



"A great place to LEARN...and more!"

# Hilltop Jr./Sr. High School



**Contact Information**  
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**Fax:** 780.778.8818  
**Website:** hilltophigh.ca  
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 www.facebook.com/  
 hilltophighschool  
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VOLUME 12, ISSUE 3

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## November 2020 Newsletter

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It is hard to believe that we are into November and the end of the first quarter of the timetable. While teachers and students had to adjust to the faster pace of the quarter system, both have settled in and the first quarter results are an indication of the hard work and dedication put in by both teachers and students. As we move into the second quarter, students will be even more prepared for the expectations of the quarter system. I would like to thank all of the grade 12 parents for completing the Diploma Exam intention form with their students.

We are hosting our first parent teacher interviews on the evening of November 4th. It will look a little different this year with phone interviews, but communication is important. We encourage parent communication at Hilltop and use many channels to reach parents and the community. You can sign up for Remind, follow us on Facebook and Twitter and we also send messages using the School Messenger system. Parents can always call or email their children's teachers or administration. We love to hear from you. Please do not wait for a formal parent teacher interview to communicate with your child's teacher. We believe communication is so important between parents and teachers.

November is always a time to reflect at Hilltop. We pause to pay tribute to the men and women who sacrificed their lives to protect our freedoms. Remembrance Day at Hilltop will look different this year as well. We will be broadcasting a video simultaneously to all classes and we will hold the traditional two minutes of silence. We will not be having a formal assembly this year. We look forward to the time when we can once again gather as a whole school to hold assemblies and celebrations.

Likewise, we will not be hosting a formal awards ceremony this year. We will be honouring our students' accomplishments in a different way this year by making use of social media and presenting individual awards. Provincial health restrictions has made us think outside of the box to find new ways to continue some of our most cherished traditions.

I would like to remind parents and students that it is imperative to complete the Covid self-check every morning before coming to school. Students are not to attend school if they are ill. Students who are sick at school will be sent home and they are to follow AHS guidelines as to when they can return. Teachers will provide work so that learning can continue when students are absent due to illness. We are all in this together and each of us need to take the responsibility to ensure our school remains a safe place for all staff and students.

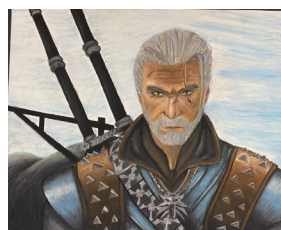
Finally, students and staff get a well-deserved break from November 6-11. Returning to school in a pandemic has been stressful for both staff and students. I am extremely proud of the work put in to make sure everyone remains safe on a daily basis as well as the hard work exhibited by staff and students to pick up where learning left off last year. Enjoy your break. Remember to avoid large gatherings and wash your hands.

### Important Dates

**November 3**  
Picture Retakes Day  
**November 4**  
Parent/Teacher Interviews  
**November 6-11**  
No School  
**November 12**  
Q2 Begins  
**November 17-19**  
Annual Awards  
**Nov 30-Dec 3**  
Grad Pictures  
**Quarter One**  
September 2 - November 5  
**Quarter Two**  
November 12 - January 28  
**Quarter Three**  
February 1 - April 21  
**Quarter Four**  
April 22 - June 28

Your partner in education,  
Brent Northcott

Principal



### Bell Schedule

Warning Bell	8:55 AM
Block 1	9:00 AM - 11:48 AM
Lunch Break	11:48 AM - 12:22 PM
Warning Bell	12:22 PM
Block 2	12:27 PM - 3:15 PM
Block 1 9:00 AM - 11:48 AM	<b>A</b>
Lunch Break 11:48 AM - 12:22 PM	
Block 2 12:27 PM - 3:15 PM	<b>B</b>

# NEWS AND EVENTS

**November 3**



**PICTURE  
RETAKE  
DAY**

**November 4**



**Parent  
Teacher  
Interviews**

**November 6**

PD Day  
No School

**November 9 & 10**

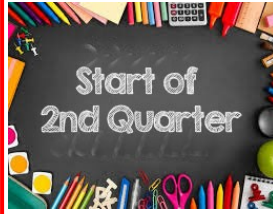
No School

**November 11**

Remembrance Day  
No School

**November 12**

**Quarter 2 Begins**



**November 17 –19**

**Annual Academic  
and Athletic  
Awards Week**

Awards will be presented to individual grades on separate days. Unfortunately, parents and guests will not be permitted to attend.

**Grad Pictures**

**November 30 -  
December 3**

See the Grad News page for more details.



## Diplomas

The November 2020 diploma exams are optional due to COVID-19. Students are encouraged to talk to their teachers about writing diploma exams. A letter was sent home with all Grade 12 students giving the option to write or opt out. If you have any questions please contact Mr. Northcott at 780-778-2446.

## **Parent Teacher Interviews**

Our Parent/Teacher interviews are scheduled for the evening of **Wednesday, November 4, 2020**. Interviews will be held by telephone between **4:00pm and 8:30pm**.

We are excited to introduce a brand new website feature specifically designed for booking Parent/Teacher interviews! To register, find the bookings tab in the menu here on our website. Once you are registered, you will find a drop down menu listing all Quarter 1 classes. To book an interview, simply choose your class, your teacher and the available five minute time slot that works best for you. Registration closes Monday, November 2.

If you need any assistance, please do not hesitate to call us at 780-778-2446. Teachers are looking forward to hearing from you!

## Music Club

We are thrilled to announce that Mr. Buttons afterschool music club will be starting again in Quarter 2. If you have any questions please see Mr. Button in Room 303.

**Information Meeting  
November 16**



**Starting November 25  
Wednesdays  
3:30 - 5:00  
Drop-In Basis**

## STUDENT POWER SCHOOL INFORMATION

Students PowerSchool information is the same as their Chromebook login information. There is **NO LONGER** a PowerSchool letter for students.

Most students have already reset their passwords for the year. If you have not done so, please do that first.

If you have a password saved from last year, you must remove it. It seems to override the new password. Also, when going to Power School, please use the information below:

### PowerSchool through the Mobile App

**District Code: PSNT**

**Username: firstname.lastname**

**Password: what you have set up for this year**

### PowerSchool through the web

**Go To: ps.ngps.ca/public**

**Username: firstname.lastname**

**Password: what you have set up for this year**

Parents/Guardians can stay informed about their child's assignments, grades and attendance by contacting the school to receive their PowerSchool login information.

## REMINDER TO STUDENTS

Students need to **STAY ON SCHOOL GROUNDS** during **BREAKS**.  
This **DOES NOT** include the arena parking lot.

# HEALTH AND SAFETY



Northern Gateway  
Public Schools

## COVID-19 Information—Student illness STAY AT HOME GUIDE

This summary, based on the September 2020 Government of Alberta update, [COVID-19 Symptom-Student illness](#), provides further clarity to parents about the ‘isolation’ period or ‘stay home and minimize contact with others’ period if a child has presenting symptoms.

It is still expected that parents complete [Alberta Health’s Daily Checklist](#), each day, before sending your child to school.

### My child has COVID-19 symptoms. How long must my child stay home?

<p><b>If my child has any of these core COVID-19 symptoms:</b></p>	<p><b>If my child has any of these (secondary) symptoms:</b></p>
<ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough (new cough or worsening chronic cough)</li> <li>• Shortness of breath or difficulty breathing (new or worsening)</li> </ul>	<ul style="list-style-type: none"> <li>• Chills</li> <li>• Painful swallowing</li> <li>• Stuffy nose</li> <li>• Headache</li> <li>• Muscle or joint aches</li> <li>• Feeling unwell, fatigue or severe exhaustion</li> <li>• Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)</li> <li>• Loss of sense of smell or taste</li> <li>• Conjunctivitis (pink eye)</li> <li>• Sore Throat</li> <li>• Runny Nose</li> </ul>
<p><b>What should I do next?</b></p>	<p><b>What should I do next?</b></p>
<ol style="list-style-type: none"> <li>1. Complete AHS’ <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. You are legally required to have your child isolate for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer.</li> <li>3. It is strongly recommended that your child be tested for COVID-19.</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete AHS’ <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. Keep your child home from school and minimize your child’s contact with others until symptoms resolve.</li> <li>3. It is recommended that your child be tested for COVID-19.</li> </ol>
<p><b>When can my child return to school?</b></p>	<p><b>When can my child return to school?</b></p>
<p>Your child may return to school:</p> <ul style="list-style-type: none"> <li>• Once the 10-day isolation is complete and symptoms have resolved,</li> <li>OR</li> <li>• When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.</li> </ul>	<p>Your child may return to school once symptoms have resolved and your child is feeling better.</p> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <p>Please see Alberta’s <a href="#">COVID-19 Symptom-Student illness</a> document for information regarding pre-existing conditions.</p> </div>

# OFF-CAMPUS EDUCATION

## VIRTUAL SHOWCASE SERIES

### INTERNSHIPS AVAILABLE

GET EXPERIENCE - EARN CREDITS - GET PAID  
GRADE 9-12 STUDENTS

**OCTOBER 29**  
AUTOMOTIVE SERVICE TECH

**NOVEMBER 10**  
STEAMFITTER/PIPEFITTER

**NOVEMBER 25**  
ICT PROGRAM LAUNCH

**DECEMBER 8**  
ELECTRICAL

**DECEMBER 16**  
INDUSTRIAL MECHANIC (MILLWRIGHT)

**EXPLORE A FUTURE WORTH WORKING FOR**



SCAN ME TO REGISTER

LIVE TOURS - DEMOS - ASK AN EXPERT  
MORE SESSIONS IN 2021

## VIRTUAL MENTORSHIP SERIES

### YOUNG WOMEN IN TRADES & TECHNOLOGIES

ARE YOU IN GRADE 9-12?

JOIN US TO BECOME EDUCATED ON TRADES & TECHNOLOGIES

5:00 P. M. - 6:30 P. M.



SCAN ME TO REGISTER



**OCTOBER 22**  
CONSTRUCTION TRADES



**DECEMBER 15**  
AUTOMOTIVE & MECHANICAL TRADES



**FEBRUARY 17**  
INDUSTRIAL TRADES



**MARCH 17**  
INFORMATION & COMMUNICATIONS TECHNOLOGY



[www.careersnextgen.ca/ywitt](http://www.careersnextgen.ca/ywitt)

EMAIL [EVENTS@NEXTGEN.ORG](mailto:EVENTS@NEXTGEN.ORG) OR

CALL 1-888-757-7172 FOR MORE INFORMATION



EMAIL [EVENTS@NEXTGEN.ORG](mailto:EVENTS@NEXTGEN.ORG) OR  
CALL 1-888-757-7172  
FOR MORE INFORMATION  
[careersnextgen.ca/virtual](http://careersnextgen.ca/virtual)



#### Eastlink Park is HIRING!



Eastlink Park is now hiring for the following positions: \*  
Snowmaking \* Guest Services \* Rentals \* Lift Operators \*  
Tubing Operators \* Ski Patrol

You can find more information about these positions on their Facebook page. If you have any questions regarding the positions, please call 780-746-3000.

Resumes can be emailed to [info@eastlinkpark.com](mailto:info@eastlinkpark.com). Applicants can also bring their resumes to the Chalet between 10am-4pm on weekdays. We will be accepting resumes until **November 18th, 2020**.



Rap student **Ryan Oliver** works for Carbonex



Work Experience student **Alicia Betteridge** works for Pharmasave.

### Virtual Presentations

Thank you Kass Doepker, Youth Case Manager from Wellsprings, for virtually presenting to our students how to stay safe while partying, awareness on drugs and alcohol and the age of consent for sexual activity.

#### Social Safety

Buddy System: Stay together with your friends. Plan a safe ride and arrive at the party together and leave together. Use a code word with your friends if you need help. Stick up your friends, talk to each other.

#### Drug and Alcohol Safety

Know what a standard drink looks like. (1 beer, 5oz wine) It takes two hours for your liver to process one standard drink. Recognize the symptoms of alcohol poisoning, like pale skin, vomiting and incoherence. Marijuana and edibles can make you "green out" and cause paranoia, anxiety and a racing heart. Do not mix drugs and alcohol. Do not drive for 12 hours after consuming. There is no safe way to use cocaine. It can cause respiratory failure, cardiac arrest and death.

#### Consent

##### Consent is:

- a verbal agreement needed for every sexual activity
- People **cannot** give consent if they're:
  - high or drunk
  - forced, threatened, bribed, intimidated, or offered rewards to do something sexual

##### Sexual activity without consent is sexual assault.

**Age 16:** Can consent to sex except if their partner is in a position of authority( eg, coach, employer)

**Age 14 & 15:** Can consent to sex if their partner is less than 5 years older and not in a position of authority.

**Age 12 & 13:** Can consent to sex if their partner is less than 2 years older and not in a position of authority.

**Under Age 12:** Can not legally give consent to any sexual activity.

#### Kass Doepker:

Ph: 780-778-6209 or 780-268-1476

Email: wsoutreach1@gmail.com

**Kids Help Phone:** 1-800-668-6868

**Mental Health Help:** 1-877-303-2642

**Whitecourt RCMP:** 780-778-5454

Or call 911

#### What to Do

Talk to Someone You Trust

Get Medical Care

Report It

**Know that you can be charged for not helping someone in need.**



## LEARNING COMMONS NEWS

Please join us in welcoming our new Librarian to the Hilltop Learning Commons, **Mrs. Kurasevich**.

The Learning Commons is open everyday during the lunch break.

Please stop by and introduce yourself. Let Mrs. Kurasevich know what you enjoy reading and any new books you would like her to order.



Shout out to Landis Van Der Meer for the outstanding graphic design on the Halloween poster for an event hosted by the Pumpjack Players! Well done, Landis!

## Graphic Design



## Indigenous Student Spotlight

Art that speaks! **Hailey Weesemat** showcases her stunning art piece honouring the names of over 300 missing and murdered Indigenous women.



## FUN FACT!

We shared Hailey's post on social media where it generated huge attention! Her picture was shared 125 times, liked over 160 times and viewed by nearly **16 000** people. Way to go Hailey!

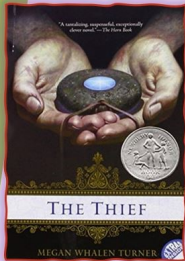


## Teen Book Club

All Teens Welcome!  
Next meeting is @ Whitecourt Library  
Thursday **NOVEMBER 12<sup>th</sup>** @ 6 pm



This month's read is:  
► **The Thief** by author **Megan TURNER**  
► Free and all welcome.  
► Order your e-Book online with Library membership (Call Library 780-778-2900 for details) or in-house copy is available.



## Thank you



Special thanks to Alberta Health Services Nurse Terry Brooks, for speaking to students about sexual safety and sexually transmitted diseases.

## Thank You

Thank you to these post-secondary institutes who virtually presented to our students.



# Construction NEWS

Submitted by: Construction Teacher, Miss. Hlus

Our construction 10 / 20 / 30 class at Hilltop has been BUSY for the first few weeks of the new school year.

The Construction 10 students have already completed their first project of a simple box. The criteria they had to follow was to choose a different type of joinery technique for each corner to work on their joinery skills. They also had to router a design into the lid of the box.

The Construction 20 students have also been busy, working on their framing and carpentry skills and choosing larger projects to support their learning.

Our Hilltop CON 20 students would also like to advertise that they are looking for “Framing Course” customers! They are able to build any of the three options found below!

Contact Miss. Hlus at [laramie.hlus@ngps.ca](mailto:laramie.hlus@ngps.ca) for pricing and availability



Outdoor playhouse:  
Measures 4' wide, 8' long, and 6' tall (it will be built on a deck that is 8' x 8')

Indoor playhouse: Measures appx. 4.5' wide, 6.5' long, and 5' tall.

Firewood shelter: Measures appx. 4' wide by 8' long by 5.5' tall

## eastlink

## park

Located @ 100 Roszko Lane

**A) Rotary Chalet**  
**B) MacRitchie Deck**  
**C) Alliance Pump House**  
**D) Whitecourt Transport Huts**  
**E) Magic Carpet**  
**F) T-Bar**  
**G) Polar Express Tube Run**  
**H) Tube Storage/ Fire pit**  
**I) Parking**  
**J) Scots Safety Medical Trailer**

**1) Boomerang**  
**2) Sailing Slope**  
**3) Sem Cam Motion**  
**4) Rainbow Shredders**  
**5) Pizza & Fries**  
**6) Pop & Twist Terrain**  
**7) Men's Way**  
**8) Pembina Trail**  
**9) 46 Dodge Trail**

**10) Slide & Glide**  
**11) J&Cway**  
**12) Over The Edge**  
**13) Rock & Roll**  
**14) Raven Nest Ridge**  
**15) Sagitawa**  
**16) Far Out**  
**17) Pine Woods**

## Spirit Wear

FOR SALE

**HOODIES \$40**

**S/S T-SHIRT \$15**

**HAT \$10**

**PANTS \$35**

**L/S T-SHIRT \$16**

**WATER BOTTLE \$2**

GREAT GIFT FOR STUDENTS!

**SCHOOL CASH ONLINE** Now available for purchase through School Cash Online



# Hilltop Bistro



## November Menu Open Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chili Cheese Dogs	3 Chicken Caesar Wrap/Chicken Noodle Soup	4 Mac & Cheese	5 Cheeseburger Tater Tot Casserole w/ Salad	6 No School
9 No School	10 No School	11 No School	12 Meatball Lasagna w/ Garlic Toast	13 Chicken Alfredo w/ Fettucine Noodles
16 Loaded Tater Tots	17 Thai Chicken Wrap w/ Potato Soup	18 Beef Stroganoff w/ Side Salad	19 Bacon Cheeseburger w/ Side Salad	20 Cheesy Ravioli Bake w/ Garlic Bread
23 Aloha Chicken & Rice	24 Smokies in a Bun w/ Side Salad	25 Perogies & Garlic Sausage	26 Taco in a Bag	27 Pulled Pork w/ Coleslaw
30 Sloppy Jo w/ Toppings				

• **All vending machines and microwaves are closed at this time.**

### Daily Lunch Special

Half Size \$3.00  
Full Size \$5.00

Small Chocolate Milk	\$1.00
Milk 2 Go (Vanilla, Banana, Strawberry)	\$2.50
Keurig Cup	\$1.00
Cookie	\$0.50
Loaf	\$1.50
Muffin	\$1.00
Square or Pastry	\$2.00
Veggie Cup or Fruit Cup	\$1.00
Jello or Pudding	\$1.00
Sandwiches	\$3.50
Yogurt Parfait	\$1.50
Cheese, Meat & Crackers	\$3.50

**Buy your \$10 or \$20 Bistro Card today! See Mrs. Runge in Rm 503. Debit/Cash Accepted!**

### Friends of Hilltop Parent Council

#### 2020-2021 Friends of Hilltop Council

President: Tammy Dickson

Vice President: Avy Fast

Secretary: Joanne Merrifield

Treasurer: Roxanne Amiot

### NEXT MEETING:

**November 18,  
2020 at 7:00 pm**

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

To All Parents of Hilltop Students  
From FRIENDS OF HILLTOP PARENT COUNCIL

**\*\*At this time Friends of Hilltop cannot offer a Breakfast Program.  
Please stay tuned in the future for more information.**

You can continue to **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 --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. Please call the office for more details.



# GRAD NEWS

*Class of*  
**2021**

## Grad 2020 Remind

Parents and students please sign up to receive important reminders regarding Grad 2021 via text message.

**Text the message @hthgrad21 to the number (587) 316-7407**

## Important Days to Remember

Hilltop High School's 54th Graduation Ceremony

**Grad Day 2021**

**Friday, June 25, 2021  
1:00 pm**

**Grad Pictures**

**November 30 - December 3**

**Grad Picture Retakes**

**February 3**

## Grad Pictures



Photo sessions can be booked online approximately a week before. Communication will be sent out via the Grad Remind, social media and our website with full instructions once online booking is available and open.



## Grad Rings

Class of 2021, order your grad ring today!

Visit [Jostens.com](http://Jostens.com) to order

If you wish to pay by cheque, money order or E-Transfer please contact the office at 1-800-567-6742. No interest payment plans available.

Ring sizers and catalogues are available at the office.



## Introducing the Class of 2021 Grad Council

- Madison Martell - President
- Shyla Berube - Vice President
- Katie Dickson - Secretary
- Aarav Sibbal - Treasurer
- Kendall Shuck - Public Relations
- Sami Heer - Public Relations
- Allison Wolfe - Grad Council Member
- Mrs. Christianson - Staff Adviser
- Mrs. Blain - Staff Adviser
- Mrs. Van De Kerckhove - Staff Adviser



## Grad Logo, Quote and Song

Grad Council has extended the deadline for submissions for the grad logo, song and quote for the Class of 2021. Grad Council will meet to review the submissions and then the choices will be posted on the Grad bulletin board, be sure to check them out. Watch our Grad Remind group to see when the voting date will be.

**Submissions due: November 4**

## WE ARE ALL IN THIS TOGETHER

Oh COVID-19, I am so tired of you. Sadly, we are not done yet, the battle continues and we need to find strength to endure. Living through this major historical event is taking all the positive coping skills we have ever learned. We are needing to teach ourselves and our children how to stay the course so we can remain mentally well.

At the end of August, Northern Gateway Public Schools, with Alberta Health Services and the Mental Health Capacity Building Team, offered for all NGPS staff an information session termed "We Are ALL In This Together". It highlighted strategies necessary to support each other while supporting students.

That phrase brings to mind a poem by Damien Barr about weathering storms. The analogy depicts that though we are in the same storm, we are each in a different boat. Some are on super-yachts. Some have just one oar, and so on. I think of this illustration often as I work with each school, supporting students with varying circumstances and levels of resilience. Some are home schooling, some are online/at home, others are face to face. Some students and families are immune compromised, others are struggling with job loss, poverty, addictions and neglect. Some are thriving academically while others are struggling mentally. Some are directly impacted by COVID-19, others don't know anyone who has tested positive. Regardless of the situation, we all need to survive the storm together.



Image Credits: Barbara Kelley

As COVID-19 carries on and we become more weary, it is important that we can recognize when mental distress becomes mental illness, when we need self care and when we need professional help.

### [MENTAL DISTRESS vs MENTAL ILLNESS \(teenmentalhealth.org\)](https://teenmentalhealth.org)

**Mental Distress:** symptoms do not last long; normal reactions to an abnormal situation (like a pandemic!)

**Mental Illness:** symptoms present for 1-3 months. Impacts day-to-day functioning.

### WHO IS MOST AT RISK?

Indigenous people, LGBTQ2S+, older adults, those living in poverty, those with chronic health conditions, previous mental illness, persons with disabilities, or those with a restricted income.

**RED FLAGS**

- |   |  |
|---|--|
| <b>Change in eating habits/weight</b>       | <b>Isolating themselves</b>                |
| <b>Loss of interest</b>                     | <b>Feeling very busy, hurried</b>          |
| <b>Guilt</b>                                | <b>Physical changes</b>                    |
| <b>Talking lots of time off school/work</b> | <b>Memory or attention problems</b>        |
| <b>Conflict in relationships</b>            | <b>Increase in drinking/smoking/vaping</b> |
| <b>Changes in sleep patterns</b>            |  |

***Anxiety is contagious... and so is calm.***

**HOW TO HELP?**

The **Five Essential Elements** I learned in *Psychological First Aid* is a great place to start:

- 1. Promote Safety:** Wearing masks, floor signage, handwashing for example reassures our physical safety and something as simple as providing accurate information fosters psychological safety. .
- 2. Promote Calm:** feeling anxious is normal. Practice controlled breathing, mindfulness and meditation to remain calm.
- 3. Promote Self and Community Efficacy:** carry on regular activities as much as possible. Look for ways to connect with the community. It boosts our confidence that our community can recover.
- 4. Promote Connectedness:** get creative in how to connect with others such as online concerts, physically distanced walks or outdoor visits.

**Instill Hope:** envisioning a realistic and “normal” future can inspire hope and optimism.

***To be healthy and successful we need to feel connected, safe and in control***

Self care means different things to different people, but mostly, it is about cultivating a compassionate inner voice.

- |  |  |
|--|--|
| <b>Make small changes in daily routine/tasks</b>   | <b>Deep breathing</b>  |
| <b>Regular physical activity</b>   | <b>Be creative: paint, decorate, garden, knit, woodworking, etc</b>                      |
| <b>Focus on what you can control (your attitude, what you eat, what you watch/listen to, what you spend your money on)</b>   | <b>Set boundaries with toxic people, family, friends, and social media.</b>              |
| <b>Actively reduce and manage the stress in your life: organize that junk drawer, write up a budget, and complete that to do list. Things that give you a feeling of accomplishment.</b> | <b>Keep structure and routine of the day if you have chosen at home, online learning</b> |
| <b>Punitive responses to problem behavior can lead to further trauma</b>   |  |

We are all in this COVID-19 storm together. Regardless of the boat we are in, we need to believe that we will soon find safe ground. Each of us is seeking to survive this worldwide crisis as unscathed as possible. Let us navigate our route with respect, empathy, courage and responsibility. Throw a lifeline to the ones who are struggling, accept a lifeline if someone reaches out. We are ALL in this together.

[For Mental Health Support](#) Mental Health Help Line 1-877-303-2642, Kids Help Phone 1-800-668-6868

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School’s Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families, providing a link to the community programs. Tammy has been a registered social worker for more than 20 years and is a mother to 4 teenagers.*



## Gateway Academy – Whitecourt Campus News (formerly called Storefront)

Phone: 780 - 778 - 5865 Fax: 780-778-5683  
Text: 780-779-1193

### SCHOOL HOURS

**Monday: 8:30 am to 3:00 pm**

(Break 10-10:15 Lunch 12-1)

**Tuesday: 8:30 am to 3:00 pm**

(Break 10-10:15 Lunch 12-1)

**Wednesday: 8:30 am to 7:00 pm**

(Break at 10-10:15. Lunch 12-1. Break 3-3:15 Supper is 30min at your own discretion)

**Thursday: 8:30 am to 3:00 pm**

(Break 10-10:15 Lunch 12-1)

**Friday: No School**

### What is Gateway Academy?

Gateway Academy is Hilltop High School's Outreach program. Our alternative educational setting is designed for students that are unable to, or do not wish to, attend a traditional high school program. We offer programming for Grades 9 through 12. The program is based on Alberta Education's curriculum and students receive credit towards their high school diploma as they would in the regular program.

We offer:

- a nurturing environment that supports not only academic development but emotional, social and intellectual growth.
- A flexible schedule where students can drop in to receive individualized tutorials;
- **A quiet, welcoming learning environment;**
- **Individualized independent learning** utilizing Alberta Distance Learning Resources;
- In person and/or online one on one tutorials with the subject teacher;
- Personal Support (**including access to counselling with a psychologist from Canniff & Associates**);
- Staff mentorship to aid in planning high school courses and school-career transitions.



### Staff members for the 2020/2021 school year are:

**Maureen Kendall Outreach Program Coordinator/Teacher (English/Social/Options)**

Contact: [maureen.kendall@ngps.ca](mailto:maureen.kendall@ngps.ca)

**Chris Thomas Math/Science Teacher (Part time)**

Contact: [chris.thomas@ngps.ca](mailto:chris.thomas@ngps.ca)

**Kevin Babiuk Social/Science/Math Teacher**

Contact: [kevin.babiuk@ngps.ca](mailto:kevin.babiuk@ngps.ca)

**Tammy Johnson Administration Assistant**

Contact: [tammy.johnson@ngps.ca](mailto:tammy.johnson@ngps.ca)

**Jennifer Osmond Educational Assistant**

Contact: [jennifer.osmond@ngps.ca](mailto:jennifer.osmond@ngps.ca)

**Current Gateway students should be scheduling their midterms for their current courses, if they have not yet done so. Parents/Guardians are recommended to check their child's progress using PowerSchool (If you are having trouble accessing PowerSchool, please call the school for an update or assistance).**

Have questions about our program? Are you a current student wishing to book a tutorial or counselling appointment?  
Please reach out:

School Phone: (780) 778-5865 School Cell: (780) 779-1193

## 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**.

### **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.

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).

## 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.**

If you are interested in earning credits while you work, see Mrs. Trebilcock in Student Services to pick up Work Experience papers. It is important to return the Parent Permission Form and the Employer Contract form ASAP so we can start the process of earning credits.

Remember, every 25 hours = 1 credit so this is a great opportunity to easily earn extra credits toward your graduation requirements. Also, be sure to hand in your hours at the end of every month.



## APPLYING TO POST SECONDARY INSTITUTIONS IN ALBERTA?

If so, you must sign up for applyalberta! The process takes about twenty minutes, but if you intend to apply to Colleges, Trade schools or University you **MUST** go through this website!

### COVID-19 Information

**!** A MyAlberta Digital ID BASIC account is required to access ApplyAlberta. You do not need to create a MyAlberta Digital ID VERIFIED account to access ApplyAlberta.


 Search ApplyAlberta

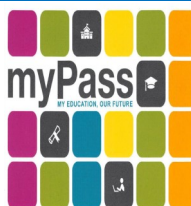
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Apply to one or more Alberta post-secondary institutions using ApplyAlberta

Apply Now!

Login to Resume Application

Need More Information?



## 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.*

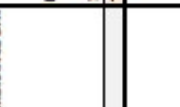


## How to sign-up:

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.



Events Calendar for:  
November, 2020



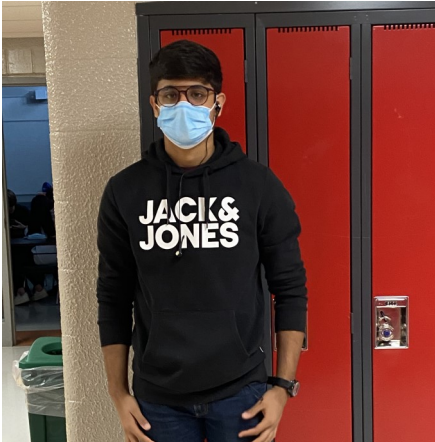
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
CLOSED		French for Kids (4-5 pm)		French Homework Help (4-5 pm)		CLOSED
8	9	10	11	12	13	14
CLOSED		French for Kids (4-5 pm) Sassy Stitches (6:30-8 pm)	REMEMBRANCE DAY 	French Homework Help (4-5 pm) Teen Book Club (6-7 pm)		CLOSED
15	16	17	18	19	20	21
CLOSED		French for Kids (4-5 pm) Death Cycle (6-7:30 pm) Adult Book Club (6:30 pm)		French Homework Help (4-5 pm) Author Lunch - Judi White (6:30 pm)		CLOSED
22	23	24	25	26	27	28
CLOSED		French for Kids (4-5 pm)		French Homework Help (4-5 pm) Adult Colouring (6 - 7:30 pm)		CLOSED
29	30					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2020</b>						
On Remembrance Day, take the time to remember those who sacrificed their lives to achieve freedom for us all.						
1 Daylight Savings Time	2 Diploma Exams Eng 30-1 Part A 9:00am Eng 30-2 Part A 9:00 am	3 Picture Day Retakes Diploma Exams Social 30-1 Part A 9:00am Social 30-2 Part A 9:00am	4 Diploma Exams Eng 30-1 Part B 9:00am Eng 30-2 Part B 9:00am	5 Diploma Exams Social 30-1 Part B 9:00am Social 30-2 Part B 9:00am	6 Professional Development Day No Classes Diploma Exams Math 30-1 9:00 am Math 30-2 9:00 am Chem 30 1:00 pm	7
8	9 No School Diploma Exams Physics 30 9:00 am Biology 30 1:00 pm	10 No School Day in Lieu of Parent/Teacher Interviews Diploma Exams Science 30 9:00am	11 Remembrance Day No School	12 Quarter Two Begins	13	14
15	16	17 2019-2020 Annual Academic and Athletic Awards Grade 9	18 2019-2020 Annual Academic and Athletic Awards Grade 10 Friends of Hilltop School Council Meeting 7:00 pm	19 2019-2020 Annual Academic and Athletic Awards Grade 11	20	21
22	23	24	25	26	27	28
29	30 Grad Photos					



# GALLERY



Congratulations Aarav Sibbal on your acceptance to Carlton University in Ottawa for the Aerospace Engineering program. Way to go!



Mechanics Class



Manicures in Cosmetology

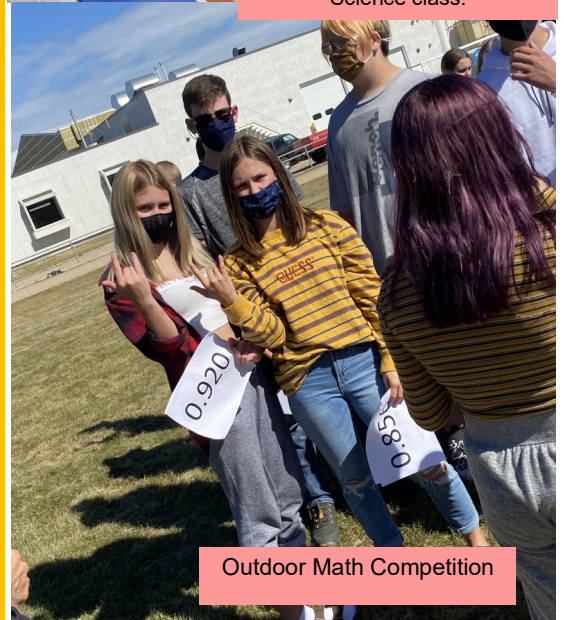
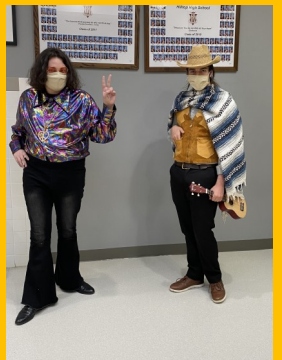


Fun in Foods



Experimenting in Schlossers Science class.

## Halloween at Hilltop



Outdoor Math Competition