



“A great place to LEARN...and more!”

# Hilltop Jr./Sr. High School



VOLUME 11, ISSUE 7

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

## April 2020 Newsletter

~ Inside this Issue ~



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Welcome to April and our new normal. Who would have thought a few short weeks ago that schools would be closed and we would be talking about social distancing and the inability to buy toilet paper?

In all seriousness, though, I want to thank teachers and school staff for the many hours of hard work that went into transforming their teaching to the online world. I would also like to thank students and parents who are taking everything in stride as we adapt to the new paradigm in education. While there are many uncertainties at the moment, you can rest assured that we are doing our best to ensure learning continues at Hilltop.

While the Minister of Education stated that all students will proceed to the next grade level for the upcoming school year, it is important for students in high school to know that they cannot proceed to the next course level without a passing grade in the prerequisite course. Therefore, students need to be completing their online work to ensure they proceed to the next course at the next grade level. Grade 12 students need to be on track to graduate which means they still need 100 credits and need to pass all of their required courses listed in the graduation requirements. If you are in Grade 12, you need to ensure you pass English and Social especially. This means completing your work in the online world.

The latest information from Alberta Education states the hour requirements for each grade level. In Grade 9, students are to complete two hours of work per week in their core courses. This expectation increases to three hours per week in high school courses.

A sad by-product of the Covid-19 pandemic is the number of events that have been postponed to date. Many parents and students have been asking about graduation at the end of June. While graduation is not on the list of postponements at this moment, we will take our direction from the Chief Medical Officer and Alberta Health Services as we move forward. Please continue to check our social media accounts and webpage for the latest updates. We will continue to keep you informed as information becomes available.

While we are in unprecedented times, we are here to help you and your children navigate the waters we find ourselves in. The hallways are sure quiet and it is not the same without you all here, we miss you. Please keep your selves safe, wash your hands and remember to social distance, which in Canada means a hockey stick length away from everyone else. We will get through this and school will get back to normal eventually.

Sincerely,  
Brent Northcott  
Principal

### Home Based Learning Timetable

Day 1 ONLY	Time
Period 1 - A	9:00 am - 10:15 am
Period 2 - B	10:25 am - 11:40 am
Lunch	11:40 am - 12:20 pm
Period 3 - C	12:20 pm - 1:35 pm
Period 4 - D	1:45 pm - 3:00 pm

### WE MISS YOU!

- C** - Check your emails regularly for new assignments from teachers
- H** - Hand wash for 20 seconds
- A** - Avoid hanging out with your friends - social distancing
- R** - Remember to wash your hands!
- G** - Go outside - 6' away from others
- E** - Empower each other
- R** - Rock your introvert side
- S** - Stay healthy



Happy Easter



Information for Parent/Students

Home Based Learning

**Paper Format:**

For students who require their schoolwork in paper format, we will have a drop off box and a pick up table set up between the two sets of doors in the front entrance.

Students will need to ring the doorbell to enter the building (to the right of the main doors). Please contact your individual class teachers directly by email to stay up to date on assignments and make arrangements as necessary.

**Drop off and Pick Up Times:**

**9:00 am - 12:00 pm and 12:30 pm until 3:00 pm, Monday to Friday.**

Students will not be permitted to come past the first set of doors. If students or parents have questions, please call the school or email the teacher directly.

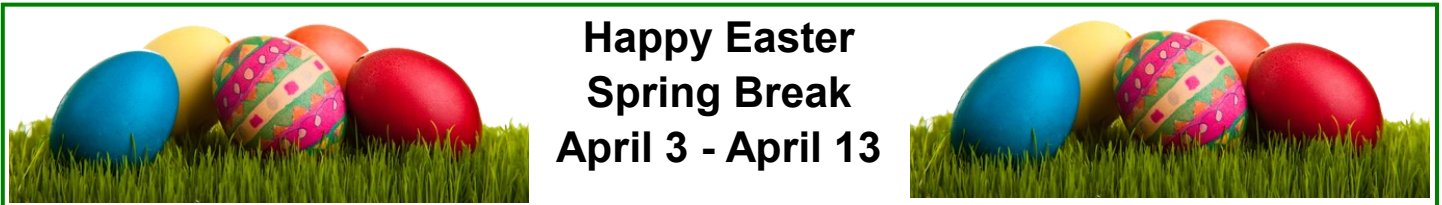
**Online Format:**

Students using online learning have been contacted by their individual class teachers with instructions on how to join Google Classroom. Please note that the timetable will run on only a Day 1 rotation, see bell schedule on front cover.


**ALL STUDENTS:** Please continue to check your school emails regularly for communication from your teachers.

Watch our website hilltophigh.ca, Facebook, Twitter and our Remind group for updates. To join our Remind group please text the message @hilltophigh (read code carefully– no H at end) to the phone number 587-316-7407 or click the link below.

**More tips on preventing the spread of COVID-19, social distancing tips and tips to reduce anxiety during this pandemic on the pages to follow.**



**April 19 - 25**  
**National Volunteer Week**



National Volunteer Week is a time to celebrate and thank Canada's 12.7 million volunteers.

This year's theme is: **"It's time to applaud this country's volunteers."**


From coast to coast to coast, Canada's volunteers work tirelessly to spur progress in their community, city and country. They give their time in support of causes and programs they believe in and ask for nothing in return.

And for that, we owe them our thanks.

**April 22**

**Administrative Professionals Day**

A day to recognize the outstanding work of secretaries, administrative assistants, receptionists and other administrative support professionals.



**April 22**  
**Earth Day**

More than ever we need to protect our earth. This image shows some simple yet effective ways to do your part in protecting our beautiful planet.

**PROTECTING OUR PLANET STARTS WITH YOU**

<p><b>BIKE MORE DRIVE LESS</b></p> 	<p><b>reduce REUSE recycle</b></p> <p>Cut down on what you throw away. Follow the three "R"s to conserve natural resources and landfill space.</p>	<p><b>choose sustainable seafood</b></p> <p>Learn how to make smart seafood choices at <a href="http://www.FishWatch.gov">www.FishWatch.gov</a>.</p>	<p>Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.</p> <p><b>PLANT A TREE</b></p> 
<p><b>EDUCATE</b></p> <p>When you further your own education, you can help others understand the importance and value of our natural resources.</p>	<p><b>CONSERVE WATER</b></p> <p>The less water you use, the less runoff and wastewater that eventually end up in the ocean.</p> 	<p><b>-SHOP-WISELY</b></p> <p>Buy less plastic and bring a reusable shopping bag.</p>	<p><b>Don't send chemicals into our waterways.</b></p> <p>Choose nontoxic chemicals in the home and office.</p>
<p><b>Volunteer!</b></p> <p>Volunteer for cleanups in your community. You can get involved in protecting your watershed too!</p> 	<p><b>Long-lasting light bulbs - ARE A - BRIGHT IDEA</b></p> <p>Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!</p> 		

oceanservice.noaa.gov

**THANK YOU**

Thank you parents and students for your patience, and kind words as we navigate to online learning together. We have the best staff, students and parents at Hilltop High.

Thank you to our courier services, postal and supply delivery drivers. You are a vital part of our functioning during this time.

Thank you to our Tech Department who has worked tirelessly ensuring every student has access to a Chromebook, as well as working with staff who are learning new methods of teaching too.

Thank you NGPS for keeping us safe, informed and supported.

Thank you Admin and Secretaries for all you have done to keep operations running smoothly.

Thank you Teachers and Support Staff , you amaze us every day!

## COVID-19 INFORMATION

# HELP PREVENT THE SPREAD

Prevention starts with awareness.  
Be informed on how you can  
protect yourself and others from  
novel coronavirus:

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

Concerns about your health?  
Call Health Link 811.

[alberta.ca/covid19](https://alberta.ca/covid19)

Alberta



## COVID-19 INFORMATION

# SOCIAL DISTANCING TIPS

The most important measures that Albertans can take to prevent COVID-19 is to practice good hygiene. When out in public, practicing social distancing can help you reduce your risk by minimizing contact with others in the community.

### What is social distancing?

- Social distancing involves taking steps to limit the number of people you come into close contact with.
- This is not the same as social isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.
- Going for a walk in your neighborhood or park is encouraged as long you maintain distance from others.
- Go out for groceries, medical trips and other essential needs, but try to maintain a distance of at least 2 metres (6 feet) between yourself and other people.
- In order to minimize the risk of acquiring COVID-19, reduce the number of times you leave your house to perform errands.

### Elevator etiquette

- Avoid overcrowding – take the stairs or wait for the next elevator.
- Cover your cough.
- Avoid touching your face after pushing the button.
- Limit the number in an elevator car to 2-3 people.
- Wash with soap or else sanitize your hands after leaving the elevator.

### Grocery shopping

- Order online and deliver if you can.
- If you cannot, try to shop at times when there are fewer shoppers (first thing in the morning or late at night).
- Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store.
- Use self-check out if available.

### Public transportation

- Cover your cough.
- Avoid touching your face after pushing the button.
- Try to maintain as much distance as possible between yourself and other riders.
- Sanitize hands on exit.

### Small social gatherings

- Family visits, house parties - postpone if possible or hold virtually.
- Cancel if household members are senior citizens or have high-risk medical conditions - consider ways of virtually supporting those loved ones who are at high risk and are choosing to stay home.
- Do not go to any gathering if you have a fever or a cough, even if symptoms appear to be mild or resembling a mild cold.

#### If necessary to gather:

- Have hand sanitizer for guests to use when they come over.
- Wipe frequently touched areas with Lysol or disinfectant wipes pre- and post-gathering (doorknobs, light switches, bathroom taps, etc.).
- Consider using disposable dishes and utensils.

### Restaurants/cafes/coffee shops/food courts and pubs

- Avoid gathering in public places

#### If necessary to gather:

- Use hand sanitizer pre- and post-drinks, snacks and meals.
- Use utensils (do not eat finger food, sandwiches, etc. with hands).
- Maintain a 2 m distance between other patrons.
- Use napkin for pump dispenser condiments (ketchup, salt, pepper etc.).
- Do not eat from the open dishes (e.g., peanuts, candy).
- Do not share dishes and drinks.
- Consider using take-out, drive through or delivery services for food.



# 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

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

*(formerly called Storefront)*

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

Please note: Staff will be available for over the phone tutorials and to facilitate module pick up and drop off at the following times: 9:00 am - 12:00 pm and 1 pm until 3:00 pm, Monday to Thursday. Students will not be permitted to come in the building (past the entryway).

### **Home Based Learning:**

For students who require their schoolwork in paper format, we will have a drop off box and a pick up box set up between the two sets of doors in the front entrance.

Please contact:

Maureen @ [maureen.kendall@ngps.ca](mailto:maureen.kendall@ngps.ca) for English, Social and Option classes.

Mr. Thomas @ [chris.thomas@ngps.ca](mailto:chris.thomas@ngps.ca) for Math and Science classes.

\*Parents and students may also contact us on our school cell by phone or text @780-779-1193 to arrange for 1-1 online tutorials. Extra help is available to students over the phone or by video conferencing. It is important to stay up to date on assignments and make arrangements for tutorials as necessary. Course marks will be based upon completion of ALL course modules.

### **Chromebook Usage/Borrowing:**

If you are requiring a Chromebook please contact us to make an appointment. Please note that only a parent/guardian can sign for Chromebook borrowing and that pick up will occur at Hilltop High School.

### **Online Format:**

Students with access to wifi should be using the additional resources on [adlc.ca](http://adlc.ca) (Alberta Distance Learning). All students have been registered online with [adlc.ca](http://adlc.ca) so that they have access to assignment instructions, exemplars, and extra resources. The exception to this would be for students completing Science 14 and 24. For Science 14 and 24, you may access online resources at [LearnAlberta.ca](http://LearnAlberta.ca) using Username: LA40 | Password: 8050. If you are having trouble logging in, please call Maureen during office hours and she will help you.

### **Tele-Psychology Sessions:**

Students who were accessing services from Shal have the opportunity for Tele-Psychology services (online video therapy) through Goto meeting (students must have previously signed consent forms). Shal is available, by appointment, from 8am-3pm. Please contact Tammy and she will help coordinate.

Our wish is for all of our students and their families to stay healthy and be successful. Please reach out with concerns or questions and we will do our best to help. We are stronger together. Take care!



# Hilltop High School STAY CONNECTED



Access student schedules, attendance and grades online at any time with PowerSchool. *\*Also available as an app for smart phones.* To create an account, please contact us to receive your individual username and password.



Receive important reminders from Hilltop High School by text message through Remind. *\*Also available as an app for smart phones.* To sign up text @hilltophigh to (587) 316-7407.



Like our page on Facebook @hilltophighschool.



Follow us on Twitter @ngpssth.



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



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



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



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



**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.*

**Please be advised that Pembina Pipeline Corporation has suspended accepting applications for their upcoming RAP positions until further notice.**

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**

**Food Truck Challenge**

The Grade 9 Culinary Arts class held their first Food Truck Challenge, and it was an outstanding success. Thank you to everyone who joined us. Congratulations to these food truck winners.

**1st place: Slide On Over**

**2nd place: Mamma Mia**

**3rd place: Grilled Cheese Please**



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

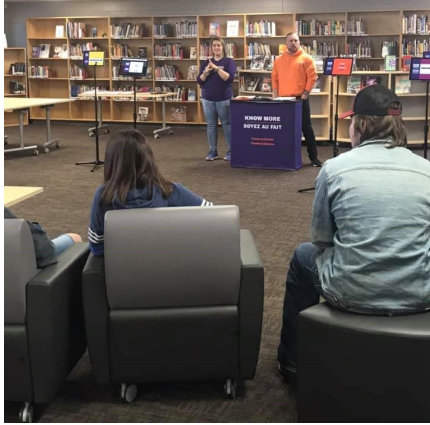
Facebook: @HTHCulinary  
 Twitter: @ChefMercerHTH  
 Instagram: chef\_mercer





### KNOW MORE TOUR

Thank you Alberta Health Services for sponsoring the "Know More" presentation, an interactive approach to learn about the dangers of opioids and what you can do if you suspect someone may be overdosing.



### PEP RALLY

We didn't know it would be the last time we would see you all for awhile, but boy did we have fun celebrating with games and prizes! We recognized our sports teams, school groups and students with stellar attendance, it was so much fun!



### #Choices #Character #Commitment #Durable #Dependable #HowGoodDoYouWantToBe

Thank you to the Chamber of Commerce for introducing us to motivational speaker and two time Grey Cup Champion with the BC Lions, Angus Reid. Mr. Reid played pro football for 13 years and he shared with us an inspirational and impactful message on "What It Really Takes To Make It And Succeed". He encouraged students to not waste time wishing for what they don't have, use the gifts you've been given and be determined to commit to what you can do with the assets you do have. He noted that it's not all about skills and talent, your character, actions and the choices you make, will determine your success. Thank you Mr. Reid, for sharing your story with us and inspiring us to always strive to be the best of our abilities.



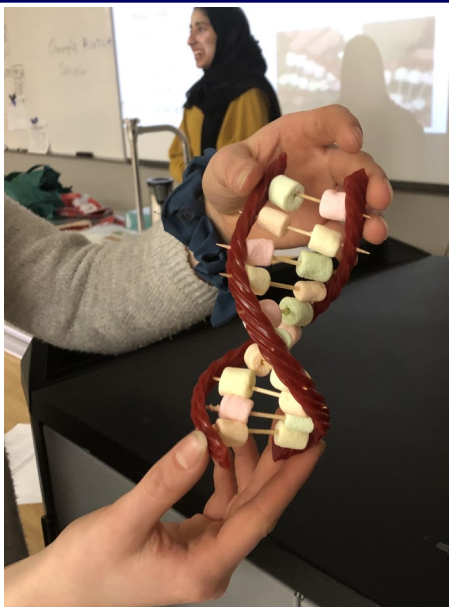
KEYNOTE SPEAKER  
**ANGUS REID**  
AN INVIGORATING KEYNOTE PRESENTATION FROM ANGUS REID, A FORMER CFL CHAMPION WHO NOW SPEAKS NON-STOP ACROSS BOTH CANADA AND THE U.S TO BUSINESSES ON "WHAT IT REALLY TAKES TO MAKE IT AND SUCCEED: 2 ESSENTIAL TRAITS THAT MAKE THE DIFFERENCE."  
HE HAS TWO HIGHLY SUCCESSFUL TEDx TALKS AND JUST RECENTLY RELEASED HIS FIRST BOOK - "THANK YOU COACH" WHICH HAS ALREADY BECOME AN AMAZON BEST SELLER.



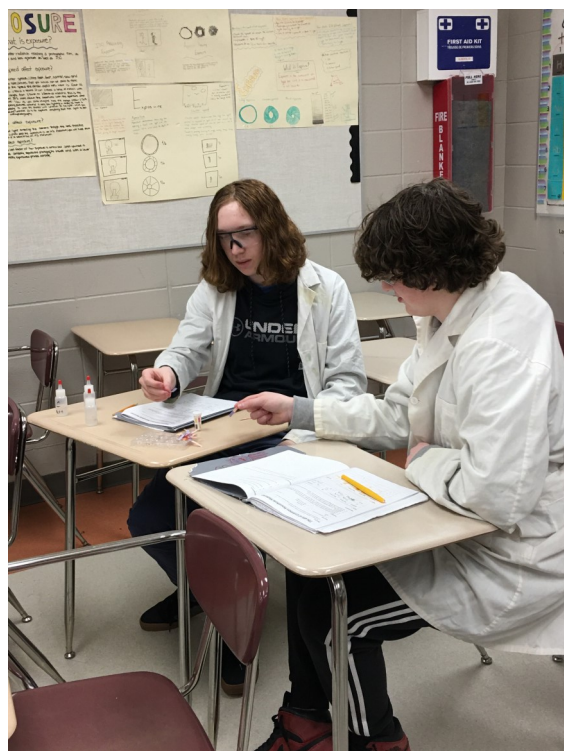


# Science Is Cool

Students were busy in Ms. Shareef's class. They made DNA double helix models with candy and learned how to extract DNA from a fresh strawberry.



Ms. Bezushko's Science 14 class did a PH lab.



# Construction

Check out the wood storage box built by **Tyson Schmidt** for Mrs. Tobin.

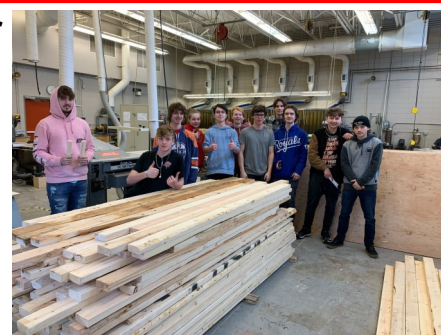


**Mountain West Services** would like to thank Sr Volleyball players, **Aydan Waters, Bryden Sadoway, Ethan Woodman, Jacob Oldford and Jared Fry** for their hard work and all the fun and laughter while helping them out. Great job to a group of great young men!

# THANK YOU

A big thank you goes out to **Blue Ridge Lumber Mill** for generously donating lumber for our CTS Construction students to complete their wood-working projects!

Without the help of these surrounding mills and lumber supply companies, we would not be able to keep our program running.







# Athletics

## Be a Charger...Take Charge!

### Highlights from Basketball

Sadly the Basketball season came to an abrupt end due to the global pandemic, but what an awesome season we had until then. The Jr. Boys earned a Bronze medal at Zones and the Jr. Girls finished their season with two big wins but fell just short of placing for a medal. The Sr. teams played also had a great season but they were unfortunately unable to compete at zones due to cancellations.





CLASS OF  
2020

# Grad News



*“Sometimes you will never know the value of a moment, until it becomes a memory.” - Dr. Seuss*



### Grad 2020 Remind

Parents and students please sign up to receive important reminders regarding Grad 2020 via text message.

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



Wowzers! Have things changed quickly in our world in the last week! Class of 2020... you are all on our minds. Please know that we are here for whatever you need and want you to still focus on your future goals. **Please remember:** While physical classes are cancelled, **school is not cancelled.** You are still required to meet the Alberta High School Graduation requirements to earn a Diploma:

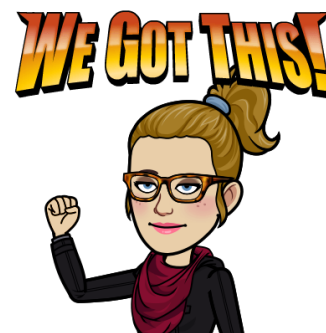
ALBERTA HIGH SCHOOL DIPLOMA: GRADUATION REQUIREMENTS (ENGLISH)
The requirements indicated in this chart are the <u>minimum</u> requirements for a student to attain an Alberta High School Diploma. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses.
100 CREDITS including the following:
ENGLISH LANGUAGE ARTS – 30 LEVEL (English Language Arts 30-1 or 30-2)
SOCIAL STUDIES – 30 LEVEL (Social Studies 30-1 or 30-2)
MATHEMATICS – 20 LEVEL (Mathematics 20-1, Mathematics 20-2 or Mathematics 20-3)
SCIENCE – 20 LEVEL <sup>1</sup> (Science 20, Science 24, Biology 20, Chemistry 20 or Physics 20)
PHYSICAL EDUCATION 10 (3 CREDITS) <sup>2</sup>
CAREER AND LIFE MANAGEMENT (3 CREDITS) <sup>3</sup>
10 CREDITS IN ANY COMBINATION FROM:
<ul style="list-style-type: none"> <li>• Career and Technology Studies (CTS) courses</li> <li>• Fine Arts courses</li> <li>• Second Languages<sup>4</sup> courses</li> <li>• Physical Education 20 and/or 30</li> <li>• Knowledge and Employability courses</li> <li>• Registered Apprenticeship Program courses</li> <li>• Locally developed/acquired and authorized courses in CTS, fine arts, second languages or Knowledge and Employability occupational courses<sup>5</sup></li> </ul>
10 CREDITS IN ANY 30-LEVEL COURSE (IN ADDITION TO A 30-LEVEL ENGLISH LANGUAGE ARTS AND A 30-LEVEL SOCIAL STUDIES COURSE AS SPECIFIED ABOVE) <sup>6</sup>
These courses may include:
<ul style="list-style-type: none"> <li>• 30-level locally developed/acquired and authorized courses</li> <li>• Advanced level (3000 series) in Career and Technology Studies courses</li> <li>• 30-level Work Experience courses<sup>7</sup></li> <li>• 30-level Knowledge and Employability courses</li> <li>• 30-level Registered Apprenticeship Program courses</li> <li>• 30-level Green Certificate Specialization courses</li> <li>• Special Projects 30</li> </ul>

If you are unsure of your graduation status, please contact Mrs. Keay *immediately*: [jennifer.keay@ngps.ca](mailto:jennifer.keay@ngps.ca)

Further to this, many of you - **60** to be exact have been accepted to a post-secondary institution. **CONGRATULATIONS!!** This is a huge accomplishment and we do not want you to lose your acceptance or future plans. You should start receiving registration packages and emails. Check your emails (personal and for the post secondary institution) regularly!! I am here to help. We can Facetime, Google Meet, or have a Zoom meeting to talk about any issues or questions you have.

I want you all to know, Class of 2020, that you were born to do great things. Your generation has witnessed the world change by leaps and bounds: Netflix, Disney+, YouTube and other platforms have changed entertainment. You personally know a significant 'influencer' - our very own Mai Pham. 9/11 has always been a historical event you learned about, rather than lived through. Now, the Covid-19 Pandemic is a global event that will change your future. You will be in history books. You are change makers. I know that you can persevere, stay on track, and change the world.

Please let me know how I can help through this weird time. I am here for you.  
Don't forget: **wash your hands!**  
~Mrs. Keay





## Student Services Newsletter

Our Student Services Team works diligently to support our student's social, emotional, career and academic needs. Opportunities for students are communicated through weekly announcements, newsletters and through Hilltop's Social Media. Students are invited to drop into our Student Services area for support or to see Ms. Trebilcock or Mrs. Smith - Tomke for an appointment.



**Are you undecided about a career?** One of the best web sites for **Career Planning, Education and Employment** is [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca). It also includes information on **financial assistance**.

### OFF CAMPUS EDUCATION UPDATE


All Off-Campus Education, including RAP, Work Experience, Dual Credit etc has been temporarily suspended while in person classes are cancelled. Please watch our website and social media platforms for updates.

### Alberta Transcripts

Former Hilltop students looking for transcripts will need to sign up for MyPass. (See instructions below)  
 Students needing their Alberta Student Numbers should contact Alberta Education directly at 310-0000 or online at [learnerregistry.ae.alberta.ca](http://learnerregistry.ae.alberta.ca).




### 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.



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

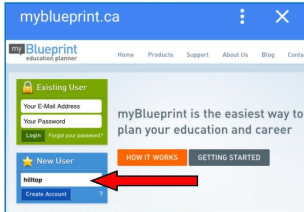




### myBlueprint


PLAN YOUR EDUCATION AND CAREER

myBlueprint is a web based service for high school students to monitor their credits and graduation, and to research career pathways and post-secondary opportunities. myBlueprint is synced to the students' PowerSchool, and it updates in real time. Each student already has an account paid for. Here are the steps for getting started:

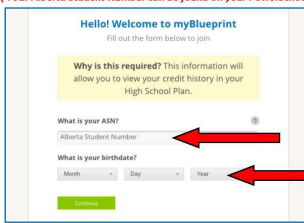
**Step 1:** Type in our school password "hilltop" and click on create account.



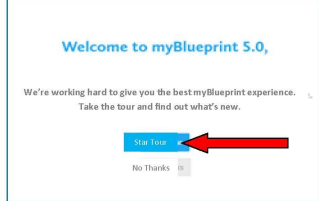
**Step 2:** Choose your grade.



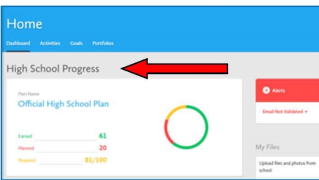
**Step 3:** Enter your Alberta Student Number and birthdate.  
 (Your Alberta Student Number can be found on your PowerSchool)




**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](http://myPass.alberta.ca) account established.  
**GRADE 12 STUDENTS MUST SIGN UP FOR MyPass**

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

### How to sign-up:

1. Go to [myPass.alberta.ca](http://myPass.alberta.ca)
2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your personal inbox.
3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at <https://extranetapp.learning.gov.ab.ca/learnerRegistry/forms/>
4. Using a button on the subsequent screen, request that a secure verification code be mailed to your home via post. It should arrive within two weeks.
5. Upon receipt in the mail, login and enter the code. It will expire. Act promptly.
6. You will now have access to all of your academic records.



## HOW ARE YOU DOING?

How are you doing?

No, really. How are **YOU** doing?

Take a pause...And think.... How are you doing?

Let's take a moment to do a self- assessment.

How is your heart rate?

How quick are your breaths?

Your shoulders: how tense are they?

Your face: are you frowning? Do your eyebrows look strained?

Where are you holding the tension? Your temples? Your shoulders? Your back? Stomach?

Your thoughts: are they scattered? How much water are you drinking? Are you getting outdoors for fresh air, for a walk? How are you eating? Too little, too much?

How is your connection with others? Are you reaching out with a phone call, FaceTime, a conversation face to face (keeping a 6-foot distance)?

How much are you reading and watching the news and social media? Do you need to shut it off for a while?

Are negative and anxious thoughts flooding your mind? Do you feel like it takes too much energy to accomplish simple tasks?

We are all busy looking after our kids, our co-workers, our parents, our neighbors, but we must do a check in with ourselves, as well. We are in uncharted waters and in unprecedented times. It is in times such as this that we need to check in on how our body, mind and soul are coping. We could be in this situation for a while so it is crucial to stay strong and courageous: physically, spiritually and emotionally.

As you read this, take a deep breath through your nose, slowly exhale through your mouth. Roll your shoulders forward and backward a few times. Hang your head to one side for a few seconds, then the other. Keep breathing, slowly and deeply.

Though we are feeling pressure on all sides, we are not crushed. We may be confused and bewildered at the global crisis, which is now so close to home, but we do not need to be given to despair.

The Alberta Health Services has launched Text4Hope, a free service that reminds us to focus on positive thinking during challenging times. Text COVID19HOPE to 393939 to subscribe.

The Mental Health Help Line is open 24/7 at 1-877-303-2642. The Kids Help Line is 1-800-668-6868. If you are needing assistance while isolating, please call 310-0000 or go online at <https://www.alberta.ca/coronavirus-info-for-albertans>

Reach out to those you care about. Keep your diet healthy and balanced. Go outside regularly for a dose of sunshine and movement. We have an advantage living in rural and small town Alberta that makes it easy to go outside and maintain appropriate, safe distances. Flood your mind with calming and uplifting messages and music. Despite the physical distance that is required, we are so fortunate to have countless ways to connect with our friends and family. Journal your experience, your thoughts, your fears, what you are learning, what you appreciate, what you are grateful for.



**Remember: We were made to do difficult things  
We are in this together  
You are not alone**

# GALLERY



Students actively participate in the "Know More" tour.



Jr Girls Basketball celebrate the end of their season!



NGPS Edwin Parr Nominee Mr. Taylor Button



Hilltop's first ever Food Truck Challenge was a huge success!



Happy Birthday Chef Mercer!



Ms. Zierath and Mrs. Christianson are twins!