



Hilltop Jr./Sr. High School

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Principal: Mr. Brent Northcott Email: brent.northcott@ngps.ca



February 2017 Newsletter

“A great place to LEARN...and more!”

Message from the Administration



VOLUME 8, ISSUE 5

~ Inside this Issue ~

Welcome to Semester 2! The school year is officially half over! With hard work and perseverance, students have successfully completed Semester 1. The growth we see in our students inspires us to continue the task of helping them reach their full potential.

As we move into Semester 2 I would strongly encourage students to keep up in their studies. I would also encourage parents to continually check the Parent Portal for up-to-date marks and attendance. When students fall behind in their studies, the best opportunity they have to catch up is during FLEX. FLEX is not optional for students who are nominated.

The Accountability Pillar surveys have been mailed out by Alberta Education. Parents of Grade 10 students, please take a few minutes to complete this survey as it provides us with valuable information as we plan for the future. The information from the Accountability Survey guides the formation of the School Advancement Plan.

Students have a couple of long weekends during February. There is no school on February 9 and 10. On these two days, teachers are attending the North Central Teachers' Convention in Edmonton where they learn about the latest techniques in education. There is also no school on February 20 due to the Family Day holiday. Enjoy this day with your families.

We have also included information in this newsletter that we received from the Canadian Student Tobacco, Alcohol and Drugs Survey that students completed in November. Please take a look at the information and discuss with your children. The full report will be shared with the Friends of Hilltop at the February 15 meeting.

Your partner in education
Principal
Brent Northcott

Accountability Pillar	2
Merit's Makeover	3
Guest Speakers	4
PI Times	5
Key Study Guides	6
Off-Campus Ed.	7
Important Info	8
Athletics	9
Storefront , FNMI	10
Grad News	11
FOH , Youth Group	12
FLEX explained	13
Student Services	14
myBlueprint	15
Healthy Schools	16
Rotary Club & Application	17-18
Service Rig Info & Application	19-22
Canadian Student Survey Results	23-24
Calendar	25
Gallery	26

Bell Schedule

9:00 AM	Warning Bell
9:05 AM	Block 1
10:11 AM	Break
10:15 AM	Block 2
11:21 AM	Break
11:25 AM	Block 3
12:31 PM	Lunch Break
1:11 PM	Warning Bell
1:15 PM	Block 4
2:21 PM	Break
2:24 PM	Block 5
3:30 PM	Dismiss


STUDENT ART



Important Days

9 & 10– No School Teachers
Convention
14– Valentines Day
15– Grad Photo Retakes
15– FOH Meeting 7 pm
20– No School– Family Day
22– Pink Shirt Day

February 1st
 First Day of Semester 2




February 9th & 10th
 No School
 Teachers Convention



February 14th
 Happy Valentines Day



February 15th
 Grad Photo Retakes &
 Parent Council Meeting 7:00pm



February 20th
 Family Day
 No School



February 22, 2017 Pink Shirt Day



#PinkShirtPromise




**Attention Grade 10 Parents/Guardians:
 Let your voice be heard!**

It is that time of year again, all grade 10 parents/guardians will have received the Accountability Pillar Survey from Alberta Education and are asked to complete the survey by **Friday, February 24th**. Students have already completed their OurSchool surveys online and now we want to hear from you. Your participation and input is very valuable regarding your child's school experience and success, we encourage you to complete your survey promptly and thank you in advance.

These are some examples of questions students were asked on their survey. Please take the time to complete your parent/guardian survey and share your opinion on topics like these.

	Don't Know	Very Poor	Poor	Good	Very Good
Overall, is the education you are receiving at school.					✓
Is the variety of courses available to you.					✓
	Don't Know	Strongly Disagree	Disagree	Agree	Strongly Agree
I am learning the skills I need for success later in life.					✓
I know what jobs or careers will fit with my interests and values.					✓
School is a place where I feel like I belong.					✓



All surveys are anonymous.

For more information please contact Hilltop High School at 780-778-2446



Merit's Marvelous Makeover



Thanks to a grant from **Merit Contractors**, local business Repeat Boutique will be getting a makeover from Hilltop students. Repeat Boutique sells previously loved merchandise donated by the community and is volunteer run by the Friends of Whitecourt Society. Over their 50 years in operation they have donated over 3 million dollars to the local hospital and other health and wellness initiatives within Whitecourt. Merit Contractors provides leading edge management, supervisory, and skills training to the open shop construction industry. Northern Gateway Public Schools is thrilled to be a part of this partnership, offering Hilltop students the opportunity for project based learning while giving back to the community. Hilltop students will be directly involved in the makeover of Repeat Boutique by contributing to much needed upgrades to the interior and exterior of the building with paint, shelving, signage and various other enhancements. Students will also be looking at the possibilities of designing and maintaining a website along with other graphic and printing ideas to increase advertising.

"Students in the Merit project will have the opportunity to explore different career paths with an actual client, while in high school. While construction will be the key focus, the project has many elements that will appeal to a wide range of students including marketing, design, merchandising and customer service. Merit Contractors, NGPS and the Friends of Whitecourt have embarked on a true community partnership allowing students to be key leads in community service in Whitecourt." - Debbie Vance, NGPS Community Partnerships and Dual Credit

"This project gives students a chance to experiment, expand their skills, jumpstart a potential future vocation and contribute to their community," explains NGPS Superintendent Kevin Andrea. "It's an excellent opportunity for NGPS students and a result of the collective work of many. We are fortunate and thankful to have received Merit's grant for this proposal."



For more information visit school news at hilltophigh.ca



Congratulations to Reyd Woykin! He was chosen by the Rotary Club of Whitecourt to represent our community for their Rotary: Citizenship & Leadership Camp in Ottawa. **(April 30- May 3)**

Hilltop Cosmetology students offer a variety of services to the general public at excellent prices to assist them in their training. Haircuts, perms, coloring, facials, manicures, waxing and so much more. To book an appointment or inquire about services and pricing please call the main office at 780-778-2446.





VIDEO CONTEST WINNERS

CONGRATULATIONS! GET REEL VIDEO CONTEST

1ST PLACE
 Title: YOU CAN'T GO BACK IN TIME
 Prevention Group
 \$750 - Kailey, Sadie, Than, Erica

2ND PLACE
 Title: UNTIL SOMEONE GETS HURT
 \$500 Erin & Alexa

3RD PLACE
 Title: THE GREEN CHARADE
 \$250 Cole

VIDEO SCREENINGS AT THE VISTA THEATRE
 Screenings will take place in January & February. Watch for dates.

THANK YOU TO ALL WHO SUBMITTED A VIDEO

Questions? Contact Tina at tinaprobin@hilltop.ca or call 780 778 5454.



The "Get Reel" Video Contest, open to local students in grades 9-12, recently announced its winners.

Students were asked to produce a 3-5 minute video on one of the three topics, fentanyl, meth and date rape. Congratulations to the four Hilltop students who earned first place, and \$750.00! **Kailey Lambert, Thanh Pham, Erica Anderson and Sadie Bounds-Spence!** The four girl group, known as the Prevention Group, created the winning video on the topic fentanyl, called "You Can't Go Back in Time", which will be screened at the Vista Theater.

+


First Aid Courses

+

Standard First Aid
 Instructor: Shawna Prince
 Cost: \$50.00 (non-refundable)
 When: March 10th and 11th
 Sign up at the front office

Great for resumes and earn one credit towards high school diploma


Advanced First Aid
 Instructor: Shawna Prince
 Cost: \$50.00 (non-refundable)
 When: April 8th
 Sign up at the front office
 Max 20 people

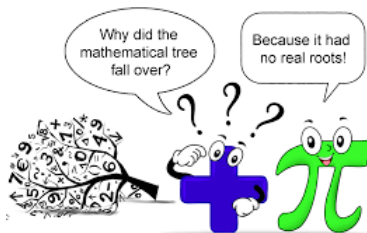


In early December 2016, 18 year old professional race car driver and founder of the **Drive to Stay Alive Campaign Parker Thompson** spoke to Hilltop students about the importance of driving responsibly. Parker started driving race cars at a very young age. By age 13 he was 3rd in the world, by 14 he was competing in Italy and by age 16 he was racing professionally. Mr. Thompson used his experiences as a professional driver to talk about the dangers of distracted driving. There are 4 million distracted driving related accidents in Canada every year, it is the leading cause of death in today's youth. It only takes seconds for an accident to occur while driving distracted. You are 23 times more likely to crash while texting and driving. When driving, texting is 6 times more dangerous than drinking, although neither should ever be done while operating a vehicle. 50% of people who die in distracted driving related accidents were not the ones who caused it or made that choice. Parker mentioned how a race track is a safer place to drive than the streets. He explained how race cars are designed for speed and impact, and how a regular street car is not. Mr. Thompson encouraged students to choose their actions wisely when behind the wheel, drive to stay alive. He offered some suggestions for students, such as: keep your cell phones out of reach while driving to avoid temptation, consider asking a passenger to reply to incoming messages, pull over to answer a call or text, or if possible, install a hands free device in your vehicle. The mission of the campaign is to put an end to distracted driving in North America, with the goal to reach over 100 000 students across Canada and the USA. For more information on the Drive to Stay Alive Campaign and Parker Thompson's presentations, please visit www.drivetostayalive.ca. **#drivetostayalive**

On December 16th, 2016 the **Whitecourt Youth Advisory Committee** held a town hall meeting at Hilltop. In attendance were the six youth who form the committee, along with Mayor Chichak and Town Councillors Darlene Chartrand, Derek Schlosser and Bill McAree. The event marked the third town hall meeting for the Youth Advisory Committee. The committee stressed how important it is to hear from the youth in our community and how their voices matter. The Youth Advisory Committee have been involved in a number of projects so far, such as: fundraising for the skate park, Crime Stoppers Youth and volunteering for Cool Camp and The Children's Festival. The committee is also hoping to get directly involved in the new Arts and Culture building coming to Whitecourt soon. During the town hall meeting, the committee asked to hear from students with a question period. The students asked about many different aspects of our community, from expansions with Eastlink Park to upgrades to the hospital. They also explored the ideas of a mountain biking park, sled drag racing and possible modifications to the Cadets building. Mayor Chichak thanked everyone who participated in the town hall meeting and reassured the students how important the voice of today's youth can be in making a difference. Derek Schlosser explained to the youth that you have three choices with your lives, you can make things happen, watch things happen or be the one who asked what happened.

If you are interested in joining the Youth Advisory Committee next year watch for application forms next Fall.





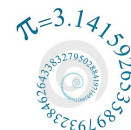
TIMES

Brought to you by Mrs. Fancey, Mrs. Properzi, and Mrs. Woodford

Thank you to all the semester one math students for your hard work. Congratulations to those who have successfully completed math!!! Grade 12 students, please make sure you are signed up for **myPass** so you will be able to access your diploma exam results.

Reminder to semester 2 math students:

1. If you have not already completed the review package, please get started. This will make your transition into a new math course much easier and more successful. The review books, with solutions, can be accessed from the Hilltop High School website. Go to the "Parents and Students" tab and check under "Class Resources". If you have any questions about the review, please contact one of the math teachers and we will assist you.
2. Please ensure you have the calculator required for your course. A list of approved calculators can be found on the Alberta Education website or you can check with your math teacher.



Friends of Hilltop Parents provided staff with a Christmas Luncheon...thank you!

Christmas

Storefront Christmas Dinner

Mr. and Mrs. Scott share a holiday dance.

Students help sort toys at the Christmas Hamper

Mark Bell and Jillian Duffy bring Hilltop's donations to the food bank

Oh Christmas Tree

Foods 9 Christmas Cookie Decorating

Ugly Christmas Sweater Day

Foods 9 Christmas Cookie Day

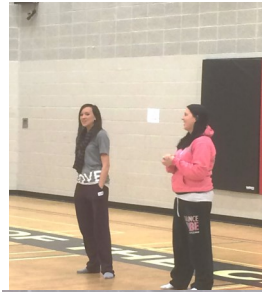
Baking Day at Storefront

Medieval Club



Have you ever wondered how knights fought back in medieval times? Or what arts and crafts people used to make? Perhaps you are into sports and martial arts or maybe you are just curious about what kind of skills were needed to be a medieval artisan. Hilltop's Medieval Club meets at lunch on Thursdays to learn all there is about the medieval times as well as how to do medieval style combat. Students can learn all about the medieval ways of fighting as well as about honour and chivalry. Students can learn about making medieval crafts like chainmaille and wire weaving, but also about making armour as well as how to engage a foe with cunning skill and accuracy. If you would like to find out what we do in Medieval Club, please come and speak to Miss Mehl in Room 304!

Hip Hop at Hilltop



Students got their groove on in Mr. St. Louis' gym class. Thank you **Illusion Dance Co.** for coming in to teach Hip Hop to the students as part of their dance unit.



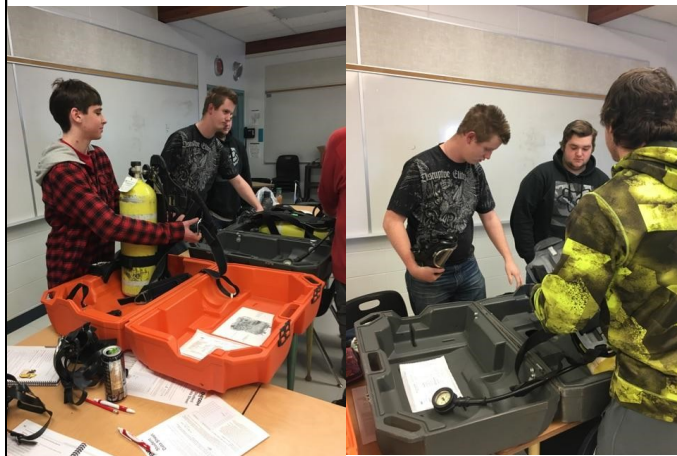
Miss. Mehls Medieval Club held a dinner in December with dishes from Medieval times. Thank you to everyone who helped make the Medieval dinner a success.



School Reach Club

School Reach is a club devoted to quiz game shows. Students gather in room 304 at lunch on Fridays to test their knowledge about pop culture, music, sports, entertainment, history, literature, movies and much more. Come bring your lunch and some friends to try out our amazing game show buzzer system while answering some questions! Everyone is welcome and we have a great time during lunch hour.

Several of our students spent a week in Mayerthorpe during the month of December learning various work safety courses, such as: Confined Space Awareness, H2S Alive, WHIMIS and Transportation of Dangerous Goods through **Grande Prairie Regional Colleges Dual Credit program.**



Special thanks to **June Kramer** for your many hours spent volunteering, we are so grateful for your dedication to Hilltop.



KEY Study Guides

Hilltop is now accepting orders for KEY Study Guides. Order forms list all of the subjects for which KEY Study Guides are available. Order forms can be picked up from **Mrs. Long** in room 305 and returned to her by **February 8th**. Cost is **\$20.00 per KEY Study Guide**. Study Guides can also be ordered online through SchoolCash, please view hilltophigh.ca for SchoolCash instructions. Online ordering will be available until February 8th only.

Off Campus Education 2016-2017

Are you interested in Off-Campus Education? Curious about Dual Credit opportunities? Want to become an apprentice? See Assistant Principal Hleck for more information.

*Congratulations to **Caleb Tobin** who won our "match the student to their position" contest held before Christmas, earning himself a Tim Horton's gift card.*

Name	Company	Position
Jack Schlosser	Alberta Newsprint Co.	Millwright
Brett Johnson	Alberta Newsprint Co.	Instrument Technician
Quang Pham	Woodlands County	HD Technician
Kelton Webb	LB Energy	HD Technician
Santana Rivard	Intrepid Insulation	Insulator
Mike Violette	Auto Shop	Glazier
Tommy Asselin	KalTire	Auto Service Technician
Taeven Keylor	Veteran Oilfield	Welder
Trey Stone	Veteran Oilfield	Welder
Willa Priest	Flint	Electrician
Kyle Regan	Whitecourt Transport	HD Technician
Lexi Vanderwolf	Hilltop High School & Curl up and Dye	Hairstylist
Chase Wheeler	KW Mechanical	HD Technician
Brody Wells	FLEX Tank & Vac Trucks Ltd.	HD Technician
Rowan Doerkson	Tarpon	Instrumentation
Darin Orge	KalTire	Auto Service Technician
Weston Hellekson	Brendale Contracting Ltd.	HD Technician
Daniel Taylor	Millar Western (Pulp)	Power Engineer 4 th Class Year 2
Pharron McKinnon	Town of Whitecourt	Water and Water Waste Management
Jessica Adams	Woodlands County	Water and Water Waste Management

Encounters with Canada is Canada's largest youth forum, a week long; students explore career options through a wide variety of experiential learning activities.

High school students, **aged 14-17** are eligible to participate and gain unprecedented access to the Nation's capital - including the Parliament buildings. You can travel to Ottawa for \$675.00 and this includes:

accommodation, transportation, airfare, program materials and fees and meals!!

Programs available are:

Arts & Culture
 Canada Remembers
 Democracy & Youth
 Experience Canada
 First Responders
 International Relations
 Communications & Social Media
 Law & Our Justice System
 Medicine & Health
 Science & Ecology
 Science & Technology
 Sports & Fitness
 Vimy: Canada's Coming of Age

If any of the programs interest you and you are thinking about one of these options for your career, please see Mrs. Keay for more information! The sooner you sign up - the cheaper it is!! Subsidies are available for early registration!!

Eleven students will be travelling in the month of February for Encounters with Canada so stayed tuned for details on their experiences in future newsletters.



Europe Trip 2017: Remembering Vimy



France, Netherlands and Germany

Next year's international trip will be heading to France for the 100 year Vimy ceremony. We will also be going to Paris, Netherlands and Germany. Some of the trip highlights will be attending the Vimy Ridge Memorial Ceremony with our Prime Minister. We will also be taking a sightseeing tour around Paris before heading off to Vimy. We will also be going to Anne Frank's house, the remains of the Berlin Wall, the Spy museum and Sachsenhausen Concentration Camp. This will be an amazing tour where you will experience new cultures, go where history took place and learn first hand about concepts we have spoken about in school. This itinerary is a once in a lifetime opportunity to experience the Vimy Ridge Memorial Ceremony. If you would like any information or have any questions, please see Miss. Mehl in room 304.

Parents of Students in Grade 9

In January and June of this school year, all Grade 9 students throughout the province will write the provincial achievement tests in language arts, math, science and social studies. Results for these tests will provide Alberta Education, school administrators, teachers, parents, students, and the public with information about what students know and can do in relation to provincial standards at the end of Grade 9.

Achievement tests are based on what students have been learning. Teachers mark them before they are returned to Alberta Education. This allows the teachers to look at the performance of the students in their class and to use each student's achievement test score at **20%** of their final grade.

In the fall, an *Individual Student Profile* showing your child's achievement test results will be available at the school. You child will be given the results to bring home. The profile is prepared by Alberta Education after the marking and scoring of tests has been completed and final scores are calculated; it will present your child's performance on each test in relation to provincial standards. This information may be useful in planning your child's instructional program for the coming year.

Reports that show how well Hilltop High School students did as a group in relation to provincial standards will also be available at our school in the fall.

Please also be advised that CTF Options for all Grade 9 students are now percentage based and no longer outcome based. This new policy will take effect for term eighths 4, 5, 6, 7 and 8.

Hilltop Senior Computer Technology

We have the technology to print and press to create **PERSONALIZED ITEMS!**

If you have a design in mind, our students can create it!

We can print and press images on to the following items:

- * Poster
- * Decal
- * Magnet
- * Lanyard
- * Ornament
- * Keychain
- * T-shirt
- * Puzzle
- * Frosted Mug
- * Mug - white or coloured interior
- * iPhone Case
- * Samsung Case
- * Flip Flops
- * Bag
- * Water Bottle
- * Travel Mug
- * 8G USB Stick
- * Apron
- * Black Hoodie

Please contact Mrs. Walsh for more information!
meagan.walsh@ngps.ca

Spirit Wear

Hilltop Charger Spirit Wear is available for sale at reduced prices. Items are available through www.schoolcashonline.com or from Mrs. Runge in room 503.

Passport Photos

Available in the Media Lab

\$15.00

Appointments are available Monday to Friday between 9:00 am and noon. Call or Text Derek Schlosser at 780-268-3375 to book an appointment



Make online payments with **SchoolCashOnline**

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

Register at SchoolCashOnline.com



Synervoice/ Automated Calls 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) for emergency purposes and automated calls home in the event of student absence.

Hilltop High School would like to request that all students leave any valuables at home. We also, encourage all students to keep their combinations for their hall & gym lockers confidential.

Attention Parents

Please remember that we no longer print report cards. All students courses, assignments, grades and absences are available on Power School to view 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.

Parent/Guardian Reminder

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 either in person or by calling the school at 780-778-2446. We appreciate your cooperation.

Check out our live Google calendar on our website. Updated regularly.



Does the school have your child's current contact information?

Please contact the school to verify if you have concerns @ 780.778.2446.

If you are going to be late or absent for any reason, please have your parent or guardian call the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours.

Athletics

Be a Charger...Take Charge!

TEAM ROSTERS



Senior Boys Basketball

Coach: Derek Schlosser

Jack Schlosser, Phong Hang, Kaiser Ansay, Etienne de Jongh, Cody Newman, Ben Adams, Ryan Govenlock, Dawson VonStein, Jace Richards, and Daniel Gann.

Senior Girls Basketball

Coaches: Jordan Veitch and Shelby McSorely

Samantha Mik, Kaley Carter, Jordan Gano-Coady, Jenna Dixon, Abigail Dixon, Stephanie Corcilles, Nina Johnston, Ashley Cairns, Tanisha Gano-Murray, Mykayla Lourenco, Rhyleigh Henault, Kyla Brodie and Leah Hillaby

Jr. Boys Basketball

Coaches: Billie Wilson Assistant
Coaches : Dwayne Dibbens & Erin Barber

Jared Mott, Cruz Wheeler, Kevin Blain, Ayden Mytrunec, Trevor Jensen, Ethan Woodman, Noal Adams, Campbell McLean, Dillan Stewart, Jayden Dibben, Corbyn Beck, Mason Wilson

Jr Girls Basketball

Coach: Karla Sanderson
Assistant Coach: Evelyn Cartwright

Emma Schlosser, Mai Pham, Tamira Mindus, Samantha Craig, Shanitha Murry, Breanna Halvorsen, Alyssa Borg, Areanna Fast, Ashley LaValley, Falyn Iggulden, Sharon

Basketball schedule



#1 Onoway #3 Mayerthorpe #5 Hilltop
#2 St. Joes #4 Fox Creek

GCAA Junior Basketball Schedule

Tues Feb 7 1@2 5@4
Tues Feb 14 4@1 5@3
Tues Feb 21 4th seed host 5th seed in pre-tournament game

Tues Feb 28 Junior Girls Championship @ Onoway
Tues Feb 28 Junior Boys Championship @ Hilltop

GCAA Senior Basketball Schedule

Wed Feb 1 3@4
Wed Feb 15 4@1
Wed Feb 22 4@5
Wed Feb 28 Quarter finals 5th seed at 4th seed

Thurs March 2 Semi-Finals: 1st seed hosts winner of quarter final game and 2nd seed hosts 3rd seed
Tues March 7 Finals: High seed hosts

Congratulations to the following students who completed their referee course in December!



Ben Adams



Cassandra Payne



Kyla Brodie



Curling



Curling continues every Monday from 4:00 pm - 5:00 pm until the end of February. Everyone is welcome to come and try it out. There will be a junior bonspiel in February with teams from a variety of schools participating. Stay tuned for more details. **Curling Zones** will be held on **February 24th and 25th** in Slave Lake.

Thank you to the Whitecourt Curling Club for your continued support and special thanks to Linda Willets for volunteering to coach.

A Message to the Jr. Girls Volleyball Team



Volleyball season has wrapped up for another school year, and it was an exciting one for sure. The Hilltop grade 9 girls had a fantastic season winning all their league games where they played five other junior teams in our division. They placed first in the Mayerthorpe Halloween Howler Tournament which was held over the Halloween weekend. The Jr. girls came home with a third-place finish from a weekend tournament in Spruce Grove, where they had played more competitive city schools. They then took home gold in both GCAA's in Onoway and again at zones in Westlock. The grade 9 girls volleyball team maintained an exceptionally positive attitude, they were keen to develop skills to improve their game and most importantly they played as a team when it mattered most. Special thanks to **Ally McNeil** and **Emily Taylor** for coaching the girls, and thank you to all the parents who came out and cheered for our team and drove them to and from games. It was a fantastic season and I enjoyed it tremendously.

Sarah Van De Kerckhove



On December 9th and 10th Hilltop Chargers hosted the Annual DQ Classic Basketball Tournament. This invitational has been part of the school culture since the 90's. **Special thanks to Dairy Queen for your continued support and to all participating teams.**

Storefront School News

Storefront Hours
Monday-Thursday 8:30 am – 4:00 pm

Semester 2 is here, with that being said, we have students who will transition back to Hilltop. Congrats and good luck in Semester 2.

The students at Storefront are continuing to cook on Tuesday's, students are reminded to sign up and prepare an ingredient list for their recipe. February 21st students at storefront will be making chili, garlic toast, and caesar salad to share with the local fire department. We are planning to go snowshoeing at Rotary Park mid-February-weather permitting, more details to come at a later date. We encourage students who are registered in PE to come at this time so they can get their teacher directed hours.

Melanie Bullis from Seventh Step Society will be speaking to our students about her experiences with drugs and the drug trade and life in a federal prison on February 7 at 11:00 am.

The staff at Storefront would like to remind students to make sure they keep within course timelines so they can earn credits in their respective courses. Even though attendance is not mandatory, **handing in at least one module a week** is. Generally students, who attend often, make better progress. Remember to pass in your course work in a timely manner. If you need help with your work please drop by or call us.



Message from the Bistro



The Hilltop Bistro will be temporarily closed until further notice. We apologize for any inconvenience.

Student Council News

February 22, 2017 is Pink Shirt Day. Show your support in the fight to end bullying by wearing a pink shirt on this day. Student Council will be handing out anti-bullying tattoos on this day as well. Help spread kindness and make a promise to end bullying by using the hashtag #PinkShirtPromise on your social media accounts.



First Nations, Metis and Inuit (FNMI)

With Mrs. Smith-Tomke
FNMI Liaison Worker

Tansi! 2017 came in with promises of excitement and I am anticipating there is going to be some wonderful opportunities for our Indigenous youth! For starters, representatives from **RUPERSTLAND INSTITUTE** Metis Centre of Excellence will be visiting Hilltop High School on Wednesday, February 15, to educate us about the programs they are offering Metis youth. At this time, we will also be discussing the significance of attaining a Metis card, and how students must get this process going immediately. I cannot stress the importance this enough because to apply for most grants, awards and scholarships, you must have a card to confirm your status. First Nation and Inuit students must also be vigilant, and have your paperwork in place, so that there are no barriers when you apply for assistance to go onto post-secondary. I am very willing to help with this process. While we are on the topic of paperwork, students requiring resumes, and cover letters for RAP positions or other employment opportunities, please stop in at Student Services, and I will definitely help you out! I look forward to the next few months as we celebrate our culture and take responsibility for our futures.

STOLLERY SUPERSTARS

THANK YOU!

Hilltop High School
Foods 9 Baking Class
\$116.80

Mike House
President & CEO
Stollery Children's Hospital Foundation

Thank you for supporting excellence at Hilltop High School

2016



Grad News

Your 2017 Grad Council: Mark Gilmore, Sydney Damberger, Rebecca Lee, Dylan Wittman, Rachel Wise, Leah Hillaby, Krista Dewitz, Payton Levins, Chantelle Calitz and Hana Bissett

Grad Advisers: Mrs. Woodford, Mrs. Long and Mrs. Properzi.



This years theme is
1920's old Hollywood

Grad Rehearsal
Wednesday June 28th, 2017
2:00pm.
All grads MUST attend.

Grad 2017
Hilltops 50th Graduation Exercise
Friday, June 30th, 2017
Ceremony: 4:00 pm

Grad photo retakes will take place on **February 15th**. Appointments must be booked online. Session fee is \$20.00 cash. For full instructions please view our graduation section on our website at hilltophigh.ca

Your Grad Council is now accepting submissions for this years grad song and grad quote. Please keep in mind all songs and quotes must be positive and school appropriate. All submitted song choices must include a copy of the lyrics. Please submit your selections to the front office by **February 10th**.

Check the grad board list to see if you are participating in this years grad ceremony.

Parents and students are asked to join our Remind 101 designed specifically for Grad 2017 by texting @hthgrad to (587) 316-7407 to receive regular reminders.

Helpful Hint from the Family Community Liaison Program (FCLP)

Are you concerned about your child's use of electronics? In today's world, both kids and adults are extremely connected to this virtual world of games and media. With the explosion of video games and social media came a whole new set of concerns for parents. Here are a few tips on how to limit technology and use it safely within your family:

1. Take responsibility for your child's use of technology. As a parent, you have some decisions to make. Which electronics do you want to let into your house? How can you teach your child to use each one responsibly? At what age will you introduce each screen to your child?
2. Walk YOUR talk. It doesn't need to be said that if you are constantly on your phone, your child will likely end up the same way. As a parent, you need to evaluate whether what you are doing on your technology is truly more important than having a conversation or spending time with your child.
3. Guide your child. Most children often exhibit 'addictive' behaviour in one way or another when using electronics, so it is important to help guide your child on how to manage a healthy relationship with electronics. Some ways in doing so include:
 - Keeping all screens in a public area for use.
 - Use timers to monitor how much time is spent using each device.
 - Monitor your child's behaviour both on and offline.
 - Be the computer administrator, and ensure it is locked and password protected when not in use.
 - Schedule technology free time.
 - No screen time until after homework, chores, etc. is finished.

The Family Community Liaison Program (FCLP) provides individual counselling and family support. For more information about the program or the referral process, feel free to contact Kyria or Kateryna at the FCLP office at (780) 778-8755.

To All Parents of Hilltop Students from Friends of Hilltop Parent Council



Please welcome your 2016-2017 Friends of Hilltop School Council

Chairperson: Tammy Dickson

Vice Chairperson: Avy Fast

Secretary: Amber Borg

Treasurers: Niki Underwood and Judy Watson

Darlene Bell and Heather Glenn



February brings the second semester to Hilltop High School! Have you checked out those marks on the Parent Portal through Power School; you can get an app for your phone for this too. It's a great way to keep connected with our school and engaged in your child's education. You can get assistance signing up at the office.

Also, please support our school and YOUR pocketbook by purchasing IGA cards. Cards can be purchased at the school or at Remax. Families purchase the cards from Friends of Hilltop and can purchase groceries from any Sobeys store (Edson, Drayton Valley, Spruce Grove, Edmonton, Whitecourt, or St. Albert) which can come in extra handy on those out of town sport tournaments.

Our IGA gives the Friends of Hilltop (FOH) a discount when we purchase them, the amount we save between purchase and sale is the fundraiser for FOH. We track the amount families purchase, 5% of the amount purchased is placed in an account – which then YOUR family can spend on school fees; sport fees; pictures; school supplies; grad fees; grad dresses just to name a few. Funds raised through this initiative are used for celebrations in the school and to assist our school with other small expenses. If you have questions please feel free to ask any Friend of Hilltop Parent Council member.

Happy Valentine's Day!

Next Meeting: Wednesday, February 15th at 7:00 pm

Toastmasters Youth Leadership Program

The Youth Leadership Program is a workshop consisting of **eight one to two-hour sessions** that enable participants to develop communication and leadership skills through practical experience. **The program is presented during or after school, or on weekends.** Participants learn to:

- Evaluate present speaking ability
- Organize and give speeches
- Give impromptu talks
- Control voice, vocabulary and gestures
- Give constructive feedback and more



Each Youth Leadership Program group is **limited to 25 people**. Participants are selected by the sponsoring Toastmasters club or by a cooperating organization (such as a school).

A local Toastmasters club serves as sponsor and provides a coordinator to present the program. The individual coordinator attends each meeting, where he or she will lead most of the presentations and counsel participants. The coordinator assigns an assistant who can fill in for the coordinator should he or she be unable to attend a meeting. **Meetings generally follow a format similar to that of a Toastmasters club meeting**, including an announced agenda, practice in parliamentary procedure, and the selection of presiding officers.

If you're interested in participating please contact Lorraine Yagos via email at dlyagos@xplornet.ca



The Teen Centre will be open every weekday from 3:30 pm - 8:00 pm with free snacks, juice and grilled cheese sandwiches available to teens aged 11-17.

Activities in February will include:

Tuesdays - Arts and Crafts night from 6-8pm - our final 'Introduction to Watercolors' session will take place on February 7 and will be followed by 2 weeks of crafts before we run the next watercolors course.

Wednesdays - we have a Homework Club, with a High School Graduate available between 3:30-8pm to help teens with homework.

Thursdays - we have a Cooking Club from 6-8pm where we will be learning to make healthy meals such as chicken and vegetable stir fry and shepherds pie.

Fridays - we have Movie and Pizza Night, with the exception of Friday, February 17th where we will be running a Sports Games Night in the Carlan Centre Gymnasium from 4-6pm and on Friday, February 24th we will be teaming up with the AJ Miller Centre for the Teen Monthly Mayhem Night from 7-9pm.

We will also be organizing a tubing trip to Eastlink Park - look out for more information!

What is FLEX?

This article pertains to FLEX Block. This should bring some clarity on this topic.

What is FLEX Block?

Preparing our students to be life-long learners is about Learning Recovery and Personal Learning Time. Often students may fall behind in a course because of an illness, a fieldtrip, etc. – Learning Recovery. Sometimes, students have difficulty with key concepts and need some extra support and practice in those areas – Personal Learning Time. While both of these currently occur here at Hilltop, they tend to take place outside of the school day making attendance difficult for students who work or catch busses. Time has been built into our year's calendar and schedule for students to attend Tutorials to achieve this within the regular day.

Approximately twice a month, students will have the period prior to lunch (period 3) for **Learning Recovery** and/or **Personal Learning Time**. This Tutorial period is supervised and students are expected to attend when they have a teacher request they do so. Parents must be contacted with the relevant information ahead of time so that they can help to support the student learning at home. Students and parents may also request the student participate in these sessions. Any students who are not referred or do not request Tutorial will have an extended lunch hour on these days, grade 9 students are **required** to remain on campus for the duration of block 3. Meanwhile, teachers will be working in groups (Professional Learning Communities-PLCs) to create common lessons, units and assessments as well as to analyze Hilltop's relevant data so as to continue to improve upon the education programs we provide to our students.

Where can I find the dates and times for FLEX Block?

Date and time of the FLEX Blocks can be found in our School Agenda/website/ newsletter.

What are the expectations if you have been nominated for FLEX Block?

If a student is nominated by a teacher or self nominate and/or are nominated by a parent they are expected to attend. Attendance will be taken by teachers in their FLEX Block classes. As an administration team we will follow up with students who have been nominated for FLEX Block and do not attend.

FLEX Block is a great opportunity for students to work with staff, to have additional time to work on learning required concepts, completing assignments and developing a deeper understanding of the subject they are studying.

Ms. Kendall

Mr. Mireau

Ms. Jody Smith-Tomke

Student Services Newsletter

The Student Services Dept. has a wealth of information that will help all students throughout the year; whether its deciding on a career choice, finding a job or working on one of the computers to complete a school project.

The job opportunity/volunteer board will be updated weekly so students can find a part time job or volunteer within our community.

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

Interested in RAP? Please talk to Ms. Hleck.

Work Experience

Sign up is easy! See Mr. Mireau for more information. Your hours do not count until the site has been approved by Mr. Mireau.

MYPASS.ALBERTA.CA



To access your records after writing a diploma, you will need to have a myPass.alberta.ca account established. Use a personal email address and not your @ngps.ca email.

CANADA HISTORY SCHOLARSHIP

Available to grade 10 or 11 students who write an essay on a given topic. More information is available at

<http://www.canadashistory.ca/History-Awards/Student-Award/Home>

Individual Grade 11 Meeting

Grade 11 meetings are now underway. Students are welcome to book an appointment with Mr. Mireau, who is available A, C and D blocks. Parents are welcome to join. The meeting is designed to check graduation requirements and investigate career and post-secondary pathways.

SCHULICH SCHOLARSHIP

If you are at the top (or near to the top) of your class, and you wish to put your name forward for the Schulich Scholarship, see Mr. Mireau.

One applicants will be chosen if they meet the following criteria: Possessing an average above 85% in five core classes and entering a Science or Technology Bachelors degree at a major Canadian university.

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.

THANK YOU



Thank you to the Whitecourt Trailblazers Society for nearly 30 years of providing thousands of dollars worth of scholarships to Hilltop students. Thank you for your continued community support and generosity to Hilltop. The Whitecourt Trailblazers Society will however, no longer be offering scholarships.

SCOTIABANK NATIONAL SCHOLARSHIP

Congratulations to **Etienne De Jongh** for winning one of Scotiabank's 2500.00 awards for post-secondary. Scotiabank distributes 80,000.00 Canada-wide to students entering University.

2017 SCHULICH LEADER AWARD

Daniel Taylor is Hilltop's nominee for the 2017 Schulich Leader Awards. Daniel's candidacy will advance to an evaluation round conducted by the University of Alberta and a national panel of judges. Good luck, Daniel!

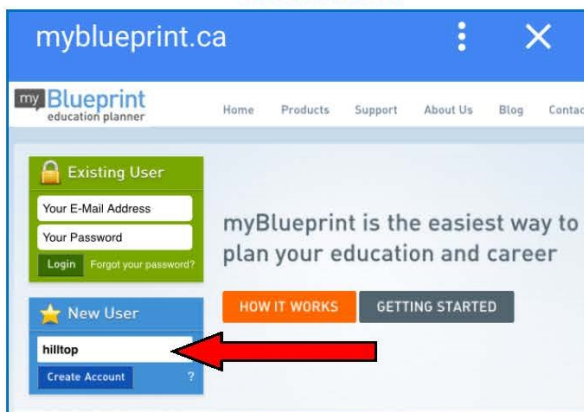


myBlueprint

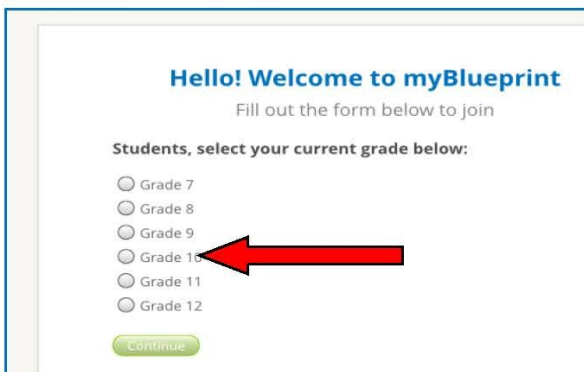
PLAN YOUR EDUCATION AND CAREER

myBlueprint is a web based service for high school students to monitor their credits and graduation, and to research career pathways and post-secondary opportunities. myBlueprint is synced to the students' PowerSchool, and it updates in real time. Each student already has an account paid for. Here are the steps for getting started:

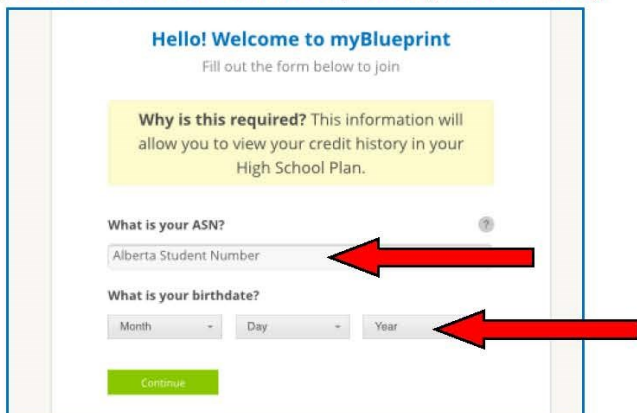
Step 1: Type in our school password "hilltop" and click on create account.



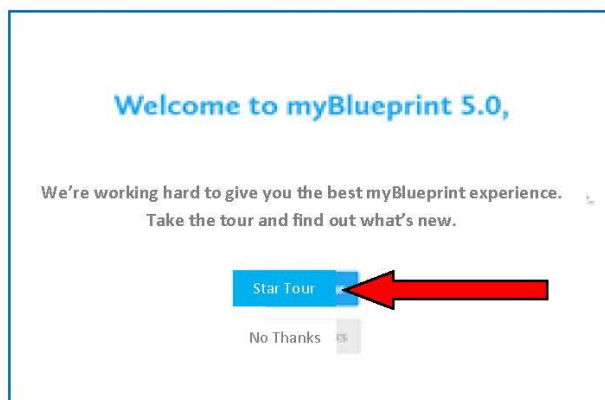
Step 2: Choose your grade.



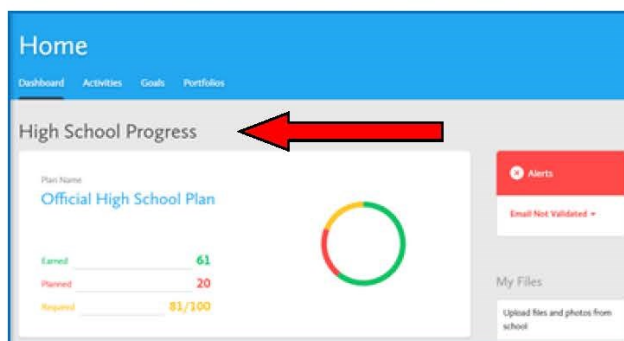
Step 3: Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)



Step 4: You're in, start touring!



Step 5: myBlueprint connects to PowerSchool automatically to count credits, check graduation requirements and help research schools and career pathways.



Healthy Schools Calendar

February 2017



Winter Walk Day: From Wellness Event to Comprehensive School Health

Walking is a fabulous activity because it can be done all year round, it is free, and you don't need special skills to do it. Join other schools, community groups, workplaces and individuals to walk for at least 15 minutes on **Winter Walk Day**, Wednesday, February 1st. Integrate curriculum into the event: walk to a historical site, count your steps, practice road safety, take photos, and discuss the science of body movement. Develop character by picking up litter or shoveling sidewalks along your route. Remember, including family and community is an important part of a Comprehensive School Health approach, so invite others to join your Winter Walk and aim to keep their involvement for the rest of the year!

Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support **Comprehensive School Health**. To find out who the contact is for your jurisdiction email: healthychildrenandyouth@ahs.ca

Resources to Support Healthy School Communities

- Heart Health: A Resource for Senior High Physical Education
- Be Fit for Life
- Sample Healthy School Action Plan: Physical Activity in a K-12 School

Funding Opportunities

Alberta Community Injury Control Fund Grant	Funding supports local collaborative action to increase injury awareness and reduce the frequency and severity of injuries within Alberta communities. It is intended for specific, time-limited projects that address unmet, unintentional primary injury prevention needs. Some priority issues include traffic-related injuries, falls and playground-related injuries.
Indigo Love of Reading Foundation Literacy Fund Grant	Grants are intended for high-needs elementary schools that are passionate about fostering a love of reading in their students and struggle to have enough library resources. Successful recipient schools receive funding over a three-year period.
Toyota Evergreen Learning Grounds School Ground Greening Grants	Funding helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature.

Prepared by Alberta Health Services (AHS), Healthy Children and Youth.
 AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service associated with grants or events listed in this document.

February 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Winter Walk Day	2	3	4
5	6	7	8	9	10 Toyota Evergreen Learning Grounds School Ground Greening Grants Due	11
				Teachers' Convention: NCTCA		
12	13	14 Valentine's Day	15	16	17 Indigo Love of Reading Foundation Literacy Fund Grant Due	18
				Teachers' Conventions: CCTCA, NETCA		
	Sexual and Reproductive Health Awareness Week					
19	20 Family Day World Day of Social Justice	21	22 Pink Shirt Day	23	24	25
				Teachers' Conventions: CATCA, PDTCA, SEATCA, SWATCA		
26	27	28 Alberta Community Injury Control Fund Grant Due	NOW AVAILABLE - February issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit www.ahs.ca/csh			

Prepared by Alberta Health Services (AHS), Healthy Children and Youth.
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Rotary Club of Whitecourt

Is delighted to sponsor* 2016/2017 Youth Adventure Programs across Canada!



RYPEN Rotary Youth Enrichment Program

Dates: May 18-22, 2017
Jasper, AB

RYPEN is for students aged 15-18 who are in search of a positive identity. Not normally recognized for academic performance, and are not known for disruptive behavior.

Application Deadline: Feb 28, 2017
<http://portal.clubrunner.ca/50012/SitePage/rypen>

RYLE Rotary Youth Leadership Experience

Dates: May 4-7, 2017
Camp Nakamun – Busby, AB

RYLE is for students aged 15-17 whom are interested in improving their leadership skills. This program recognizes emerging youth leaders.

Application Deadline: Feb 28, 2017
<http://portal.clubrunner.ca/50012/SitePage/ryle>

Adventures In Photography and The Night Sky

Dates: September 15-17, 2017
Athabasca, AB

Students in grade 10-12 learn about the science and technology of photography, especially as it applies to astronomy and other low light conditions.

Application Deadline: April 30, 2017
<http://portal.clubrunner.ca/439/SitePage/photography-the-night-sky>

Adventures In Technology

Dates: April 23-28, 2017
Saskatoon, SK

Students in grades 11 & 12 go on a four and one-half day exploration of advanced technology, research, development and applications

Application Deadline: Feb 28, 2017
<http://rotary5360.ca/stories/adventures-in-technology-april-23-27-2017-saskatoon/>

Adventures In Citizenship

Dates: April 30-May 3, 2017

Ottawa, ON

Students in grade 10-12 through meetings with political leaders, senior officers and others, you will learn a great deal of our democratic institutions.

Application Deadline: Dec 15, 2016
<http://rotaryottawa.com/page/welcome-to-the-rotary-adventure-in-citizenship-program/>

SUNIA Seminar on United Nations and International Affairs

Dates: Week A: August 13-18, 2017
Dates: Week B: August 20-25, 2017
Nordegg, AB

Students in grades 10-12 have the opportunity to engage in a simulated UN Security Council and a development simulation in order to explore complex global issues.

Application Deadline: June 1, 2017
<https://www.sunia.ca>

Adventures In Forestry & Environmental Studies

Dates: May 10-14, 2017
Prince George, BC

Students in grades 10-12 will learn about forestry and environmental studies, and the wide range of employment opportunities in these industries.

Application Deadline: March 1, 2017
<http://portal.clubrunner.ca/760/SitePage/adventures-in-forestry-and-environmental-studies>

If you would like to attend one of these programs please complete an application.
To request more information contact Sarah Letkeman at 780-268-4363.

*Cost of program, accommodation and travel costs will be paid by the Rotary Club of Whitecourt, however travel arrangements will need to be made by parents of the successful applicant.



Rotary Club of Whitecourt

APPLICATION FORM – ROTARY CLUB OF WHITECOURT

RETURN AS SOON AS POSSIBLE
(PLEASE PRINT CLEARLY)

STUDENT INFORMATION

Name _____ Date of Birth _____

Mailing Address _____

City _____ Province _____ Postal Code _____

Home Tel _____ Student E-mail _____
(print clearly)

School Name _____ Gender: Male _ Female _

GRADE to be completed in June 2017: Grade 10 _ Grade 11 _ Grade 12 _

Teacher Reference _____ Phone _____

Adventure Program being applied for: _____

Applicant's Signature _____

I acknowledge that my son/daughter has submitted an application to a Rotary Club of Whitecourt adventure program and is available for a Rotary interview at request.

Parent E-mail Address _____
(print clearly)

Parent Phone number _____

Signature of Parent/Guardian _____

Please return completed applications to the front office at Hilltop High School well before the application deadlines found on the previous page.

Career Opportunities

Energy Education combines content and hands-on experience to provide you with general knowledge of the oil and gas industry and specific knowledge and experiences related to working on service rigs. The service rig program prepares you for a career in the oilfield sector. Service Rig positions are currently in high demand throughout the province.

Upon Completion

Students will receive a Certificate from Northern Lights School Division certifying that they have successfully completed the Service Rig Training. Students will also receive a variety of industry recognize safety certificates.



Northern Gateway
Public Schools



Northern Lights
PUBLIC SCHOOLS

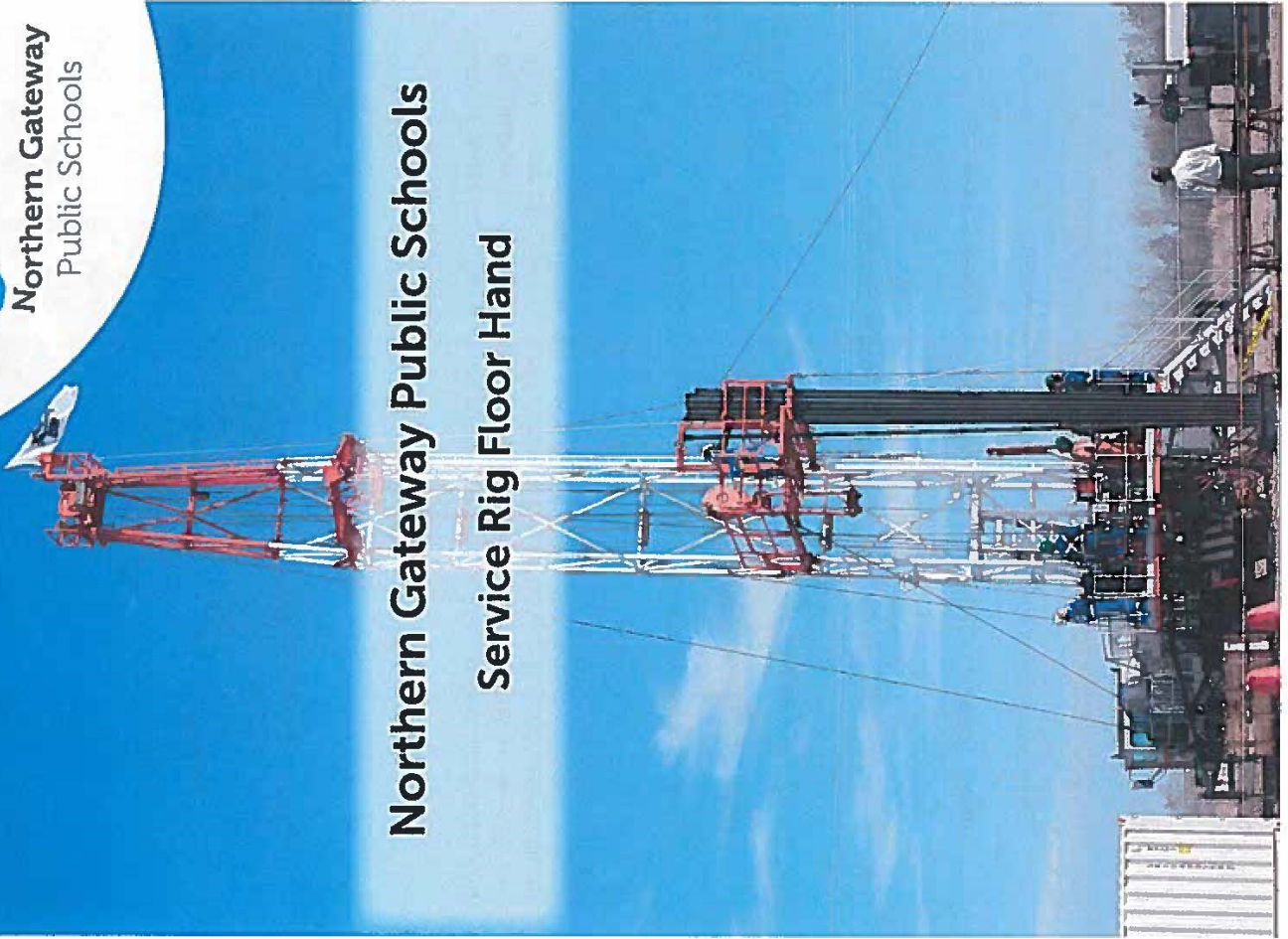
ngps.ca



Northern Gateway
Public Schools

Northern Gateway Public Schools

Service Rig Floor Hand



Program Length

Students must complete Energy Education 35 through ADLC prior to attending the week long Service Rig Floor Hand Program in Bonnyville. The week long hands-on portion of the Service Rig Program runs April 3 to 7, 2017 at the Trades Exposure Centre in Bonnyville.

- Day 1 – H2S Alive Certification
- Day 2 – Fall Protection Certification
- Days 3 to 5 – Service Rig Training, 8am to 6pm daily

Program Description

The Service Rig program is offered in partnership with Northern Lights Public Schools. The course content was provided by the Canadian Association of Oilwell Drilling Contractors. It contains and maintains the industry standards and is delivered online through ADLC. The course involves comprehensive coverage of the oil and gas industry, safety, the operations of a service rig, and the duties of a rig floorhand. The course also has gamified content and tasks related to the rig operation.

The program culminates with five days of hands-on service rig training at the Northern Lights Trades Exposure Centre in Bonnyville.

Program Delivery

The program includes a blend of face-to-face instruction, online, and hands-on work. Students first complete Energy 35 online and then complete the remaining courses through hands-on experience and classroom sessions offered on site in Bonnyville.

Academic Requirements

Energy Education 35, HCS 3000, Foundations in Industry Workplace Safety 35 and a minimum of 16 years of age

Registration

Please see your off-campus coordinator, or principal for registration details and an application. The registration deadline is Feb 3, 2017.

Program of Study

Course Name

- Energy Education 35
- HCS3000 Workplace Safety Systems
- The Foundations in Industry Workplace Safety 35
- eGSO (Enform – Electronic General Safety Orientation)
- 5 Day Training at the Northern Lights Trades Exposure Centre
- Day 1 H2S Alive Certification
- Day 2 Fall Protection Certification
- Day 3-5 Service Rig Training (8 am to 6 pm daily)

Credits and Certification Earned

Students completing the program will earn up to 14 high school credits and receive a certificate from Northern Lights School Division certifying they have completed the industry standard Service Rig Floorhand training.





Northern Gateway
Public Schools

NOTHERN GATEWAY PUBLIC SCHOOLS
SERVICE RIG PROGRAM
APPLICATION FORM

Part I. Personal Data

Please complete each section carefully.

Student Information

Last Name	First Name	Middle Name
Address		Postal Code
Email Address		Student's Date of Birth
Home Phone ()	Anticipated Year of Graduation	Current Grade
Social Insurance Number	Alberta Education ID#	

Health Information

Doctor's Name	Phone ()
Alberta Health Care # _____ - _____	
Important Medical Information that could affect your participation in this program.	
Name of 1st Emergency Contact	
Day Phone ()	Evening Phone ()
Name of 2nd Emergency Contact	
Day Phone ()	Evening Phone ()

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY (FOIP) ACT: *The personal information contained on this form is collected under the authority of Section 32 © of the FOIP Act and Section 37 of the School Act and will be used for the purposes of collecting information about the student to register students for the Service Rig program with Northern Lights School Division. If you have any questions about this collection, please contact the Off-Campus and Community Partnership Consultant, Northern Gateway Public Schools Box 840 4816 49th Avenue, Whitecourt Alberta. T7S 1N8.*

Part II. Information Relevant to Dual Credit Programs

Students must also complete the Northern Gateway Public School Off Campus Agreement Form prior to the Hands-on session in Bonnyville, which is available from the Off-Campus teacher in each high school.

Part III. Parent Information

Mother/Guardian Name	Work Phone ()
Address (if different)	Email address:
Father/Guardian Name	Work Phone ()
Address (if different)	Email address:

I understand that:

- 1) Application to this program does not guarantee a placement into the Service Rig Program.
- 2) An authorized member of Northern Gateway Public Schools teaching staff will be assigned to monitor student progress at the school and on site in Bonnyville.
- 3) The student will be expected to:
 - In regular attendance
 - Comply with all Northern Gateway rules and regulations and follow the high school code of conduct.
 - Accept direction and assignments from authorized supervising personnel

Mother/Guardian		Father/Guardian	
Signature		Signature	
Date		Date	

Part IV. Applicant Declaration

I, the applicant, certify the information given in this application is true and complete to the best of my knowledge.

Print Student Name:

Signature:

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY (FOIP) ACT: *The personal information contained on this form is collected under the authority of Section 32 © of the FOIP Act and Section 37 of the School Act and will be used for the purposes of collecting information about the student to register students for the Service Rig program with Northern Lights School Division. If you have any questions about this collection, please contact the Off-Campus and Community Partnership Consultant, Northern Gateway Public Schools Box 840 4816 49th Avenue, Whitecourt Alberta. T7S 1N8.*

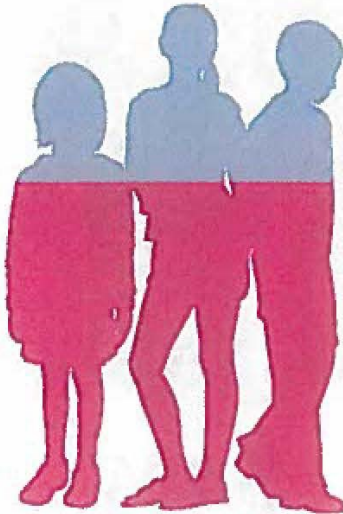


**CANADIAN STUDENT
TOBACCO, ALCOHOL AND
DRUGS SURVEY 2016/2017**

RESULTS FOR PARENTS

Hilltop High School

SCHOOL CONNECTEDNESS



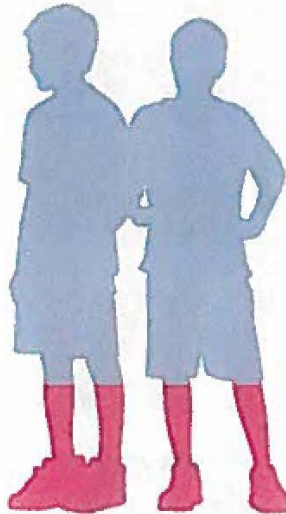
66%

of students report being happy to be at their school.

YOU CAN HELP

- ▶ Encourage your child to get involved in student leadership and extracurricular activities at school
- ▶ Express interest in your child's school and make an effort to speak with them about their favourite parts of school.
- ▶ Attend after-school events with your child such as book fairs and carnivals held at the school.

BULLYING OTHERS



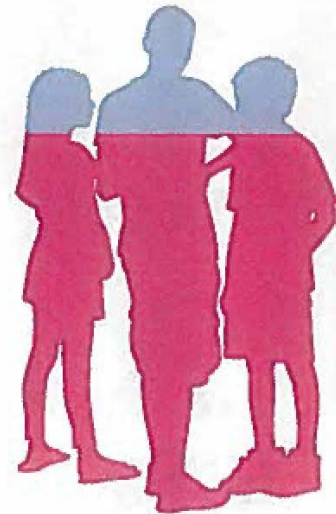
23%

of students at your child's school report bullying other students in the last 30 days.

YOU CAN HELP

- ▶ Talk to your child if you suspect bullying. Take it seriously.
- ▶ Create a plan of action with your child that outlines how they will change their behaviour. Ensure they know that bullying is a big deal and will not be tolerated.
- ▶ Communicate with the school and work together with your child's teachers to ensure that your child is no longer bullying.

MENTAL WELLNESS



77%

of students feel they can express themselves at home and their parents like and care about them.

YOU CAN HELP

- ▶ Foster positive mental wellness habits at home through physical activity, journaling, learning to cope with negative thoughts, setting goals and sharing humour.
- ▶ Teach your child to recognize and name their emotions.
- ▶ Help your child to identify and develop their own talents by providing them with opportunity and encouragement.

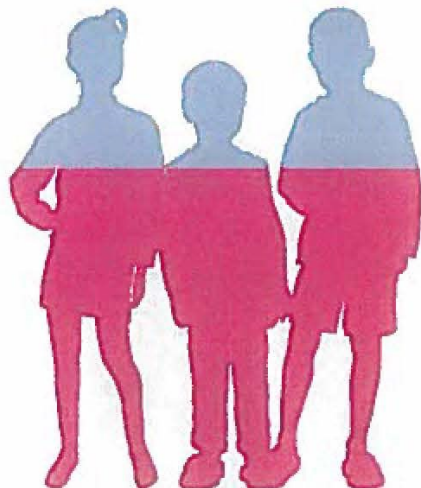
This is a summary of results from your child's schools' participation in the 2016/2017 Canadian Student Tobacco, Alcohol and Drugs Survey. For the full results profile, please contact your school principal.

For more information visit cstads.ca



**UNIVERSITY OF
WATERLOO**

RISK BEHAVIOURS



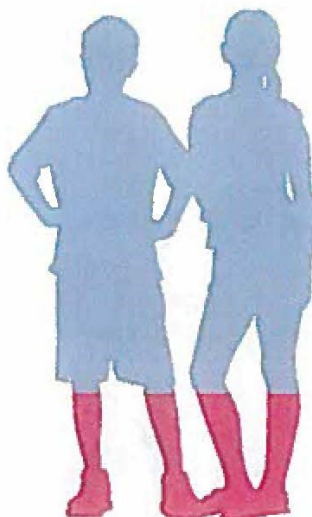
61%

of students report having ever **ridden in a car driven by someone who was drinking or using marijuana.**

YOU CAN HELP

- ▶ **Talk to your child** about the misconception that driving under the influence of marijuana is less dangerous than drinking and driving.
- ▶ **Educate your child about the risks** associated with combining driving inexperience with any level of intoxication.
- ▶ **Ensure your child has a plan** when faced with getting in a vehicle with someone who has been drinking.

MARIJUANA USE



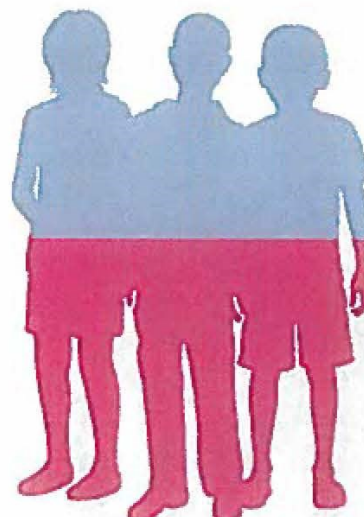
27%

of students at your child's school **reported using marijuana** in the month before the survey.

YOU CAN HELP

- ▶ **Equip your child with the skills to recognize and avoid situations** where they may feel obligated to use drugs. If they cannot avoid these situations they can commit in advance not to use marijuana.
- ▶ **Teach your child** that driving under the influence of marijuana is extremely dangerous.
- ▶ **Help your child learn** about the short and long-term health risks of using marijuana.

BINGE DRINKING



54%

of students report **drinking 5+ drinks of alcohol on one occasion** in the last 12 months.

YOU CAN HELP

- ▶ **Take interest in your child's social life** and speak with your child about the use of alcohol in their peer group.
- ▶ **Be aware of events** that involve binge drinking and discuss strategies to minimize the risk prior to an event.
- ▶ **Discuss and address the common beliefs** that can lead to alcohol abuse (e.g., "everyone does it", "you only live once").



Health Canada's Canadian Student Tobacco Alcohol and Drugs Survey is a national survey of students in grades 7 to 12 across Canada. The survey asks questions about tobacco use, alcohol use and drug use in addition to bullying, mental health and school connectedness.

For more information visit cstads.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2017</h1>						
			1 Day 1 First Day of Semester 2	2 Day 2	3 Day 3	4
5	6 Day 4	7 Day 1	8 Day 2	9 Teachers' Convention	10 Teachers' Convention	11
12	13 Day 3	14 Day 4 Valentine's Day	15 Day 1 Grad Photo Retakes Friends of Hilltop Parent Council Meeting 7:00pm	No School 16 Day 2	No School 17 Day 3	18
19	20 Family Day	21 Day 4	22 FLEX	23 Day 1	24 Day 2	25
26	27 Day 3	28 Day 4	Math/Social/Other Tutorial H appy Valentine's Day!	T eachers Convention February 9 th & 10 th , No Classes		



GALLERY



Please join us in welcoming **Mr. Michel St. Louis** to the staff at Hilltop. Mr. St. Louis will be teaching Physical Education. We would also like to say goodbye and wish Miss. Deacon all the best in her move to new adventures.



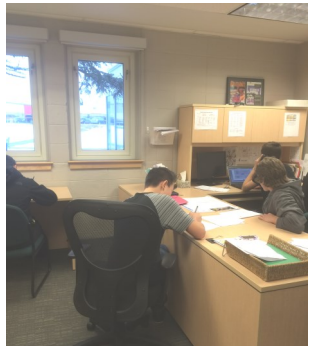
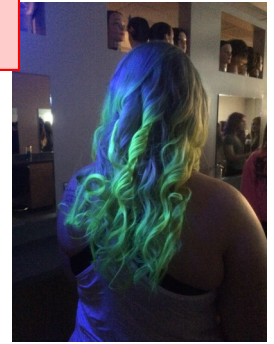
Pig Dissection in Bio 20



Cinnamon buns in Foods 9



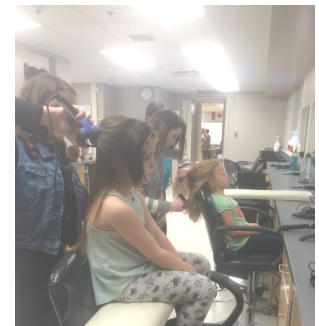
Color class in Cosmetology...check out the newest trend - glow in the dark hair!



RAP students working together in Ms. Hlecks office



Sr. Boys and Sr. Girls play hard at the DQ Classic

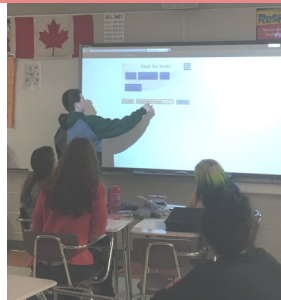


Parent Link kids visit Cos class for a day of pampering.

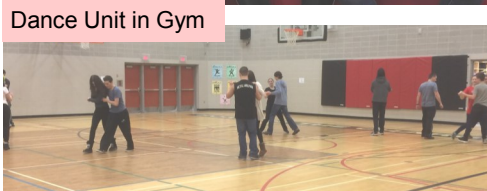


Charger Pride

Zach Augot works on grammar in Mehls class



Student Council serves up pancake breakfast with the help of Mrs. Ferguson, Mayor Rennie and Mayor Chichak.



Dance Unit in Gym



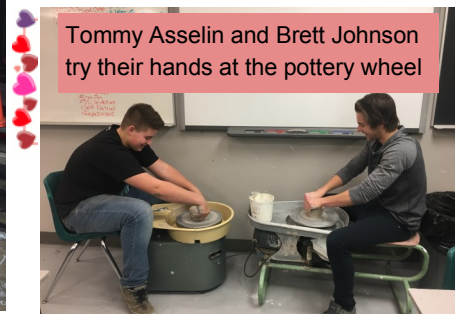
Mrs. Smith-Tomke explores Rupertsland Institute's mobile classroom for Metis students



Jr. Girls Basketball plays Drayton Valley



Students practice for their big drama production



Tommy Asselin and Brett Johnson try their hands at the pottery wheel