



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

Hilltop Jr./Sr. High School



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www.facebook.com/hilltophighschool
Twitter: @ngpshth



November 2021 Newsletter

VOLUME 13, ISSUE 3

~ Inside this Issue ~

Message from the Administration

News and Events	2
Health and Safety	3
Off Campus Education	4
Athletics	5
Indigenous News	6
Cooking w/ Mercer	7
Learning Commons	8-9
Bistro	10
Grad News	11
Gateway Academy	12
Stay Connected	13
Student Services	14
Encouragement for Parents	15
Calendar	16
Halloween Gallery	17
Gallery	18

Welcome to November!

November is a time for reflection at Hilltop High School. We start the month off by recognizing the accomplishments of our students from last year in academics, athletics and citizenship. Congratulations to all student award winners. You are very deserving of your success. We also stop to remember the men and women who fought to keep our country free on Remembrance Day. This year our Remembrance Day ceremony will once again be virtual due to Covid.

Students have an extended break in November as there is no school from November 10 through to November 12. Enjoy your break with your families.

I would like to thank all of the parents who came out for Parent-Teacher Interview Night on October 28. Your thoughts regarding the positive feel in the building and effective communication between students, parents, and staff support our goal to ensure student and parent connectivity to school.

We invite parents to attend our next Friends of Hilltop School Council meeting on November 24 at 7 pm. The meeting will be virtual. The Friends of Hilltop is in need of parents to form an executive. Friends of Hilltop is a very valuable organization. Lots of information is shared at the monthly meetings and there is a great opportunity for parents to give feedback to the school. I hope to see you there.

November also means a change in the school sports seasons. We are winding down our volleyball season with GCAA playoffs and Zones. Basketball will soon be under way.

I would like to remind parents to remind your children to bring masks when they come to school. We keep a supply of masks for emergency use, but we are finding students are coming without masks too regularly to be considered an emergency. Students are expected to arrive with masks of their own. Your help in this matter is greatly appreciated.

We encourage parent communication at Hilltop and use many channels to reach parents and the community. You can sign up for Remind, follow us on Facebook and Twitter and we also send messages using the School Messenger system. Parents can always call or email their children's teachers or administration. We love to hear from you.

Your partner in education,
Brent Northcott
Principal

Important Dates

November 4

Picture Retakes

November 7

Daylight Savings Time

November 10-12

No School

November 16-18

Annual Awards

Ceremonies

November 24

FOH Meeting 7 pm

November 30

Gr 9 Options 3/6 Begins



Student Art

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

November 4

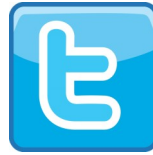
Picture Day Retakes



Like us on
Facebook



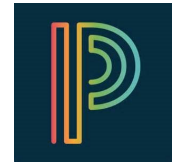
Follow us on
Twitter



Join Hilltop
Remind



PowerSchool for
Student Grades
and Attendance



November 7

Daylight
Savings Time



FALL

(Fall Back 1 Hour)

**Snapchats
don't last
forever but
Yearbooks
Do!**



sloganshub.com

Students who wish to purchase a yearbook for the current year should order immediately through their School Cash Online account at a cost of \$ 25.00. Yearbooks will arrive in the Fall of 2022.

November 10

PD Day
No Classes



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.

November 11

No School
Lest We
Forget



REMEMBRANCE DAY
Lest We Forget

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

November 12

No School
Day in Lieu of PTI



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.

November 16, 17 & 18

Annual Academic Awards
Ceremony



Letters will be sent
home to recipients

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)**

November 24

Friends of Hilltop
School Council
Meeting
7:00 pm



NOW AVAILABLE

Make online payments with SchoolCashOnline

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

Register at SchoolCashOnline.com

KEYGROUP
School Cash Simplified

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
<p>If the answer is "YES" AND they are NOT fully immunized⁴:</p> <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. <p>If the answer is "NO" to question 1, proceed to question 2</p>			
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
<p>If the answer is "YES" to any symptom in question 2:</p> <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. <p>If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.</p>			

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
<p>If the answer is "YES" to ONE symptom in question 3:</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 answer is "YES" to TWO OR MORE symptoms in question 3:</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 answer is "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.



OFF-CAMPUS EDUCATION

YOUNG WOMEN IN TRADES & TECHNOLOGIES VIRTUAL MENTORSHIP SERIES



CAREERS is breaking down barriers and paving a path for women in skilled trades and technologies. Learn about opportunities available in a variety of industries and hear from some amazing companies dedicated to inclusion.

INDUSTRIAL TRADES
NOVEMBER 30 • 5PM

AGRICULTURE & COOKING
JANUARY 12 • 5PM



GRADES 9 - 12
REGISTER HERE

for more information email or call
events@nextgen.org | 1.888.757.7172



ALLAN & JEAN MILLAR CENTRE
November

**DOORS
OPEN**
YOUTH PROGRAM

FREE PROGRAM
Grades 6-12

FREE TRANSIT
to and from the program

Snacks Provided

WEEKDAYS
3:30-5:30PM
Whitecourt
WOODLAND COUNTY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fieldhouse Fun!	2 Snack Creations: No Bake Cookies	3 Fieldhouse Fun!	4 Ghost Mud Dough	5 Fieldhouse Fun!	6
7	8 Fieldhouse Fun!	9 Art	10 Fieldhouse Fun!	11 Remembrance Day No Program	12 Fieldhouse Fun! TABLE TENNIS WITH JOHN	13
14	15 Fieldhouse Fun!	16 Slime Making	17 Fieldhouse Fun!	18 Snack Creations: Oreo Rice Krispy Squares	19 Fieldhouse Fun! Bouncy Castle TABLE TENNIS WITH JOHN	20
21	22 Fieldhouse Fun!	23 Fieldhouse Fun!	24 Snack Creations: Pancakes	25 Dodgeball	26 Fieldhouse Fun! TABLE TENNIS WITH JOHN	27
28	29 Fieldhouse Fun!	30 Nerf				



Check out the events happening at the AJMC during the month of November!

NOTES: Random gift card prize draws every month. Each time you attend, enter to win our grand prize-a 3D printing pen! Grand prize draw takes place December 17. All activities are optional and drop in!

Hilltop Alumni Former Chargers Return to Coach!



Jaden Turner

Jaden graduated from Hilltop High in 2018. While she was at Hilltop, Jaden played Jr and Sr Volleyball. She also participated and graduated from the Dual Credit Program as an Educational Assistant.

Jaden is now currently working at Pat Hardy Primary School, here in Whitecourt, as an Educational Assistant and is also back at Hilltop coaching Gr 9 Girls Volleyball.



Maddy Bryson

Maddy graduated from Hilltop High School in 2018. During her time here she was one of the team captains of the Sr Girls Volleyball team.

We would like to thank Maddy for giving back to the Hilltop family by co coaching the Sr Boys volleyball team this year.

Maddy is currently in her last year of a Bachelor of Elementary Education and we want to wish her much success in her future.

**Once a Charger,
always a Charger!**

Special thanks to **MacEwan University** for virtually presenting to our students the many opportunities to explore at their post-secondary institute.



Thank You



Special thanks to **Mr. Alex Konowalchuk** for the generous donation of hand and power tools to our Construction class. We appreciate your thoughtfulness and we will put the tools to good use!

Indigenous News

(submitted by Mrs. Smith-Tomke)

Tansi, Abawashded, Hello

National Indigenous Veterans Day

National Indigenous Veterans Day was first acknowledged on November 8, 1994. This day was chosen because it was noted that Indigenous Veterans were not recognized on November 11, for their contributions to the First and Second World Wars, and the Korean War. On November 8, we pay our respects to more than 12,000 Indigenous people who volunteered to fight for Canada with cultural skills that proved to be very serviceable. The Indigenous soldiers were known for their patience and marksmanship as their hunting skills were invaluable as snipers. The Cree language was extremely helpful for the code talkers to be successful as they communicated secrets to the Allies.

We will remember the many sacrifices made by First Nations, Inuit and Metis people who served Canada in times of conflict. We will remember their contributions to our military as we securely enjoy our lives of peace.

Lest we forget.

Hiy Hiy, Ish Nish, Thank you



RCMP Presentation

Thank you to Constable Roy and the Whitecourt RCMP for presenting to Gr 10 & 11 students the importance of online safety. Although there are many positives with the internet, such as; connecting with family and friends, learning skills, discovering the world and sharing and creating content. There are also many negatives, such as; privacy concerns, fraud, manipulation, misinformation and harassment. The following is a few of the important topics discussed and ways you can face these issues to best protect yourself.

Privacy: Do not post personal information like date of birth, addresses, school you attend and passwords.

Social Media: Adjust your privacy settings to be more secure, do not accept friend requests from people you don't know, block and report spam or fake accounts.

Sexting/Sextortion: Do not post or share intimate images or sexual messages. As minors it is illegal even if you consent to it. If shared, it can also be considered as possession and/or distribution of child pornography.

Cyberbullying: Do not harass, bully, poke fun or create ways to belittle and/or degrade other people online.

Resources:

cybertip.ca
needhelpnow.ca
antifraudcentre.ca (1-888-495-8501)
Kids Help Phone - 1-800-668-6868



Cooking with Chef Mercer

and her fabulous students

Cinnamon Roll Pancakes

Equipment List: Make sure to gather equipment *BEFORE* you start

- Flat top
- 2 large bowls
- Small sauce pot
- Whisk
- Spatula
- Wooden spoon
- Portion scoop
- Baggie
- Turner



Ingredients

Cinnamon Filling:

- 4 tablespoons unsalted butter, melted
- ¼ cup + 2 tablespoons packed light brown sugar
- ½ tablespoon ground cinnamon

Cream Cheese Glaze:

- 4 tablespoons unsalted butter
- 2-ounces cream cheese, at room temperature
- ¾ cup powdered sugar
- ½ teaspoon vanilla extract

Pancakes:

- 1 cups all purpose | plain flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1/8 teaspoon baking soda
- 1/4 teaspoon salt
- ¾ cup milk (plus up to 2 tablespoons extra if needed)
- 2 tablespoons butter, melted
- 1 teaspoons pure vanilla extract
- 1 large egg



Instructions

1. To make the cinnamon filling: Combine brown sugar, melted butter, and cinnamon in a medium size bowl. Scoop into a baggie and set aside.
2. For the glaze: In a small pan melt the butter over low heat. Whisk in the cream cheese, vanilla and powdered sugar. Take off the heat and set aside until ready to use on pancakes.
3. To make the pancakes: Combine flour, baking powder, sugar and salt. Whisk together the milk, egg, and oil.
4. Mix wet into dry ingredients
5. Heat flat top to medium low. Once preheated, spray with non-stick spray.
6. Add about ½ cup of the batter to the skillet. Wait until bubbles start to form. Snip the corner of the cinnamon filling, and create a swirl pattern.
7. With a wide metal spatula flip the pancake over and continue cooking for an additional 1-2 minutes until golden brown.
8. Repeat with the remaining batter.
9. Warm the glaze if needed and drizzle over pancakes.

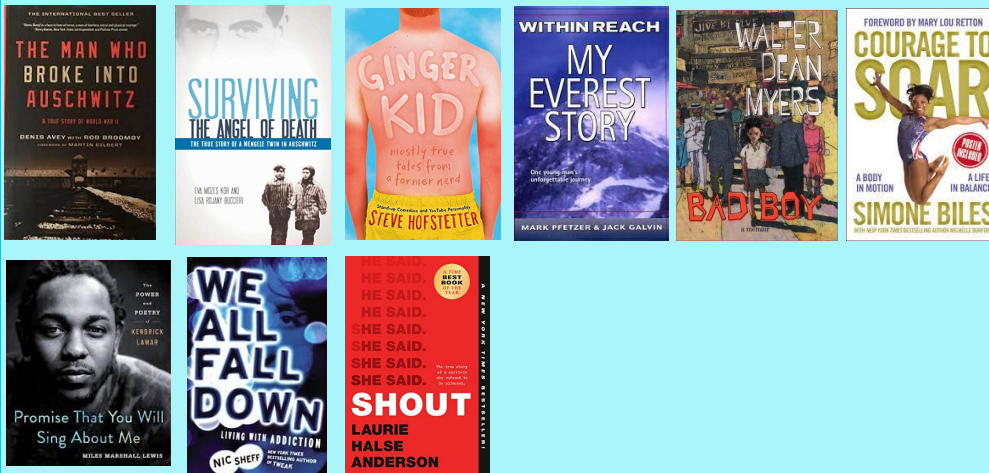


Learning Commons News

New Nonfiction



New Autobiographies, Biographies, Memoirs



New Fiction



Don't forget to check our library catalogue at <https://ngps.insigniails.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!

More Learning Commons News

New Historical Fiction



New Classics



New Graphic Novels

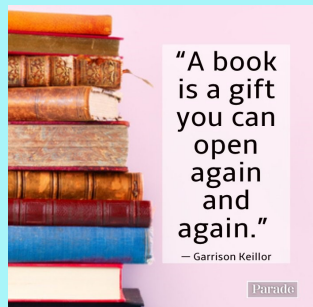


If there is a book you would like to see added to our library please let me know.

Don't forget to check out our online library catalogue at:
<https://ngps.insigniaails.com/library>

Log in using your Google username and password.

If you see something you like, click reserve and it will be set aside for you to pick up.





Hilltop Bistro



November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spicy Butter Chicken w/ Quinoa and Cucumber Salad	2 Caesar Salad w/ Chicken and Garlic Toast	3 Hot Dogs w/ Soup or Baked Beans	4 Chicken Stir Fry	5 Hot Beef Sandwich w/ Mashed Potatoes
8 Greek Salad w/ Chicken	9 Pancakes w/ Eggs and Ham	10 BISTRO CLOSED	11 BISTRO CLOSED	12 BISTRO CLOSED
15 Sweet and Sour Meatballs w/ Rice	16 Fettucine Alfredo	17 Taco in a Bag	18 Ham and Scalloped Potatoes	19 Grilled Cheese w/ Tomato Soup
22 Pizza Buns	23 Spaghetti w/ Meatballs	24 Hamburgers and Salad	25 Chicken Stew w/ Dumplings	26 Soft Tacos
29 Lasagna w/ Meat Sauce and Garlic Toast	30 Ranch Salad w/ Chicken Fingers			

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

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

<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: November 24, 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 Logo, Song and Quote Submissions
Due November 3
 (see the grad bulletin board for more details)

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

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.



Introducing Grad Council 2022

- Ally Ann Romanchuk - President
- Jencel Diaz - Vice President
- Dineka Elchyson - Treasurer
- Kate Mullin - Secretary
- Eric Davidson - Public Relations
- Miriam Epp - Yearbook Liaison
- Rebecca Birtles - Council Member
- Jorie Johnson - Council Member
- Micah Ottley - Council Member

Staff Advisors: Mrs. Van De Kerckhove, Mrs. Blain and Mrs. Trebilcock



Grad Logo, Song and Quote

Submissions for grad logo, song and quote will be accepted at the front office

Rules

- All song choices **must** include a copy of the lyrics.
- All logos, songs and quotes **must** be school appropriate
- No political quotes, songs or logos will be accepted.

submissions will be disqualified if rules are not followed

**Deadline for Submissions
 November 3**

PURDYS FUNDRAISER

Hilltop's Grad Council is starting a Purdy's Chocolates Christmas fundraising campaign to raise money for Graduation decorations.



Ordering is easy, everything is online, including payment. The **order deadline is November 27, 2021**

Chocolates will be ready for **pick up** at Hilltop High School on **Monday, December 13**. You **MUST** use this link to order:

<https://fundraising.purdys.com/1386654-88256>

(please visit our website for an active link)

*If you don't use this link, we won't get the fundraising money.



Gateway Academy – Whitecourt Campus News

(formerly called Storefront)

Phone: 780 - 778 - 5865 Fax: 780-778-5683

Text: 780-779-1193



SCHOOL HOURS

(*Breaks: 10-10:15 Lunch 11:30-12:30)

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

What is Gateway Academy?

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

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

- A flexible schedule where students can drop in to receive individualized tutorials;
- **A quiet, welcoming learning environment;**
- **Individualized independent learning;**
- In person and/or online one on one tutorials with the subject teacher;
- Personal Support (**including access to counselling with a psychologist from Canniff & Associates**);
- Staff mentorship to aid in planning high school courses and school-career transitions.

Staff members for the 2021/2022 School Year are:

Maureen Kendall - Outreach Coordinator/English & Options Teacher

Contact: maureen.kendall@ngps.ca

Petra Lewis - Math/Science Teacher

Contact: petra.lewis@ngps.ca

Kevin Babiuk - Social/Learning Strategies

Contact: kevin.babiuk@ngps.ca

Tammy Johnson - Administration Assistant

Contact: tammy.johnson@ngps.ca

Candace Halvorson - Educational Assistant

Contact: candace.halvorson@ngps.ca

November Important Dates:

November 10: No School- Staff Planning Day

November 11: No School- Remembrance Day

November 23: @ 10:30 am Registered Apprenticeship Program Information Session & Hot Lunch (Meal Provided for ALL Students at 11:30)





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**.

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.

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.

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.**

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.

Presentations

Nov 1 & 8: Grade 9 Saffron Centre Health Presentation

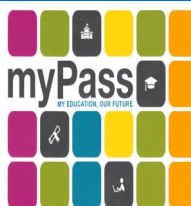
This presentation is part of the Health Curriculum and topics include:

Internet Safety

Healthy Relationships

Learning about Trauma and Sexual Harassment

Exploring Masculinity



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.



Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.

I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. "I did then what I knew how to do. Now that I know better, I do better." These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.

2. Practice self care. This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your *whole* being: **Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist. **Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner. **Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life. **Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.

3. You do not have the right to ruin someone else's day. My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/ cranky/ impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.

4. Read to your children every day, even when they are older. My parents were only in their teens when they started their family and my mom was a sponge when it came to learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.

5. "Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell the big stuff when they are big, because to them all of it has always been big stuff." Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.

6. Be honest...but discerning when talking with your child about yourself. If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.

7. Learn how to speak your child's love language. Dr. Gary Chapman and Dr. Ross Campbell explain in their book "[The 5 Love Languages of Children](#)" the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.

8. Comparison is the root of unhappiness and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.

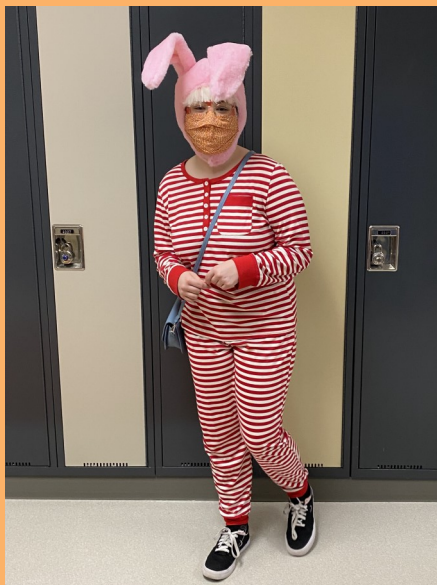
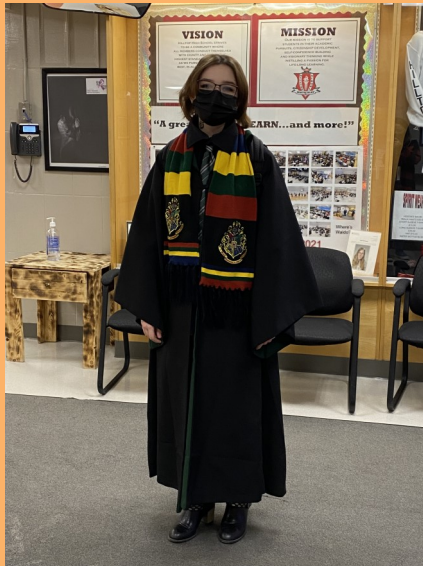


This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2021						
	1 Day 2	2 Day 1 Diploma Exams Eng 30-1 Part A 9:00am Eng 30-2 Part A 9:00 am	3 FLEX Day 2 English/Science/Other Diploma Exams Social 30-1 Part A 9:00am Social 30-2 Part A 9:00am	4 Day 2 Diploma Exams Math 30-1 9:00 am Math 30-2 9:00 am Picture Day Retakes(pm)	5 Day 1 Diploma Exams Eng 30-1 Part B 9:00am Eng 30-2 Part B 9:00am	6
7 Daylight Savings Time (Fall Back 1 Hour)	8 Day 2 Diploma Exams Social 30-1 Part B 9:00am Social 30-2 Part B 9:00am Science 30 1:00pm	9 Day 1 Diploma Exams Physics 30 9:00 am Biology 30 1:00 pm	10 Staff Planning and Development Day – No Classes Diploma Exams Chem 30 1:00 pm	11 Remembrance Day No School	12 Day in Lieu of Parent Teacher Interviews – No School	13
14	15 Day 2	16 Day 1	17 FLEX Day 1 Math/Social/Other Friends of Hilltop School Council Meeting 7:00 pm	18 Day 2 2020-2021 Annual Academic & Athletic Awards Ceremony	19 Day 1	20
21	22 Day 2	23 Day 1	24 Day 2	25 Day 1	26 Day 2	27
28	29 Day 1 Gr 9 Option 2/6 Ends	30 Day 2 Gr 9 Option 3/6 Begins				

On Remembrance Day, take the time to remember those who sacrificed their lives to achieve freedom for us all.

It was a howling good time for Halloween at Hilltop High!





GALLERY



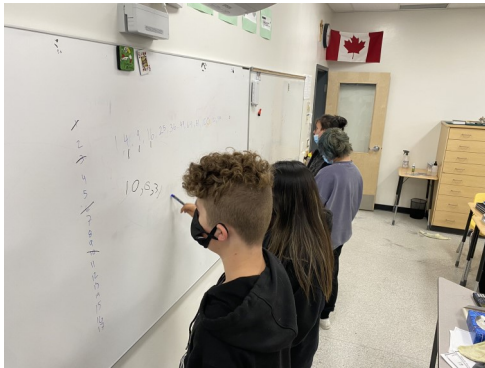
Whitecourt RCMP bring Carson for a visit.



Last year of High School Volleyball for these besties!



JV Boys take on Swan Hills



Woodfords wonderful mathematicians



From fancy up dos to scary special effects makeup



Jr Girls play volleyball in tu-tus...because they can!



Getting competitive in gym class



TOUCHDOWN!



Making sliders in Foods class!



Thank you U of C for the special presentation



When you love Cosmetology this much!



Grad Council collects recycling for their bottle drive fundraiser! Support the Class of 2022!

