



“A great place to LEARN...and more!”

VOLUME 11, ISSUE 9

Hilltop Jr./Sr. High School



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

Contact Information
Telephone: 780.778.2446
Fax: 780.778.8818
Website: hilltophigh.ca
Facebook:
www.facebook.com/hilltophighschool
Twitter: @ngpshth



Message from the Administration

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It is hard to believe that this is our final newsletter of the 2019-2020 school year. As the year comes to a close we would like to congratulate all of our students on a successful year and wish you a restful / fun-filled summer vacation!

As the 2019-2020 year winds down the preparations for the 2020-2021 year are in full swing. To all of our families who are leaving Hilltop, I would encourage you to notify us, if you have not already done so, as this assists with our planning for next year. We are planning as if school will return to normal in the fall, but also looking at contingency plans in case the province

steps back from Stage 3. All students will need address verification for the new year in the form of a parent's utility bill.

June always brings us farewells and new “welcomes”. Hilltop staff and students would like to thank Ms. Shareef for her work this semester. We wish her the best in her future endeavours! Ms. Osmond will be returning to Gateway Academy from her maternity leave as an Educational Assistant, which means we unfortunately have to say farewell to Ms. Dowsett. We are excited to be welcoming Mr. Colton Cutrell and Ms. Eileen Smith to the Hilltop community. Mr. Cutrell will be teaching Phys Ed and Social Studies while Ms. Smith will be teaching Science and Math.

I would also like to wish the Class of 2020 best wishes as they move on to the next chapter in their lives. While we are unable to cap the year off with our public graduation ceremony, I want you to know that the staff are proud of your accomplishments and wish you the best in your future endeavours. Your class will always be special to me personally, as you were entering Grade 9 the same year I became principal of Hilltop. I have watched you grow into mature young adults with the world at your doorstep. We look forward to hosting a graduation ceremony in the fall and we will be honoring you in our own way before the school year comes to a close. Stay tuned!

On behalf of all of our staff, it has been a pleasure to work with all of you this school year and we look forward to seeing you at Hilltop High School next year. We wish you a restful summer vacation and, on a final note, Happy Father's Day to all our fathers!

Brent Northcott
Principal



**Last Day of Classes and
Returning Resources**

The last day of instruction for the 2019-2020 school year will be **Monday, June 22.**

We ask that all school resources be returned on **Tuesday, June 23.** Students and parents are asked to please follow the schedule below when returning items.

- Grade 9: 9:00 am - 10:15 am**
- Grade 10: 10:30 am - 11:45 am**
- Grade 11: 12:30 pm - 1:45 pm**
- Grade 12: 2:00 pm - 3:00 pm**

All school resources listed below must be returned on this date. Thank you for your cooperation.

- Chromebooks/Chargers
- Textbooks
- Library Books
- Borrowed Calculators
- Borrowed CTS Materials (Cosmetology Mannequins etc)



***Congratulations
to the Graduating
Class of 2020!***

We are so proud of all of you and the outstanding work you have done to successfully complete your studies during these unprecedented times. You should be incredibly proud of your accomplishments and the obstacles you have overcome to get there! You will remember your grad year more than any other grad class has before and we will certainly never forget you. Once its safe to do so, please be sure to come back and visit.

Thank You

Thank you to our 2020 Grad Council Members. Although we were not able to fully fulfill our visions for the big day, your commitment to your classmates did not go unnoticed and your hard work was commendable! Thank you for being the best Grad Council ever!

- Emma Schlosser** - President
- Kyra Paul** - Vice President
- Kenzie Beck** - Secretary
- Randi Lemoal** - Treasurer
- Kat Taylor** - Public Relations—Slideshow Creator
- Hannah Lyver** - Council Member
- Luc Aubin** - Council Member
- Shanitha Murry** - Council Member
- Rianna Hodgson** - Yearbook Adviser

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

Assignment Drop off and Pick Up Times:
Wednesday's Only 9:00 am - 3:00 pm

June 14

**Happy Father's
Day**



June 21

**National
Indigenous
Peoples
Day**

**National Indigenous
Peoples Day**



Registration



We are now open for registration for the 2020-2021 school year!



We have so much to offer at Hilltop High School! From core academics, Computer Sciences and a Red Seal chef instructed Foods program, to Media Arts, Registered Apprenticeship Program (RAP) and Work Experience. We offer students a multitude of opportunities to direct their own learning!

Options like Photography, Mechanics, Art, Drama, Cosmetology and Welding, to name a few!

A rich range of extracurricular programming including competitive sports, numerous clubs and humanitarian pursuits.

Gateway Academy—Whitecourt Campus is our Outreach school offering flexible and alternative learning options to meet students' individual needs.

Registration package forms must be fully completed, signed & include the full fee payment along with a copy of your child's birth certificate before students can choose their lockers. If you are requiring transportation, you must include proof of address ie: utility bill.

Payment is accepted via school cash online or with Mrs. Runge. If you have paid with school cash online please include a copy of your receipt with registration forms. Any questions please contact us at 780-778-2446.

All new to Hilltop students will be required to participate in an intake meeting before registering. This will be done via video conferencing or telephone. Please contact us to set up an appointment between 9:00 am - 3:00 pm, Monday-Friday.

Registration packages can be found on our website under the tab **Students and Parents > 2020-2021 Registration**

Current students will not need to register for the next grade, however you will be required to confirm and update your information through a validation form, these will be sent out with report cards at the end of the school year. We will notify you when they have been sent and how they can be returned. If any of your information has changed (address, email, phone etc) since the start of the year please contact us and let us know so we can ensure you are receiving all information we send out.

School Fees:

Technology Access and Maintenance Fee: \$31.50 (mandatory)

CTS Fee: \$25.00 (mandatory)

Locker Rental Fee: \$2.00 (mandatory)

Yearbook: \$25.00 (optional)

School Agenda:\$3.00 (optional)



COVID-19: Stay home. Stay Safe!

ADDICTION SERVICES
 Local (8:00-4:30): 780-778-7123
24 Hour Helpline:
 1-866-332-2322



MENTAL HEALTH
 Local (8:00-4:30): 780-706-3281
24 Hour Helpline:
 1-877-303-2642

Emergency: Call 911 * Healthlink: Call 811**

Mental Health Central Intake Line: 1-844-817-5009

24 Hour Crisis Line: 1-800-232-7288

Suicide Prevention Hotline: 1-833-456-4566 (or text 45645)

Kids Help Line: 1-800-668-6868

Bullying Help Line: 1-888-456-2323

Child Abuse Hotline: 1-800-387-5437

First Nations & Inuit Hope for Wellness Hotline: 1-855-242-3310

Income Support Centre: 1-866-644-5135

Android and iPhone Apps for self help:

"In the Rooms"
(Addiction Recovery)

"What's Up?"
(Stress, anxiety, depression)

"Stay Alive"
(Suicide Prevention)

"Mindshift"
(Anxiety)

"Moodkit"
(Stress, anxiety, depression)

"Depression CBT"
(Depression self-help guide)

"Virtual Hope Box"
(Coping & Positive Thinking)

"Calm"
(Meditation)

Text "COVID19HOPE" to 393939
 Receive daily advice, information & encouragement

HELP REDUCE THE SPREAD OF COVID-19

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):



follow the advice of your local public health authority



wash your hands often with soap and water for at least 20 seconds



use alcohol-based hand sanitizer if soap and water are not available



try not to touch your eyes, nose or mouth



avoid close contact with people who are sick



cough and sneeze into your sleeve and not your hands



stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m)

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



FEVER

(greater or equal to 38°C)



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397

canada.ca/coronavirus



Staff participated in the Hats on for Mental Health Day on May 6 to show our support for mental health awareness. This years theme was Get Real and Get Loud.



Engaging With Your Teen While Learning At Home

Learning from home is not easy and can be a challenge for everyone: students, teachers and especially parents. Remember: you are not your teen's teacher, you are their **guide**, their **supporter** and main **encourager**. Teens are **grieving many losses**: traditional school, social life, extra-curricular activities, and in some instances their jobs. Also, they have had no choice but to become accustomed to virtual teaching (a huge learning curve!). To top it off, families are likely getting on each other's nerves from spending so much time together. Basically, there is a lot of **stress** and **frustration** going around! Below are some **sanity tips** to help get you through this difficult time:

1. Stay **calm**, don't panic, **relax** - your teen and their education are going to be ok. Allow for **creativity with their schedule**. Online school is not at all like a normal school day. Allow for some leeway with their morning routines and bedtimes.
2. **Connect with the teacher**. They will be your **greatest asset** and will be happy to assist you. Ask for a schedule of face to face meets that your teen needs to check in. Write down the schedule where you and your teen can see it. Ask to be invited to their **Google classroom** so you get daily updates on what assignments your teen is working on.
3. Encourage your teen to **take a lot of breaks**. At minimum, they should work for 20-30 minutes, then take a 10 minute movement break. Should you start to feel annoyed when you see them become distracted, see #1, their days do not necessarily need to follow a 9-3 schedule.
4. Creating a **special space** dedicated **just for school** work will make it easier for your teen to concentrate. Preferably a place separate from where they watch TV, game and eat. It does not need to be fancy but is ideal if it can be left undisturbed. If you are short on space, keep all supplies in a tote so it can be put away during meal time. Your teen will appreciate not having a constant reminder of work once their "school day" is done. Also, your teen does not have to actually SIT to learn, they can put on headphones and walk around, sit in the backyard, or on a yoga ball. **Think outside the box**.
5. Rather than punish or threaten your teen, for missing a "class" or not completing an assignment, have them **earn privileges**. Learn what motivates them best and use that as the reward (game of cards with you, coffee, their favorite meal or dessert, going for a "physically distant" walk with a friend, extra screen time, going for a drive).
6. Routine and schedules are important, but **don't sweat it if your teen is resisting any schedule** that you have well intentionally written out. One of my teens is more like a feral, nocturnal animal. She is motivated to do her school work after 11pm, whereas my other teen likes to have his work done by 2pm, with no issues getting up early. Most teens' lives were structured and regimented before the pandemic, and with a sudden loss of boundaries, their pace of life has slowed and the pressures have eased.
7. What about the **endless amount of screen time??** I questioned several teens and their prevailing message was this (and validated by experts): parents need to **stop stressing** about it. Snapchat, Tic Toc, Facetime, House Party etc. are the only way that our teens are maintaining connections. They **NEED this connection**. Yes, probably not at 2 or 3am, but there are plenty of creative ways to limit phones, WIFI, or apps if necessary.
8. **Learning** is **not** just about **academics** right now. Our teens are learning new hobbies and are getting creative all on their own: baking, dancing, cooking, gardening, construction, sewing, politics, interior decorating, graphic designing, exercise, art, budgeting, grocery shopping, etc. It is okay that these hobbies are blended with long stretches of Netflix-binging, mingled with a little school work.
9. **Melt downs are going to happen**. Whether it is you, your teen, or both! Not every day is Instagram worthy. There is a silver lining each day. Some positives could be that you're having meals together regularly, playing more board games, getting neglected projects accomplished together. None of us are at our best right now, so give yourself - and your teen - a break. Try not to be over controlling. Though your teen is not little anymore, they are still **experiencing BIG emotions** which may come across as negative behavior.

The reality is, your job as a parent right now is **less about academics** and more about **encouraging resilience** and **creating a sense of calm** for your teen. The most important thing you can teach them during this time is how to manage big feelings under stress. Be sure you **look after yourself** too. Don't feel guilty about practicing healthy coping strategies, that is teaching your teen how to cope.

Resources: additudemag.com; greatergood.berkeley.edu; prodigygame.com; futurelean.com; powerhomeschool.org; bostonglobe.com

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.



Summer School 2020

Location: Hilltop High School

Dates: July 7th - July 30th

**Tuesdays, Wednesdays, Thursdays ONLY*

Hours of Operation: 8:30am - 4:00pm

Registration: \$100.00 payable online via

<https://ngps.schoolcashonline.com>

prior to July 7th, 2020.

**\$100 is the total fee; it is NOT \$100 per course.*

Please note: All courses, with the exception of DIPLOMA courses, are available for students to take.
All courses will be offered remotely unless the province reduces health restrictions.

Hilltop Summer School Application Form

Student Name: _____

Grade: _____ Birthday: _____

Address: _____

Parent/Guardian: _____

Parent/Guardian Phone #: _____

Student's Home School (Please check one.)

_____ Hilltop High School

_____ Gateway Academy Whitecourt Campus

_____ St. Joseph School

_____ Mayerthorpe High School

_____ Other (Please specify.) _____

Course(s) Registering for: _____

I, _____, will be taking _____ throughout Hilltop Summer School. I will complete and drop off the modules that are assigned to me. I promise to complete the course, including any/all exams, prior to July 30th. My parents/guardians are aware that I am taking this course through Hilltop's Summer School. Application forms can be returned via email at hilltop@ngps.ca or by fax 780-778-8818.

Parent/Guardian Signature

Student Signature

Office Use Only

\$100 Registration Fee Paid: Yes _____ No _____

Receipt Number _____

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**.

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.

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

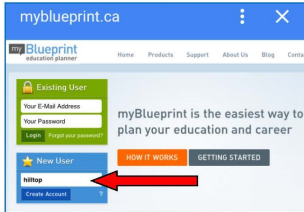




myBlueprint


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:

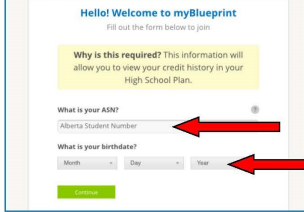
Step 1: Type in our school password "hilltop" and click on create account.



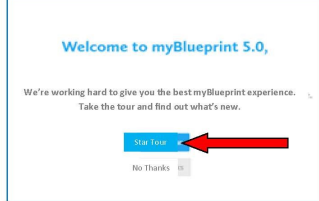
Step 2: Choose your grade.



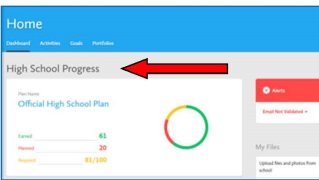
Step 3: Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)




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 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.



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.



Read our monthly newsletters online at hilltophigh.ca or pick up a copy at the front office.



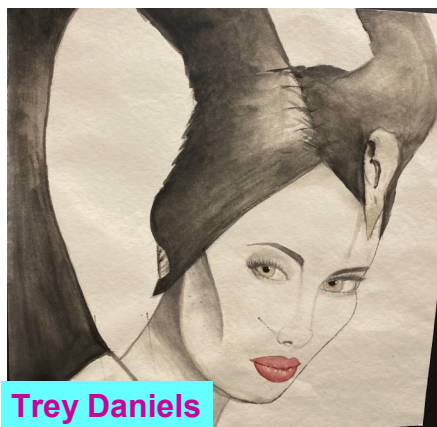
Pay for school fees, sports activities and more at schoolcashionline.com.
For more information visit our website at hilltophigh.ca.



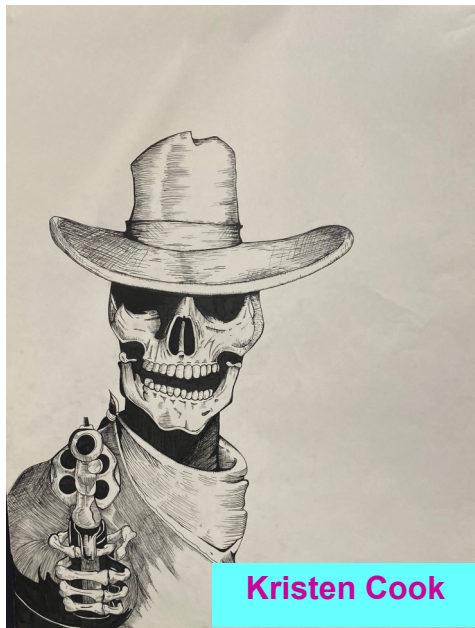
Contact us directly at (780) 778-2446 or email hilltop@ngps.ca.

The Face of Art

Sadly, the Fine Arts Night was cancelled for this year and we weren't able to showcase the outstanding artistic talents of Miss. Zack's Art students. How amazing are these? To see more art, check out last month's May newsletter.



Trey Daniels



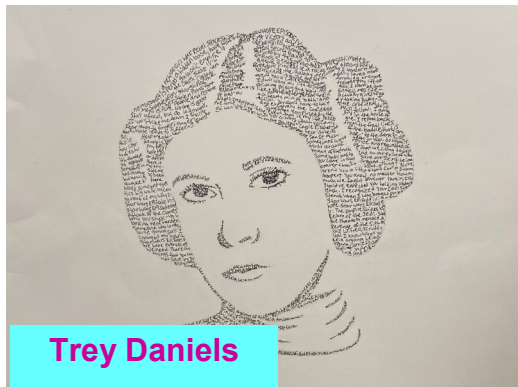
Kristen Cook



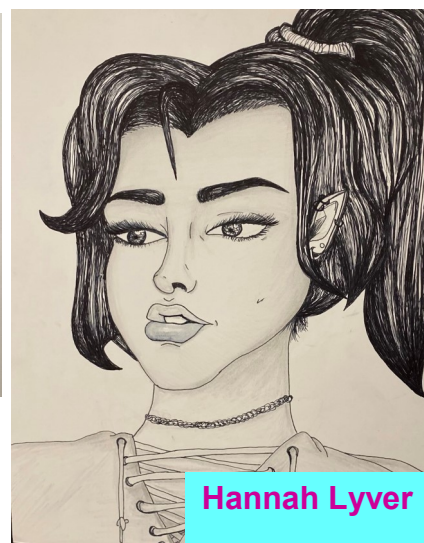
Koda Sawyer



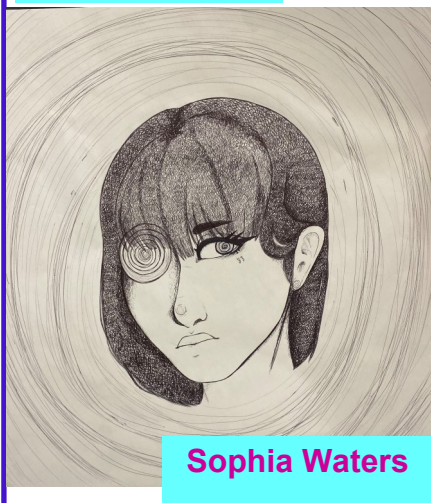
Samia Davidson



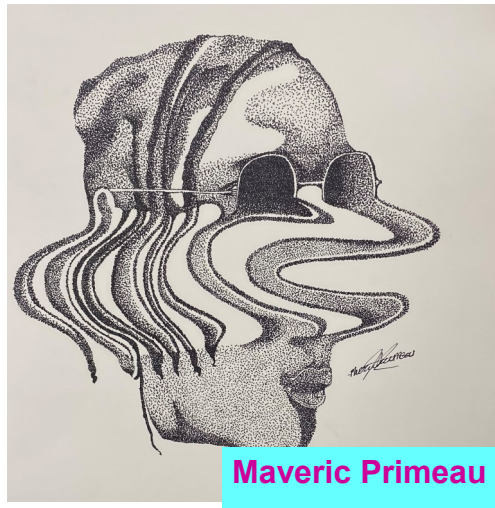
Trey Daniels



Hannah Lyver



Sophia Waters



Maveric Primeau



Katie Dickson



GALLERY



Little Moments, Big Memories

A look back at the year

