



“A great place to LEARN...and more!”

Hilltop Jr./Sr. High School



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VOLUME 13, ISSUE 2

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Welcome to October. It is great to see students settle into their classroom routines and to watch the learning that is happening in classrooms. I am extremely proud of how our students have settled into the new school year. While we have returned to masking, students are not required to wear masks for the whole day. Students are wearing masks on most days for 14 minutes as they navigate the hallways and common areas.

It is great to have sports back for the 2021-2022 school year. We had a great turnout for volleyball tryouts. We are happy to have six teams representing Hilltop this year; Sr. Boys, Sr. Girls, JV Boys, JV Girls, Grade 9 Boys and Grade 9 girls. While spectators aren't permitted to watch games, we have taken steps to stream games.

Thank you to the parents who came out to our Friends of Hilltop School Council in September. The next meeting will take place on Wednesday, October 20 at 7 pm. A new executive will be elected at the next meeting. Due to provincial restrictions, the next meeting will be held virtually. Please contact me if you would like to receive the link for the meeting.

I encourage all parents to sign in to the Parent Portal on PowerSchool. This app gives you access to your child's marks and attendance in real time. Please check with the office if you need assistance accessing your username and password.

I would like to remind parents that our doors open at 8:30 am. Students will have access to the building after this time. I would also like to remind parents that students are required to have masks at school. Please ensure your child has a number of masks that they can wear at school. We are seeing an increasing number of students getting a mask at the office on a daily basis. While we have a supply of masks available, they are for emergency times only. We cannot be providing students with masks daily as that is not an emergency.

We will be holding our Parent-Teacher Interviews on the evening of October 28. Interviews will be on an appointment basis. You will receive a notification when the booking site is available. At this point, parents will have the option to request an in-person interview, or virtual interview. You will have the option of selecting your choice in the booking program.

Lastly, I would like to wish everyone a Happy Thanksgiving. Students have a four day weekend beginning on October 8 which is a professional development and planning day for staff. Monday, October 11 is Thanksgiving. Enjoy the long weekend.

Your partner in education,
Brent Northcott
Principal

Thank You



Special thanks to **Pembina Pipeline** for providing over 500 students with cookies.
Special thanks to **Tim Hortons** for providing the entire staff with cookies.
Special thanks to **Millar Western** for donating PPE to our students .

Important Dates

October 8

PD Day
No Classes

October 11

Thanksgiving Day
No School

October 20

FOH Meeting 7pm

October 28

Parent/Teacher Interviews
4:00 –8:30

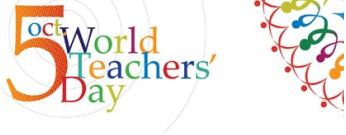
Bell Schedule

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

October 5

World Teachers' Day



October 28

Parent/Teacher Interviews

4:00 pm - 8:30 pm

Watch for announcements for when online booking opens.



Parent-Teacher Interviews

October 8

PD Day

No Classes



Career and Education Expo

POSTPONED

This event will be rescheduled, watch for details.

October 10

World Mental Health Day



Please contact the school asap if your contact information or address has changed so we can update your students file. Thank you for your cooperation.

October 11

Thanksgiving Day

No School



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.



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.
- * 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. 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

October 18

Gr 9 Options 2/6 Begin



Hilltop High School would like to request that all students leave any valuables at home.

We encourage all students to keep their combinations for their hall & gym lockers confidential.

Students are not permitted to share lockers and they must use the lock/combination provided to them by Hilltop High School.

October 20

FOH School Council Meeting

7:00 pm



2021-2022 School Fees

School Fees

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

\$ 31.50 Technology Access Fee (mandatory)

\$ 2.00 Locker Fee (mandatory)

\$ 25.00 Yearbook (optional)

October 31



Log in at ngps.schoolcashonline.com

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.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case² of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
If the answer is "YES" AND they are NOT fully immunized ⁴ : <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2. If the answer is "NO" to question 1, proceed to question 2			
2.	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
If the answer is "YES" to any symptom in question 2: <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order 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. If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.			

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)
⁴ A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two

3.	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
If the answer is "YES" to ONE symptom in question 3: <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. If the answer is "YES" to TWO OR MORE symptoms in question 3: <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. If the answer is "NO" to all questions: <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.





Cooking with Chef Mercer

and her fabulous students

Asian Chicken Salad

Day 1: Equipment List: Make sure to gather equipment BEFORE you start

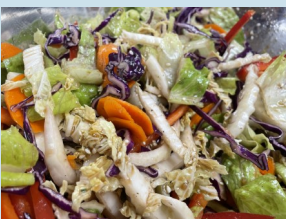
Cutting board
 Chef knife
 Large bowl
 Whisk
 Liquid measure
 Ziploc bag

DAY 1: INGREDIENTS: CHICKEN MARINADE

1 boneless chicken breasts, butterflied
 1/4 cup low sodium soy sauce
 1 tsp garlic cloves, minced
 1/2 teaspoon ginger
 1 teaspoon brown sugar
 1 teaspoon garlic chili sauce
 1 teaspoon sriracha
 1/2 teaspoon sesame oil
 1 teaspoon rice wine vinegar

INSTRUCTIONS

1. Combine soy sauce, garlic, ginger, brown sugar, chili sauce, sriracha, sesame oil, and rice wine vinegar in a small bowl.
2. Whisk until combined.
3. Place the chicken into the marinade. Toss to coat chicken.
4. Place into a Ziploc bag overnight in the fridge.



Day 2: Equipment List: Make sure to gather equipment BEFORE you start

Panini press
 Cutting board
 2 large bowls
 1 medium bowl
 Whisk
 Cutting board
 Chef knife
 Peeler
 Hand blender

DAY 2: INGREDIENTS

For Dressing

- 4 teaspoons of lime juice
- 2 teaspoons of sesame oil
- 4 teaspoons of olive oil
- 4 teaspoons light soy sauce
- 1 teaspoons fish sauce
- 1 teaspoon garlic minced
- 1/2 tsp fresh ginger paste or 1/4 teaspoon dry ginger
- 1/4 tsp ground black pepper
- 1/4 tsp salt

For Salad

- 1 cups napa cabbage shredded
- 1/4 cup purple cabbage
- 1/2 cup iceberg lettuce julienned
- 1 celery stalk julienned
- 1 carrot julienned
- 1/2 bell pepper julienned
- 1/4 cup snow peas (sliced thin)
- 1/2 green onion thinly sliced
- 1/4 English cucumber julienned
- 1 tablespoon toasted sesame seeds
- 1/2 package instant noodles: raw
- salt and pepper to taste

INSTRUCTIONS

1. Preheat panini grill until hot
2. Spray grill really well with cooking spray
3. Cook chicken on the grill flipping halfway through until fully cooked (about 8 minutes depending on thickness).
4. Let the chicken rest for at least 5 minutes before you thinly slice
5. First make the dressing by adding all ingredients into a liquid measure, and use the hand blender until creamy (around 1 minute of blending)...only 1 hand blender, so share.
6. I julienned all the vegetables to make it look the best. In a large bowl, add the napa cabbage, celery, carrots, red bell pepper, cucumber, green onion, and toss everything well together
7. Add the sesame seeds, crunchy noodles, and the prepared dressing, not all of it...use what you can just don't allow it to be soggy.
8. Season the salad with salt and pepper if needed.
9. Serve into dishes
10. Top with the chicken breasts

OFF-CAMPUS EDUCATION

Hilltop High School Off-Campus Education

Registered Apprenticeship Program, Dual Credit and Work Experience



RAP STUDENT

Liam Clark

EMPLOYER

Alberta Newsprint Company

POSITION

Electrician.



RAP STUDENT

Carson McNeill

EMPLOYER

DCJ Plumbing

POSITION

Plumber



RAP STUDENT

Jordan McDorman

EMPLOYER

Whitecourt Transport

POSITION

Heavy Equipment Technician



RAP STUDENT

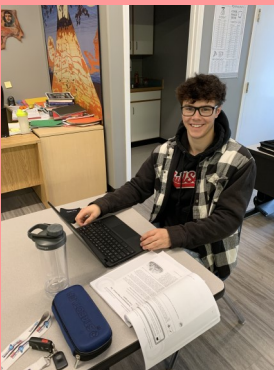
Tyler Carson

EMPLOYER

Alberta Newsprint Company

POSITION

Millwright



RAP STUDENT

Pierson Amiot

EMPLOYER

Alberta Newsprint Company

POSITION

Heavy Equipment Technician



RAP STUDENT

Cole Bradley

EMPLOYER

KW Mechanic

POSITION

Heavy Equipment Technician

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.

Employers, if you are interested in taking on a RAP student please contact our off-campus education coordinator at sarah.vandekerckhove@ngps.ca

Green Certificate Students

Brooklyn Skrecek

Equine

Abbey Chadd

Equine

Daxson McDonald

Beekeeping





ATHLETICS

**Be a Charger,
Take Charge!**

SR GIRLS VOLLEYBALL

Denika Elchyon
Ally-Ann Romanchuk
Kaycie Turcotte
Ella MacRitchie
Hannah Turcotte
Kayla Spivak
Kyleigh Baxter
Rebecca Birtles
Leira Augustin
Ashleigh Mosher

SR JV GIRLS VOLLEYBALL

Mackenzie Greenwood
Roan Ramstead
Jorja Amiot
Tayler Cartwright
Kassidy Lang
Grace Sanderson
Taylor Leidl
Ava Spink
Kasey Philpott
Delta Christianson
Kailea Wilson
Katie Motkoski
Emma Layton
Keira Heard
Madeline Blain

GRADE 9 JR GIRLS VOLLEYBALL

London Peever
Brianna Tuts
Tori Steiger-Sarivi
Carly Lai
Jayda Robinson
Ainsley Andruski
Ella Langley
Alexis Frizell
Nathalie Parsons
Lauren Davio
Addison Newman

SR BOYS VOLLEYBALL

Tyler Birtles
Liam Clark
Logan Estabrook
Tyler Evasiuk
Caleb Leighton
Zachery Merrifield
Kayden Nicholls
Mathew O'Dette
Ngan Pham
Cade Puddicombe
Simon Puddicombe
Cody Rutherford
Bryden Sadoway

SR JV BOYS VOLLEYBALL

Carson Wittmann
Kyle Penuela
Dwayne Palisoc
Kale Fowler
Noah Blize
Seth McInnes
Brock Huber
Justin Epp
Elriel Roman
Soren Hill
Tyson Van Dyke
Jade Wilson
Brody Primeau

GRADE 9 JR BOYS VOLLEYBALL

Noah Forster-Street
Dayne Miller
Ethan Mohler
Seth Hay
Chris Layton
Cohen Romanchuk
Connor Leighton
Dante Lapointe
Carter Strebchuk
Seth Jordan



**Basketball Student
Volunteers Needed**

The Whitecourt Community Youth Basketball League is looking for student volunteers willing to act as coaching assistants for this season. This is a volunteer position that would require about 2 hours per week. The League will be using the Millar Centre and we are aiming to offer programs for Grade 3 and up. If you choose to volunteer, your duties would be to assist the coach with practices twice per week by helping to run drills, assisting the children with skills development, refereeing practice games, etc. Although this is not a paid position, your volunteer hours can be used for phys.ed courses. Mr. Keay has graciously agreed to allow students to collect the volunteer hours and use them for this semester or bank them for your gym class next semester. Upon completion of your volunteer commitment, we can also provide you with a letter of recommendation that you may use for resumes and scholarship applications. Please contact Mrs. Properzi in Room 204 if you would like to be one of our student volunteers.



**CATS ROSTER
2021**

Dakoda Adams
Carter Bryant
Andre Chaisson
Korbyn Drosses
Samuel Fleet
Zachary Fleet
Johnny Gibbins
Linden Graham
Dawson Henault
Alex Hiemstra
Deakin Lewis
Owen Magdiak
Connor Mason
Gavin McIlwrick
Alexander Marin
Nathan Minderlein
Thomas Pottinger
Taylor Rice
Carter Schar
Branden Shields
Braiden Stone
Sean Tapp
Trace Tipler
Kaden Townsend
Grayden Turcotte
Kodan Whitehorse
Karson Wilson

The CATS football team is off to an amazing start this season! This year, the team is playing exhibition games and working on skill development in preparation for rejoining the Mighty Peace Football League next year. The first game was against the Valleyview Cougars on September 24th and it was a success! The players learned a lot while the coaches were on the field providing guidance. Stay tuned for more details about future games!

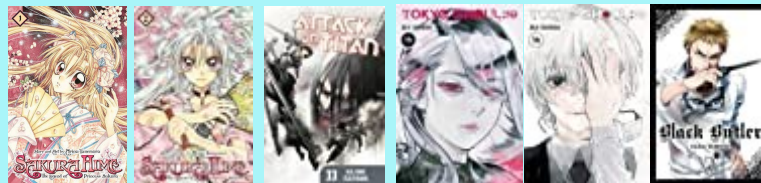




New Graphic Novels



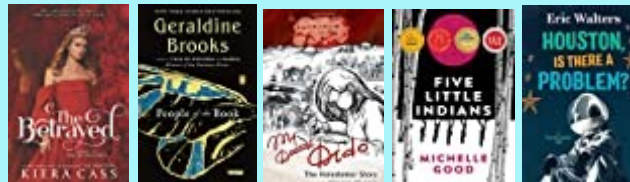
New Manga



New Nonfiction



New Fiction



Don't forget to check 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!

If there is a book you would like to see added to our library please let me know.

Indigenous News

(submitted by Mrs. Smith-Tomke)

Orange Shirt Day

EVERY Child MATTERS



Tansi, Abawashded, Tanshi, Hello

On Thursday, September 30, 2021 Hilltop High School students and staff celebrated Orange Shirt Day. This is the day we remember and respect all students who attended residential schools, and Indigenous people in Canada who now move forward in spite of intergenerational trauma. In recognition of this day, we offered a smudge, and served bannock to all in attendance. Orange Shirt Day reminds us to confirm with one another that we all matter, **Every Child Matters**. Hilltop High School is a safe place and we must all come together in the spirit of reconciliation.



Any Students wanting to share ideas for cultural events and celebrations are always welcome to visit me in Student Services. I encourage you all to be proud of your heritage, and share the beauty of it all with others.



Hiy Hiy, Ish Nish, Marsee, Thank you



Hilltop Bistro



October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Caesar Salad w/ Chicken
4 Lasagna	5 Pancakes w/ Eggs and Sausage	6 Chicken Stir-fry w/ Rice	7 Cream of Tomato Soup with Grilled	8 Bistro Closed
11 Bistro Closed	12 Meatloaf w/ Potatoes and Gravy	13 Ham and Scalloped Potatoes	14 Macaroni and Cheese w/ Broccoli Salad	15 Hot Dogs w/ Soup or Baked Beans
18 Fettuccini Alfre- do	19 Greek Salad w/ Chicken	20 Sweet and Sour Pineapple Meatballs w/ Rice and Corn	21 Roast Beef w/ Mashed Potatoes and Gravy	22 Perogies and Kolbasa
25 Shepherd's Pie	26 Hamburgers w/ Baked Fries	27 Tuna Melt w/ Soup	28 Sloppy Joes	29 Egg Roll Noodles

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

*** All vending machines and microwaves**

<p>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</p>

Friends of Hilltop Parent Council

2021-2022 Friends of Hilltop Council Members

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

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

NEXT MEETING: October 15, 7:00 pm

****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

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 Picture Retakes

February 17, 2022

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

Class of 2022 Grad Council

TBA Soon

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.

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



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.**

VIRTUAL University Presentations



**UNIVERSITY OF
CALGARY**

Oct 6 @ 9:30 am:
University of Calgary



Oct 12 @ 9:30 am:
Red Deer College

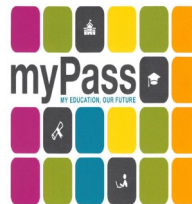


Oct 14 @ 9:30am:
NAIT



**MacEwan
UNIVERSITY**

Oct 22 @ 12:45 pm:
MacEwan



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.

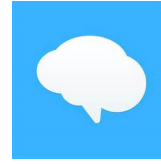
Like us on Facebook



Follow us on Twitter



Join Hilltop Remind



PowerSchool for Student Grades and Attendance



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



Math 20-3 - 2 x 15 min
Math 20-2 - 5 x 40 min
Math 20-1 - 5 x 40 min



Social 20-1 - 3 x 30 min
Social 20-2 - 3 x 30 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.

The importance of regular attendance and punctuality

Attendance

He/She is only missing...	That equals...	Which is...	And over 13 years of schooling that is...
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ a year
20 minutes per day	1 hr 40 min per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

Lates

If your child misses...	That equals...	Which is...	And over 13 years of schooling that is...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

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

SUPPORTING YOUR ANXIOUS CHILD

In conversations with schools throughout Northern Gateway Public Schools, a theme I have noticed more than ever before is significant apprehension by many students of all ages. Despite the obvious factors why this is the case, the issue of anxiousness is front and centre for many children and their families.

This article is not meant to initiate more controversy; it is simply to give strategies for parents on how to help their children overcome fears. We all know that when fear takes root, it can evolve into anxiety and depression.

If you are feeling lost in how to support your child, here are some guidelines on what to say and do and when to reach out for help.

1. Ask Open-Ended, Non-Threatening Questions

Let your child tell you the problem when they are ready, not when they are hungry, tired or frustrated. Questions about positive parts of their day will encourage them to look for the good.

Is there anything you wished were different today?

Tell me about the hardest part of your day

What made you laugh?

What are you thankful for?

What are you looking forward to tomorrow?

2. Listen Attentively

Let your child know you understand, love and accept them no matter what. Knowing they are loved by you helps build inner strength.

Give eye contact

Be genuine in your responses

Normalize their feelings, don't dismiss them.

Do not be too hasty with advice

3. Resist the Urge to Rescue Your Child

No parent wants to see their child struggle or be uncomfortable. It is a natural instinct to jump in to make their life easier. The best way to help your child overcome anxiety is to teach them to deal with it as it comes up.

Being exposed to new things helps children learn, gain skills and confidence

Invite them to brainstorm their own solutions

Encouraging your child to face their fears will build confidence

4. Model Healthy Ways to Handle Anxiety

All parents get anxious from time to time. Some may even have a diagnosed Anxiety Disorder. This is okay! Managing your own stress is the best way to keep your child from picking up on your anxiety. You have likely identified what makes you anxious, how to set up boundaries and when you need professional help. These are all invaluable tools that you can teach your child.

Do not focus on your specific fears or worries, rather share what you do that helps

Be aware of your facial expressions, your tone or the words you choose to ensure you convey a neutral demeanor

Avoid exposure to alarming media and news stories for yourself and your child

5. Practice Mindfulness For Yourself and With Your Child - Dr. Jamie Howard, Director of the Stress and Resilience Program of the [Child Mind Institute](#) shares two common techniques to try:

Squeezing Muscles: starting with your toes, pick one muscle and squeeze it tight. Count to five. Release and notice how your body changes. Repeat exercise moving up your body.

Belly Breathing: Put one hand on your stomach and one on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate). Repeat until you feel your heart rate return to normal.

6. Stick To a Consistent Routine - Children thrive on structure and consistency. They feel safe when they know what to expect and have a schedule for meals, screen time and bedtime.

7. Know When to Seek Professional Help - Be cautious to not self-diagnose your child. An Anxiety Disorder can only be diagnosed by a trained professional such as a psychologist, pediatrician, or psychiatrist. Begin with an appointment to your family doctor.

Parenting is not always a walk in the park. As a mother of 4 children, I am all too familiar with the burden of supporting a child who is feeling anxious. I wish I could tell you that there is a quick fix, a magic pill, or an easy answer, but I can't. What I know is this: no one loves your child more than you, you are your child's most important teacher and role model, it is a sign of strength to seek help.

This article was written 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. Tammy has been a registered social worker for over 20 years and is a mother to 3 teenagers and 1 young adult.





Whitecourt's YOUTH ADVISORY Committee

To be a member of Whitecourt's Youth Advisory Committee you must be between 13-18 years of age as of December 31 of the current year. The objective of this Committee is to work collectively to ensure the needs of youth are met. As a member, you will advocate for youth issues, and provide recommendations to Council regarding important issues concerning Whitecourt youth. Students who fulfill their year commitment to the Committee will be awarded a bursary upon graduation (and proof of post-secondary studies).

REPRESENT – ENGAGE – CONNECT 

For more information, an application and a copy of the policy please visit www.whitecourt.ca.

The Committee consists of 12 members:

- ▶ Mayor of the Town of Whitecourt and 1 Town Council Representative
- ▶ Up to 10 Student Representatives from Hilltop High School, École St. Joseph School, Percy Baxter Middle School, and the community at large.

The bursary will be awarded as follows:

\$100 Awarded for the attendance at a minimum of 5 Youth Advisory Committee meetings.

\$400 Awarded for successful completion of the following:

- ▶ Participation in the coordination and implementation of a Town Hall Meeting at the respective school of the Committee Member.
- ▶ Attendance of a Council Meeting (followed by a verbal report on the meeting).
- ▶ Participation in a minimum of four community events and festivals which include, but are not limited to, the following:
 - Seniors' Activities,
 - Trade Fair,
 - Run 4 Fun,
 - Party In The Park Festival,
 - National Volunteer Week.

Application deadline by NOON on Wednesday, October 20
Email administration@whitecourt.ca to submit application.





Youth Advisory Committee Application Form

DATE OF APPLICATION: _____

Those wishing to participate on the committee will need to submit a completed application form as well as provide **two letters of reference** before the advertised deadline date to the following address:

Town of Whitecourt Re: Youth Advisory Committee Application
Attention: Legislative Coordinator
Box 509, 5004 52 Avenue Whitecourt, AB T7S 1N6

(Applications must be submitted annually; however, those who served on the Committee last year are not required to re-submit reference letters.) For information call 780-778-3637 Ext. 417.

Name: _____
Last First Middle

Address: _____
Street (Apt) Town Postal Code

Contact Information:

Home Telephone _____ Cell _____

Email Address _____

School: _____

Current Grade: _____ Age: _____ Gender: _____

Date of Birth: _____

By signing below, I _____ agree to make any reasonable efforts to attend all scheduled Youth Committee meetings and to represent the ideas and opinions of my peers at the meetings. I also consent to my contact information (as listed above) to be shared among other Youth Committee Members and other relevant persons. I understand that photo images may be taken of me at related Committee events that may be used for Committee promotional purposes, and grant the Town of Whitecourt full permission to the use any images in print or digital format.

Signature of Applicant _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Personal information on this form is being collected for the purpose of determining eligibility of an applicant to serve as a member on Whitecourt's Youth Advisory Committee. This information is collected under the authority of Section 33 of the Freedom of Information and Protection of Privacy Act. The name of successful applicants will be provided to the public. Questions regarding the collection of this information can be directed to the Town of Whitecourt FOIP Coordinator at 780-778-2273, 5004 52 Avenue, Whitecourt, AB, T7S 1N6.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2021</h1>						
3	4 Day 2	5 Day 1 World Teachers' Day	6 FLEX Day 2 English/Science/Other	7 Day 2	8 Staff Planning and Development Day – No Classes	9
10 World Mental Health Day	11 Thanksgiving Day No School	12 Day 1	13 Day 2	14 Day 1	15 Day 2 Gr 9 Option 1/6 Ends	16
17	18 Day 1 Gr 9 Option 2/6 Begins	19 Day 2	20 FLEX Day 1 Math/Social/Other Friends of Hilltop School Council Meeting 7:00 pm	21 Day 1 Career and Education Expo	22 Day 2	23
24	25 Day 1	26 Day 2	27 Day 1	28 Day 2 Parent/Teacher Interviews 4:00 pm – 8:30 pm	29 Day 1	30
31 Halloween	Happy Thanksgiving!					



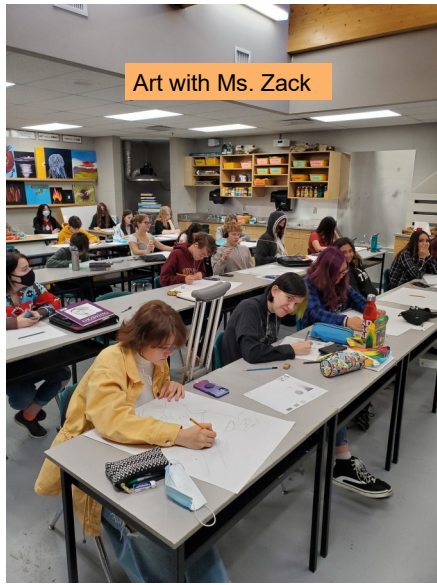
GALLERY



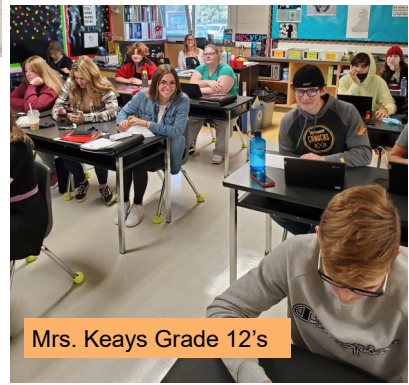
Welding Class



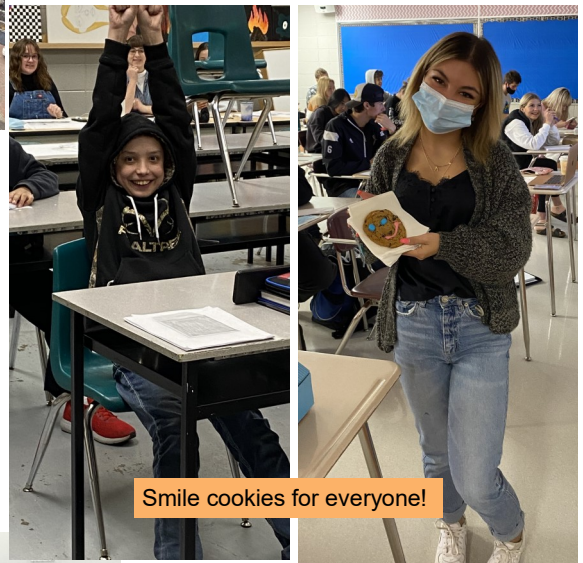
Sr Boys Volleyball



Art with Ms. Zack



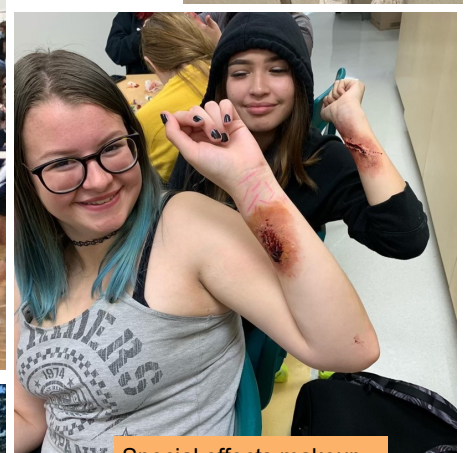
Mrs. Keays Grade 12's



Smile cookies for everyone!



Sr. Girls Volleyball



Special effects makeup



Foods students bring salad for the secretaries



Golf Zones

