



Contact Information
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Website: hilltophigh.ca
Facebook:
 www.facebook.com/hilltophighschool
Twitter: @ngpshth

“A great place to LEARN...and more!”

Hilltop Jr./Sr. High School



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



March 2020 Newsletter

VOLUME 11, ISSUE 6

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With March now upon us we can look forward to the coming of spring and the renewal it brings with it. Hopefully warmer days are just around the corner.

Hilltop is a very busy place. We are beginning the planning stages for next year. Students will soon be picking their courses for next year. Basketball season is winding down, but badminton will be starting up. We are lucky to be able to offer so many extra-curricular activities for our students. We owe so much gratitude to the many volunteers who give their time to make these programs available to our students.

The next Friends of Hilltop meeting is on March 18 at 7 pm. Please come out and be informed about what is happening at Hilltop.

Please make note that we have combined our spring Parent Teacher Interviews into one night. Interviews will be held on Wednesday, April 1 and they are on a drop in basis from 4:00-8:30 PM. We are also holding our Fine Arts Night on this evening. Please be advised the following teachers will not be available on Parent Teacher Interview Night as they will be chaperoning for the Travel Club, Miss. Mehl, Mr. Babiuk, Mr. Button and Miss. Hlus. If you would like to schedule an interview with them please email them directly or contact the school.

Hilltop has many ways for parents to stay up to date on what is happening at school. Our School Messenger system sends home attendance information daily for students who have not had their absence called in to the office. We also have a Remind account where parents can receive emails and/or text messages of important school announcements. There is a link to sign up on the school website. You can also follow us on Twitter, Facebook and check the school website for updates. If you have not done so, please sign up for the Parent Portal to have the latest information on your child's grades and attendance. Parent Portal has replaced our printed report cards for students. You can contact the office if you require a printed report card.

We would like to thank our parents who are proactive in informing us of their child's late or absence beforehand. By informing the school you are speeding up the process of getting your child to class on time. We appreciate the forethought and effort in ensuring attendance is recorded accurately.

Your partner in education,
 Brent Northcott, Principal

Important Dates

March 8
 Daylights Savings Time
March 9 - 13
 Substitute Appreciation Week
March 17
 St. Patrick's Day
March 20
 PD Day No School
April 1
 Parent Teacher Interviews
 4:00 pm - 8:30 pm
April 1
 Fine Arts Night
 4:00 pm - 8:30 pm

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



2020-21
Registration
 opens March 6!

HILLTOP JR./SR HIGH SCHOOL

- ◆ So much to offer! From core academics, Computer Sciences and a red seal chef instructed Foods program to Media Arts, Registered Apprenticeships (RAP) and Work Experience, Hilltop Jr/Sr High offers students a multitude of opportunities to direct their own learning!
- ◆ Options like Photography, Mechanics, Construction, Drama, Cosmetology and Welding!
- ◆ Rich range of extracurricular programming including competitive sports (we host the Whitecourt Cats), numerous clubs and humanitarian pursuits.
- ◆ Gateway Academy - Whitecourt Campus - we offer flexible and alternative learning options to meet students' individual needs.



Student Photography



March 8

Daylight Savings Time



March 9 - 13

Substitute Teachers' Appreciation Week



March 17

St. Patrick's Day



March 20

Professional Development Day

No Classes



Parent-Teacher Interviews

April 1

Parent Teacher Interviews

Fine Arts Night

4:00 pm - 8:30 pm



Taryn Lamb

Taryn, a Grade 9 student at Hilltop was thrilled to beat out 98 young girls during the tryouts process to make the Alberta Winter Games volleyball team. She initially thought as she walked into a room of really tall girls, that at 5'5" she didn't stand a chance. She proved that with hard work and determination, your dreams are possible. She represented Whitecourt in a big way, playing against the best volleyball players in Alberta. Taryn had a great time participating at the AWG and is excited to see what her future holds in volleyball. She dreams of playing for the University of Alberta Pandas team. She encourages other young athletes to take chances and not hold themselves back.



Grace Charko

Grace is in Grade 9 at Hilltop and she recently participated in the Alberta Winter Games in Airdrie with her hockey team. Grace has been playing hockey since she was 4 years old. Her team won one out of four games, but unfortunately finished in last place. She thoroughly enjoyed the experience and said it was exciting to play against such competitive hockey players.



[Forum for Young Canadians](#)

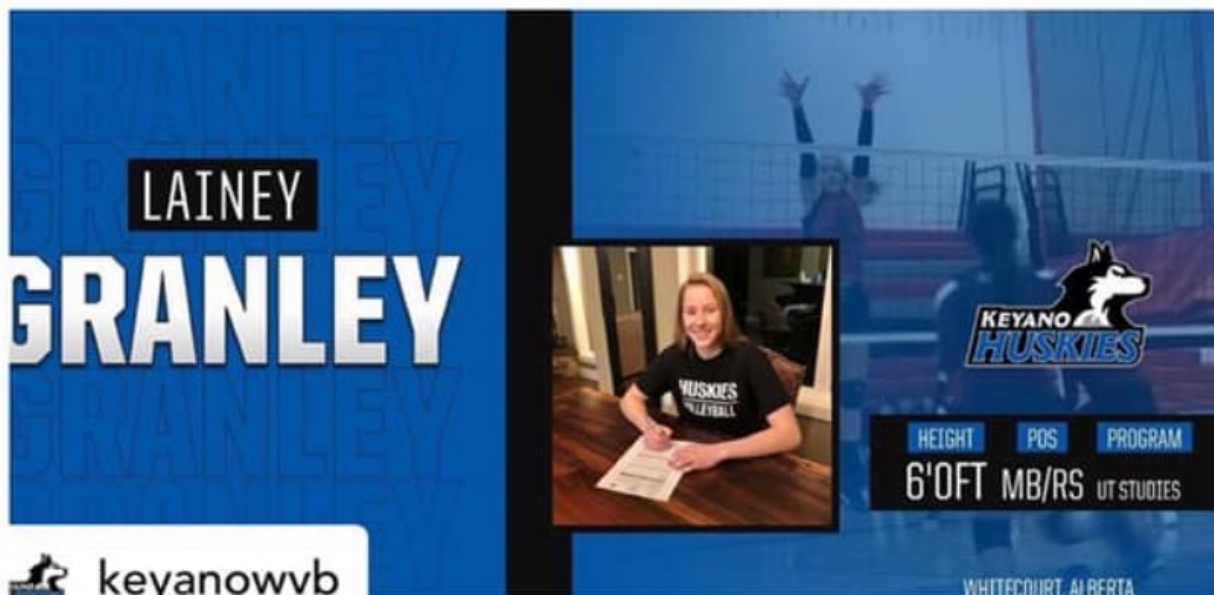


FORUM

Maddy Martell

recently travelled to Ottawa to participate in the Forum for Young Canadians to learn more about Parliamentary Democracy. During her time in Ottawa, she had the pleasure to hear from the Speaker of the House, multiple Senators and MP's, as well as had the opportunity to ask them questions. She got to read a member statement in front of her peers, learned how to write a formal speech, and even got to create a mock party with her group. Her groups mock party was called Beyond Today and they got to participate in an election simulator and debate on topics that were important to them, such as; Eroding Healthcare, Gun Violence, Indigenous Rights and Climate Change. Maddy got to visit Rideau Hall, meet Alberta's MP Mr. Arnold Viersan and even have dinner with the MP of Treasury. Maddy thoroughly enjoyed her experience and met so many like minded youth from across Canada. After high school Maddy plans to study International Relations. We can't wait to see what Maddy achieves in her bright future, she has the qualities to change the world. Keep up the great work Maddy!





keyanowvb Keyano Huskies Women's Volleyball Head Coach Kira Sutcliffe is pleased to announce the commitment of Lainey Granley for the 2020-21 season. "Choosing Keyano College as my next destination in my academic and athletic journey was an easy decision for me. The warm welcome from the team and Coach Sutcliffe made me feel right at home during my visit. Having access to premier facilities in The Syncrude Sport & Wellness Centre, accompanied by the academic opportunities and recent success of Huskies Varsity Athletics made Keyano College a very desirable destination. I look forward to calling Keyano College and Fort McMurray my next home. I will be enrolling in the University Studies Program this fall. I am tremendously excited to be suiting up for the Huskies Women's Volleyball team." – Lainey Granley "I am thrilled to have Lainey Granley commit to the Huskies Women's Volleyball Program for Fall 2020-21. Granley has the potential to be special; her athleticism, work ethic and desire to compete at the highest level makes her a perfect fit for the culture that we are building within the program." – Head Coach Kira Sutcliffe

Thank You

Thank you to Chris Mills from MacEwan University for visiting Hilltop to speak to our students about the endless opportunities available to them at MacEwan University. MacEwan University is a world class post-secondary institute in Canada offering a variety of programming such as Nursing, Art & Communications, Business Management, even Equine Studies. MacEwan offers three million square feet of educational space, including residency, an Indigenous center, interactive labs, a newsroom simulator and a sports/wellness center. MacEwan offers many other unique opportunities to volunteer, study abroad, scholarships and a wealth of other activities and resources. Students can earn certificates, diplomas or a degree. MacEwan prides its self on flexibility to meet student needs, including smaller class sizes. Listed below are the departments available at MacEwan, each hosting a large variety of programming options within. For more information about MacEwan University please visit their website at macewan.ca.

- Faculty of Arts and Science
- School of Business
- Faculty of Fine Arts and Communication
- Faculty of Health and Community Studies
- Faculty of Nursing
- Opens Studies
- Continuing Education



Food Truck Challenge

The Grade 9 Culinary Arts class will be holding their first Food Truck Challenge, and we invite you to come and taste some samples. Tickets are \$10.00 each and can be purchased from Ms. Mercer.

March 13, 2020
11:15 am - 12:15 pm
Hilltop Cafeteria

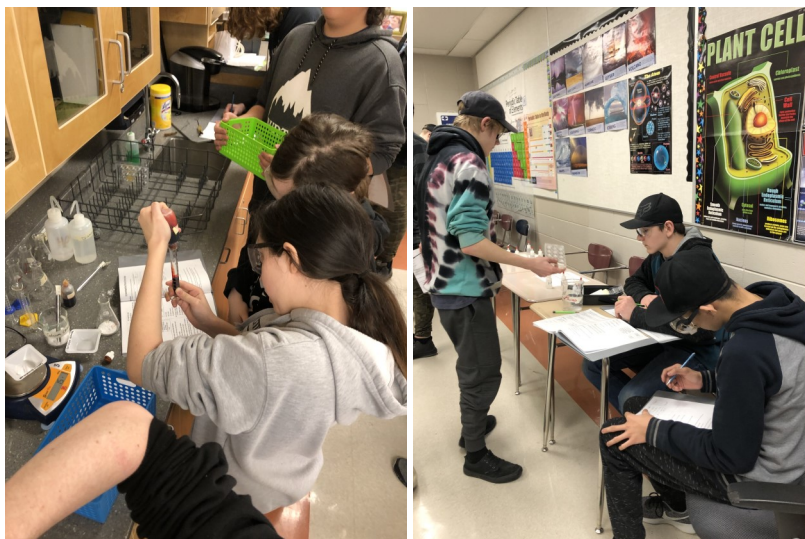


Stay in touch with HTH Culinary by following them on social media.

Facebook: @HTHCulinary
 Twitter: @ChefMercerHTH
 Instagram: chef_mercer

Science is Cool

Students in Mrs Bezushko's science class spent their day conducting labs on chemical and physical changes.



Pink Shirt Day

On February 26, Hilltop staff and students wore pink to show their support and took the pledge to take a stand against bullying, today and every day. The day was filled with love, kindness and even some friendly bubblegum and balloon competitions. We encourage students to lift each other up, because kindness matters. Special thanks to Whitecourt Family Violence Initiative for dropping by to hand out cotton candy and pins.



Celebrating Student Success

Congratulations to **Emma Schlosser** who earned an outstanding 100% on her Physics 30 Diploma Exam! We are so proud of you!



Hilltop Graduate Excels

Congratulations to 2016 Hilltop Graduate **Jamie Sherburne**, a second year Bachelor of Science student, who was recently recognized by the University of Alberta with the **Professor Murray Lauber Scholarship** and the **Ernie Felzien Award** for a total of \$3100.00. Way to go Jamie!

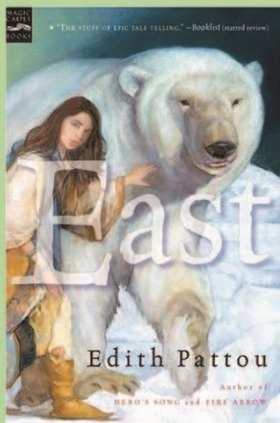


OUTSTANDING



Teen Book Club

Calling all teen bookworms! The **Whitecourt Public Library** is hosting a teen book club on **March 12th** from **6-7pm**. This month we are reading **East** by **Edith Pattou**, but stop by even if you haven't read the book. A limited number of copies are available at the Whitecourt Public Library. We look forward to seeing you there!



Always On Time

These students know the importance of being on time and they were rewarded for it. An impressive 110 students were never late in Semester 1 and their names were entered in a draw for big prizes!

Congratulations to the winners, **Grace Boudreau, Nevaeh Harris and Kallie Soch** whose punctuality earned them Polaroid cameras and Google Home minis.

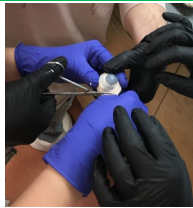


Getting Gory in Drama

Students in Ms. Gartner's Drama class get gory with special effects makeup. They learned how to make severed fingers, bruises and cuts with liquid latex, makeup and fake blood. These students had many of us fooled with their realism, we hope they didn't scare their families too bad when they went home.

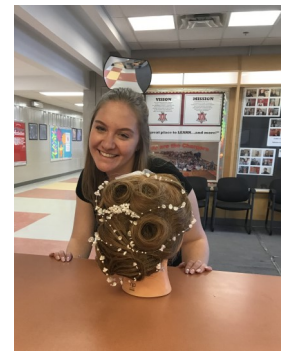


Sheep Eyeball Dissection in Mrs. Longs Class



Cosmetology

Cosmetology students are preparing for Skills Canada. Check out this stunning braiding and bridal looks created by **Allison Wolfe** and **Hannah Clarke**! Well done ladies!



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



NEW RAP OPPORTUNITIES

If you are interested in any of the positions below please see Mrs. Van De Kerckhove for information on how to apply or check out the full job postings on our Facebook or Twitter pages.

Employer	Position	Deadline to Apply
Pembina Pipeline	Millwright	April 30, 2020
Pembina Pipeline	Parts Technician	April 30, 2020

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

Congratulations to Grade 11 student **Ethan Schar** who has obtained a RAP position with Strike Energy as a Pipefitter.



Congratulations to Grade 11 student **Jacob Wilson** who has also secured a RAP position with Strike Energy.



Congratulations to Grade 12 student **Zach Fraser** who returns to Fortis this Summer.



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.

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



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:
March 18 at 7:00 pm**

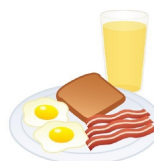
Earn 5% profit on your regular grocery shopping at IGA!!

****Are expenses adding up?? Grad, Sports, Extra Curricular Fees**

EARN MONEY to pay for your student's school fees, grad garb, school sports and even school trips. Take advantage of the IGA gift cards sold by Friends of Hilltop Parent Council. When you purchase grocery vouchers from the Remax Office or at the school office-- **5%** of your purchase is placed in an account just for you. It just stays there until you need to access these funds to pay for any variety of school related expenses. IGA voucher cards are the **ONLY** fundraiser for Friends of Hilltop, other than bottle recycling to fund our Breakfast Program. Stop by or call the office for more details.

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.



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.

March Bistro Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bacon Cheeseburger w/ Potato Chips	3 Perogies w/ Garlic Sausage	4 Beef Stroganoff	5 Chili Cheese Dogs w/ Toppings	6 Pizza Day 
9 Oven Baked Meatball Sandwiches	10 Mac & Cheese	11 Aloha Chicken & Rice	12 Taco in A Bag	13 Pulled Pork Buns w/ Coleslaw & Potato Chips
16 Meatballs & Gravy w/ Mashed Potatoes & Peas	17 Chicken Fettucine Alfredo	18 Smokies on a Bun/Mac & Cheese w/ Coleslaw	19 Butter Chicken & Rice	20 NO SCHOOL
23 Meatball Lasagna w/ Garlic Bread	24 Pizza Tater Tot Casserole	25 Parmesan Chicken w/ Rotini Pasta	26 Sausage Fettucine Alfredo	27 Pizza Day 
30 Loaded Tater Tots	31 Chicken Cordon Bleu & Mashed Potatoes			

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



Tuesday **March 10th**: Shepherd's Pie Free Hot Lunch

Tuesday **March 24th**: Grilled Cheese Free Hot Lunch



March 16 - 26th: Gateway students are participating in a full-time Art Immersion. Please sign up if you are interested in earning Art 10 or Art 20 credits.



Don't forget to sign up for your Work Experience so that you earn credits along with your paycheck!



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 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!

March 6
March 27
April 24
May 8
May 29
\$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



Senior Supper

March 25, 2020

An over 40 year tradition of Hilltop Grads giving back to their local senior community.

If you are able to help bring a food dish and/or volunteer in the kitchen on March 25, please contact the front office and we will put you in touch with our lead parent organizer.



Winter Formal

March 27

7:00 pm - 9:30 pm

Tickets will be available for sale in March. Watch for announcements.

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



We are fundraising in an effort to make this years graduation day the best one ever. We would like to thank everyone who supported our Crush Valentine's Day fundraiser and our Bottle Drive. We are that much closer to our goal thanks to your generosity. Please continue to support our Pizza Day fundraisers (listed above) and watch for more upcoming fundraisers.





Athletics

Be a Charger...Take Charge!



Basketball Tournaments



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

March 6 & 7
JV Zones
Hinton

March 3
Sr GCAA Finals
Mayerthorpe

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

Ski Trip

Thursday, March 12, 2020

Marmot Basin Jasper

5:45 am - 9:00 pm

For more information see Miss. Hlus



Congratulations to the Jr. Girls Basketball team for defeating St. Joe's and going on to win silver in GCAA! Great job to all players and coaches!



COMING SOON

Girls Workout Group
starting mid March.
See Mrs. Cartwright if
you are interested or
would like more
information.



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

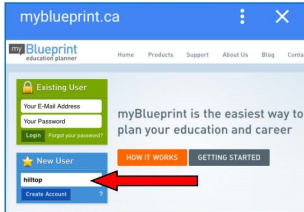







PLAN YOUR EDUCATION AND CAREER

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:

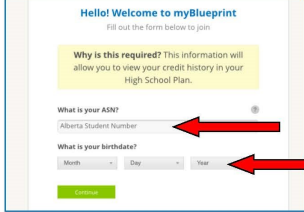
Step 1: Type in our school password "hilltop" and click on create account.



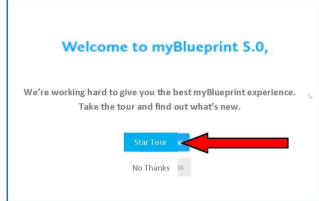
Step 2: Choose your grade.



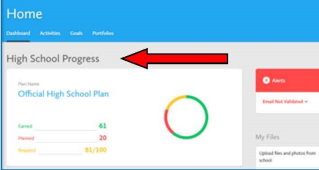
Step 3: Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)




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:

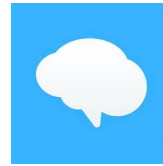
1. Go to myPass.alberta.ca
2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your personal inbox.
3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at <https://extranetapp.learning.gov.ab.ca/learnerRegistry/forms/>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

Support your school with SPIRITWEAR!

NEW!

Charger Spirit Wear

Hoodies: \$40.00 each

Short Sleeve T-Shirts: \$15.00 each

Long Sleeve T-Shirts: \$16.00 each

Hats: \$10.00 each

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

PRICE REDUCED

Reduced Spirit Wear

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



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



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Tether Yourself: Advice for Youth (and adults too!) on Devices

Being a kid is tough no matter the era, and it is no surprise that our kids today are facing challenging experiences these days. Smartphones, iPads, tablets, etc are everywhere and along with them is a constant bombardment of marketing tactics and psychological tricks. Between Instagram sending messages to wear the right clothes and look a specific way, social media algorithms that have our brains craving more comments, followers and likes, and the constant comparison of other people's lives, it's tough to be a young person right now.

It's also tough to be a parent these days!

This type of technology and social media is relatively new for all of us, and there's a pretty intimidating learning curve for parents everywhere. Because the previous generation did not have the internet exposure we have now, parents today have nowhere to turn to for help. We are relying on each other for tips on how to protect their children from issues with mental health, self-image, relationships, on-line predators and more that stem from the age of technology.

Rachel Macy Stafford is a best-selling author, public speaker, and parent. As part of her commitment to conscious parenting, she decided to tell the world about a unique turning point she had with her 14-year-old daughter. She (like many of us) felt an uneasiness about her child and her screen time consumption, particularly after finding a number of articles on youth suicide related to online bullying and social media use.

Rachel started a conversation with her daughter that she realized several weeks later would actually help her be noticeably *more relaxed, more interested in family time, more physically active, and more diligent with homework and chores* almost instantly.

Rachel explained to her daughter her own fears as a parent; with bullying, online pressures, etc. She told her what science actually says about kids and technology (that children's brains aren't fully developed, and so are especially susceptible to isolation, hopelessness, and more). And then she gave her a special letter. Here are just a few powerful snippets that encompass this mother's love for her child:

"Each time the phone notifies you, you stop what you are doing—whether it's homework or a job you have to do. What might take you one hour to do, will take you several, and it won't be completed as well. The inability to focus will reflect in your grades and impact the job opportunities you have as you grow. Spending quality time with friends and family will be impacted by the need to check the phone, making you believe what is most important is on your phone when it is really the person in front of you.

"Awareness is your weapon against the hidden influences and damaging behaviors. While you are online, your mind, your thoughts, your core values are drifting to wherever tech companies want you to go. The remedy is to limit the time you spend drifting in the online world and tether yourself to real life."

"Tether yourself; To real people, real conversations, and real scenery.

Tether yourself; To furry animals, interesting books, good music, the great outdoors.

Tether yourself; To spatulas, hammers, cameras, paintbrushes, and yoga mats."

"When you feel your worth is in question, when you feel lost and alone, when you feel sad and you can't explain why, TETHER YOURSELF TO REAL LIFE AND REAL PEOPLE."

ESTABLISH GROUND RULES FOR SCREEN TIME Rachel followed up with a few ground rules (*which she recommends for parents too!*), I have added a few of my own:

- Don't charge your phone in your room overnight
- Let your friends know you won't respond to texts after 9pm
- Use a real alarm clock instead of your phone
- Hourly limits to cell phone time at home
- Dare your friends to have a sleepover with no screen time
- Set a timer for when they are on a device
- For younger kids, put all the devices away: out of sight, out of mind
- Use screen time as a reward: 30 minutes extra for completed chores and homework (without arguing!)
- Chose a day (or evening) a week with NO SCREEN time for the household
- Utilize parental controls on your Wi-Fi, modem, and devices
- Be a good role model, put down your devices and tether yourself




*(Rachel's parenting tips and advice for life can be found in her book **Hands-Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters.**)*

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 to 4 teenagers



Events Calendar for: March, 2020



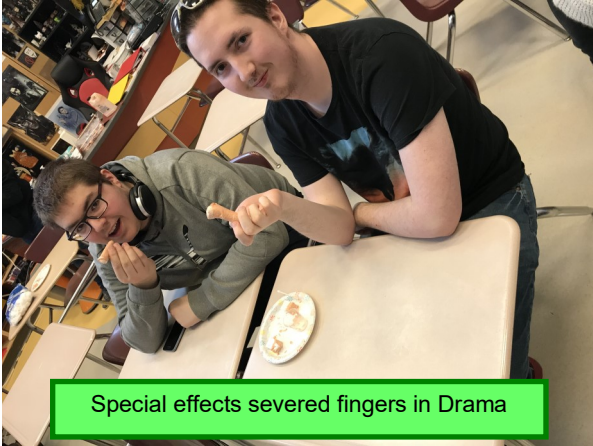
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm) A.S.L. #2 (6-7 pm) A.S.L. #1 (7-8 pm)	Beginner French (6-7 pm) Sassy Stitches (6:30-8 pm)	Storytime (10:30-11:30 am) Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	Soapstone Carving Club (5:30-7:30) A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AIMC	Storytime (10:30-11:30 am) Family Movie (1-3 pm)
8	9	10	11	12	13	14
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm) A.S.L. #2 (6-7 pm) A.S.L. #1 (7-8 pm)	Beginner French (6-7 pm) Drum Circle (6:30-8 pm) Sassy Stitches (6:30-8 pm)	Storytime (10:30-11:30 am) Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	Teen Book Club (6 pm) A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AIMC Homeschool Group (1-2 pm)	Storytime (10:30-11:30 am) Family Movie (1 pm)
15	16	17	18	19	20	21
CLOSED	Mindful Monday (3:20 - 4:00pm) Death Café (6-7:30 pm) A.S.L. #1 (7-8 pm)	Happy St. Patrick's Day	Storytime (10:30-11:30 am) Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AIMC	Storytime (10:30-11:30 am) Family Movie (1-3 pm)
22	23	24	25	26	27	28
CLOSED	Mindful Monday (3:20 - 4:00pm) A.S.L. #1 (7-8 pm)	Sassy Stitches (6:30-8 pm)	Storytime (10:30-11:30 am) Adventure Time with Cat & Ali (3:45-4:30 pm) L2D Program (6-7 pm)	A.S.L. #1 (6-7 pm)	Read & Roll (10:30-11:30 am) - Register at AIMC	French Storytime (10:30-11:30 am) Family Movie (1-3 pm) Adult Art Therapy (1-4 pm)
29	30	31				
CLOSED	Mindful Monday (3:20 - 4:00pm) French Homework Help (4-5 pm)	Beginner French (6-7 pm) Sassy Stitches (6:30-8 pm)				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2020</h1>						
1	2 Day 1	3 Day 2	4 FLEX Day 2 English/Science/Other	5 Day 1	6 Day 2	7
8 Daylight Savings Time	9 Day 1 Substitute Teachers Appreciation Week	10 Day 2	11 Day 1	12 Day 2	13 Day 1	14
15	16 Day 2 Last Day Gr. 9 Options 4/6	17 Day 1 St. Patrick's Day First Day Gr. 9 Options 5/6	18 FLEX Day 1 Math/Social/Other Friends of Hilltop School Council Meeting 7:00pm	19 Day 2	20 Day 1 Professional Development Day No Classes	21
22	23 Day 1	24 Day 2	25 Day 1	26 Day 2	27 Day 1	28
29	30 Day 2	31 Day 1				



GALLERY



Special effects severed fingers in Drama



Construction students built a bench



Eyeball dissection in Mrs. Long's class



Dillan Stewart wins the Pink Shirt Day bubblegum blowing competition.



Up close and personal with sheep's eyeballs



Grad Council Bottle Drive



Jr Girls win silver at GCAA



Testing vision in Mrs. Long's class



Marco Berube in science class



Special effects makeup in Drama