



# HILLTOP HIGH SCHOOL NEWSLETTER

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## Message from the Administration

The beginning of June is a very busy time in schools. It is this time when everyone is working hard to complete the 2014/2015 school year. At the same time, we do the majority of our planning for 2015/2016 school year.

Grade 8 students from Percy Baxter will be coming to do an orientation on June 18<sup>th</sup>. As well for those Grade 8 Students on June 18<sup>th</sup>, there will be a parent orientation meeting at 7 pm in the auditorium.

Hilltop will begin early registrations for the 2015/2016 school year on June 1<sup>st</sup>. We will be taking registration forms until June 19<sup>th</sup>. Our next registration time is Tuesday, August 25<sup>th</sup>.

Students must complete their registration forms and pay their student fees before lockers are issued.

The exam schedule is included in this newsletter and can also be found on our school website.

I'd also like to inform you that anytime you are looking for information about what is happening at Hilltop, please go to our Web page.

School will start for the 2015/2016 term on August 31<sup>st</sup> for Grade 9's only. All grades have classes on Tuesday, September 1<sup>st</sup>, 2015.

At this time, I want to thank all our community volunteers and Friends of Hilltop for the work you do in supporting Hilltop High School.

To the staff, thank you for all the things you do to provide our students with quality education. As well, thank you to staff that gave out their time to mentor, coach and work with our students. Your hard work is appreciated and we know the positive benefits for our students, school and community.

Egbert Stang  
Principal

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### Special points of interest:

- Exams begin June 12th
- All items removed from lockers by June 19th
- Aboriginal Day June 21st
- Graduation is June 27th





**To All Parents of Hilltop Students  
From Friends of Hilltop Parent Council**



For the month of June, we would like to extend a huge thank you to all the "staff at Hilltop". Our students are very fortunate to be educated and mentored by a very dedicated and caring group of teachers and administration. The success of each and every student is equally the personal success of our teaching staff. Our school goes above and beyond to help students find the tools necessary for reaching their personal goals. On behalf of parents, we appreciate each one of you putting our children first and the tremendous pride you put into your job!

**IGA** Please note the last day for IGA Vouchers sales at Hilltop will be on Friday, June 19. After this date you will be able to purchase vouchers at the REMAX Office over the summer break. **RE/MAX** generously offers this service to the FOH, with no commission or fee. Please extend thanks each time you make a purchase for this convenience and continue to save for your school expenses!

Also **CONGRATULATIONS to our 2015 Grad Class!** You are a very unique group with unlimited potential. You have made us as Parents proud, and we look forward to sharing your future!

Our next meeting will be help **September 16th @ 7:00 PM.**

Thank you once again to the STAFF of Hilltop. Our students' successes are the result of your hard work and perseverance. As parents we appreciate all your efforts and patience in helping our students reach their potential at all grade levels.

If you have any questions or concerns, please feel free to call any of the FOH committee members listed below.

Marilyn Roach 780.706.2707

Kim Tschigerl 780.648.2291

Kim Nendsa



**Humanitarian Society**

Humanitarian is winding down along with the end of the school year. We have a few events left including the Fallen Four Marathon, which we have worked since its start up, and a few more catering events with Abby's Catering. We will also be having our year-end party to thank all of our wonderful students who give up their time to keep this society running. We will have a few events over the summer, if you are interested in helping see Mrs. Rosvold or Miss Johnson.

**Colour Night**

Colour Night will be happening on **June 10th @ 7 pm** to recognize the students who participate in the extra-curricular activities at Hilltop High School.

*"A great place to LEARN... and MORE!"*



**HHS BREAKFAST PROGRAM**



The Hilltop Breakfast program would like to thank all of the community volunteers and students for giving up many mornings to be at school early to help with the Breakfast Program. It was a very successful year!

The program runs smoothly with the help and support of many people and businesses. Tim Horton's contributes muffins/donuts/bagels daily.

Have a great summer everyone and we will see your smiling faces back in September!

Thank you Hilltop!  
Trish Gilmore on behalf of the Community Lunchbox Program



**HHS CANTEEN**

With the warm weather approaching we have changed things up a bit, adding Taco salad 2 days/week and freezies; which have been a big hit! I would like to thank all the students that have volunteered their time to help in the canteen. A few canteen facts: 30-40 dozen chocolate milk and 500 chocolate cookies have been sold since we opened!

Have a wonderful summer and see you in September. *Trish Gilmore*



Reader's Digest - Our Canada - Maclean's - Catholic Digest - Time - Canadian Geographic - Flare - Seventeen

Canadian Living - Oprah - Fitness - Prevention - Owl - People - Chatelaine - Golf - Taste of Home

Canadian House and Home - Style at Home - Chirp - Country Woman - Car & Driver - Rachel Ray



**S.O.S.  
Save Our Subscriptions!**

**HILLTOP HIGH SCHOOL IS AGAIN RUNNING A QSP MAGAZINE FUNDRAISER THIS FALL WITH OVER 600 TITLES!**

Please wait to purchase all your NEW, RENEWAL and GIFT subscriptions through the school and not through the publishers.

OR

Order on-line now, and all year long, and help support our school.

Simply go to [www.QSP.ca](http://www.QSP.ca), click 'JUST SHOPPING', use our school **GROUP # 331** and start shopping. It's that easy!

We submit the program to you:

- TO SAVE MONEY
- TO PROMOTE READING
- TO SUPPORT SCHOOL PROGRAMS & ACTIVITIES

**DID YOU KNOW?**

When you order a magazine directly from the publisher, all of your money leaves our community. When you order through this program over one-third of the subscription price "stays at home" to support our school's activities. We also guarantee the best price with coupon or special offer!



Better Homes and Gardens - Family Circle - National Geographic - Harrowsmith - Elle - Parents - Chickadee



## Are you interested in meeting students from across Canada and learning about our nation? Encounters Canada is for you!

Encounters with Canada is our country's largest and foremost youth forum! Every week of the school year, 120 to 148 teens from across Canada (ages 14 to 17) come to Ottawa. Here they discover their country through each other, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career options, develop their civic leadership skills and live an extraordinary bilingual experience. Over 100,000 youth have lived the EWC experience, to date!

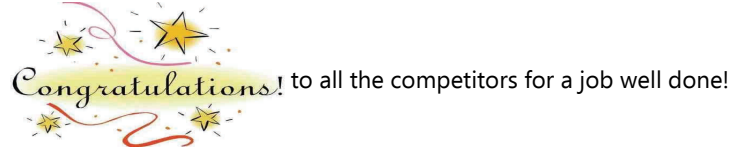
If you are interested in any of the programs, please see Mrs. Keay by June 15, 2015

For more information, check out: <https://www.ewc-rdc.ca/en/home.html>



### Provincial Skills Canada

On May 13th and 14th, Three Hilltop students had the exciting opportunity to compete in the Provincial Skills Canada Competition at the Expo Center in Edmonton! With 92 different competitions, the girls were exposed to a wide variety of skills and talent from across Alberta! Haylee Doepker and Talia Malanowich qualified for Provincials by winning a gold medal at Regionals in Fairview. They competed in the TV/Video category at Provincials. Skye Wheadon qualified for Provincials by submitting her work online through a Qualifying Event. She competed in the Photography event at the Provincial competition. The experience was one that both students and teachers won't soon forget!



Lead Teachers: Derek Schlosser and Meagan Hilland

	<b>ARTS &amp; CULTURE</b>	Aug. 30 – Sep. 5, 2015 Nov. 1 – 7, 2015	Mar. 6 – 12, 2016
	<b>CANADA REMEMBERS</b>	Nov. 8 – 14, 2015	
	<b>DEMOCRACY &amp; YOUTH</b>	Apr. 10 – 16, 2016	
	<b>EXPERIENCE CANADA</b>	Jun. 26 – Jul. 2, 2016	
	<b>FIRST RESPONDERS</b>	Feb. 14 – 20, 2016	
	<b>INTERNATIONAL RELATIONS</b>	Oct. 4 – 10, 2015	Mar. 20 – 26, 2016
	<b>JOURNALISM &amp; COMMUNICATIONS</b>	Oct. 11 – 17, 2015	Mar. 13 – 19, 2016
	<b>LAW &amp; OUR JUSTICE SYSTEM</b>	Nov. 15 – 21, 2015	Feb. 21 – 27, 2016
	<b>MEDICINE &amp; HEALTH</b>	Sep. 27 – Oct. 3, 2015 Oct. 25 – 31, 2015	Feb. 7 – 13, 2016 Mar. 27 – Apr. 2, 2016
	<b>SCIENCE &amp; ECOLOGY</b>	Sep. 20 – 26, 2015	Apr. 17 – 23, 2016
	<b>SCIENCE &amp; TECHNOLOGY</b>	Oct. 18 – 24, 2015 Nov. 22 – 28, 2015	Feb. 28 – Mar. 5, 2016
	<b>SPORTS &amp; FITNESS</b>	Sep. 6 – 12, 2015 Sep. 13 – 19, 2015	Jan. 31 – Feb. 6, 2016 Apr. 24 – 30, 2016
	<b>VIMY: CANADA'S COMING OF AGE</b>	Apr. 3 – 9, 2016	



Do you want to be part of your community and your country's future? Get involved now! **The Forum for Young Canadians** presents a fun and valuable opportunity to meet other young Canadians like you during a week-long behind-the-scenes trip in the world of federal politics at Parliament Hill. You'll learn how to share, collaborate and turn your ideas into community action. You'll meet Members of Parliament, Senators and other leading figures in government and the public service.

**Forum is about one week that may very well change the rest of your life.**

It's about giving smart, engaged and opinionated 15 – 19 year olds a chance to recreate parliament for a week. In Ottawa. On the Hill. Beyond the history books, beyond the news channel and beyond classroom debates, there's a lot to discuss. Your voice can make an impact now. If you have ideas. If you think and read and talk about what's going on in the world. If you have something to say—say it at Forum. **Be a Voice.**

If you are interested in Forum for Young Canadians, please see Mrs. Keay by June 15, 2015



Attention GRADS

If there are grads or escorts who would like to pick out a dress or shoes for graduation, please see Mrs. Smith-Tomke or Mrs. Schofield in Student Services.

We also have a few suits for those guys out there that would like to wear one.

There is no cost to you, so please do come by and have a peek at the beautiful dresses available.



Everyone loves a good villain, and in Villain School, your entire cast gets the fun of playing the bad guy... or girl! The Villains' Institute for Learning Evil (V.I.L.E.) is where all the famous storybook villains go to learn their wicked ways. Like any school, V.I.L.E. has its own social groups: The Monsters, who are always hungry and love to scare people; the Witches, who make a mean brew; the Convicts, who are expert thieves and con-artists; and the Misfits, who just don't fit in. There are also the Evil Geniuses, who rule the school and are at the top of the food chain.

**June 5<sup>th</sup> and 6<sup>th</sup> at 7:00 p.m. in the auditorium.**

**Tickets are \$10.00 each and are available at the school.**

**Cash or cheque please.**

Dear Grads:

First, a huge thank you to Mrs. Poirier for coordinating the Seniors' Supper, to Ms. Davey and Mrs. Runge for spearheading the Grad Banquet and to Mrs. Bachmier and Mrs. Sebo for organizing the Grad Ceremony decorations. We appreciate all you have done and are doing towards our Graduation.



We are all counting down the days to The Grad Ceremony. There are many important things we need to know ahead. First, Grad Rehearsal is on Thursday, **June 25** at 2:00pm. It is important that ALL Grads attend as this is where we receive our caps, gowns, mugs and souvenir invitations, and learn what order we enter, sit and exit as well as practice the Grand March. Please book this day off. We will meet in the gym at 2:00 pm. **Please be sure to book this off work and expect to be at school for a couple hours.**

Grad Day, itself has a lot on the go. Grads need to be in the gym at 2:00 pm to get their V-stole—the red and white thingy that goes around the neck. These belong to the school and are to be returned to the school after the ceremony. We will take our first group picture in our caps and gowns in the gym. After the photo, we will line up to march to the arena for our 3:00 pm start. All family and friends, please, go to the arena to get your seating....earlier is better than later but DO NOT sit in any chair marked reserved as these are for Grads and Dignitaries. After the ceremony, Grads are to march back to the gym where they will turn in their V-stoles and take our second group photo. From there, the Grads who wish to participate in the Grand March will line up with their escorts and the march will begin. This will be around 3:00 in the school grounds out front.

If you have any questions about Grad, please feel free to call the school.

Congrats to our fellow Graduates from your Grad Committee!

Dustin Jendrick  
Secretary/Treasurer  
Grad 2015



**SAFETY CONSULTING SERVICES**



HTH grade 11 and 12 students had the opportunity to take some safety classes to better prepare themselves for the workforce. These courses H2S Alive, First Aid training and Fire Extinguisher Certification were held during the month of May.

**Comments from Safeway Consulting: "A great group of students, fun to teach and very respectful".**

**Graphing Calculators**

In line with HTH Math Department’s technology initiative with with TI-nSpire CX Handheld and Navigator systems, this is the preferred choice, however, other approved calculators include:

**Casio**

- fx-9750G Plus
- fx-9750GII

**Sharp**

- EL-9900
- EL-9900C

**Texas Instruments**

- TI-83 Plus
- TI-84 Plus or TI-84 Plus Silver
- TI-nSpire (with Touchpad or Clickpad)
- TI-nSpire CX Handheld



**Artist of the Month**

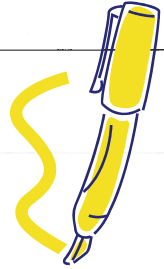
Aileen Kim always pushes each of her assignments to the limit. With each exercise, Aileen takes her time and adding her own spin even into the simplest tasks. Her skills are already well developed and she is only in Gr. 9. Looking forward to all the beautiful art she will create in the rest of her high school career.

Ms. Johnson

*Tips for All Students*

**General Tips**

- Before you begin, find out:  
How much time you will have.  
What materials you will need to complete the test.
- Skim through the whole test before beginning.
- Read all instructions carefully.
- Ask questions if you are unsure of something.
- Answer the easy questions first and then go back to the harder ones.
- Double-check to make sure you have answered everything before handing in the test.



**Multiple Choice Tests**

- Skim through the entire test. Find out how many questions there are and plan your time accordingly.
- Do not spend too much time on any one question. Make a note beside a difficult question and go back to it if you have time.
- Read each question carefully, underline key words, and try to think of an answer before looking at the choices.
- Read all the choices and see which one best fits the answer that you thought of.
- When you are not sure which answer is correct, cross out/erase any choices that you know are wrong.
- If time permits, recheck your answers.

**Storefront School**



We are in to the last month of school for this school year, let’s make it a productive one.

Students who want to earn Foods credits are encouraged to submit their recipes and ingredient lists in a timely manner to ensure the module is completed in full before the end of the school year. In addition, students who are taking Physical Education 10 and need the teacher directed hours are encouraged to attend in the morning to take part in our PE program.

Thanks to Jill and Lori from Wellspring who presented on Healthy Relationships and thanks to Courtney and Stephanie of HIV West - Yellowhead for the HIV/AIDS presentation. The students were really engaged and learned a lot.

We would like to thank the Community Lunch Box Program for allowing the students the opportunity to prepare their own hot meals at least once a week, as well as providing other healthy alternatives for snacks and lunches.

Students are encouraged to attend often and to get teacher help in order to make the required progress to have all courses completed successfully before the end of the school year. With that being

said, all course work for diploma courses, Work Ex and PE is due Thursday, June 4.

Storefront will host its year end celebration on Tuesday, **June 9, 2015**, to recognize the students’ hard work and accomplishments for the year.

Reminder to all students who have outstanding resources to please return all course resources back to Hilltop’s front office or to Hilltop Storefront School ASAP. Also students who are currently enrolled are reminded that all their course resources will need to be handed in at the end of the school year, even if the course isn’t complete.



Students who want to register for summer school can do so by registering June 1 at Hilltop High School or Hilltop’s Storefront School. Summer School will begin on Thursday, **July 2, 2015**.

Storefront Hours: Monday ~ Thursday 8:40 am - 3:30 pm  
Tuesday’s until 7:00 pm  
Friday’s until 12 noon

Mrs. Sarah Vandekerchove

### Summer School 2015



We are excited to bring back Summer School!

After a one year hiatus, Summer School will be offered at our Storefront Campus from **July 2** through **July 30**, 2015. The school will be opened Tuesdays through Thursdays from 8:30 am until 4:00 pm. This is an open campus. Attendance is not required; however, students are welcome to stay for the day and do their work as well as access teacher support. There is a \$100 non-refundable fee to register. Registrations will be accepted as of **June 1**, 2015. Forms are available at the front office at Hilltop, at Storefront and on the school website. Registrations continue until **July 9, 2015**. Course materials can be picked up the first day of Summer School, **July 2, 2015**.

Grade 10s, this is the perfect opportunity for you to get your CALM/HCS 3000 and Phys. Ed 10 Grad Requirements out of the way so that you have more room for elective/option courses. Work Experience will also be offered as well as a wide variety of other core and non-core courses. No Diploma Courses or Exams will be offered during this term. Please call Storefront (780 778 5865) for any course inquiries.

### STUDENT COUNCIL NEWS

May was a fun month for us. We did a little known fact survey. The survey went over great and students got to find out interesting things about their teachers. Some of the answers are posted below.

On **June 10th** we are having a end of the year BBQ for the students. Burgers will be provided for all students. We are also hoping to have some Town members there to interact with the students to help them learn about some activities that they can do over the summer. We hope everyone has had a fantastic year and we are looking forward to planning more events for you next year.

- ◆ Ms. Kendall went to a all girls high school run by nuns
- ◆ Mrs. Woodford despises wasting water
- ◆ Mr. Mireau has had lunch with Arnold Schwarzenegger
- ◆ Ms. Otto celebrated getting her learners by drag racing on a real track
- ◆ Mr. Schlosser played basketball provincials with a broken ankle.

### Forest Industry Tours

*Thank you to the following industries that contributed to such a great learning experience for the student community of Whitecourt.*



Comments from kids - "Loved the tour, so many machines and there is constant activity and change, cant believe this is in our town. Great lunch provided!"



Comments from kids - "want to get a job here", best thing ever, MDF making is a cool process, very real experience.



Comments from kids - "This is more diverse that I thought it would be". "Lots of bugs!"



Comments from kids - "This is a company I would like to work for, interesting, fun, learned so much about the mill and processes". "So much goes on beyond the fences."

## ATTENTION STUDENTS!

Receive free sunglasses with your purchase of:

Spend your summer in style!

# summer fun

Pass valid May 1 through August 31

## PASS

**CHILD : \$ 55** (Ages 3-12 years)

**YOUTH : \$ 70** (Ages 13-17 years)

**STUDENT : \$ 115** (Fulltime Post-Secondary Students - Must provide student ID)

Check us out on Facebook at Allan & Jean Millar Centre or at #healthy100whitecourt

TAKE ADVANTAGE OF THE NEW

FREE WIFI

Let's go...

# YOUTH SUMMER PASS

## \$50.00

Passes are valid for July & August 2015 (Ages 7 - 17)

Passes can be purchased at:  
Allan & Jean Millar Centre  
58 Sunset Blvd  
780-778-3637 Ext '0'

Monthly transit passes are eligible for a tax credit on your federal income tax.

For more information on Whitecourt Transit:  
Call 780-778-3637  
Email transit@whitecourt.ca  
www.whitecourt.ca  
The route, hours, and fares are subject to change.

thank you!

## STUDENT LOANS

Are you in need of funding for post-secondary? Please visit [studentaid.alberta.ca](http://studentaid.alberta.ca) or see Mr. Mireau to learn about applying for student loans. Generally, a student cannot apply for their loan funding until 60 days before starting school (**July 1**). Parental income is not taken into account for the Alberta loan, but is for the Canada Student loan. When you completing a request for funding, you are applying for both loans at the same time.

## RUTHERFORD

As of July 1, 2015, students will apply for the Rutherford Scholarship online on a year-round basis--no more deadline.

Get your online application done next year at [studentaid.alberta.ca](http://studentaid.alberta.ca)

See Mr. Mireau for more information.

## RAP....continues at Hilltop

Hilltop is very pleased to congratulate Kaleb Corriveau in securing a RAP placement, as a Millwright, with Alberta Newsprint Company. Kaleb started this position on May 20th and will continue throughout the summer and into his grade 12 year.

Thank you to the businesses and industries who participated in Hilltop's Off Campus Education program for the 2014-2015.....specifically RAP and Dual Credits...

- Hunter Tomke - Millwright - Millar Western - Pulp Division
- Denby Keylor - Power Engineer- Millar Western
- Alex Slobodian - Millwright - Millar Western
- Jesse Peters - Power Engineer - Millar Western
- Mike Veillette - Glazier - Auto Shop
- Cameron Willets - HD Mechanic - TARPON
- Justin Govenlock - Millwright - Millar Western
- Tyson Soch - Heavy Equipment Technician - Millar Western
- Isaiah Dawkins - HD Mechanic - Brendale Contracting
- Derek Snow - Communication Technician - RALCOMM
- Justin Mathison - Millwright - Millar Western
- Yoan Leduc - Millwright - ANC
- Kayge Carter - Auto Service Technician - Canadian Tire
- Brailynn Panter- Parts Technician - NAPA



myPass is an Alberta Education secure self-service website for Alberta high school students to:

- ✓ View and print diploma exam result statements
- ✓ Order transcripts
- ✓ View progress towards a credential (diploma or certificate)
- ✓ View student personal information
- ✓ View and print detailed academic reports (DAR)
- ✓ Order additional copies of a credential

Sign in with an Education Account >>

First time to myPass? [Sign in](#) with an Education Account to connect to student information.

Don't have an Education Account? You can create one during [sign in](#).

To use all the features offered by myPass, please ensure you are using a [supported browser](#).

It's like getting free money... wait, it is free money!

## Work Experience

Just a reminder to all participants in the Work Experience program that the deadline for timesheets is Friday, June 19th.

Please see Mr. Mireau in Student Services if you have any questions or concerns.



## First Nations, Métis and Inuit (FNMI)

Tansi, this has been a whirlwind of a year! As I look at the numbers of FNMI Students graduating from Hilltop High School this year, I am both amazed and proud. I am amazed at the increase in numbers, as 2 years ago we had 20 FNMI students graduating, and this year we have 28 grads, wow! And, I am very proud of every one of you for your determination, and commitment to your own success. Congratulations, your hard work and perseverance has paid off.

I was asked what my vision is for the Hilltop FNMI youth not too long ago. I know that I want students to be proud of their heritage, and respect all cultures. Dwelling on the past is not progressive, and sometimes this can be unhealthy. Practice looking forward to the future and strive for success. I am here to help! Have a great summer, and I look forward to seeing you out having fun in the sun.



Mrs. Smith-Tomke  
FNMI Liaison Worker



**Healthy Teens**  
Parent Newsletter  
June 2015



**VOLLEYBALL  
SPRING CAMP**

Anyone (girls or boys) interested in playing volleyball next year, there will be an ID/spring camp for next season on Wednesday, **June 10th** and Thursday, **June 11th**.

Please see Miss Deacon to sign up!

**I Live To  
Play  
Volleyball**

**Teenagers, Puberty, and Healthy Relationships – What Parents Can Do**

Growing up can be a challenging time for teens and parents and a bit of love and understanding can go a long way. Let them know that you are there to support them. Sometimes watching your child develop and change into a young adult can be a difficult transition period. It may also be hard to "let go". However, you are their parent and they still need you. You can be there and support them through this time.

Puberty in girls can begin from around the age of nine and in boys around the age of 10. As they are developing into young adults, they will need your support and trust as well as some privacy, respect, and encouragement. Discussing matters such as friendships, relationships, sexuality, and love are important. Be open-minded and do not judge. This will help them to feel that they can trust you and turn to you whenever they need help and support. Friendships are very important to teens. Having a close friend or group of friends and belonging to a group helps them feel good about themselves, learn to navigate relationships with others, and develop their own identity. Allowing them the opportunities to trust their own feelings and values builds emotional and cognitive strengths that will help them navigate life as they get older.



Here is an example of a situation you could encounter:

**Problem:** My son keeps asking me awkward questions about sex. I am not sure what to say.

**Think it Through:** The more they understand about their bodies, the less difficult it will seem.

**Do:** Find out more information, try visiting [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca). Don't be embarrassed. Let them know they can ask you anything.

Adapted from: [http://www.newport.gov.uk/stellent/groups/public/documents/leaflets\\_and\\_brochures/cont608148.pdf](http://www.newport.gov.uk/stellent/groups/public/documents/leaflets_and_brochures/cont608148.pdf)

**Think Before You Drink: Tooth Erosion**

It's no secret, most of your favorite beverages contain a lot of sugar! Sugar in beverages, along with bacteria in the mouth, create acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances. Teenagers can be prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

**The Eggsperiment** - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with it's shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?

**Track and Field**

Track and Field was a great success this year with 10 grade nine athletes moving on to zones, and 11 senior high athletes heading to Provincials this month!



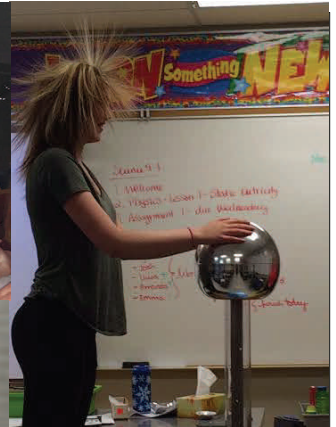
**Adapted PE**

PE 9 and 10 classes in Miss Deacon's PE class were able to create their own games for individuals with disabilities and teach their peers these modified physical activities and games. Through this project based on-learning experiences, students were able to play some games with disabilities as well as reflect on the challenges that individuals face trying to participate in physical activity. What they created and realized through this project was fantastic!

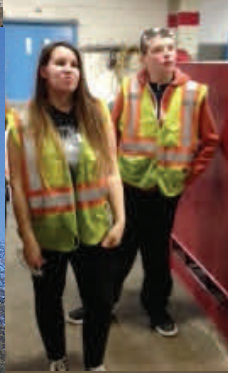








Phantom 3 - How COOL is this?



# June 2015 Exam Schedule

<b>Monday (Day 6)</b> June 8 <sup>th</sup>	<b>Tuesday (REX)</b> June 9 <sup>th</sup>	<b>Wednesday (Day 7)</b> June 10 <sup>th</sup>	<b>Thursday (REX)</b> June 11 <sup>th</sup>	<b>Friday (Day 8)</b> June 12 <sup>th</sup> English 30-1/2 Part A
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<b>Monday (Day 1)</b> June 15 <sup>th</sup> Social 30-1/2 Part A	<b>Tuesday (Day 2)</b> June 16 <sup>th</sup>	<b>Wednesday (Day 3)</b> June 17 <sup>th</sup> English 30-1/2 Part B	<b>Thursday (Day 4)</b> June 18 <sup>th</sup> Social 30-1/2 Part B	<b>Friday (Day 5)</b> June 19 <sup>th</sup> <i>Last day of classes for grades 10-12</i>
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Exams are being written in Gymnasium

<b>Monday (Day 6)</b> June 22 Biology 30	<b>Tuesday</b> June 23 Chemistry 30	<b>Wednesday</b> June 24 Math 30-1/30-2	<b>Thursday</b> June 25 Physics 30	<b>Friday</b> June 26 <sup>th</sup> Science 30
Biology 20	Chemistry 20	Math 20-1/20-2	Physics 20	Science 20
<i>Last day of classes for grade 9's</i>	Gr. 9 PAT Science	Math 10C Gr. 9 PAT Math	Gr. 9 PAT Lang. Arts B	Science 10 Gr. 9 PAT Social Studies

<b>Afternoon</b> 1:05 p.m.	<b>Afternoon</b> 1:05 p.m.	<i>Grade 9 PAT Exams = GREEN    Last day of classes for Gr. 9s Monday, June 22nd</i>		
English 20-1/2	Social 20-1/2	<i>DIPLOMA Exams = BLUE    Last day of classes for Sr. High Friday, June 19th</i>		
English 10-1/2	Social 10-1/2	<i>Other Exams = BLACK</i>		