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Twitter: @ngpshth

“A great place to LEARN...and more!”

Hilltop Jr./Sr. High School



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



February 2020 Newsletter

VOLUME 11, ISSUE 5

~ Inside this Issue ~

Message from the Administration

Semester 1 has flown by and we are now at the beginning of Semester 2. It is hard to believe that we are already half way through the 2019-2020 school year. With hard work and perseverance, students successfully completed Semester 1. The growth we see in our students inspires us to continue the task of helping them reach their full potential.

Report cards have been mailed and students are settling into their new classes for the new semester. It is important to go through your report cards with your child and discuss any steps for improvement. For senior high students, it is important to review your child’s progress towards high school completion. Did they earn all of their potential credits for the semester? Are they taking the right academic path based on Semester 1 grades? It is important to communicate any questions or concerns with your child’s teachers after viewing the report card.

Parents of students in grade ten would have received their Accountability Pillar survey from Alberta Education. Please take a few minutes to complete this survey as it provides us with very useful information that we use in planning for the future. If you have already completed the survey, thank you. For those parents who have not yet completed the survey, you have until the end of February to do so. Grade ten students will complete the survey on February 20.

There are a number of days in February when students have no school. Teachers will be attending the North Central Teachers Convention on February 6 - 7 which means students have an extra-long weekend. There is also no school on February 17 which is Family Day.

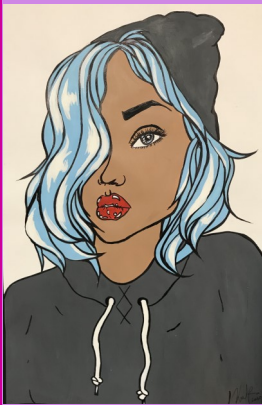
We would like to welcome Ms. Fatima Shareef and Ms. Ashlee Roszko to the staff. Ms. Shareef will be covering Mrs. Sullivan’s maternity leave teaching science and math, while Ms. Roszko is a new Educational Assistant. We would also like to welcome back Mrs. Vanessa Long, who returns from maternity leave to the science department. We would like to wish farewell to Miss. Lydia Pau and wish her all the best in her future endeavors.

Your partner in education,

Brent Northcott
 Principal

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Student Art



Important Dates

Feb 3:
 Semester 2 Starts

Feb 5:
 Grad Picture Retakes

Feb 6 & 7:
 Teachers' Convention - No Classes

Feb 17:
 Family Day - No School

Feb 26:
 Pink Shirt Day

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

February 3

First Day of Semester 2



February 5

Grad Photo Retakes



February 6 & 7

Teachers' Convention

No School



February 14

Happy Valentine's Day



February 17

Family Day

No School



February 26

Pink Shirt Day



Grant McEwan Information Presentation at 10:30 on Monday, Feb. 10th.

Grade 9 Sexual Health Presentation Tuesday, Feb. 25th at 9 a.m. delivered by Whitecourt Community Health Services.

Highlights from the Holidays at Hilltop



Volunteering at the Christmas Hamper.



Getting our groove on at holiday dance!



Gateway Academy celebrates together with a luncheon.



Charger elves



Santa came to visit!



Pancake Breakfast!



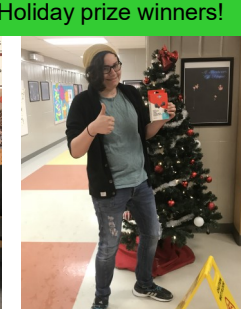
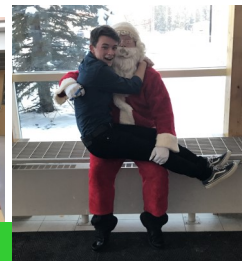
Volunteering for the Candy Cane Checkstop



Holiday prize winners!

Food Bank Donations	
9	...
10	...
11	...
12	...

Grade 9's bring the most food for the food drive



Hilltop Drama Production

Another spectacular Hilltop Drama performance, written and produced by B&G Productions! Congratulations to the entire cast of **“Watch Your Back”** on a phenomenal job, well done!

Review: ★★★★★

“Watch Your Back” is your classic love story with a twist. Avery Sullivan and Carter Murphy are in love and want to get married. They are nervous about introducing each other to their families. When they do, you realize the grandparents know each other and have a longstanding feud because Theresa stole Vicki's first love. These grandparents do not meet again until it is time for the wedding. Filled with great comedy and many dramatic moments, this play showed off the outstanding talents of our students.



Entertaining with Food

Grade 12 Foods students **Chelsey Fortin**, **Trystan Gunsch** and **Luc Aubin** treated staff to a delicious three course meal as part of their Entertaining with Food unit...and they did not disappoint! **Chef Mercer** has taught them well!



Students showcase their projects Construction class with Ms. Mehl

Mrs. Woodford's Math class visited the Senior Center for a friendly game of cribbage and some engaging conversation.



Ms. Zack's Grade 9 mixed media class learns the art of henna with some help from local artists, business owner Justine Vandenhouten and Hilltop 2019 Grad Indigo Bryant.



Things got messy in Art class as students learned paper mache.



Cosmetology students learn braiding techniques. Check out the incredible work of Breeze Silvaggio.



STUDENT RECOGNITION

Name: Ayden Mytrunec

Grade 12

Ayden recently took part in a unique football training opportunity where he had the chance to meet and be coached by several CFL athletes. He participated in advanced skill testing with the potential to be recruited by University's and jr. teams. He successfully completed the combine test where he received first place for the broad jump, beating out 135 people with a jump of 8' 11.5". Wow, way to go Ayden!

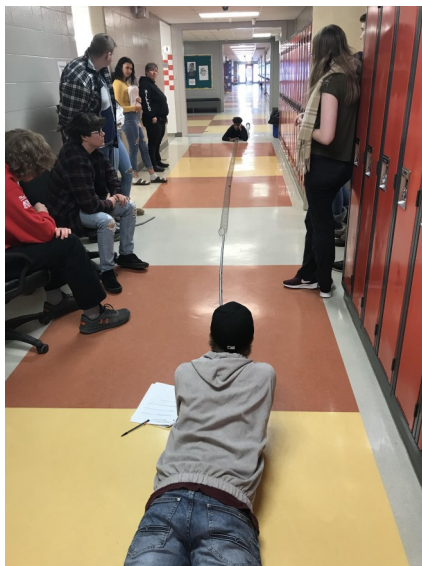


Pig Dissection in Bio 20

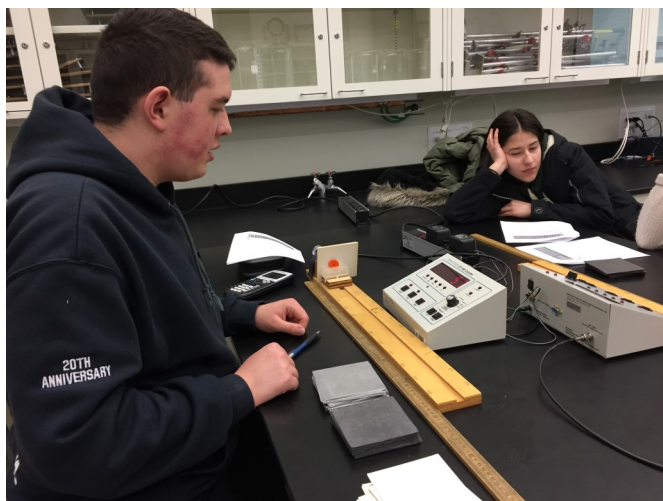


Physics

Students in Ms. Fancey's class were "making waves".



Physics 30 students spent their day at the University of Alberta learning and exploring.



BUZZ! 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!



Hilltop High School Off-Campus Education

Registered Apprenticeship Program, Dual Credit and Work Experience



CARBONEX NAME: Ryan Oliver GRADE: 11 EMPLOYER: Carbonex RAP POSITION: Welding	SMERK NAME: Taylor Topika GRADE: 12 EMPLOYER: Smerk RAP POSITION: Heavy Equipment Technician	Alberta Newsprint Company NAME: Damon Irwin GRADE: 12 EMPLOYER: Alberta Newsprint Company RAP POSITION: Electrical	Klark NAME: Droyden Lindsay GRADE: 12 EMPLOYER: Klark Auto Body RAP POSITION: Auto Body Technician	Miller Western NAME: Cates Tobin GRADE: 12 EMPLOYER: Miller Western RAP POSITION: Heavy Equipment Technician	Miller Western NAME: Daniel Beaudac GRADE: 12 EMPLOYER: Miller Western RAP POSITION: Heavy Equipment Technician
Miller Western NAME: Kyle Prokajchuk GRADE: 11 EMPLOYER: Miller Western RAP POSITION: Millwright	Miller Western NAME: Zachary Shyles GRADE: 11 EMPLOYER: Miller Western RAP POSITION: Millwright	Alberta Newsprint Company NAME: Jaron Osborne GRADE: 11 EMPLOYER: Alberta Newsprint Company RAP POSITION: Heavy Equipment Technician	Whitcourt Transport NAME: Kayden Deitz GRADE: 12 EMPLOYER: Whitcourt Transport RAP POSITION: Heavy Equipment Technician	Miller Western NAME: Jaxon Perrin GRADE: 12 EMPLOYER: Miller Western RAP POSITION: Power Engineering	Miller Western NAME: Logan Macklerley GRADE: 11 EMPLOYER: Miller Western RAP POSITION: Power Engineering
Green Certificate Program NAME: Charline Dixon GRADE: 10	Green Certificate Program NAME: Shayla Pearce GRADE: 10	Green Certificate Program NAME: Myah Heisler GRADE: 10	Green Certificate Program NAME: Kelsey Juengling GRADE: 11	Green Certificate Program NAME: Brianna Kerr GRADE: 12	Green Certificate Program NAME: Connor Packham GRADE: 10
Dual Credit Health Care Aide Program NAME: Brooke Nealand GRADE: 11	Dual Credit Health Care Aide Program NAME: Mackenzie Hogg GRADE: 12	Dual Credit Health Care Aide Program NAME: Vanessa Scott GRADE: 11	Educational Assistant Program NAME: Katie Dickson GRADE: 11	Educational Assistant Program NAME: Shanika Berry GRADE: 12	This could be you! Please see Mrs. Van De Kerckhove if you are interested in Off-Campus Education

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

Registered Apprenticeship Program

Jaron Osborne hard at work at Alberta Newsprint Company



Work Experience

Moose Country Gas Attendant Ashton Zimmer-Erhardt hard at work!



Registered Apprenticeship Program
NEW OPPORTUNITY



Millwright - Whitecourt

Industrial Mechanics (Millwrights) install, maintain, repair and troubleshoot stationary industrial machinery and mechanical equipment at industrial sites. Read drawings and schematic drawings and service manuals to determine work procedures. Operate rigging equipment and dollies to place heavy machinery and parts. Fill bearings, align gears and shafts, attach motors, and connect couplings and belts to precise tolerances. Align and test equipment, and make any necessary adjustments. Perform predictive and operational procedures. Repair or replace defective parts. Use technology to troubleshoot and diagnose machinery faults.

Employer: Pembina Pipeline
Position: Millwright
Starting Period: July 2, 2020
Deadline to Apply: April 30, 2020
Interviews will be held May 2020
Hours: Full-Time Summer - reduced hours during school
Starting Wage: \$16.45

Requirements
 Minimum Age: 16
 Grades: 10-12
 Drivers License Mandatory
 HCS 3000 & 3010 Completed
 First Aid & H2S Safety Tickets Preferred
 Resume & Cover Letter
 Careers: The Next Generation Application




For more information and to apply, please contact Mrs. Van De Kerckhove at Hilltop High School at 780-778-2446

Stay tuned for a RAP presentation in February from Careers: The Next Generation and Pembina Pipeline

Registered Apprenticeship Program
NEW OPPORTUNITY



Parts Technician - Whitecourt

Parts Technicians are responsible for warehousing activities such as shipping and receiving, and planning and managing the flow of goods into, within and from organizations. This role will be based out of the Whitecourt warehouse, but will also involve training at our Fox Creek and Duvernay sites.


Employer: Pembina Pipeline
Position: Parts Technician
Starting Period: July 2, 2020
Deadline to Apply: April 30, 2020
Interviews will be held May 2020
Hours: Full-Time Summer - reduced hours during school
Starting Wage: \$16.45

Requirements
 Minimum Age: 16
 Grades: 10-12
 Drivers License Mandatory
 HCS 3000 & 3010 Completed
 First Aid & H2S Safety Tickets Preferred
 Resume & Cover Letter
 Careers: The Next Generation Application




For more information and to apply, please contact Mrs. Van De Kerckhove at Hilltop High School at 780-778-2446

Stay tuned for a RAP presentation in February from Careers: The Next Generation and Pembina Pipeline




Work Experience is a great opportunity to earn high school credits while you work! If you need forms or time sheets, please see Mrs. Trebilcock in Student Services. Or, if you have already picked up forms, please return them as soon as possible so Mrs. Trebilcock can start the process of job site visits.

Student led Teen Book

Teen Book Club

Calling all teen bookworms! The **Whitecourt Public Library** is hosting a teen book club on **February 13th** from **6-7pm**. We are reading **Legend** by **Marie Lu**, but stop by even if you haven't read the book. We look forward to seeing you there!



CLASS 1 DRIVER TRAINING

INVEST IN YOUR FUTURE



CLASS 1 DRIVER TRAINING

As of March 1, 2019, all new Class 1 drivers are required to take Mandatory Entry Level Training (MELT), in compliance of Alberta Transportation legislation, in order to obtain their commercial driver's license. The Class 1 knowledge and road tests are expanded to encompass the new training requirements. All new drivers are required to demonstrate their competency in all the training components of MELT. Students must successfully complete an Alberta Air Brakes (Q Endorsement) training course and be in possession of a valid Alberta Operator's License with the GDL removed prior to the start of the course. The written test, road test, license transfer fees, and Motor Vehicle Operator's Medical are not included in the package.

PRICE: \$13,752

Payments accepted by Credit Card or Electronic Funds Transfer

TO REGISTER OR FOR MORE INFO CONTACT:

Chad Boone | 780-539-2799 | CBoone@gprc.ab.ca

Registration is open until March 2, 2020 or until the course is full (whichever occurs first)
Students being funded by the Can/AB Job Grant must be approved by Alberta Labour prior to enrolling in the course.

TRAINING DURATION: MARCH 16 - APRIL 13, 2020

- 57 hours in-truck
- 40.5 hours in-classroom
- 15.5 hours in-yard
- 8-10 hours in Air Brakes course

PREREQUISITES:

- 18 years old or older
- Valid Class 5 Alberta Operator's License with GDL removed

ROAD TESTS

April 15 & 16



AIRBRAKES

Q ENDORSEMENT

INVEST IN YOUR FUTURE



Continuing
Education
GPRC

AIRBRAKES (Q ENDORSEMENT)

This course covers the complete air brake system set out by the Alberta Solicitor General, Motor Vehicles Division and leads to the Alberta Air Brakes Q Endorsement. Students learn how the air brake system is maintained and operated in the most effective manner, inspection of the brake system, and ensuring road worthiness.

PRICE: \$345

Payments accepted by Credit Card or Electronic Funds Transfer

TO REGISTER OR FOR MORE INFO CONTACT:

Chad Boone | 780-539-2799 | CBoone@gprc.ab.ca

Registration is open until March 16, 2020 or until the course is full (whichever occurs first)

TRAINING DATE:
MARCH 17 | 8-10 HOURS

PREREQUISITES:

- 14 years old or older
- Valid Class 7 Alberta Operator's License



Friends of Hilltop Parent Council

2019-2020 Friends of Hilltop Council Members

Chairpersons: Tammy Dickson and Avy Fast

Secretary: Joanne Merrifield

Treasurer: Roxanne Amiot

NEXT MEETING:
February 19 at 7:00 pm

We are now offering PIZZA LUNCH to support our free Breakfast Program. **Next pizza lunch is FEBRUARY 5.** 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.

Whitecourt Bottle Depot will accept any recycling you have and wish to donate – just say they are for Hilltop High School.

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

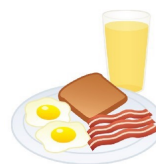
EARN MONEY to pay for your student’s school fees, grad garb, school sports and even school trips. Take advantage of the IGA gift cards sold by Friends of Hilltop Parent Council. When you purchase grocery vouchers from the Remax Office or at the school office--**5%** of your purchase is placed in an account just

Thank you to the Friends of Hilltop for treating the staff to a Christmas lunch! We are so grateful for you all!



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.



Hilltop High School

BREAKFAST PROGRAM

Operated by Friends of Hilltop Parent Council Society

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



Families of Hilltop High School Students



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

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





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.

February Bistro Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatball Lasagna w/ Garlic Bread	4 Perogies & Garlic Sausage	5 Pizza Day 🍕	6 Teachers' Convention No School	7 Teachers' Convention No School
10 Sweet & Sour Meatballs w/ Mashed Potatoes and Peas	11 Aloha Chicken w/ Rice	12 Bacon Cheeseburger with Potato Chips	13 Taco in a Bag	14 Pulled Pork Buns with Coleslaw ❤️
17 Family Day No School	18 Smokies w/ Mac & Cheese and Coleslaw	19 Chicken Fettucine Alfredo	20 Butter Chicken & Rice	21 Pizza Day 🍕
24 Loaded Tater Tots	25 Lasagna w/ Side Salad	26 Parmesan Chicken w/ Rotini Pasta & Side Salad	27 Sloppy Joes and Potato Chips	28 Grandmas Chicken Casserole w/ Rice

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

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 – Whitecourt Campus News

(formerly called Storefront)

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



Welcome to February at Gateway!

Special Days:

No School Thursday **February 6th** (Teacher's Convention)
 Tuesday **February 11th** Breakfast for lunch @ Noon *Please join us for pancakes, sausages and delicious egg muffins!*
 Thursday **February 13th** will be Pajama and Hot Chocolate day at Gateway! *Come and be cozy with us!*
 No School Monday **February 17th** (Family Day)
February 18th RAP Presentation at 11am

Celebrations!!! Last month, 17 students earned their First Aid certification and 13 earned their Safe Food Handling certificates from Alberta Health Services. Creating opportunities for students to increase their employability is just one of the exciting things Gateway has to offer. Several of our grade 12s and upgrading students wrote diplomas this January and are prepping for their upcoming graduation! Keep going! We are so proud of you!

RAP Presentation: On **February 18th at 11am** Corry Pepper and a representative from Pembina Pipeline will be in to share information about upcoming Registered Apprenticeship opportunities and how to apply! See you there!

With the start of a new semester, students should be reflecting on their progress and ensuring that two of their core subjects have been completed. *Please see Mrs. Kendall to go over your progress or if you need help building an updated timeline.*



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
All Grads must arrive at gym by 12:00

Grad Photo Re-takes
February 5

Grad Application Forms
 Part A Due **March 31, 2020**
 Part B Due **June 17, 2020**
 Forms can be found on our website hilltophigh.ca/graduation information

Pizza Day Fundraisers

Support the Class of 2020!

February 21, 2020

March 27, 2020

\$2.50 a slice



Grad Council 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



Buy a Crush For Your Crush!

Grad Valentine's Day Fundraiser (ALL GRADES)

Buy a Crush for your crush and the Grad Council will deliver it to them on Valentine's Day. On sale **Feb 4 & 5** at lunch. \$3.00 to stay anonymous or \$2.00 to share a special message to your crush. \$1.00 to reveal your secret admirer.



SUPPORT HILLTOP HIGH SCHOOL'S CLASS OF 2020!

BOTTLE DRIVE

FUNDRAISING

SAVE YOUR EMPTIES FOR US!

BOTTLE DROP OFF DAY
FRIDAY, FEBRUARY 21
12:00-1:00 & 2:00-4:00
DROP OFF LOCATION : HILLTOP HIGH

Senior Supper

Coming Soon - Stay



Winter Formal

March 27

Stay tuned for ticket sales



Your winning grad logo, quote and song!

Logo Artist: Falyng Iggulden.

Quote: "Sometimes you will never know the value of a moment, until it becomes a memory." - Dr. Seuss

Song: "I Lived" by One Republic



Grad Photo Retakes February 5



RETAKES

Grad News from Mrs. Keay



Class of 2020!! At this point, you should have all met with me at least once. We will begin our second one on one meetings in February after Diploma Exam marks have been released. **If you would like to meet during Exam Week, please come and see me in Room 302 ASAP to schedule an appointment.** As I have to supervise exams and complete report cards, I may not be able to meet with you without an appointment.

Grad Lists are now being posted monthly. **How do you make the list?** Right now, it is simple: **earn 50%+ in all your registered classes.** The idea is that if Graduation was next week, and every class you are registered in is required, would you be able to participate? *If you have any questions, please stop by room 302 and see me.*

Some Diploma Exams can be rewritten or written in April. However, April exams fall on the NGPS Spring Break. Register for the rewrite or to take one (i.e. Science 30) on MYPASS. Then, you will need to speak with Mr. Northcott.

After speaking to Mr. Northcott, you will need to contact one of the principals at the following schools to make arrangements to go to their school to write the exam:

Parkland Composite High School - Edson
Principal: Mr. Ryan Hall
780-723-6035

Holy Redeemer High School - Edson
Principal: Ms. Betty Churchill
780-723-7437

Barrhead Composite High School - Barrhead
Principal: Darcie Eamor
(780) 674-8522

Finally, if you have been accepted to a post secondary institution, I want to know and celebrate this milestone! Pop by room 302 so we can chat about it.

Mrs. Keay

*“Education is the key to unlocking the world. A passport to freedom”
. ~ Oprah Winfrey*



Athletics

Be a Charger...Take Charge!

Basketball Tournaments



January 31 & February 1
JV Girls Hinton

January 31 & February 1
Sr Girls and Boys Richard Danks Memorial Home
Tournament

February 14 & 15
Sr Girls and Boys Mayerthorpe

February 21 & 22
Jr Boys & Girls Mayerthorpe

February 21 & 22
Sr Boys Beaverlodge

February 26 (daytime)
Jr. Basketball GCAA
Boys - St. Joseph School
Girls - Hilltop

February 28 & 29
Sr. Girls Westlock

March 6 & 7
Jr. Basketball Zones
Boys - Onaway
Girls - Morinville

March 13 & 14
Sr Basketball Zones
Girls - Westlock
Boys - Athabasca



Senior Basketball Tournament January 31 & February 1, 2020

GIRLS DRAW

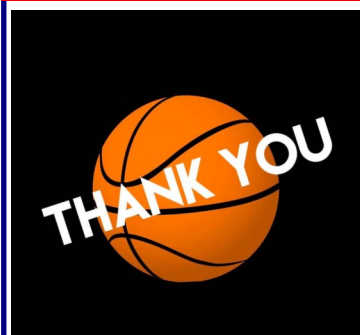
Time	Game	Time	Game
10:00 AM Friday	Hilltop Valleyview	11:00 AM Saturday	Hilltop St. John
1:00 PM Saturday	New Serris 2nd Energy Rocky	1:00 PM Saturday	Hilltop St. John
5:00 PM Friday	Beaverlodge Hilltop	5:00 PM Saturday	Hilltop St. John
1:00 PM Saturday	St. John 10:00 Friday	5:00 PM Saturday	Hilltop St. John

BOYS DRAW

Time	Game	Time	Game
10:00 AM Friday	Hilltop Valleyview	11:00 AM Saturday	Hilltop St. John
1:00 PM Saturday	New Serris 2nd Energy Rocky	1:00 PM Saturday	Hilltop St. John
5:00 PM Friday	Beaverlodge Hilltop	5:00 PM Saturday	Hilltop St. John
1:00 PM Saturday	St. John 10:00 Friday	5:00 PM Saturday	Hilltop St. John

Thank you to our sponsors for your continued support!

Jr Boys modelling their team hoodies thanks to the sponsorship of Weatherford!



THANK YOU SPONSORS

Thank you to the following businesses for your continued support of Hilltop Athletics and for sponsoring team hoodies.

- 3 Bubbles Truck and Car Wash** in Fox Creek for sponsoring the Jr Girls
- G. MacRitchie Forestry Services** for sponsoring the JV Girls
- Weatherford** for sponsoring the Jr Boys
- KW Mechanical** for sponsoring the Sr. Boys
- T.A. Enterprises** for sponsoring the Sr. Girls

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.

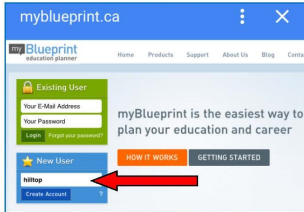
For more information: hilltophigh.ca / parents and students tab.


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:

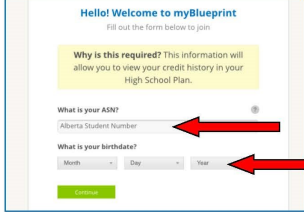
Step 1: Type in our school password "hilltop" and click on create account.



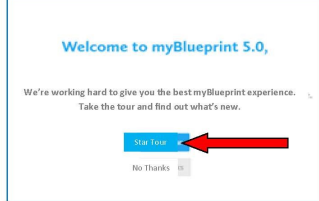
Step 2: Choose your grade.



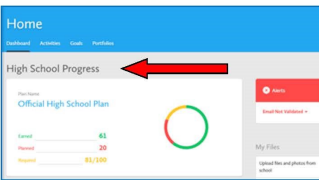
Step 3: Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)




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:

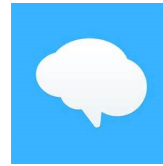
1. Go to myPass.alberta.ca
2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your personal inbox.
3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at <https://extranetapp.learning.gov.ab.ca/learnerRegistry/forms/>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

QLE HOW A CULTURE OF WELLNESS SUPPORTS STUDENT LEARNING AT NGPS

Mental, Social and Physical well-being impact learning. A Culture of Wellness, with a focus on these three domains, is foundational to developing a Quality Learning Environment (QLE) within Northern Gateway schools. Wellness Champions, School and Division Leadership Teams, in-school Mental Health Capacity Building Teams, and educators and support staff, work together to support a Culture of Wellness.

- Mental Well-Being - staff are supported, resilient and able to contribute to a culture of wellness while maintaining a positive work/life balance.
- Social Well-Being - maintaining a climate of cohesiveness, trust, respect and support among staff is key.
- Physical Well-Being - all staff are supported to learn and engage in positive choices for physical well-being in a healthy environment.



Culture of Wellness
• Mental Well-Being • Social Well-Being • Physical Well-Being



Make online payments with SchoolCashOnline

- ✓ Field trips
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Register at SchoolCashOnline.com



EMPATHY IN GLOBAL UNCERTAINTY

A simple glance at the news headlines shows a world that is scary, angry and negative. Scrolling through social media, there are similar messages. Reading all of this leaves me feeling bitter and pessimistic. I wonder how my kids feel, with fewer life experiences, they have a more innocent perspectives and are naive global topics. In times like this, I want to build a wall around my home to keep the pain away, keep my children safely tucked under my wing like a mother hen protecting her chicks. While we can't stop the presence of anger, hatred and judgment on the news, in music, on television, social media, even in our communities, we can make a conscious decision to limit the time and energy we give to it. In turn, we can decide to spread kindness and lift each other up instead.

Pink Shirt Day is a movement celebrated across the globe to spread kindness and symbolize intolerance to bullying. At Northern Gateway Public Schools, we work to create an environment of tolerance, kindness and acceptance all year, and we set aside February 26, 2020 to wear **PINK**.

Kind (adjective) 1. *A good or benevolent nature or disposition; 2. Indulgent, considerate or helpful; humane.*

Empathy (noun) 1. *The psychological identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another.*

Like many attributes, *kindness* and *empathy* are traits first learned at home. How to ensure you are teaching kindness? If a child is treated as though they are kind and empathetic, they will live up to those expectations...and the opposite is also true.

Let your children catch you being considerate to those around you, such as the elderly neighbor, the server at the restaurant, the secretary at school, the custodian at the mall.

Be respectful to your child, look at them when they are speaking to you. Listen to what they are saying and answer graciously.

Point out attributes in others that represent kindness and empathy such as a welcoming smile, a contagious laugh and a thoughtful act.

Demonstrate to your child how to give back to others through actions like donating outgrown toys or clothes, visiting someone in the hospital or nursing home, or bringing a meal to a family going through a difficult time.

"It is not our job to toughen our children up to face a cruel and heartless world. It is our job to raise children who will make the world a little less cruel and heartless."

~ L.R. Knost

We are not helpless amidst the negative news around us. We **can** make a difference in our homes, schools and communities. How? By **being** the change: focus on the good, look for the helpers, be the heroes, recognize the beauty and gentleness, model humanity.

Each time you open your arms, pick your battles, breathe through the meltdowns, spot the silver lining, carry the weight though it feels too heavy to be carried: You are being the change - You are making a difference.

Leave your child with a kind word before they go to school and ask them to look for the beauty today. After school, ask them what they saw that was beautiful, what made them laugh, and how they made someone smile. Start and end each day with words of gratitude.

Not every day is a good day, but there is always something good in every day. Seek it out like a treasure in the sand.

I recently read this phrase that resonated with me (author unknown):

As the world fights to figure everything out, I'll be holding doors for strangers, letting people cut in front of me in traffic, saying good morning, keeping babies entertained in grocery store lines, stopping to talk to someone who is lonely, being patient with sales clerks, smiling at a passerby.

WHY?

***Because I will not stand idly by and live in a world where love is invisible.
Join me in showing kindness, understanding, and judging less.***

And Remember to Wear Pink on February 26!

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She 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 of 4 teenagers.

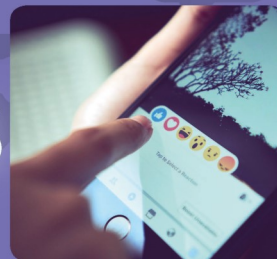
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'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'



DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



Safety Tips For Parents

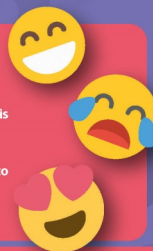
FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.



HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-justin-rosenstein-addiction-fears-a7986566.html>, <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf>, <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>, <https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

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WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents Line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/masuringsocialwellbeing/2015-10-20>, <https://www.rsb.org.uk/uploads/assets/upload-ed/62be270a-a55f-4719-ad668c2c-7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505-5-warning-signs-mental-health-risk>

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SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

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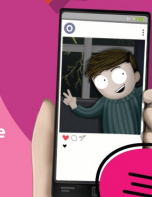


1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



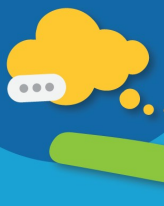
4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

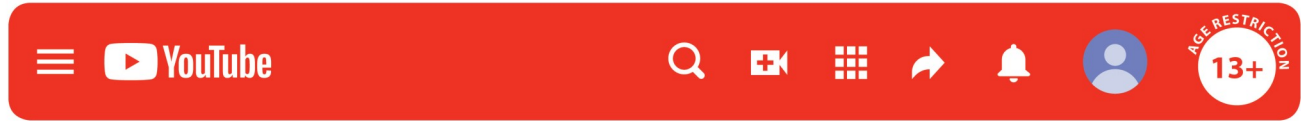
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YouTube is an online platform - owned by Google - where anyone can upload & watch video content. All different types of information, advice & entertainment are uploaded & millions of people tune in to watch, rate & comment on it. As a parent, it's important you understand exactly what content your children might be seeing.

What parents need to know about YOUTUBE

INAPPROPRIATE CONTENT EASY TO ACCESS

Any child with a Gmail account can sign into YouTube & access videos. Some content is flagged 'age-restricted', but the platform relies on self-verification, meaning kids can get around the rules with a fake date of birth. This could enable access to vulgar, violent & dangerous videos.

USERS CAN PRIVATELY CONTACT YOUR CHILD

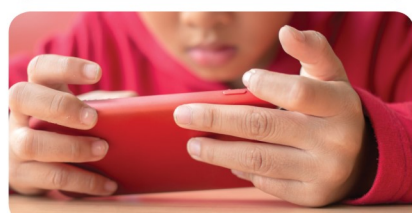
When your child is signed-in to YouTube with their Gmail account, there are various ways they can send & receive messages. This could be via the messages icon, or via the 'About' tab. There is scope here for users who your child does not know to make contact.

YOUTUBE SUGGESTS RELATED CONTENT

YouTube will often 'auto play' videos based on your child's viewing habits. The aim is to show related & appropriate content. But the problem is: it's possible your child will be exposed to inappropriate content that isn't accurately related.

'CHALLENGE VIDEOS' CAN GO TOO FAR

Challenge videos refer to a stunt you're encouraged to recreate & film. Many challenge videos can be harmless & for a good cause, like the Ice Bucket Challenge. But some are dangerous & even life threatening, such as the Bird Box Challenge.



SHARING VIDEOS RISKS YOUR CHILD'S PRIVACY

If your child has a Google account, they can upload their own videos. To do this, they must create a personal profile page known as a 'YouTube Channel'. The videos uploaded here can be viewed, commented on & shared by anyone. This could put your child's privacy at risk.

Tips To Protect Your Child

APPLY 'RESTRICTED MODE'

Restricted mode helps to hide any mature or unpleasant videos from your children. It uses YouTube's own automated system & looks at what other users flag as inappropriate content. It must be enabled in the settings menu on each individual device.

CHANGE WHO CAN SEE VIDEOS

You can change who can view your child's content in the settings. Options include Public (available to all), Private (only available to people you share it with & cannot be shared) or Unlisted (available to people you share it with & can be shared further).

BLOCK CONCERNING USERS

To help protect your child from cyber-bullies, harassment or persistent offensive comments, you can 'block' individual users. Doing so hides your child's videos from the user & stops the user being able to contact your child in any way.

CUSTOMISE THEIR EXPERIENCE

Influence & control what your child watches using features such as Playlists (your videos play continuously rather than videos YouTube recommends) & Subscriptions (you choose channels your child can watch). It's also good to turn off auto play by toggling the blue button alongside the 'Up Next' title when viewing a video.

CREATE A 'FAMILY' GOOGLE ACCOUNT

Create a Google account to be used by the whole family. This will allow you to monitor exactly what your child is watching, uploading & sharing. Plus, your child's YouTube page will display their recently watched videos, searches, recommended videos & suggested channels.

GET YOUR OWN ACCOUNT

Create your own account so you can explore features yourself. Learn how to flag inappropriate videos, how to moderate comments & how to block users. This will help you feel more confident when providing advice & guidance to your children.

BE MINDFUL OF CYBERBULLYING

Once your child has posted a video, a worldwide audience can see it. Strangers may choose to comment on the video, both positively & negatively. So, be careful to check comments & any other interactions your child is making through the platform.

GET TO KNOW POPULAR CHANNELS

It's good to know which channels are most popular with your children. Some of the most popular channels right now are: PewDiePie, NigaHiga, Zoella, KSI, JennaMarbles, Markiplier, Smosh, ThatcherJoe & Casper Lee.

DON'T ASSUME YOUR CHILD IS TOO YOUNG

YouTube and YouTube Kids are quickly becoming the chosen viewing platforms for children between the ages of 3-15 & it's likely this trend will only increase. It's also possible children will become familiar with the platform at a younger & younger age. So it's important to understand the positives & negatives of the platform.



Meet our expert

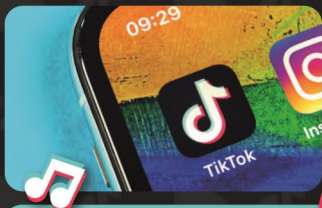
Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

SOURCES: <https://support.google.com/accounts/answer/1350409>, <https://support.google.com/youtube/answer/6401182>, <https://support.google.com/youtube/answer/2802272?hl=en-GB>, <https://support.google.com/youtube/answer/7354993?hl=en-GB>, <https://www.youtube.com/intl/en-GB/y/about/policies/community-guidelines>, https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/134907/Children-and-Parents-Media-Use-and-Attitudes-2018.pdf, <https://www.raisingdigitalnatives.com/youtube-parenting/>, <https://www.net-aware.org.uk/networks/youtube/>, <https://www.theguardian.com/technology/2019/jan/16/youtube-bans-dangerous-pranks-after-bird-box-challenge>

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TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about TIKTOK



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor social.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

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Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page', which contains videos and images tailored to each user based on accounts and hashtags they follow.

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What parents need to know about INSTAGRAM

HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Danielle Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'failed self-regulation' after it was revealed grooming and abuse via the app had more than tripled. 5,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

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Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

Edit date: 29/05/19



What parents need to know about SNAPCHAT



EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!" When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshots are possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshot, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



EXTRAS TO MAKE YOU STAY

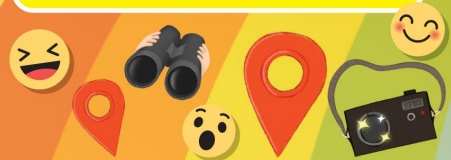
Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beatify' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



Top Tips for Parents



THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshot. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.



USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.



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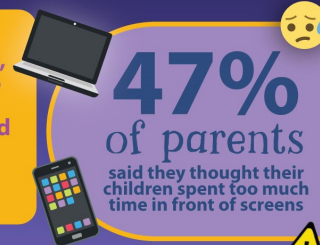
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It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged **3-4**
go online for nearly **9hrs** a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

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Your Voice Matters.

Alberta Education needs your opinion to help ensure every child is prepared for success.

The Accountability Pillar Survey gives your school, your school authority and your provincial government important information about the quality of education your child is receiving. Results are used to find out what's working and identify areas for improvement.

Accountability is a key element in the success of the education system. I believe that assessing the progress of schools helps us ensure the best possible outcomes for every child.

Completing the survey enables you to help shape the future of education throughout the province. We are committed to working with you and many other stakeholders to educate the next generation of Albertans.

Thank you for helping us strengthen the education system.

Adriana LaGrange
Minister of Education

If you have any questions, please contact: System Assurance Branch, Alberta Education Email: EDC.SystemAssurance@gov.ab.ca
Phone: (780) 643-9193 (toll-free access within Alberta by dialing 310-0000 first)

Please complete the survey online or return your completed survey in the enclosed, pre-paid envelope by **February 28, 2020**.

A true picture of our success.

Measuring the quality of your child's education

We want to know that our children and students in Alberta are receiving a quality education in a great school. Grades are important, but there's more to it. A great school and its staff help every child to make the most of their talents and abilities. Great schools are caring and secure and encourage parents to play a key role. Their vision is focused on each student's success. While it's easy to agree on such goals, how do we measure our progress toward them?

The Accountability Pillar is an innovative and straightforward way to measure our learning goals as schools, school authorities and as a provincial government. Results are provided in a colour-coded and easy-to-read report so everyone in the community can review it. At a glance, it points out successes and areas of concern from both a local and provincial perspective. The results report shows which measures have improved, which have remained constant and which have declined. It allows everyone—parents, teachers, school authorities, students and the province—to celebrate successes and respond to challenges together.

Details about the Accountability Pillar and how to obtain results are available online at alberta.ca/accountability-education-system.aspx

If you have a concern about your school that is not addressed in this survey, please consider contacting your school or school district directly for further discussion.

The Accountability Pillar looks at:

- Survey results. Every year between January and March, we survey students, their parents and teachers to see how they perceive the quality of education they receive and take part in.
- Student learning indicators such as dropout rates, high school completion rates and the number of students eligible to receive Rutherford Scholarships.
- Student results from Provincial Achievement Tests and Diploma Exams.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2020						
				Happy Family Day!		
						1 Richard Danks Memorial DQ Classic Basketball Tournament
2	3 Day 1 First Day of Semester 2 First Day Gr. 9 Options 4/6	4 Day 2	5 Day 1 Grad Photo Retakes	6 Teachers' Convention No School	7 Teachers' Convention No School	8
9	10 Day 2	11 Day 1	12 Day 2	13 Day 1	14 Day 2 Valentine's Day	15
16	17 Family Day No School	18 Day 1	19 FLEX Day 1 Math/Social/Other Friends of Hilltop School Council Meeting 7:00pm	20 Day 2	21 Day 1	22
23	24 Day 2	25 Day 1	26 Day 2 Pink Shirt Day	27 Day 1	28 Day 2	29

GALLERY



Keegen Johns is really enjoying the pancakes at the Pancake Breakfast.

Staff News

Please join us in welcoming two new staff members to the Hilltop family, **Ms. Fatima Shareef** will be teaching in the Science department and **Ms. Ashlee Roszko** has joined us as an Educational Assistant.

Congratulations to Miss. Friedrich who got married over the holidays and is now **Mrs. Baer!**

A big welcome back to **Mrs. Long** who returns to the Science department after her maternity leave.

We would like to wish farewell to **Ms. Lydia Pau** who is returning home to her family and **Mrs. Sullivan** who starts her maternity with her newest bundle of joy.



We love Santa!



These lovely's did some door decorating.



Jr Boys Basketball



Jr Girls Basketball



GO CHARGERS!



Thank you for returning textbooks



Chelsey cooking up a storm!



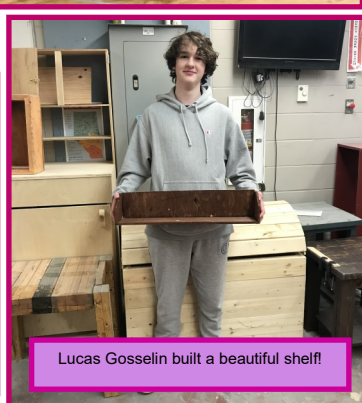
Let's Dance!



Mrs. Cartwright gets her hair done by one of her own students.



Gold for the Sr. Boys Basketball team



Lucas Gosselin built a beautiful shelf!