keyes, Taryn Lamb, Layla Perrin, Tayler Cartwright, Madeline Blain, Ashleigh Phaneuf, Kasey Philpott, Kailea Wilson, Sidney Bizeau

Sr Boys Volleyball – Coach: Doreen Opsol
Teacher Rep: Sarah VanDeKerckhove

Jacob Olford-Roszko, Cruz Wheeler, Andrei Gatchalian, Kevin Miranda, Cody Rutherford, Bryden Saddoway, Dillan Stewart, Ethan Woodman, Jonah Nicholls, Aydan Waters, Jared Fry, Ngan Pham, Logan Estabrook (alternate)

Sr Girls Volleyball – Coach: Chris Key

Kyleigh Baxter, Alyssa Borg, Dakota Bryant, Samia Davidson (alternate), Dineka Elchyson, Areanna Fast, Bayley Fast, Lainey Granley, Maren Hadley, Enila Lavalee, Randi Lemoal (alternate), Jenna Mohler, Emma Schlosser

JV Girls Volleyball – Coach: Cassidy Doepker

Assistant Coach: Nicky Birtles
Teacher Representative: Marie MacRitchie
 Claudis Hadley, Abby Bryant, Rhylee Sound, Rain Gibbs, Rebecca Birtles, Kate Mullin, Ella MacRitchie, Breeze Silvaggio, Leira Agustin, Taylor Leidl, Kaycie



GOLF

The Hilltop Golf team competed at Zones in Barrhead early September. Well done to **Lane Johnston, Taylor Topilka, Nevin Deane and Logan McSorley**



CATS Home Games

Come Cheer on the CATS on their home turf.

October 4
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. 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.



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.

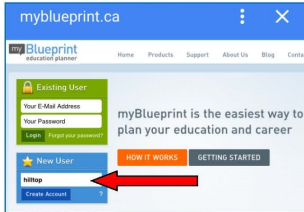
For more information: hilltophigh.ca / parents and students tab.


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:

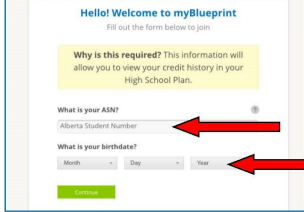
Step 1: Type in our school password "hilltop" and click on create account.



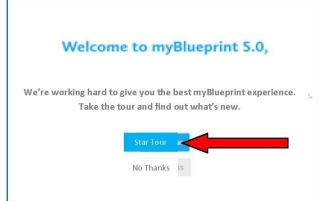
Step 2: Choose your grade.



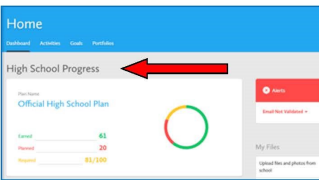
Step 3: Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)




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.





MYPASS.ALBERTA.CA

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

GRADE 12 STUDENTS MUST SIGN UP FOR MyPass

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

How to sign-up:

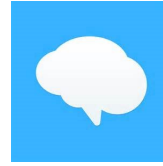
1. Go to myPass.alberta.ca
2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your personal inbox.
3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at <https://extranetapp.learning.gov.ab.ca/learnerRegistry/forms/>
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.



Like us on Facebook



Follow us on Twitter



Join Hilltop Remind



PowerSchool for Student Grades and Attendance



Safe at School



HOLD AND SECURE is used when there is a threat or potential threat of violence **OUTSIDE** the school.

This includes events such as: criminal activity; police pursuits; or a dangerous offender in the area (not in the school).

- All exterior doors and windows are locked.
- No outsider access into the building while protocol is in effect.
- If the Hold and Secure extends past dismissal times, doors will remain locked and parents will be provided dismissal information.
- Students will not be released until the Hold and Secure is over.



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



Make online payments with SchoolCashOnline

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

Register at SchoolCashOnline.com



Support your school with SPIRITWEAR!



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



Reduced Spirit Wear

Short Sleeve & Long Sleeve T-Shirts \$3.00 each
Shorts \$3.00 each



WORDS OF INSPIRATION

Classes are in full swing, extra-curricular activities are on their way, routines are set, and calendars are filling up. How are you holding up?

If you haven't seen in the news or social media the inspirational story of Tyler Smith, I encourage you to search him up. Tyler is one of the survivors of the Humboldt Broncos bus crash in April 2018.

On September 15, 2019 he shared his heart wrenching experience with "Unsinkable", a story-sharing platform hosted by Olympic Rower Silken Laumann. Unsinkable's mission is to empower Canadians to achieve better mental, physical and spiritual health through sharing of stories. Please check out this wonderful site: www.weareunsinkable.com

I heard Tyler speak at Roger's Hometown Hockey in Leduc last February, at the Midget Provincials opening ceremonies in Whitecourt in the spring and again on Global News last week. Tyler's story has been shared throughout social media thousands of times. He gladly gave me permission to share it with you in this article, telling me that if he could give others that hope, than he feels he is doing something right.

Tyler wrote candidly and authentically with hopeful insight. He shared frankly that he will never completely heal mentally from the tragedy. He knows there is power in opening up and that it is truly okay to not be okay. He wrote that "if you're not doing so hot, you need to be willing to talk about it. Take advantage of the time you have and be grateful for the ones around you who care about you. When going through dark times," he writes, "it is one step at a time, one day at a time, one lesson at a time."

Whoever may think that youth do not have wisdom to share or cannot change the world is mistaken. This is a young man, at 21 years old, who is using his horrific experience to inspire and give strength to others.

There is strength in vulnerability. I do not know anyone who is not touched by hardship, struggles or tragedy. Why do we think that we need to always put on a brave face and pretend all is fine? Yes, yes, I know that we need to be professional, we have jobs to do and have to be mature parents (most of the time!). I realize that we cannot come all undone much of the time, or complain about our problems nonstop. Let's be real, that would be a downer, and people would eventually avoid us like the plague.

Is it possible to find a way to say "Hey, I am not okay right now" and say "thanks for supporting me" or "thanks for being my friend and my inspiration"? Can we allow ourselves to be a little more transparent: "I am still here, doing my job, or taking care of my kids, but wow, today is a tough day"?

Perhaps when we share our experiences and how we have risen above it, we may also be an inspiration for others to keep fighting the good fight.

This brings to mind a very dear friend with childhood trauma, single parenting and ongoing health issues. She is so precious with her openness, and not only that, she is optimistic and encouraging. Sharing her stories and the strategies she uses to triumph is a gift to others.

We are all on the same side and we are all stronger together. Your story matters and it needs to be told. When you are REAL and authentic, others listen. Your light, your story just may be the light that shines in the darkness for others.

I leave you with these words: Time and pressure turn caterpillars into butterflies, sand into pearls and coal into diamonds, imagine what it is doing in you. It really is okay to not be okay.

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 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'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 Awarded for the attendance at a minimum of 5 Youth Advisory Committee meetings

\$400 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 community events listed below:
 - Youth Recognition Event
 - Seniors' Activities
 - Canada Day Festivities
 - Children's Festival
 - Trade Fair
 - Run 4 Fun
 - Party In The Park
 - Other events sanctioned by Town Council

▶ **Application deadline Wednesday, October 23 at noon.**



The Committee consists of up to 16 members:

- ▶ Mayor of the Town of Whitecourt;
- ▶ 1 Town Council Representative;
- ▶ Up to 14 Student Representatives from Hilltop High School, École St. Joseph School, Percy Baxter Middle School, and the community at large.

For more information, application form and policy please visit:

www.whitecourt.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2019 Happy Thanksgiving! A&W Classic Volleyball Tournament Oct 4 & 5						
		1 Day 2	2 FLEX Day 2 English/Science/Other	3 Day 1 Career and Education Expo 2019	4 Day 2 A&W Classic Volleyball Tournament CATS Game Day Home vs. Warriors	5 A&W Classic Volleyball Tournament World Teachers Day
6	7 Day 1	8 Day 2	9 Day 1	10 Day 2 CATS Game Day Away vs. Sabres	11 Professional Development Day No Classes	12
13	14 Thanksgiving Day No School	15 Day 1 Last Day of Gr. 9 Options 1/6	16 FLEX Day 1 Math/Social/Other First Day of Gr. 9 Options 2/6 Friends of Hilltop School Council Meeting 7:00pm	17 Day 2	18 Day 1 CATS Game Day Away vs. Renegades	19
20	21 Day 2	22 Day 1	23 Day 2 Parent/Teacher Interviews 4:00pm – 8:30pm	24 Day 1	25 Day 2	26 CATS Playoffs Away to Grande Prairie
27	28 Day 1	29 Day 2	30 FLEX Day 2 English/Science/Other	31 Day 1 Halloween		

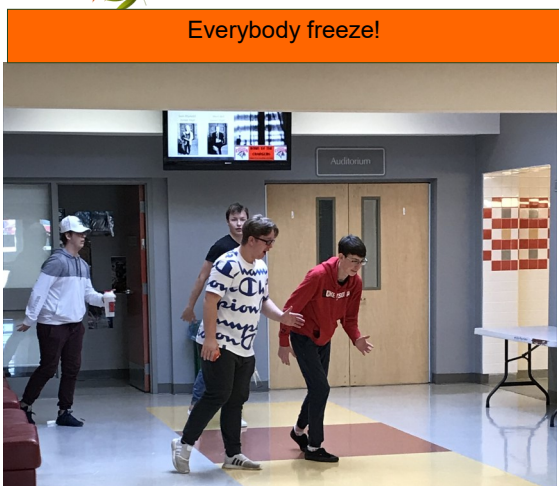
GALLERY



Grade 9's earn free doughnuts!



Taylor Leidl's Sweet 16 Birthday!



Everybody freeze!



A full house for the grad info meeting



Travis Peters in Construction



Mrs. Harnum and Isabella



Fun in CTS classes

