



# Hilltop Jr./Sr. High School

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## May 2017 Newsletter

“A great place to LEARN...and more!”

### Message from the Administration



VOLUME 8, ISSUE 8

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Welcome to May! We have just two busy months of school left for the year.

We are well into planning for the 2017-2018 school year. The budget has been completed and we will be time tabling as soon as the Grade 10 and 11 students select their courses for next year. That will be completed over the next couple of days. The budget set out by the provincial government was not kind to our school. We will be down 1.0 FTE teaching positions next year. In addition to the constraints placed on the budgeting process, we will be down in enrolment next year. Please come out to our School Council meeting on May 17 to get more information on the ramifications of Budget 2017 on Hilltop High School.

Before you know it students will be writing exams. The Grade 9 Language Arts Provincial Achievement Exam will be written on Tuesday, May 9. Diploma Exams begin in early June for Grade 12 students. It is important for students to develop a good study routine to prepare for their exams. Preparation for exams needs to happen long before exam week begins.

We are also excited with the summer opportunities we have available for students this year. We are offering summer school for the month of July. This is a great opportunity for grade 9 students to get a head start on grade 10 by completing CALM, etc. It is also a great opportunity for a student to catch up in a course that they were not successful in. Hilltop is also the base for Northern Gateway's Summer Boot Camps. For more information on these programs, please see administration or Student Services.

There is no school for students on May 18, 19 and 22. Enjoy the extra-long Victoria Day weekend. We would like to extend a special greeting to all of the mothers of our students and as well as the mothers on staff. Enjoy your Mother's Day on May 14.

Your partner in education,  
Principal  
Brent Northcott

### 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 and PHOTOGRAPHY

### Important Days

May 1 – 5: Education Week

May 3: Hats on for  
Mental Health

May 14: Mother's Day

May 16: Last day Gr. 9 Options

May 18 , 19 & 22: No School

**May 1 - 5**  
**Education Week**



**May 14**  
**Mother's Day**



**May 16**  
**Last Day Gr. 9**  
**Options 7/8**



**May 18**  
**Professional Development Day**  
**No School**

**May 19**  
**Day in Lieu**  
**No School**

**May 22**  
**Victoria Day**  
**No School**




## More with Merit's Marvelous Makeover



Thanks to a generous grant from Merit Contractors Association to Northern Gateway Public Schools, Hilltop High School students were given the opportunity to provide local business Repeat Boutique a huge makeover. 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 three 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. We were thrilled to be a part of this project, which offered Hilltop students the opportunity for project based learning while giving back to the community. Hilltop students were 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 also designed a website, along with other graphic and printing materials to increase advertising. We are so fortunate to have received Merit's grant and grateful for the hard work and dedication of all the staff and students involved in ensuring the completion of this project. We are very thankful for the partnership established with Repeat Boutique and proud to have helped such a deserving local business receive this much needed transformation.



**Pictured Left to Right:**  
**Nick Broz** installs shelving at the Repeat Boutique.  
 Wheels are installed on shelving to make it easier to move displays around  
**Nick Donovan** installs brackets for removable signage on storage boxes.



**Left:** New storage boxes with signage are sent to Repeat Boutique keeping larger items tidy and organized.

**Right:** New shelves brighten up the Repeat Boutique and add more space for the many toys available at the Repeat Boutique.



**Hats on for Mental Health Awareness**

**May 3, 2017**

On May 3rd, students can bring in a \$2.00 donation to support mental health awareness and they will be permitted to wear their hat all day.



**Student Council New**

Thank you Student Council for handing out candy during the school dance held before spring break. Your school spirit is much appreciated.

**Forestry Career Day Tour**

Students interested in careers in the Forestry Industry had the opportunity to participate in hands on experience on-site at Blue Ridge Lumber Mill. They learned about the skills required for the trades Millwright, Mechanical and Power Engineering. Thank you Blue Ridge Lumber for providing this awesome experience for our students.



Read more on Page 4



**2017-2018 Registration Open!**

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!! These are a just few of the programs available are: **Arts & Culture, Democracy & Youth, Communications & Social Media, Law & Our Justice System, Medicine & Health & Sports & Fitness**

*\* 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!!*



**Brayden Fibke** (pictured above) and **Layne Carlson** (pictured below) took part in the Democracy & Youth program from April 9-15. They spent most of their time learning about politics and the democracy system. Brayden said the highlight of his trip was visiting the Parliament Building and the Senate, including the chance to sit in the Senators' chairs. They also visited the Canadian War Museum, the Nature Museum and a Shopping Center. Brayden mentioned that he really enjoyed the opportunity and the experience.

On April 5th, grade 9 students had the opportunity to take part in a Kairos Blanket Exercise. The Kairos Blanket Exercise is an interactive learning experience that teaches the Indigenous rights history we're rarely taught. Participants take on the roles of Indigenous peoples in

Canada and the blankets represent the land. Thank you to Annabelle Kootenay for leading the ceremony. *For more information go to [www.kairoscanada.org](http://www.kairoscanada.org).*



**Support the Humanitarian Society**

The Hilltop Humanitarian Society is a group of students along with supervisor Martyn Chapman who work together to support underprivileged children in Uganda. The Hilltop Humanitarian Society has been helping over 50 children at the Masulita Village in Uganda since 2007, sending approximately \$1000.00 a month to assist them with educational materials, health care, eye care and transportation needs. Please consider donating to this worthy cause. Donations gratefully accepted via [schoolcashionline.com](http://schoolcashionline.com) or at the front office. Thank you for your support.



The **Hilltop Humanitarian Society** has been putting on pizza lunches at Hilltop for several months now. Pizza is ordered from Dominos and students have the choice of pepperoni, cheese or Hawaiian pizza at the cost of \$2.50 a slice. To date, the sales of pizza at lunch have provided the Humanitarian Society with around **\$1200.00** in profits!! Thank you Hilltop students for supporting the Humanitarian Society.

### Travel Club: Remembering Vimy

April 5-16

The Travel Club travelled to France for the 100 year Vimy Ridge Memorial Ceremony. They also visited Paris, Netherlands and Germany. What an incredible adventure for our students to be a part of. Thank you Ms. Mehl and Mr. Babiuk for supervising the trip with the following students:

**Elita Whitehorse, Hana Bissett, Teron Funk, Aileen Kim, Jacob Davidson, Keegan Phillip, Dawson Smith, Ashley Cairns, Jordan Gano-Coady, Rachel Wise and Logan Tschigerl.**



**vIMY 100**

## Congratulations



Congratulations to the following students who have been accepted to participate in the Rotary Club of Whitecourt Adventure Trips

SUNIA (Student Model United Nations) (August)  
**Caelyn Basaraba (sponsored by Rotary)**  
**James Woodford (sponsored by his parents)**

RYPEN (Rotary Youth Leadership and Enrichment) a camp to develop leadership skills and confidence (in May)  
**Abigail Dixon**

RYLA (Rotary Youth Leadership) a camp to develop existing leadership skills (in May)  
**James Woodford**

Adventure in Citizenship - a trip to Ottawa (in May)  
**Reyd Woykin**



CAELYN

JAMES

ABIGAIL

REYD

## Forestry Industry Career Day

On March 30 all Grade 9 students, as well as senior high students who had signed up, attended the Forestry Career Day event at the Allan and Jean Millar Centre to explore careers within the Forestry trades such as Millwrights and Loggers.



**Thank you** to the following participants. Government of Alberta Agriculture and Forestry, Millar Western, West Fraser, Alberta Newsprint Company, Careers: Next Generation, Alberta Works, Gateway Academy, and Hilltop High School. Special thanks to the Honourable Oneil Carlier, MLA, Mayor Chichak and Mayor Rennie.

## Cosmetology Class

Cosmetology students prepare to compete in Skills Canada.



Bridal Hair for Skills Canada

Marvelous Mohawk

Cut by Autumn Bandravala

Braiding for Skills Canada

## Fashion Studies

Students in Mrs. Cartwright's Fashion Studies class designed and sewed their own pajamas.



# New RAP Opportunities



- Electrician
- Millwright
- Power Engineering

See Ms. Hleck to apply. Applications close May 15, 2017



- Millwright
- See Ms. Hleck to apply.  
Applications close May 2, 2017



## 2017-2018 Registration

Registration for the 2017-2018 school year is in progress at Hilltop. Students are currently selecting courses and will be taking home a copy of their selections. If you have any questions or concerns please contact Ms. Hleck at 780-778-2446



## First Aid

Special thanks to **Shawna Prince** for instructing the Standard and Advanced First Aid courses recently held at Hilltop. We appreciate you offering an affordable opportunity for our students to obtain valuable skills in first aid. Congratulations to the following students who completed and passed their Advanced First Aid course.

- Emma Strydhorst
- Sarah Strydhorst
- Emily Taylor
- Rachael Seu
- Tyler Keefe
- Madison Smith
- Dason Nichols



## Yubetsu Student Exchange Trip



**Whitecourt to Yubetsu (Japan)  
Two Week Student Exchange Trip  
July 2018  
Ages 14 - 18**

Next meetings are:  
May 9, 2017 at 5:15 pm  
& June 6, 2017 at 5:15 pm  
in the Millar Centre Boardroom

Deadline to commit: September 2017



@ Whitecourt Yubetsu Exchange



## Time suggested for homework + studying

if you are pursuing academic excellence at Hilltop High School

### GRADE TEN

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



20 min  
x 3 days of  
the week



20 min  
x 3 days of  
the week



20 min x  
5 days of  
the week



30 min x  
5 days of  
the week



exercise  
and sleep  
help you  
achieve

### GRADE ELEVEN

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



Bio 20 - 5 x 30 min  
Chem 20 - 5 x 30 min  
Physics 20 - 5 x 30 min  
Science 20 - 5 x 20 min  
Science 24 - 3 x 15 min



20 min x  
3 days of  
the week



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



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

### GRADE TWELVE

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



30 minutes per week to work on scholarships and post-secondary preparations



Lots of sleep contributes to your ability to learn.



3.5 hours per science and math course /wk (spread out)

2 hours for English and Social, each /wk (spread out).

Is a part-time job a good idea?



Healthy fun will help you maintain balance.

# Fine Arts Night

Fine Arts Night was held on April 6th during Parent/Teacher Interviews. Thank you to everyone who came out to see the amazing talents of our students within the Arts. We were thrilled to showcase our students' creative work; they should be very proud.



**Message from Ms. Zack:** The Art Show was another success this year. The talents of our students here at Hilltop is outstanding! Great work this year ~Ms. Zack

Any students from second semester with art in the Art Show please pick up in the art room as soon as possible.

## Grad Senior Supper and Dessert Auction



Thank you to all the students, staff and parents who helped make the grad Senior Supper and Dessert Auction a huge success. The Senior Supper is a tradition that has been going on at Hilltop for over 30 years. Thank you to the seniors in attendance who graciously donated \$888.00 to our graduating class which was then donated to Stars Ambulance. The proceeds from the Dessert Auction were also donated to Stars.



Well done Grads!



## Grad Spring Formal Dance Photo Booth





# 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.

**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**

Attention all male graduates: If you are interested in receiving a coupon for Moores Clothing please see Mrs. Christianson at the front office. We have coupons for 40% off the purchase of a tuxedo or \$40.00 off suit rentals. While supplies last.

This years theme is 1920's old Hollywood

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.

There will be an **"Appy Hour"** **June 30th, 2017 from 7:00 pm – 9:00 pm** for grads and families. Tickets are unlimited at \$25.00 per person and available in mid May. For more information and to **RSVP** please call or text Sheila Hanas at 780 - 706 - 6033 . For more information please see the graduation section at hilltophigh.ca

### Helpful Hint from the Family Community Liaison Program (FCLP)

You've probably heard that having dinner together as a family is a good thing for your kids, but you may not realize that it could change your child's life. The more frequently kids eat dinner with their families, the better they do in school and the less likely they are to get involved with high risk behaviour. Families who eat together talk more, which helps them stay connected and build better relationships. The purpose of the family dinner isn't the food itself, but being able to connect with your kids through conversation. Try your best to schedule regular and consistent family meals.

Turn off the television, radio, and any other distractions, and make the table a technology free zone. If you find you're having trouble talking, pick a topic beforehand to discuss during dinner, such as naming five things you are grateful for, or if you could travel anywhere on a family vacation, where would it be and why? These open ended questions allow lots of room for discussion! The most important part of family dinner night is to remember to listen! Listen to what your children have to say and don't offer advice unless you are asked. Sometimes children and teens just need the opportunity to verbalize their thoughts in order to gain insight. Having a caring parent or guardian listen to what they have to say allows children to feel heard, cared for, and loved, which allows your child to build a better relationship with you and create that much needed connection.

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.

~ Save the Date ~

## Hilltop Drama Productions Presents **The Beast is Inn**

**June 8th and 9th**

Stay tuned for more details coming soon!

### 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**

We hope you all enjoyed your Easter break and are ready to complete the school year!

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 Sobeyes 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. We track the amount families purchase, 5% of the amount purchased is placed in an account – which 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 can go to support an upcoming trip to Hawaii for Volleyball team, travelling trips in the future, grad etc.

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 connect with our school and engaged in your child's education. You can get assistance signing up at the office. Also, you can check Diploma Exam results through the myPass system. Alberta Education no longer mails out results.

If you have questions please feel free to ask any Friend of Hilltop Parent Council member.

**Next Meeting: May 17th at 7:00 pm**  
**Everyone Welcome**





# Athletics



Be a Charger...Take Charge!



## Sports Coming Soon!

### Track and Field

Junior GCAA - May 24 (rainout day May 26)

Junior Zones - June 1

### Flag Football

June 8 at Percy Baxter

### Golf

Early Bird Jr. and Sr. Mayerthorpe Tournament: Date TBD

GCAA: September TBD



## May Badminton

**Jr. High Team:** GCAA

May 4th @ Hilltop

**Sr. High Team:** Provincials

May 5th and 6th @ Red Deer

## Badminton Highlights



### 2017 Mixed Badminton Team

Head Coach: Chris Keay

Tyson Nakucyj, Tanisha Gano-Murry, Dawson VonStein, Brandon Freeman, David Freeman, Annick Greenwood, Kyla Brodie, Emily Taylor, Chris Twach, Sarah Strydhorst, Dawson Keefe, Layne Carlson, Ryan Govenlock, Damen Berry, Ally McNeil, Madison Bryson, Dylan Wittman, Cameron Lockard, Brock Marple, Carter

Wilde, Jordan Aginas, Logan Tschigerl, Kassidy Williams, Zack Wise, Cody Oliver, Laramie Marple, Ethan Adams, Terran Corriveau, Connor Lee and Dawson Long.



## Dance Unit

Students participate in the dance unit in Gym class.



## CATS Football Spring Schedule

Spring Camp begins in May...Equipment Draw is **May 3** after school.

Practices are from 4:00 pm -6:00 pm on the following dates:

May 9,10,11

May 15,16,17

May 23,24,25

Westlock Jamboree - May 27

Registration Packages will be emailed out or can be picked up from Mrs Wynn beginning April 10.

For Information, contact Coach Babiuk or Mrs. Wynn.



### Message from the Bistro



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

**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.



### 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

## 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](http://www.schoolcashonline.com) or from Mrs. Runge in room 503.**



Make online payments with **SchoolCashOnline**

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

Register at [SchoolCashOnline.com](http://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.*

### Gateway Academy – Whitecourt Campus News



(formerly called Storefront)

#### Hours of Operation

**Monday-Thursday 8:30 am – 3:30 pm**

**Phone: 780 - 778 - 5865**

Spring has SPRUNG. With all the great weather, the students at Gateway Academy will hopefully have the opportunity to take advantage of the nice weather and take part in more PE opportunities as well as clean up the school grounds.

The students at Gateway will be continuing to cook for the month of May. On Tuesday, May 16, the students will be cooking lasagna, garlic toast and caesar salad for Twice is Nice as part of our Caring for Community Program. With the weather being exceptionally nice, we are asking students to bring their PE gear, as we will be walking and doing various other physical activities at Rotary Park, weather permitting. We encourage students who are registered in PE to come at this time so they can get their teacher directed hours.

Students have the opportunity to participate in a Wellness Group taking place after spring break, on Thursday mornings, in collaboration with Kyra from FCLP. The wellness group will give students strategies to maintain a healthy well-being.

We would like to send out a huge thank you to Freddy's 2 for 1 Pizza for providing complimentary lasagna for our students one Tuesday per month. The students really enjoy it. Also thanks to Pam Helm from Community Lunch Box for bringing fresh goodies for the students every day.

Grade 9 students will be writing their Language Arts PAT on **Tuesday, May 9 at 9am.**

The staff at Gateway Academy would like to remind students to make sure they keep within course timelines so they can earn credits in their respective courses. Remember to pass in your course work in a timely manner. Due date for all diploma course work, Work Ex and PE hours is **Thursday, June 8, 2017.** If you need help please call or come in and visit us.



**The Teen Centre will be open every weekday from 12:00 - 1:15 and 3:30 pm - 8:00 pm for ages 11-17.**

Programming at Teen Centre

**Tuesdays** - Arts and Crafts

**Wednesdays** - Homework Help

**Thursdays** - Cooking & Baking

**Fridays** - Movie and Pizza

#### Other Events & News:

**Free lunches 12:00 pm -1:15 pm every day**

*Menus will be displayed at the Teen Centre and on our Facebook page.*

We now have all nominations for the Spirit of Youth Awards on **May 3rd** - invitations went out at the beginning of April - if you received an invitation please be sure to RSVP!

*To keep up to date with other events, news and programming from the Teen Centre, please like our page on Facebook - Whitecourt TeenCentre and follow us on Twitter @TeenCentreWCT*

### **First Nations, Métis and Inuit (FNMI)**

**Mrs. Smith-Tomke , FNMI Liaison Worker**

**Tansi! Abawashed!** I must congratulate all of our grade 9 students for being such an attentive audience and willing participants in the Blanket Exercise at Hilltop High School. Also, thank you to Anne Martens from Northern Gateway Public Schools for facilitating the exercise and a special note of appreciation to ANSN Elder Annabelle Kootenay for attending the day with us and sharing her wisdom and stories. The students enjoyed the sharing circle, and a snack of bannock and jam to wrap up the event. That being said, I am actively looking for students that are interested in facilitating this exercise themselves.

Please come and talk to me, as this is an awesome opportunity for any youth in our school. Volunteerism is an important addition to your resume, especially when you applying for grants and scholarships.

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](http://www.alis.gov.ab.ca). It also includes information on **financial assistance**.



### Work Experience

It is time to make sure all of your time sheets are submitted up to present. If you will be working through the summer, you need a new work agreement and learning plan. See Mr. Mireau to pick one up.

### 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.

### 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

Interested in RAP? Please talk to Ms. Hleck in the front office.

Former Hilltop students looking for their Alberta Student Numbers should contact Alberta Education directly at 310-0000 or online at [learnerregistry.ae.alberta.ca](http://learnerregistry.ae.alberta.ca)



## MYPASS.ALBERTA.CA

To access your records after writing a diploma, you will need to have a [myPass.alberta.ca](http://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](http://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.

## Scholarships

The following scholarship applications are available from Mr. Mireau.

### ANC SCHOLARSHIP: Deadline Approaching!

For all regional graduates who excel. Distributed across the region. Hilltop students should apply.

### ANC SCHOLARSHIP: Deadline Approaching!

Pierson and McGrath Memorial Scholarship available to all Hilltop graduates who excel and are involved in athletics in some capacity.



### PETER MEHL MEMORIAL SCHOLARSHIP:

This award exists in honour of Ms. Pam Mehl's father, Peter. He was a committed contributor in his community throughout his life. Applicants will demonstrate: Canadian Residency, acceptance into post-secondary for natural resource management or outdoor related fields, have a strong academic record, and a record of commitment to their communities.

*More details at: [jfwa.ca](http://jfwa.ca)*

## SAFE LGBTQ+ ZONE Students



## Meet and Greet

When: Wednesday May 3, 2017

Time: 12:00 pm

Where: Conference Room #2  
(Beside the Library)

**Coffee Provided**





## THE HILLTOP SCHOLARSHIP GROUP

1. **GARY NELSON MEMORIAL SCHOLARSHIP (\$1000)** (healthcare)
2. **JONATHAN WHITE MEMORIAL SCHOLARSHIP (\$500)** (music)
3. **WENDY CALLIOU "HEART OF GOLD AWARD" (\$750)** (humanitarian)

In order to be considered for these scholarships, candidates must submit a statement indicating any notable academic achievement, school and community extra-curricular activities as well a financial need if desired. Any accomplishments, which underline personal traits, such as perseverance and initiative, will also be welcome elements to your statement. Length of statement is left to the student, but past submissions have tended to be approximately 350 words. Students do not apply for each scholarship listed above separately; one statement serves as an application for all. No student, however, will receive more than one scholarship if the number of applications submitted exceeds the total number available in the group.

Please staple this form to your statement and submit both in a sealed envelope marked **HILLTOP SCHOLARSHIPS** to **Mr. Vincent Mireau, at the office, by May 26, 2017.**

**NAME:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**SOCIAL INSURANCE NUMBER:** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_  
 \_\_\_\_\_

**STUDENT'S EMAIL ADDRESS:** \_\_\_\_\_

**PROGRAM OF STUDIES:** \_\_\_\_\_

**INSTITUTION:** \_\_\_\_\_

**DATE SUBMITTED:** \_\_\_\_\_

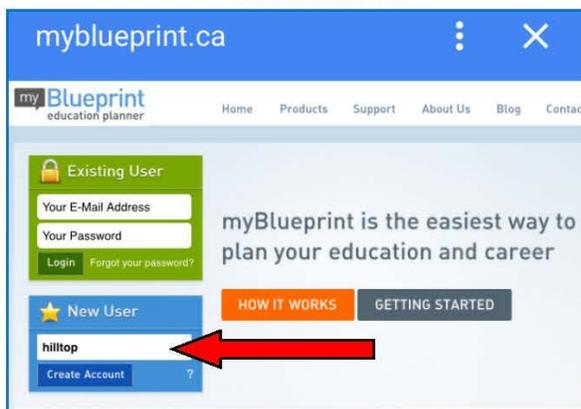


# myBlueprint

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:

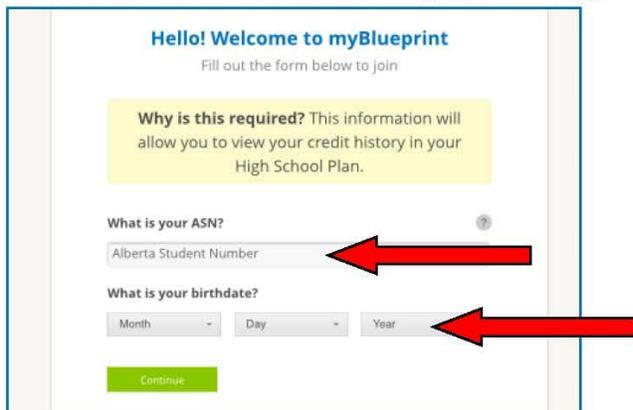
**Step 1:** Type in our school password "hilltop" and click on create account.



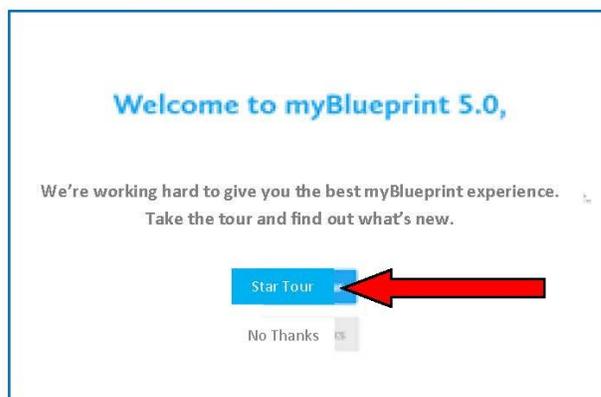
**Step 2:** Choose your grade.



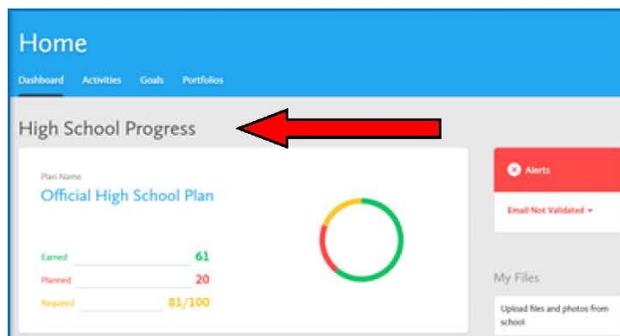
**Step 3:** Enter your Alberta Student Number and birthdate. (Your Alberta Student Number can be found on your PowerSchool)



**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.





BUILDING COMMUNITY CAPACITY FOR  
POSITIVE YOUTH DEVELOPMENT

# POSITIVE YOUTH DEVELOPMENT TRAINING

MAY 2 & 3, 2017

FOREST INTERPRETIVE CENTRE

A UNIQUE TRAINING OF TRAINERS  
FOR CANADIAN COMMUNITIES

- BUILD & MAP ASSETS
- SPREAD THE WORD
- STRENGTHEN YOUR COMMUNITY



LEARN HOW TO APPLY POSITIVE YOUTH DEVELOPMENT TO YOUR LIFE AND WORK

TUESDAY MAY 2 & WEDNESDAY MAY 3

TRAINING TAKES PLACE AT THE FOREST INTERPRETIVE CENTRE (FIC)  
LOCATED AT 3002 33 STREET IN WHITECOURT  
LUNCH & SNACKS PROVIDED

REGISTER BY  
APRIL 21

SPACE IS LIMITED

**TO REGISTER:**

Contact Sara Sears at  
780-778-7123 or sara.sears@ahs.ca

**\$50/person**

For stakeholders, community partners  
and other agencies serving Whitecourt

**\$100/person**

For individuals from outside  
communities/agencies

**POSITIVE YOUTH DEVELOPMENT** is an approach to intentionally structuring opportunities, supports and services for youth so that young people develop the skills they need to thrive and transition smoothly into adulthood.

**POSITIVE YOUTH DEVELOPMENT** deliberately seeks to increase the number of protective factors surrounding a young person that can ultimately translate into more positive social behaviours and reduced risk-taking behaviours.



## 6 Symptoms of Video Game Addiction

by SOS Safety Magazine

published March 30, 2017

Parents today are faced with a dilemma that their parents never had to deal with. Video games. Today, when their child gets home from school they will most likely immediately turn on their video gaming console. This will launch an inevitable internal struggle in the parent's mind. Should they tell the child to stop? Play outside first? Tell the child to do their homework? Or let them play for a bit?

More studies are highlighting the negative effects of gaming, and this causes concern about whether frequent and lengthy playing sessions can lead to an addiction.

Professionals in the field of mental health have differing opinions and this subject still requires much more research. However, most medical and mental health professionals agree that pathological video game use is a problem.

A study done in 2009 estimated that around 12% of boys who play video games exhibited pathological play and only 8% of girls.

This study also observed that those who were pathological gamers had double the chance of having ADD or ADHD. This may be because children who have these disorders – or are somewhere on the autism spectrum – are drawn to the more structured environment. In life, people are unpredictable, but in video games, reactions and events are programmed. It provides clear and consistent rules for interaction, in contrast to the chaos and uncertainty that is everyday life.

Other people who are at risk of video game addiction are people who have conditions like Asperger's, depression, anxiety, or PTSD. These conditions make life harder, whereas it is far easier to be successful and get recognition in a video game. People can turn to the world of video games and feel respected and admired for their achievements in the game, this recognition can take the place of the real-world respect that these individuals do not feel they are getting.

A young person who is not well connected has a poor relationship with their family, and has a mental illness on top of it all is very vulnerable and susceptible to this kind of addiction.

Another added risk factor is early exposure. In a report published in 2010, elementary aged students averaged 7.5 hours on electronic time DAILY. These children's brains are rapidly developing, and they are developing a dependency on these devices, rather than human interaction.

### IS IT THE VIDEO GAMES FAULT?

From the paragraphs above, it is easy to deduce that some kids are prone to pathological video game usage. However, there is cause to wonder if video games themselves are causing the problem. They certainly do play a part. Addictions are related to the pleasure center of the brain, and video games provide levels of pleasure. On the very first level, there is intermittent reinforcement – which is the unpredictability of reward. This is the basis of a gambling addiction as well.

Video games are designed to 'hook' the player using a well-established psychological technique – presenting a challenge that the player can master. When a player masters the first goal they are rewarded with dopamine, and so on for every mastered challenge after that. Video game designers carefully plan how to make the game just difficult enough to reward the player upon mastery, but not so difficult that they get frustrated and give up. Addictive qualities are built into the game so the gamer seeks out that mastery and reward.

### SYMPTOMS OF A VIDEO GAME ADDICTION IN A CHILD:

- Lack of respect for boundaries set up by parents around console usage, screen time, etc.
- Lies or deceives a parent or guardian in order to gain more playing time
- Is no longer interested in other activities – other than computer or console usage
- Suffers a drop in school grades and participation
- Is sleep deprived because of unhealthy sleep habits
- Forgets to eat

Like in all other aspects of life, balance is key. No two children react the same way to screen stimulus and helping your child live a healthy life, independent from screens, may take some trial and error.

Some mental health professionals caution that you should keep electronics away from your child until they are 13 years old. The reasoning behind this is that children have rapidly developing brains that need to be learning complex physical and social tasks, and being constantly distracted by a screen will prevent them from doing so to the best of their abilities.

However, some parents reading this may realize that keeping your children away from screens for the first 13 years of their life is virtually impossible. Other mental health professionals of a much more manageable opinion. They suggest that technology should be introduced as the child is old enough to make use of the educational properties of whatever device they are using. For example, setting your child up with a reading game on the iPad when they are starting to learn to read can be a fun, and more effective method for them to learn to read. Another thing to factor in is when your child can distinguish fiction from reality, most kids can't make this distinction until about 8, so up until then parents should be very careful about the content their children is consuming.

If your child is letting video games get in the way of them living a healthy a productive life, they might need to seek help. There are many mental health professionals who are equipped to help young people navigate this kind of addiction and there are rehabilitation programs available as well.

*This article was submitted by Tammy Charko BA, BSW, RSW, with permission given by [sossafetymagazine.com](http://sossafetymagazine.com). Tammy is Northern Gateway Public School's Division Social Worker. She is a support for schools, students, parents and caregivers to ensure success in school. Tammy advocates for students and provides a link between the student and other supports within the community. She is a mom to 4 kids (3 of which are teenagers!) and loves to compete in mud obstacle races.*

### Special Guest Tour

On March 30, 2017 we were thrilled to have a special guest, Whitecourt-St. Anne MLA, the Honourable Oneil Carlier tour Hilltop. Assistant Principal Lesia Hleck guided the tour, along with Northern Gateway Public Schools Superintendent Kevin Andrea to showcase the many great things happening at Hilltop every day. It was an honour and privilege to have our MLA and Superintendent here and we thank you both for coming.



### Special Thanks

Thank you to the wonderful representatives from Wellspring who visited Hilltop on April 4th to speak to our students about the Healthy Youth Presentation.



# Career Exposure Summer Boot Camps at Hilltop High



Hands on Learning



Earn Credits



Low Cost

Business Enterprise

Culinary Arts

Forestry

Art



Robotics

Construction

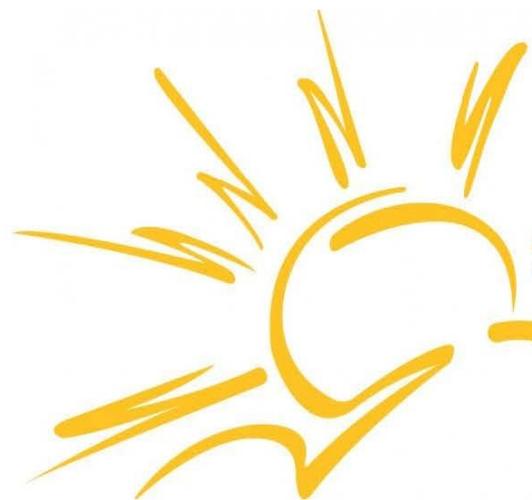
Medical Minds

Safety Certification



Northern Gateway  
Public Schools

View all options and register  
online at [ngps.ca](http://ngps.ca)!

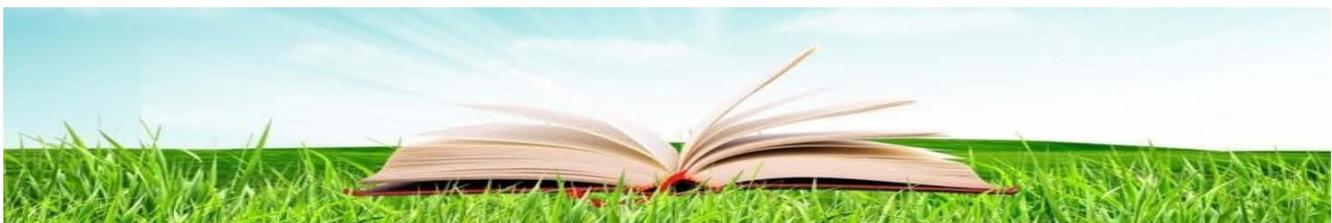


# SUMMER SCHOOL

**JULY 04TH - 27TH, 2017  
AT HILLTOP HIGH SCHOOL**

**All students interested in signing up for Summer School should see Mr. Northcott.**

***All courses available except Diploma courses. A great opportunity to complete CALM and HCS 3000/3010 to create possibilities for your remaining high school years.***



# Healthy Schools Calendar

## May 2017

### Supporting Positive Mental Health: From Wellness Event to Comprehensive School Health

As an educator, you probably see the link between mental health and student success every day. Positive mental health is so critical to student achievement that it has become a priority for many Alberta schools. Whether you are just getting started or are well on the road, [National Mental Health Week](#) provides an opportunity for schools to take the next step in their mental health journey. During the first week of May, events and activities raising awareness about mental health will come and go. However, the best approach to positive mental health is one that is comprehensive and sustained throughout the year. During this year's Mental Health Week, think about how your school can move toward a culture that supports positive mental health. Simple practices like discussing mental health at staff meetings, making personal connections with every student, or proudly displaying student achievements can go a long way in contributing to a thriving school environment. After all, mental health is important every week, not just the first week of May!



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](mailto:healthychildrenandyouth@ahs.ca)

#### Resources to Support Healthy School Communities

- [Mental Health and High School Curriculum Guide](#)
- [Mental Health Kit \(Elementary\)](#)
- [Mental Health Kit \(Junior High\)](#)

#### Funding Opportunities

<b>AgriSpirit Fund</b>	Funding supports rural community improvements such as emergency services equipment and playgrounds. Applicants must partner with their local municipality to receive funding.
<b>Human Rights and Multiculturalism Grants</b>	Funding supports community projects that foster equality and reduce discrimination, which includes social exclusion, inequality of opportunity, discrimination, racism, or other barriers that limit Albertans' ability to be full and contributing citizens.
<b>Science Giants Grants</b>	Junior high and high schools that demonstrate innovative approaches to science education are eligible for funding to help educators provide strategic, inventive and hands-on science instruction. The grant will provide classroom equipment to help implement innovative lesson plans and course curriculum.
<b>Sport Safety Fund</b>	The Sport Safety Fund is a registered charity whose mission is the prevention of catastrophic injuries in sport and recreation. It welcomes requests for funding support from organizations such as other charities, associations, researchers, universities and hospitals. Consideration may be given to organizations seeking funding at more than one point in time.

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.

May 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Human Rights and Multiculturalism Grant Due</b>	2	3	4	5	6
	<b>National Mental Health Week * Screen Free Week</b>					
7	8	9	10	11	12	13
				<b>Health &amp; Physical Education Council (HPEC) Conference</b>		
14 <b>Mother's Day</b>	15 <b>International Day of Families</b>	16	17	18	19	20
21	22 <b>Victoria Day</b>	23	24	25	26	27
28	29	30	31 <b>World No Tobacco Day</b>	<b>NOW AVAILABLE - May issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a></b>		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 2017</b>						
	1 Day 1 Education Week Grade 9 Vaccinations	2 Day 2	3 Day 1 FLEX Hats on for Mental Health Awareness Math/Social/Other Tutorial	4 Day 3	5 Day 4	6
7	8 Day 1	9 Day 2 Grade 9 PAT Test Language Arts Part A 9:00am	10 Day 3	11 Day 4	12	13
14 Mother's Day	15 Day 2	16 Day 3 Last Day Gr. 9 Options 7/8	17 Day 2 FLEX Friends of Hilltop Parent Council Meeting 7pm Grade 9 HLAT English/Science/Other Tutorial	18 Professional Development Day No Classes	19 Day in Lieu of PTI No School	20
21	22 Victoria Day No School	23 Day 4	24 Day 1	25 Day 2	26 Day 3	27
28	29 Day 4	30 Day 1	31 FLEX Math/Social/Other Tutorial			

**E**ducation Week, May 1<sup>st</sup> - 5<sup>th</sup>  
**S**tudents should start studying for final exams.



# GALLERY



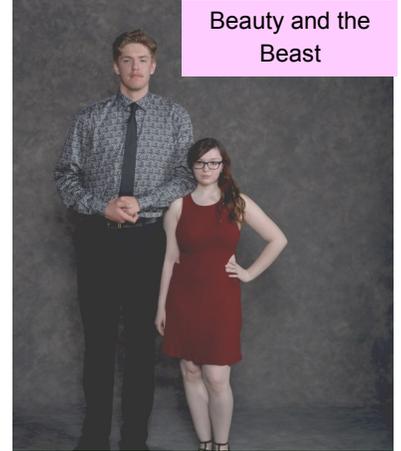
Alyssa Borg gets ready for the birdie in Badminton.



Mr. Northcott and the grads at Senior Supper



Beauty and the Beast



Spring Fever = Spring Dance



Celebrating Administrative Professionals Day!



Forestry Day at Blue Ridge Lumber



Spring Dance



Grad Dessert Auction

Vimy Ridge



Spring Dance Fun!



Marshall Cebuliak entertains the crowd at the Senior Supper



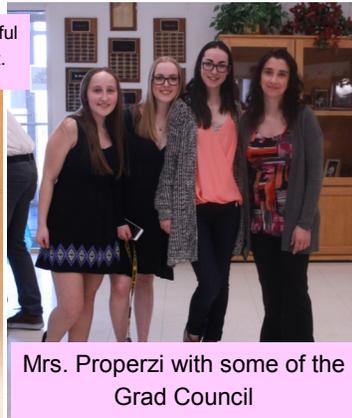
Pumped up for Spring Break



The Food Bank gave us this beautiful plaque to thank us for our support.



Mrs. Properzi with some of the Grad Council



Cheryl Li as the Easter Bunny



2017 School Council

