



“A great place to LEARN...and more!”

Hilltop Jr./Sr. High School



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Welcome Back September 2021 Newsletter

Message from the Administration

VOLUME 12, ISSUE 1

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Welcome to the 2021-2022 school year! It is good to have students in the building even if we have to wear masks for a little while. I hope you have had a relaxing summer and that you are all ready to return to near-normal school. Masks and sanitizing are the main carryovers from last year.

We are excited that sports are able to proceed this year. Tryouts are currently taking place for volleyball and football. It is good to have some semblance of normalcy in the building after the last year and three months of no activities.

At the moment all visitors to the building will require an appointment. They will also have to wear a mask, sanitize and sign in upon entering the building. Therefore, parents will not be able to just drop into the school to drop off lunches or items for their children. We apologize for any inconvenience this may cause.

Please come out and meet the staff on our Meet the Staff Night on September 8. We do have a number of new teachers this year:

- Ms. Beth Bissonnette- English
- Mr. Paul Marinus- Mechanics
- Ms. Petra Lewis- Math and Science at Gateway Academy
- Mr. Sebastien Smith- Math, Science and French

We will be holding our first Friends of Hilltop School Council meeting in person on September 15 at 7 PM. Please come out and get involved in the school. This first meeting will be an organizational meeting to elect the officers of the council.

Welcome back!

Your partner in education,
Brent Northcott
Principal

Important Dates

- September 6** - Labour Day - No School
- September 8** - Meet the Staff Night - 6:00pm-8:00pm
- September 13** - Picture Day
- September 15** - FOH School Council Meeting - 7:00pm
- September 30** - Orange Shirt Day

Bell Schedule

Warning Bell	8:55 AM
Block 1	9:00 AM - 10:22 AM
Break	10:22 AM - 10:26 AM
Block 2	10:26 AM - 11:48 AM
Lunch Break	11:48 AM - 12:22 PM
Warning Bell	12:22 PM
Block 3	12:27 PM - 1:49 PM
Break	1:49 - 1:53 PM
Block 4	1:53 PM - 3:15 PM

NEWS AND EVENTS

September 6

Labour Day
NO SCHOOL



September 8

Meet the Staff Night
6:00 pm - 8:00 pm



September 13

Picture Day



September 15

Friends of Hilltop
School Council
Meeting

7:00 pm



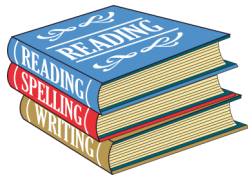
Get Involved!

September 30

Orange Shirt Day



**PLEASE RETURN
TEXTBOOKS and
CHROMEBOOKS YOU
MAY STILL HAVE
FROM THE 2020-2021
SCHOOL YEAR**



YEARBOOKS

2020-2021 yearbooks will arrive sometime later this fall. We will announce through our various channels of communication as soon as they arrive. Grads of 2021, please remain on the Grad 21 Remind group, this is how we will advise of you when your yearbooks and grad ceremony pictures are ready for pickup. Thank you Yearbook Committee for all your hard work!

Parent/Guardian Reminder

- * If a student is going to be absent for any reason, a parent or guardian must notify the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours
- * Please remember that we must receive notification from a parent/guardian when students are leaving the building for any reason, including in the event of an emergency. Students can be signed out by a parent/guardian by calling the school at 780-778-2446.

Staff News

We would like to extend a warm welcome to the following new staff members;
Ms. Beth Bissonnette will be joining the English Department. **Mr. Sebastien Smith** joins the Math, Science and French department. **Mr. Paul Marinus** will be teaching Mechanics.
As well, **Ms. Petra Lewis** will be joining Gateway Academy as a full-time Math and Science teacher.
We welcome you all to the Hilltop family.

Attention Parents

All students courses, assignments, grades and attendance are available live on Power School and can be viewed at any time. If you have not signed up for Power School, or are having difficulty signing in, please contact the front office and we will help get you started at 780-778-2446. Power School is also available as an app for smart phones.



- * If there is no call or notification of a students absence from a parent or guardian then it will be considered unexcused and an automated call will go home that night. Please be advised if our system has rejected your phone number due to a cancelled landline, we will use the next available phone number (ex: cell phone number)
- * Please contact the school to verify your contact information if you have any concerns.

We appreciate your cooperation



REGISTRATION

We are still accepting new student registration. Registration packages can be found on our website at hilltophigh.ca, please contact the school to schedule an intake meeting with administration before registering. Our office is open, Monday - Friday from 8:00 am - 4:00 pm.
Please remember when registering, it is vital that you include two emergency contacts for your child. In the event of an emergency, evacuation or sickness, if we are unable to reach the students parents we will then reach out to the students emergency contacts.

School Fees

CTS Fees, school fees, and grad fees are available to pay on schoolcashionline.ca. Please check your account regularly to make sure you don't have any outstanding fees on your account.

2021-2022 School Fees

- \$ 31.50 Technology Access Fee (mandatory)
- \$ 2.00 Locker Fee (mandatory)
- \$ 25.00 Yearbook (optional)

HEALTH AND SAFETY

COVID-19 INFORMATION

**COVID-19 ALBERTA HEALTH DAILY CHECKLIST
(FOR CHILDREN UNDER 18)**

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Children under 18:

1.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered "YES" to any symptom in question 1:</p> <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If the child answered "NO" to all of the symptoms in question 1, proceed to question 2.</p>			

2.	Does the child have any new onset (or worsening) of the following other symptoms:		
	Chills Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO
	<p>If the child answered "YES" to ONE symptom in question 2:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered "YES" to TWO OR MORE symptoms in question 2:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered "NO" to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, childcare and/or other activities. 		

PLEASE STAY HOME
WHEN SICK

Please view [NGPS.CA](#) for the most recent information regarding Covid-19.

There you can find the Back to School Plan which includes documents on Guidance for Respiratory Illness Prevention, the Alberta Government School Year Plan and the Daily Health Checklist.

All staff, students and guests must complete the Daily Health Checklist before entering the building.



Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

School Expectations

There are school expectations the staff at Hilltop High School believes to be important to ensure the success of your child in our school setting. Abiding by these expectations will greatly assist in promoting a safe and caring school environment. Your cooperation is appreciated.

Respectful Communication

Definition: Appropriate communication between staff members, between students, between students and staff, and between students, staff and parents. Appropriate communication is the practice of non-heated conversations, positive body language, appropriate volume, tone and choice of language, as well as active listening.

Expectation: Respectful communication is to be used at all times.

Please be advised of our revised late/attendance policy.

Absences/Lates/Attendance

Absences: All absences must be excused by the students' parents/guardians or teachers on the day of the absence. This means the parent or guardian must call the school, in order for the absence to be acknowledged. If there is no call or notification, then it will be considered unexcused and an automated call will go home. The following day, the student will be admitted to class without parent contact, but the student will receive an automatic referral for FLEX due to missed instruction time

Lates: Students who are less than 15 minutes late for class will be admitted to class. Once the front door is locked, students who are late will require a phone call from their parent/guardian acknowledging their late. Students will then be permitted to class. Classroom teachers may implement their own policies to make up for time missed due to lates.

Loitering

Definition: Spending time idly; lingering without purpose.

Expectation: No loitering in the hallways and lunchroom. Students are to be in class. If students are on spares, they are expected to work in the library quietly, go outside or leave campus entirely.

Appropriate Dress

Definition: Wearing clothing that is respectful of the learning environment.

Expectation: Students will dress appropriately for school. That is, non-revealing (modest) clothing, without inappropriate or offensive slogans and/or references. All clothing should ensure underwear remains covered.

Cell Phones or Text Capable Electronics

Definition: Any device capable of making a phone call or text messaging.

Expectation: Cell phones or text capable electronics are not allowed in class unless authorized by a teacher. They are off limits in all exams.

Smoking, Vaping and Restricted Areas

Hilltop High School is a smoke/vap-free zone. It is illegal for anyone under the age of 18 years to smoke or be in possession of nicotine. Senior High students who are of legal age must be off school property. The arena parking lot, curling rink and back alley area are out of bounds for grade 9 students from 8:00 am to 4:00 pm. All Students are not allowed to leave the school building during class or during the break between classes. Cigarettes, vaporizers and any illegal paraphernalia will be confiscated and not returned.

Other school expectations exist. We encourage you to check the parent/student handbook for more information.

OFF-CAMPUS EDUCATION

Hilltop High School Off-Campus Education

Registered Apprenticeship Program, Dual Credit and Work Experience



Congratulations to **Liam Clark** who recently secured a RAP position with Alberta Newsprint Company as Electrician.



Our hard working off campus students excelled this summer! Thank you to all our supporting community partners.

WOW!

RAP and Work Experience students worked a combined total of 6800 hours and earned 272 credits.

Summer School saw 140 students registered and they earned a combined 470 credits.

Summer Boot Camps saw 170 students registered and earned a combined total of 340 credits.

Students, if you are currently employed and interested in the Work Experience program please see Mrs. Trebilcock in Student Services to sign up and get the proper paperwork.

ATHLETICS



**HILLTOP HIGH SCHOOL
SR. BOYS VOLLEYBALL TRYOUTS**

Thursday, September 2
6:00 pm
Hilltop Gymnasium

Please bring inside shoes, appropriate sports wear and a water bottle.

Please complete the AHS self checklist before attending.



**HILLTOP HIGH SCHOOL
SR. GIRLS VOLLEYBALL TRYOUTS
GRADE 10,11 & 12**

September 7 & 8
3:30 - 5:00
Hilltop Gymnasium

Please bring inside shoes, appropriate sports wear and a water bottle.

Please complete the AHS self checklist before attending.



CATS Football is underway for this season! We are still looking for players to join the team! If you are interested, please come out to the practices from 4 - 6 pm at the Hilltop High School field every weekday, or email rendean.koudelka@ngps.ca to get more information.



Learning Commons News

Hey Chargers, come visit the Learning Commons and have a look around.

Did you know we have over 5200 books in our Learning Commons? If we don't have the book you want, ask me (Mrs. Kurasevich). I order new books every month.



You can also search our library catalogue at <https://ngps.insignails.com/library>

Sign in with your Google account. If you find a book you want to read you can reserve it. You will be notified when it is ready to pick up.

The Learning Commons is Open
Mon- Fri 8:30 - 12:00, 1:00- 4:00

I look forward to seeing you!

Orange Shirt Day

EVERY *Child* MATTERS



FNMI News

Tansi, Abawashded, Hello

Welcome Chargers! I hope this is an amazing year for you all and I am very excited to meet with you.

Thursday, September 30 is Orange Shirt Day. As we move forward with reconciliation, we must be cognizant of the pain endured by the residential school students and their families. Every Indigenous student has or had a story. Consistently, we must confirm with one another that we all matter, **Every Child Matters**. Hilltop High School is a safe place and we all come together in the spirit of reconciliation and hope for the generations to come.

Parents please know that you can always call me for assistance and I will do my best to help you out. I really appreciate your input and hearing your voice.

Hiy Hiy, Ish Nish, Take care



Hilltop Bistro



OPENING SOON

** The Breakfast Program will not be operating for the month of September.*

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

Daily Lunch Special \$5.00

- Small Chocolate Milk \$1.00
- Large Chocolate Milk \$3.50
- 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
- Pretzel & Hummus \$2.75
- Sandwiches \$3.50
- Yogurt Parfait \$1.50
- Cheese, Meat & Crackers \$3.50



Thank you to the Whitecourt Community Lunchbox for their continued support. They will once again be providing pre-packaged lunches for students in need.

[Friends of Hilltop Parent Council](#)

2021-2022 Friends of Hilltop Council Members

Tammy Dickson, Avy Fast, Joanne Merrifield and Roxanne Amiot

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

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

NEXT MEETING: September 15 7:00 pm

Welcome Back!!

****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 or at the school --**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

Important Days to Remember

Hilltop High School's 55th Graduation Ceremony

Grad Day 2022

Thursday, June 30, 2022
1:00 pm

Graduation/Scholarship Information Meeting

Wednesday, September 29
7:00 pm

Grad Council Applications Due

September 30

Grad Pictures

December 6, 7, 8 and 9

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

Grad 2022 Remind

Parents and students please sign up to receive important reminders regarding Grad 2022 via text message.

Text the message @hthgrad22 to the number (587) 316-7407

ONE ON ONE MEETINGS

Mrs. Trebilcock will be in charge of tracking our Grade 12 academics to ensure all Grade 12 students are on track to successfully graduate. She has created a Google Classroom and invited all Grade 12 students to join. A calendar will be created for the grads to sign up and have a one on one meeting with Mrs. Trebilcock.

Class of

2022 Grad Council

Join Grad and due



Council! Applications are available at the office by September 30

STAY ON TRACK TO GRADUATE

The minimum requirements for an Alberta High School Diploma are as follows:

** 100 credits earned by the end of your Grade 12 year.

English 30-1 or English 30-2
Social 30-1 or Social 30-2
A 20- level Mathematics course
A 20- level Science course
Physical Education 10
Career & Life Management (CALM 20)

10 credits in any combination from:

- *CTS
- *Fine Arts (Art, Drama)
- *Physical Education 20 and/or 30
- *Second Language Courses
- *RAP courses
- *Locally Developed Courses
- *Learning Strategies

10 credits in any 30- level course

(in *addition* to ELA and Social)

These course may include:

- *30-2 level CTS
- *30 level Work Experience
- *30 level RAP course
- *30 Green Certificate Specialization Course
- *Special Projects 30
- *Science 30
- *Mathematics 30-1, 30-2, or 31
- *Art 30
- *Drama 30



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

Tuesday: 8:30 am to 3:00 pm

Wednesday: 8:30 am to 7:00 pm

Thursday: 8:30 am to 3:00 pm

Friday: No School



Welcome Ms. Petra Lewis to Gateway Academy!

Gateway Academy is Hilltop High School's outreach program. This alternative program is designed for students that are unable 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 as they would in the regular program.

We offer a nurturing environment that supports not only academic development but emotional, social and intellectual growth. We also offer:

- Flexible time schedule;
- Individualized study program;
- Access to a variety of Core and Option courses;
- 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.
- Students may enroll in a partial program at the outreach while maintaining enrollment in other courses at their local high school.

The Gateway Academy Program is designed for students who:

- Are unsuccessful in the regular school setting;
- Prefer working independently and are highly self motivated;
- Need only a few credits to complete their high school diploma;
- Have work commitments or difficulties interfering with regular attendance;
- Are single parents who are unable to commit to a full-time program;
- May have experienced difficulties and dropped out of school;
- Have relocated mid-semester and are unable to register in regular school;
- Exhibit a desire to improve their education and career options.

We are located in downtown Whitecourt, on the corner of 51st Street and 51st Avenue (5104- 51 Ave.)

STEPS TO REGISTER

Students wishing to register at Gateway Academy must complete a registration package available at the school. Current Hilltop students must first have permission from Hilltop administration before beginning the registration process.

Students must come to the school for an intake interview, which they may schedule or attend on a drop-in basis. As well as your completed registration package, make sure you have the following information ready for your intake meeting:

- Birth Certificate or passport
- Legal first and last name
- Name of last school attended and contact person (Phone number if possible)
- If you have completed Grade 9 and have not been registered in a high school, a report card from Grade 9 must be provided.

Completion of the package does not guarantee acceptance into the program.

Staff may require time to gather information to determine whether or not

Gateway Academy can provide the appropriate education.



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 @ngpsht.



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.

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**.

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.

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.

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.**

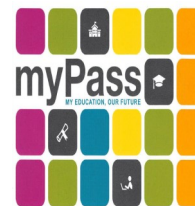
University Presentations



UNIVERSITY OF CALGARY

The University of Calgary will be here to present available opportunities to any interested students on

**Wednesday, October 6 at
9:30 am**



MYPASS.ALBERTA.CA


To access your records after writing a diploma, you will need to have a myPass.alberta.ca account established.

GRADE 12 STUDENTS MUST SIGN UP FOR MyPass


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

How to sign-up:


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




Like us on Facebook



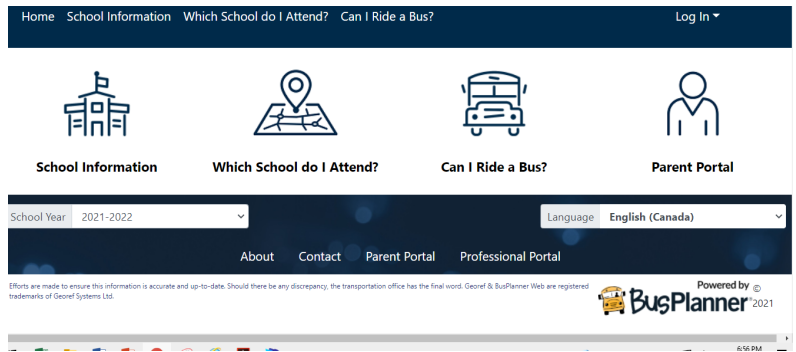
Follow us on Twitter



Join Hilltop Remind



PowerSchool for Student Grades and Attendance



Home School Information Which School do I Attend? Can I Ride a Bus? Log In

School Information Which School do I Attend? Can I Ride a Bus? Parent Portal

School Year: 2021-2022 Language: English (Canada)






About Contact Parent Portal Professional Portal

Powered by BusPlanner 2021

Time suggested for homework + studying if you are pursuing academic excellence at Hilltop High School





GRADE TEN

Only four core classes are available. Instead of fast-tracking, explore your interests, try different electives, and complete PE 10. Perhaps you could explore sports and extra-curriculars. No homework, you say? Read the newspaper or explore something new.

 20 min x 3 days of the week	 20 min x 3 days of the week	
 20 min x 5 days of the week	 30 min x 5 days of the week	 exercise and sleep help you achieve





GRADE ELEVEN

Four science courses may become available to you: Biology, Chemistry, Physics, and Science 20. Many students manage two at a time quite well by keeping on top of things. Math 10C branches into two streams 20-2 and 20-1 (both for students interested in University, it mostly depends what you want to explore career-wise). To excel in Social, pay attention to current events. To excel in English, read lots of varied texts. It is also time to complete CALM.

 Bio 20 - 5 x 30 min Chem 20 - 5 x 30 min Physics 20 - 5 x 30 min Science 20 - 5 x 20 min Science 24 - 3 x 15 min	 20 min x 3 days of the week
 Social 20-1 - 3 x 30 min Social 20-2 - 3 x 30 min	 Math 20-3 - 2 x 15 min Math 20-2 - 5 x 40 min Math 20-1 - 5 x 40 min

GRADE TWELVE

Put away your phone and buckle up. Apply for post-secondaries as early as October 1st. Think about working less and earning higher marks; you have your whole life to work. If you miss school, you have work to do!

 30 minutes per week to work on scholarships and post-secondary preparations	 Lots of sleep contributes to your ability to learn.
 3.5 hours per science and math course /wk (spread out) 2 hours for English and Social, each /wk (spread out). Is a part-time job a good idea?	 Healthy fun will help you maintain balance.

PUT TOGETHER WITH CONTRIBUTIONS FROM THE STAFF AT HILLTOP HIGH. www.hilltophigh.ca

NOW AVAILABLE

Make online payments with

SchoolCashOnline

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

Register at SchoolCashOnline.com



Attention Parents/Guardians

- * All students courses, assignments, grades and attendance are available live on Power School and can be viewed at any time. If you have not signed up for Power School. Power School is also available as an app for smart phones.
- * If a student is going to be absent for any reason, a parent or guardian must notify the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours
- * Please remember that **ALL** students must be signed out by a parent/guardian when leaving the building for any reason, including in the event of an emergency or evacuation. Students can be signed out by a parent/guardian calling the school at 780-778-2446.
- * If there is no call or notification of a students absence from a parent or guardian then it will be considered **unexcused** and an automated call will go home that night. Please be advised if our system has rejected your phone number due to a cancelled landline, we will use the next available phone number (ex: cell phone number)
- * **Please contact the school to verify your contact information or if you need to make any changes.**

We appreciate your cooperation

More Good Days

With the start of another school year, worry of what the year will bring is heavy on us all: parents, caregivers, teachers and students. Many of the messages I shared last year are still relevant at the start of the 2021-22 school year and are a great reminder to bring us strength:

- *We need EVERYONE to be healthier than they have ever been:* staff, student and families (that means physically, mentally, relationally)
- *As caregivers, *we have the most influence on resilience and the psychological wellness of our children.* It is critical that we manage our own angst of the school year, because our children will pick up on our feelings. *We are strong, brave and adaptable, and so are our children!*
- *Regardless of the boat we are in, we are all in this COVID-19 storm together.*
- *Let us navigate with *respect, empathy, courage and responsibility.* Throw a lifeline to the ones who are struggling, accept a lifeline if someone reaches out to help.
- *From the words of Dr. Jody Carrington: *We are fighting a virus, not each other.*
- *Focus, point out and grasp onto the brief moments of *normalcy, joy and delight* like our lives depend on it. Share the message to our children: *all hard times come to an end, and will give way to the promise of better days ahead.*

Michael Franklin with CTV News published an article on August 27, 2021 that I feel all families in Northern Gateway can benefit. The Alberta Blue Cross recently partnered with two other organizations, Kickstand (mykickstand.ca) and the Mental Health Foundation (mentalhealthfoundation.ca) to launch a messaging service that will help inspire young people throughout the school year.

The service, called *MoreGoodDays*, delivers advice and uplifting messages to mobile phones that are subscribed to its service. "Youth across Alberta can text 'MoreGoodDays' to [393939](tel:393939) to receive these daily text messages for free," the company said in a release. All of the messages sent out from the service are written by youth, for youth.

"I think something you should know is that you are green with great, pink with perfect, aqua with awesome, blue with brave. You are a rainbow of qualities. Remember that!" - MoreGoodDays Message written by a young person in Alberta

"Hi Friend! I noticed you're a bit stressed... let's unclench our jaw, drop our shoulders, relax our face and take a deep breath. In & Out. There we go! Much better. Have a great day :)" - MoreGoodDays Message written by a young person in Alberta

"Don't forget that rest is okay. We don't always have to be working in order to feel productive. Rest can be productive too." - More Good Days message from Albertan young person

"Children are very resilient," said Brian Geslinger, vice-president of corporate relations at Alberta Blue Cross and a father of three school-aged children, in a statement. "But, like all of us, the pandemic has brought massive change in our lives – and even as we see the light at the end of the pandemic tunnel, we need to be aware that many children are still deeply affected by the stress and uncertainty."

Sadly, we are still living in uncertainty, but that does not mean we cannot look forward to the school year and embrace it with optimism. Despite the challenges we have before us, do not forget everything we have overcome. We will get through this too - TOGETHER, because together, we can have More Good Days.

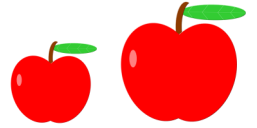
For more information or support, AHS offers resources that can be [accessed online](http://albertaservices.ca) (albertaservices.ca, Help in Tough Times). Blue Cross offers [a series of mental health tips](http://ab.bluecross.ca) (ab.bluecross.ca) to help support children, youth and their families. Or call the Mental Health Helpline **1-877-303-2642** or 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 3 teenagers and 1 young adult.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2021</h1>						
	August 30 Organizational Day – Staff Only	August 31 Organizational Day – Staff Only	Day 1 Regular Classes Begin for All Grade 9 Students Only Semester 1 Begins Gr 9 Option 1/6 Begins	Day 2 Regular Classes Begin for All Grades	Day 1	4
5	6 Labour Day	7 Day 2	8 Day 1 Meet the Staff Night 6:00 pm -8:00 pm	9 Day 2	10 Day 1	11
12 Grandparents Day	13 No School	14 Day 2	15 Day 2 Friends of Hilltop School Council Meeting 7:00 pm	16 Day 1	17 Day 2	18
19	20 Day 1	21 Day 2	22 FLEX Day 1 Math/Social/Other	23 Day 1	24 Day 2	25
26	27 Day 1	28 Day 2	29 Day 1 Grade 12 Parent Information Meeting 7:00pm	30 Day 2 Orange Shirt Day	Welcome back Chargers! We hope everyone had a wonderful summer, and is ready for a new school year.	

September

GALLERY



WELCOME BACK CHARGERS!

