Hilltop Jr./Sr. High School



Student Art

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

> Telephone: 780.778.2446 Fax 780.778.8818 Website: hilltophigh.ca

Twitter: @ngpshth

Facebook: www.facebook.com/hilltophighschool

December 2018 & January 2019 Newsletter



Vorthours Cotoway
Vorthern Gateway
Public Schools

VOLUME 1, ISSUE 4

~ Inside this Issue ~

Exam Schedule	2
What's Happened	3
Encounters Canada	4
Drama Production	5
RAP	6
Grad News	7
Rock the Diploma	8
Gateway Academy	9
FOH	10
Student Services	11
Athletics	12
Clubs	13
Food Bank Competition	14
Surviving the Holidays	15-16
Library Events	17
Calendars	18-19
Gallery	20

Bell Schedule

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

Important Dates

Dec 3-6: Grad Photos Dec 21: Last Day of **Classes before Christmas**

Jan 7: First Day of **Classes following Christmas** Jan 23: Last Day of Classes before Exam Week Jan 31: PD Day

Feb 1: Semester 2 Starts



December has arrived, and with it, cooler temperatures and shorter days with less daylight. As you read this newsletter, we are just four weeks away from Christmas holidays. I would like to remind students that preparing for exams should be near the top of your priorities as we head into the Christmas Break. You will be thrust into the hustle of final exams shortly after your return to school. Diploma Exams begin on January 14th and school final exams begin shortly thereafter. It is hard to believe that we are nearing the end of the first semester.

As the holiday season approaches, I would like to take the opportunity to thank our students, parent/guardians and staff of Hilltop High School for your commitment to education. We have a great school because of our students, staff, parent community and the community at large. We thank you for the support of our school.

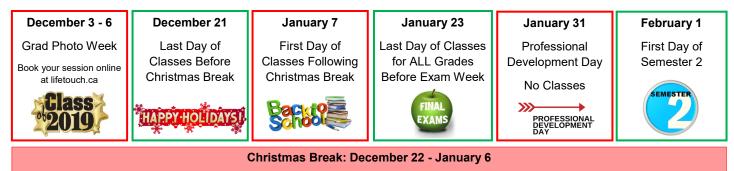
I would like to thank the parents who came out for Parent Teacher Interviews in November. If you were not able to make it and would like to talk to your child's teacher, please call the school to make an appointment.

I would also like to thank the parents who put their names forward for the Friends of Hilltop School Council. We have a strong executive who will provide feedback to administration on the operation of the school. Parents who have children involved in school sports should make note of an upcoming meeting on January 23 where the Friends of Hilltop will be looking for support to begin a Booster Club to develop fundraising efforts aimed at reducing sports fees. Please attend the meeting to learn how you can help lower sports fees at Hilltop.

On behalf of the school staff and administration, I would like to wish you and your family all the best as you head into the holiday season and a Happy New Year. Enjoy the Christmas break and all the season has to offer for time with family and friends.

Your partner in education, Brent Northcott Principal





We would like to wish our Hilltop families a very Merry Christmas and all the best in 2019! Enjoy the break!

Gr. 9 Options

December 3: First Day of Gr. 9 Options 3/6 **January 23**: Last Day Grade 9 Options 3/6 **February 1**: First Day Grade 9 Options 4/6 December 12: FLEX Day 2 English/Science/Other Tutorial
January 9: FLEX Day 1: English/Social/Other Tutorial
January 16: FLEX Day 2 - Math/Science/Other Tutorial

FLEX Days

Exam Schedule January 2019

*last day of classes for all grades January 23rd

Part A Diploma exams:

9:00 am	January 14 th	January 15th	January 23 rd	I
	English 30-1	Social 30-1	Math 30-1	
	English 30-2	Social 30-2	Math 30-2	
			Math 9 PAT Part A	

Exam Schedule:

	Thursday	Friday	Monday	Tuesday	Wednesday
9:00 am	January 24 th	January 25 th	January 28 th	January 29 th	January 30 th
Diplomas	English 30-1	Social 30-1	Biology 30	Chemistry 30	Physics 30 9:00 am
	English 30-2	Social 30-2			Science 30 1:00 pm
	English 10-1 Part A	Social 10-1 Part A	Math 10C	Biology 20	Chemistry 20
	English 10-2 Part A	Social 10-2 Part A	Math 10-3	Science 10	Social 10-1 Part B
	English 20-1 Part A	Social 20-1 Part A	Math 20-1	Science 14	Social 10-2 Part B
	English 20-2 Part A	Social 20-2 Part A	Math 20-2	Science 20	Physics 20
			Math 20-3		
			Math 30-3		
PAT Exams	Math 9 Part B	ELA 9 Midterm Part A	Science 9	Social 9	ELA 9 Midterm Part B
9:00 am					
12:27 PM	English 10-1 Part B		French	Social 20-1 Part B	
			FIERCH		
	English 10-2 Part B			Social 20-2 Part B	
	English 20-1 Part B				
	English 20-2 Part B				

Specíal Guest Speaker

It was a privilege to have Author Mike Cameron join us on November 1 to offer his inspiring presentation titled "Make Beautiful Sh*t Happen". Mr. Cameron started his presentation by stating that when he was young he was proud to be a bad a\$\$. Tragically, when his girlfriend Colleen was killed in a murder/suicide by an angry ex boyfriend, he was heartbroken and left redefining what it meant to be a bad a\$\$. He spoke of a triathlon he participated in with his 65 year old aunt, his Aunt came in last place and she knew she would. He mentioned how courageous it was to compete in an

event knowing full well that you were going to finish in last place, now that is bad a\$\$! The way we view strong is wrong, being strong is having the courage to feel our emotions. We must understand the emotions behind our decisions. Be logical and rational, although our decisions are often based on emotions, let logic influence your decisions instead. Colleen's murderer made a decision with permanent consequences based on temporary emotion. To prevent evil, we must understand our emotions in order to make better decisions, the why behind the what. No amount of training can prepare you for the hard moments in life or help you avoid the moments that suck. Embrace the suck, don't fight it. Mr. Cameron offered some helpful life strategies for our students; observe your emotions rather than react, practice empathy to others, find your talents, be a leader and stand up for others. Most importantly, redefine bad a\$\$ by learning to be a perfect combination of tough and tender. Colleens talent was making things beautiful, Mikes talent was to make sh*t happen, and together, they made beautiful sh*t happen. Thank you Mr. Mike Cameron for sharing your heartfelt and inspiring story with us and thank you to Whitecourt Family Violence Initiative for sponsoring many special guest speakers at Hilltop.



Students in Ms. Bezushko's Computers class have been producing some amazing banners for our community partners. Call the school at 780-778-2446 if you think we can assist you with making a banner for your business or organization.



Derrick Collins creates a banner for Wellsprings!



Hilltop Remembers

Thank you to everyone who respectfully attended our Remembrance Day service in November. We will never forget those who sacrificed their lives for our freedom and we thank those who continue to serve, protect and represent our country.

Lest We Forget

Yubetsu, Japan Visits Hilltop

HILTOF



It was a pleasure and honour to have students from Yubetsu, Japan visit Hilltop and share with us a

special musical drumming demonstration. After their presentation students introduced themselves and listed their favorite Canadian

foods, which included answers such as; maple syrup, smoked salmon, cheeseburgers and timbits. We gave every student a t-shirt and have sent them home as honourary Chargers.









Support Hilltop High School by saving your receipts from Boston Pizza. Every receipt you submit to us earns us 5% cash back towards student programming.



Dear Parents and Guardians,

Operation Education is a co-operative fundraising initiative that partners local schools with Boston Pizza restaurants in your community to earn cash back. Staff, students and families can dine at any Northern Alberta Boston Pizza and help their school earn 5% cash back on the pre-tax total of submitted receipts.*

- . Eat at Boston Pizza between Septembe and December 31, 2018
- 2. Save your receipts
- 3. Submit your receipts to the designated school representative by

It's as simple as eat, save, submit!

Contact your local Boston Pizza for more details.

*Valid for registered schools at participating NAB Boston Pizza locations. Only original receipts are accepted.





Our first participant of the year for the Encounters with Canada program was Declan Finan. Declan participated in the

Science & Technology program in Ottawa for a week in November. Declan spent some of his time touring the various sights in Ottawa, including the Parliament building, shopping centers, museums, and the Lockhead Martin Canada Mission Systems and Training Center, a military company that builds for NASA. He learned a variety of new skills in coding, soldering, and circuits and even



took part in naval ship virtual reality where he learned about making super computers on ships. Declan thoroughly enjoyed his time in Ottawa, a couple of his favorite experiences



world at the Parliament building and going to an Ottawa Senators hockey game. He enjoyed meeting many new people from all across Canada and even sampled a Beaver Tail, a delicious treat similar to a donut.

were seeing the fourth largest library in the



What is Kidsport?

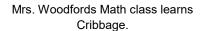
WHITECOURT

KidSport Whitecourt is a charity in our community that believes that no kid

should be left on the sidelines and that all kids should have the opportunity to experience the positive benefits of organized sport. We are one of 40 locally organized chapters in Alberta that provide grants to families who are facing financial obstacles and require assistance in paying their children's sport registration fees. To apply

see the office for an application. If you have questions please contact Mrs. Smith-Tomke, or The Town Of Whitecourt's, FCSS Program Coordinator at 780-778-3637 ext.417

KidSport Whitecourt is also looking for donations to help us help community youth. To donate contact Mrs. Tomke or The Town Of Whitecourt's, FCSS Program Coordinator at 780-778-3637 ext.417







Hilltop Bistro

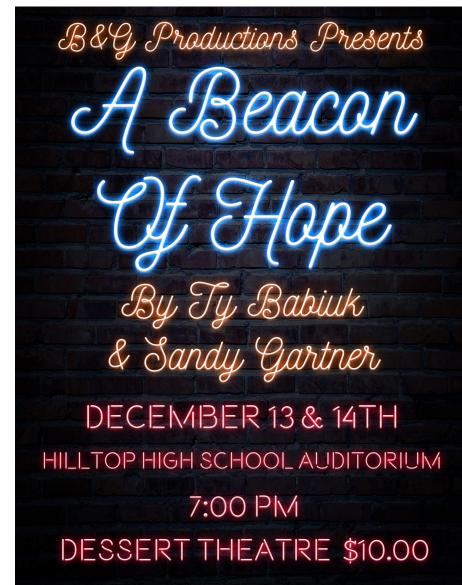


Open Daily

Hilltop Bistro cards are available to purchase from Mrs. Runge in room 503. Accepted payments of Interac, Visa, Mastercard or cash. Bistro cards are punch cards that can be used in place of cash at the cafeteria. These cards are available in \$10.00 and \$20.00 values. Bistro cards make a great gift idea.

Daily Lunch Special \$5.00 Small Chocolate Milk \$1.00 Large Chocolate Milk \$3.50 Milk 2 Go (Vanilla, Banana, Strawberry) \$2.50 Keurig Cup \$1.00 Cookie \$0.50 Loaf \$1.50 Muffin \$1.00

Square or Pastry \$2.00 Veggie Cup or Fruit Cup \$1.00 Jello or Pudding \$1.00 Pretzel & Hummus \$2.75 Sandwiches \$3.50 Yogurt Parfait (Peach, Strawberry, Blueberry) \$1.50 Cheese, Meat & Crackers \$3.50



RAP Scholarship

Congratulations to Hilltop Graduate Jack Schlosser, who was one of the recipients to receive a \$1000.00 scholarship at CAREERS: The Next Generation banquet in Edmonton for his participation in the Registered Apprenticeship Program. Well done Jack!



Whitecourt Parent Link kids spent one of their mornings getting pampered by our Cosmetology students, with new hair-do's, nail painting and face painting.



First Nations, Métis and Inuit (FNMI) Mrs. Smith-Tomke , FNMI Liaison Worker

Tansi, Abawashded

The festive season is upon us, and I am grateful for the volunteers and Santa helpers that we have in our community. I want to give a special thank you to those who organize the annual Christmas hampers, and also give a reminder that you can apply at **The Repeat Boutique** if you wish to receive a hamper this year. **Twice is Nice** has also provided gift cards for students that may have something special on

their wish list that they wish to shop for. Please come and see me if you are interested. I am continually amazed at the generosity of these organizations, and their committed volunteers.

This is the season for giving, and the most precious gift is your time. So volunteer, get involved, and always be grateful for the small things in life!



Hiy Hiy, Ish Nish

VOLUME 1, ISSUE 4	Page 6
Hilltop RA Hilltop High School Off Registered Apprent	-Campus Education
Ty ProkipchukAlberta Newsprint Company MillwrightImage: Colspanse of the second	Chase Wheeler KW Mechanical Heavy Equipment Technician
Sebastian Gallant Millar Western Electrician Orren Baxter Trican Heavy Equipment Technician	Caleb Tobin JBS Mechanical Heavy Equipment Technician
Kayden Deitz Whitecourt Transport Heavy Equipment Technician	Alejandro Aponte LB Energy Heavy Equipment Technician
Work Experience/Volunteer Opportunities Hilltop Bistro (Food Preparation) Pat Hardy (Reading Program)	Current RAP/Dual Credit Opportunities Glazier - All - West Glass Steamfitter/Pipefitter - Strike Welder - Strike Picker Truck Operator Heavy Duty Mechanic If you are interested in the Registered Apprenticeship Program stop in at the office and schedule a time to speak with Mrs. Van De Kerckhove
Tori Gould Paige Beuker Montanna Johns Fori Gould Paige Deuker Montanna Johns	h Care Aid Program isa Coffee isa
ryra Bandravala Kassidy Williama Hannah Ly	Ver Elita Whitehorse Pesirae Kiefer

Page 6



Grad 2019 Remind

Parents/Students please sign up to receive important reminders via text message regarding Grad 2019

Text the message @hthgrad19 to the number (587) 316-7407

Mrs. Keay has begun her one on one meetings with Grade 12 students. Please sign up on the sheet on her classroom door (room 302) to have your individual meeting.

Grad 2019 Parent Volunteer Opportunities:

Senior Supper (over 30 year Hilltop tradition) Winter/Spring Formal Dance Grad Ceremony Decorations Cake Auction Grad Banquet (only possible with many volunteers)



Grad Photo Week

December 3 - 6

HOW TO BOOK YOUR GRAD PHOTO SESSION

- 1. Follow the steps below for online booking
- 2. Go to Lifetouch.ca
- 3. Click on Prestige Grad Portraits > Get Grad Info
- 4. Click on Find a location near you
- 5. Click on Northern Alberta/Edmonton, AB
- 6. Click on Choose your location
- 7. Select Hilltop High School from the drop down menu

8. Locate your school by choosing Whitecourt, Alberta from the drop down menus and select Hilltop High School.

Grad News

9. Enter your students legal **name** (as it appears in PowerSchool) to receive an appointment code.

(write down your code)

- 10. Click on schedule your appointment
- 11. Verify your appointment with an email address (you will receive a confirmation email after booking)
- 12. Select your appointment **day**
- 13. Pick a time for your session
- 14. Confirm your session details are correct and click continue to choose your session package
- 15. Proceed to payment confirmation and provide your credit card details. (A standard deluxe session is \$20.00)
- 16. Print your session details and bring your confirmation to your appointment.

Consider viewing the Grad picture day checklist for tips on what to expect out of your Grad Photo session.

Important Days to Remember

Hilltop's 52nd Graduation Ceremony June 28, 2019 Time: 1:00 pm

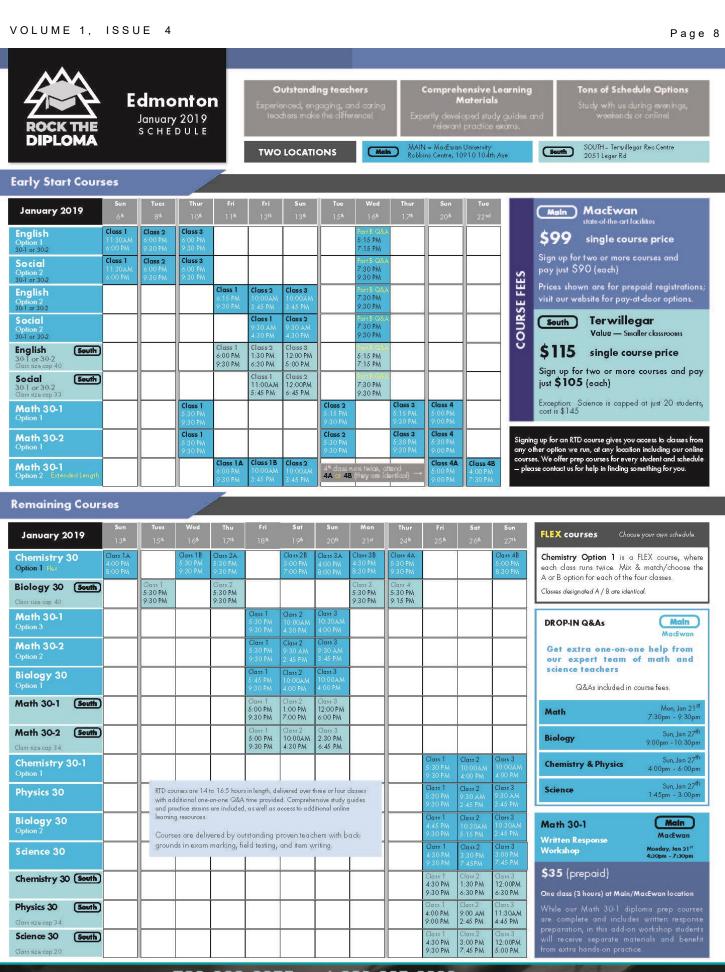
Grad Pictures December 3-6, 2018 Session Booking details TBA at a later date

> Grad Pictures Re-Take Day February 19, 2019

Your 2019 Grad Council



(Left-Right) Mikayla Tipler, Briana Kingdon, Jacob Davidson, Sadie Bounds, Jorden Albaya and Tanisha Gano - Murray



Classes fill up | Register today:

780-328-0955

1-888-665-8803

www.rockthediploma.com



<u>Gateway Academy – Whitecourt Campus News</u> (formerly called Storefront)

Hours of Operation Monday-Thursday 9:00 am – 3:30 pm Phone: 780 - 778 - 5865 Fax: 780-778-5683



Page 9

The coldness of winter, and the excitement and stress of the Christmas season has the capacity to distract us from our own personal goals and wellness. To combat the winter blues, Gateway has chosen to focus on Wellness through the month of December.

Gateway welcomes Jordan Veicht from Whitecourt's FCLP to offer a goal setting program, "My Why" Tuesday's from 10:30-11:30 for the month of December.

On December 11th at noon we will be hosting our annual Christmas luncheon. Please RSVP to Tammy @780-778-5865 if you'd like to attend.

During the week of December 17th-20th, we will have informative visits from a local nutritionist, a mental health therapist, as well as the lovely ladies from Wellspring will be back to offer sessions on Healthy Youth Relationships to our students.

Gateway Academy would gratefully accept donations of new slippers for students to wear as come January; we will soon have beautiful new flooring that we'd like to keep clean. Thank you for your kindness and support. Gateway Academy celebrated the last day of their two week Art Boot Camp by inviting friends and families to their phenomenal Showcase!

"It was absolutely beautiful to watch our student's families and friends attend our Art Show and see our student's vibrant creations. We celebrated with the most amazing meal, prepared by Chef Mercer and her crew at Hilltop High School. Wow!

Thank you to Deb Love, our artist in residence, and to everyone within Northern Gateway Public Schools who helped create this unique opportunity!

We are so very grateful for the financial contribution from Eagle River Casino to help pay for our painter. Our

school's main area was transformed into a beautiful new canvas for us to display our Art on. Our Art Show wouldn't have been the same without your generosity.— Maureen Kendall Gateway Academy Coordinator

Please see the Gallery on page 20 for a few pictures and check out Gateway Academy on Facebook for all the beautiful photos

Whitecourt Teen Centre

A place where you can be yourself!

Teen Centre Upcoming Events & Programs

Homework Support

Our University Student tutor is available every Wednesday to help study and complete homework from 4:30pm-6:30pm. Take advantage of free tutoring at the Teen Centre!!!

Girls Group

Girls Group is the **first Tuesday of the month** from 6:15-8: 15 pm A safe space for teen girls to build relationships and confidence. Girls Group is a support group where girls can discuss challenges and gain skills to navigate the pressures of their teen years.

Girls Group provides support as well as a creative outlet for teen girls.

- DIY Projects
- * Self-care activities
- * Baking
- * Yoga

* Painting

Please call the Teen Centre for more information. Teen Centre Manager & Youth Development Coordinator Alicia Smallwood (780) 778-6696

Flex Day Lunch @ the Teen Centre

December 12 Menu: Grilled Cheese & Soup Drop in for lunch and open access to the Teen Centre during the Flex Block & Lunch.

Teen Centre's Annual Christmas Feast

All teens welcome to enjoy Christmas at the Teen Centre on **December 14, at 4:30-9: 00 pm** Dinner & Christmas Cheer for all! Please sign-up in the Teen Centre or Call the Teen Centre to register In the spirit of giving, please consider bringing a non-perishable item to be donated to the food bank. Thank you :)

Volunteers needed for help cook and serve dinner at the Teen Centre.





Earn 5% profit grocery shopping at IGA and support Hilltop High School's Friends of Hilltop Parent Council.

EARN MONEY to pay for your student's school fees, grad garb, school sports and even school trips. When you purchase IGA grocery vouchers from the Remax office or at Hilltop's front office, 5% of your purchase is placed in an account just for you. It stays there until you need to access these funds to pay for any variety of school related expenses. Stop by or call the office for more details on how to sign up.



PROGRAM Operated by Friends of Hilltop Parent Council Society

BREAKFAST

Please support our program by donating bottles at the Whitecourt Bottle Depot. Mention they are for Hilltop High School.



VOLUNTEERS NEEDED!! The Breakfast Program is looking for helpers before the start of the school day to help with prep and serving of breakfast. Hilltop High School is not part of Breakfast Clubs of Canada and is run by 100% Parent Council Volunteers. Mrs. Bell has been graciously helping us while she is trying to run the Bistro, but definitely needs extra hands. If you can help at all – even one morning a week, please see her at the Bistro. Any students looking to fulfill needed volunteer hours this is a fantastic way to get them! Thank you in advance!!

<u>Thank You</u>

Wow! Thank you ANC for your generous donation of bottles to our Breakfast Program. Thank you Double Jae's Service for offering the use of your trailer for this huge haul! Thank you Friends of Hilltop for all that you do to encourage community partnerships and your continued student support. Remember, you can support Hilltop's Breakfast Program too, by taking your recyclable bottles to the Whitecourt Bottle Depot and mentioning you want to donate it to Hilltop.





Friends of Hilltop Parent Council 2018-2019 Friends of Hilltop Council Members Chairpersons: Tammy Dickson and Avy Fast Secretary: Joanne Merrifield

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

Treasurers: Niki Underwood and Judy Watson

EARN MONEY to pay for your student's school fees, grad garb, school sports and even school trips. Take advantage of the IGA gift cards sold by Friends of Hilltop Parent Council. When you purchase grocery vouchers from the Remax Office or at the school office--**5%** of your purchase is placed in an account just for you. It just stays there until you need to access these funds to pay for any variety of school related expenses.

IGA voucher cards are the **ONLY** fundraiser for Friends of Hilltop, other than bottle recycling to fund our Breakfast Program. Stop by or call the office for more details.

SPORTS FEES SQUEEZING YOUR WALLET??

We will be facilitating a new committee for families looking



to supplement school sports fees. Join us for a information meeting **January 17, 2019, 7:00 pm** in the auditorium to learn all about it! Mrs. Trebilcock

Mrs. Smith-Tomke

Student Services Newsletter

Our Student Services Team works diligently to support our student's social, emotional, career and academic needs. Opportunities for students are communicated through weekly announcements, newsletters and through Hilltop's Social Media. Students are invited to drop into our Student Services area for support or to see Ms. Trebilcock or Mrs. Smith - Tomke for an appointment.

alis.alberta.ca

Are you undecided about a career? One of the best web sites for Career Planning, Education and Employment is www.alis.gov.ab.ca. It also includes information on financial assistance.

Applying for Post-Secondary

Most schools accept applications from October 1st onward. Do not delay. Receiving an offer of acceptance can take a long time. Remember, once you have applied, you must periodically update the post-secondary institution via your online account.

RAP - Registered Apprenticeship Program

If you are interested in a RAP position and would like to find out more information, please see Mrs. Van De Kerckhove in the front office.

Work Experience Are you a student who is currently employed? Have you signed up for work experience? You can earn up to 15 credits towards your high school diploma. Completion of HCS 3000 course modules is mandatory.

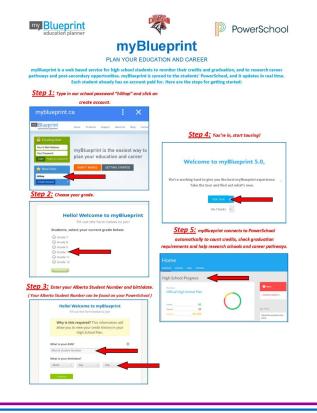
Former Hilltop students looking for transcripts will need to sign up for MyPass. (See instructions below) Students needing their Alberta Student Numbers should contact Alberta Education directly at 310-0000 or online at learnerregistry.ae.alberta.ca.

Blueprint education planner my

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.

For more information: hilltophigh.ca / parents and students tab.





MYPASS.ALBERTA.CA

To access your records after writing a diploma, you will need to have a myPass.alberta.ca account established. **GRADE 12 STUDENTS MUST SIGN UP FOR MyPass**

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

How to sign-up:

1. Go to mypass.alberta.ca

2. Create a login using "Sign me up, I'm new!" Do not use your @ngps.ca email. A confirmation link will be sent to your personal inbox.

3. Click on the confirmation link in your inbox. Confirm your birthdate and Alberta Student Number. You can find your ASN at https://extranetapp.learning.gov.ab.ca/learnerRegistry/forms/

4. Using a button on the subsequent screen, request that a secure verification code be mailed to your home via post. It should arrive within two weeks.

5. Upon receipt in the mail, login and enter the code. It will expire. Act promptly.

6. You will now have access to all of your academic records.



Athletics

Be a Charger...Take Charge!



Basketball

Sr. Basketball Important Dates

Nov 30 & Dec 1: Edson (girls only) Dec 5th- HOME league game vs. Edson 4:00 pm Dec 7th/8- Edson (boys & girls) Dec 12th- Away league game vs. Mayerthorpe Dec 14/15- Hinton (boys only) Jan 9th- Away League game vs. Hinton Jan 11/12 - Barrhead (boys & girls)

Sr. Girls Basketball Roster

Coaches: Michel St. Louis and Derek Schlosser Manager: Katrina Zack

> Tanisha Gano- Murray Ashley LaValley Brekkon Bowes Alyssa Borg Emma Schlosser Areanna Fast Bayley Fast Kristen Cook Charmayne Gervais Hailey Weesemat Jenna Merrifield Madison Molho Maren Hadley Meagan Locke Falyn Iggulden

The CATS Football team had another great run this year, making it to Provincials before their season came to an end. Great job to all CATS players and coaches!



Basketball

Jr. Basketball Important Dates

January 11 & 12: Home Tournament (boys & girls) (co-hosted with St. Joes)

January 25 & 26 : Holy Redeemer (boys & girls)

Sr. Boys Basketball Roster

Coaches: Dwayne Dibben and Damon Deacon Manager: Charlotte Blain

> Cody Newman Mason Wilson Cruz Wheeler Jared Mott Ethan Schar Jacob Oldford – Roszko Brady Newman Dillan Stewart Aaron Wilde Ryan Borg Kevin Blain Samuel Ottley Corbyn Beck Jaden Dibben Ben Rhodes

Volleyball Season Results

Zones: Jr. Boys: Bronze Jr. Girls: 4th place

GCAA: Sr. Boys: Bronze Sr. Girls: Bronze

Final Standings Sr. Boys: 6th place Sr. Girls: 4th place





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 curi-

ous 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!

Climate Change Video Contest

The national FOCUS! Climate Change Secondary (Grades 8-12) Video Contest returns for a second year.

Last year more than 400 students from 80 schools across 8 provinces combined their talents and imaginations and submitted over 160 films. Through stop animation, live action, image-driven story-telling, and documentary techniques, Canadian youth produced both haunting and hopeful narratives for our future. The films were simply jawdropping for their creativity and teachings. Winning films from last year, as well as a new resource library of student made films for teachers and students, can be seen on our website.

The contest invites students in Grades 8-12 (individually or in teams of up to 5 members) to make a short video (maximum 5 minutes) about climate change. Full details are available on our website at https://kimberley-foundation.org/focus-main-page .

Fantastic prizes (1 grand prize of \$5,000 + \$2,500 for the school, and 3 additional prizes for best creativity, best technical realization and best science communication each valued at \$2,5000 + \$2,000 for the school) can be won. In addition, the overall prize package includes a trip to Vancouver in May 2019 for a public screening of the winning films.

Our website has a specific section dedicated to new innovations, climate change news, and various other resources to learn about climate change (facts, websites, active organizations) which we hope can also be a useful learning resource.

For your information, the Kimberley Foundation is a charitable not-for -profit organization registered in the Province of British Columbia whose aim to is to support unique, self-directed learning experiences that will help change the world.

The deadline for video entries is March 4, 2019.



School Reach

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.



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

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

Attention Parents

All students courses, assignments, grades and attendance are available live on Power School and can be viewed at any time. If you have not signed up for Power School, or are having difficulty signing in, please contact the front office and we will help get you started at 780-778-2446. If you have no access to internet you are welcome to stop in to the Learning Commons and access Power School through our internet. Power School is also available as an app for smart phones.

Parent/Guardian Reminder

* If a student is going to be late or absent for any reason, a parent or guardian must notify the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours

* Please remember that ALL students must be signed out by a parent/guardian when leaving the building for any reason, including in the event of an emergency or evacuation. Students can be signed out by a parent/ guardian either in person or by calling the school at 780-778-2446.

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

* Please contact the school to verify your contact information or if you need to make any changes.

We appreciate your cooperation



Bring non-perishable food items such as:

- Canned food
- cereal
- Pasta
- Toiletries
- Diapers

Grade Level Bins will be placed in the front entrance -

Points will be awarded for each item – the grade with the most items will win Donuts!







School Fees

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

YEARBOOKS

We still have 2017-2018 yearbooks available to purchase for \$25.00 each if you did not receive one. A reminder to Grads of 2018 to please pick up your yearbook at the office if you have not already.



ool Cash Simplified



Getting Through Christmas When You Want to Hibernate Until January

With the Christmas season upon us, I find traditional images of the holidays are often too optimistic and too perfect. We see cozy, cheerful, tastefully decorated homes, surrounded by white, pristine snow, with happy, well-dressed families gathered around a table sharing a large dinner cooked to Instagram perfection.

Unfortunately, life can sometimes be so complex and messy that it's impossible to guarantee a picture perfect Christmas. And yet, every year, we still expect it. We work hard planning, baking, decorating, expecting a fun, pleasant, relaxing Christmas and end up with a chaotic and stressful one. Not to mention, all the expected cheer and merriment of the holidays can shine a spotlight on whatever stresses, losses, or other challenges we might be facing. For some of us, we would rather stay under the covers and wake up in January! It's extremely difficult to be going through a tough time when everything around us looks like a Hallmark movie. Though the instinct maybe to hibernate until it is over, it is not practical or healthy!

When I looked at my social circle, I realized there are many who are going through horrible, trying times: cancer, death of a child, divorce, bankruptcy, moving away from friends and family, and job loss. I inquired as to how they manage the season of "joy" when their situation seems anything but joyous. This is a summary of what I learned from them:

1. Have a "Survival Plan":

a) Give yourself permission to say no to any social event or expectation that you feel will drain you.

b) Gracefully back out of a commitment you made when you were feeling good, but then realized on the day of the event, you no longer have the stamina to attend.

c) Limit how much you are willing to participate in events. Perhaps you can attend for an hour, and leave early? Will you come to the potluck, but only bring store-bought items and rather than stressing out about bringing something homemade?

d) Create a code word with your significant other so that once you have reached your ability to cope, you can communicate your need to leave with your partner quickly and easily.

2. When going through dark times, our first inclination is to shut people out. That is the worst thing to do. Remember, you are not alone, so try to surround yourself with supportive friends and family.

3. Do not be afraid to invite someone who is grieving or has experienced a loss (even if the loss was years ago) to an event. Ask if you can pick them up and stay with them throughout the event for support. Bereaved parents, in particular, almost always struggle at Christmas time, even if it has been years since their child has passed. From the bereaved parents I know, this is what they tell me: Talk about their child, share your memories, say their child's name. Don't be afraid if they cry. It is like a balm to the grieving person's soul.

4. Do something different – go away or visit a different relative, or perhaps friends. By changing your routine you won't have the same memory triggers.

5. Don't push yourself beyond what you feel able to do. Stress, bereavement, tragedy sickness, it is all exhausting. Remember to get enough sleep and don't feel you have to do everything you used to. For example, email a Christmas message to friends instead of writing cards. They will understand.

6. Use the Christmas tree as a place to hang special mementoes, or photos or letters. You could also have a candle in a corner of a room to burn throughout Christmas, perhaps beside a special photo.

7. Buy yourself a gift from the loved one that you are grieving – something he or she would have wanted you to have.

8. Keep traditions. Or lose them. Give yourself permission to keep or toss whatever doesn't feel right this year. This doesn't mean you'll never take up those traditions again. But maybe a change of pace is necessary, if only for this season. And maybe, you'll find a new tradition that honors your loss that you will want to keep around for years to come.

9. Make self-care a priority. Take a break from social media, and the perceived "perfect" families and "perfect" Christmases. Nourish your body with nutritious food. Get outside, if even for a short walk or a breath of fresh air. Take a relaxing bath to de-stress. Schedule some time with your therapist so you have a safe person who can help you navigate ups and downs of the holidays. Escape in a good book, or a binge-worthy Netflix show. Wrap yourself in a warm blanket and cuddle with your pet.

10. Write a letter to the ones you missing this Christmas. Whatever it is that you wish you could have said to them — go ahead and say it. Even if they'll never have a chance to read it.

11. Allow yourself to feel all the feelings of the holidays - the good and the bad. Sometimes we think that because we are mourning, or we are going through a very difficult time, we should not laugh, smile or otherwise feel merry. But the truth is, we need to smile when we want to smile, and laugh when we find joy. The presence of joy does not take away the sadness we are also feeling. It merely indicates that we are indeed still alive, still human, still standing.

The holidays don't have to be perfect, families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones. Stick to your budget so you do not create more stress. You can't buy happiness with an avalanche of gifts. Rather, donate to a charity in someone's name, give homemade gifts or start a family gift exchange. If you feel lonely or isolated, seek out community, or any other social events. They can offer support and companionship. Volunteering your time to help others can lift your spirits and broaden your friendships. You can make it through the Christmas season with generous self-compassion and kindness. Even during hard times, you have a choice about what you think and how you respond. My hope for you is that you will even discover some magical moments of joy this holiday season.



This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of whom are teenagers.



Events Calendar for: December, 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	Merry Chríst	Merry <mark>Chrístmas f</mark> rom <mark>us to you</mark>	to you 🔪	w.t		French Storytime (10:30-11:30 am) Family Movie (1—3 pm) French Kids Book Club (2-3 pm)
2	3 Toddler Time (10:30 - 11:30 am)	4	5 Storvtime (10:30—11:30 am)	9	7	8 Storvtime (10:30-11:30 am)
			Homeschool Group (1:30-2:30)			
		ESL (6:30-8 pm) Sassy Stitches (6:30—8 pm)		French After-school Homework Help (4-5 pm)	Basic Spanish (4:30-6 pm)	Family Movie (1 pm)
6	10	11	12	13	14	15
	Toddler Time (10:30 - 11:30 am)	La Leche League (My Baby and Me) (9:30-10:30 am)	Storytim e (10:30-11:30 am)		French Storytime @ Daycare Centre (10-11 am)	Storytime (10:30 - 11:30 am)
				French After-school		Family Movie (1 pm) Adult Art Therapy (2-4 pm)
		ESL (6:30-8 pm) Sassy Stitches (6:30-8 pm)		Homework Help (4-5 pm)	Basic Spanish (4:30-6 pm)	
16	17	18	19	20	21	22
		ESL (6:30-8 pm)		Family Caroling - ALL AGES		Family Movie (1—3 pm)
		Sassy Stitches (6:30-8 pm)		(6-7:30 pm)		
23	24	25	26	27	28	29
Adult Book Club (2 pm)	Library Closed	Library Closed	Library Closed			
30	31			Teen Movie (6-7-30 nm)		
	Library Closed					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ď	ecember	er 2018	18			-
2	3 Day 1 First Day of Gr. 9 Options 3/6 Grad Dictures	4 Day 2	5 Day 1 Sr. Basketball Home Game 4:00 pm	6 Day 2	7 Day 1 Sr. Basketball Tournament Edson (boys & girls)	8 Sr. Basketball Tournament Edson (boys & girls)
c	2000		id Pictu			L L
n	10 Day 2	11 Day 1	1∠ FLEX Day 2 English/Science/Other Tutorial	1 3 Day 2	14 Day 1 Sr. Basketball Tournament Hinton (boys only)	1 5 Sr. Basketball Tournament Hinton (boys only)
16	17 Day 2	18 Day 1	19 Day 2	20 Day 1	21 Day 2 Last Day of Classes Before Christmas Break	22
23	uo	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve	Merry Christmas and Happy New Year! Christmas Vacation: December 24, 201	Merry Christmas and Happy New Year! Christmas Vacation: December 24, 2018 – January 7, 2019	y 7, 2019		

Monday		Wednesday	Thursday Welcome back, hopefull	Thursday Friday Welcome back, hopefully your holiday was a restful one.	Saturday ul one.
January		ת	${f B}$ est of luck to all studer	${f B}$ est of luck to all students as you write your Diploma and Final Exams.	ima and Final Exams.
	1 New Year's Day	2	ę	4	Ω
7 Day 1 First Day of Classes following Christmas Break	8 Day 2	9 FLEX Day 1 English/Social/Other Tutorial	10 Day 1	11 Day 2 Sr. Basketball Tournament Barrhead (boys/girls) Jr. Basketball Tournament (Hilltop)	12 Sr. Basketball Tournament Barrhead (boys/girls) Jr. Basketball Tournament (Hillhoo)
14 Day 1 Diploma Exams Eng 30-1 Part A 9:00am Eng 30-2 Part A 9:00 am	15 Day 2 Diploma Exams Social 30-1 Part A 9:00am Social 30-2 Part A 9:00am	16 FLEX Day 2 Math/Science/Other Tutorial	17 Day 1	18 Day 2	6
21 Day 1	22 Day 2	23 Day 1 Last Day of Classes Gr. 9-12 Last Day Gr. 9 Options 3/6 Diploma Exams Math 30-2 9:00am Math 30-2 9:00am	24 Gr. 9 PAT Exams Diploma Exams Eng 30-1 Part B 9:00am 9:00am 9:00am	25 Gr. 9 PAT Exams Gr. 9 PAT Exams Diplona Exams Social 30-1 Part B 9:00am 9:00am Jr. Basketball Jr. Basketball Tournament (Holy Redeemen)	26 Jr. Basketball Tournament (Holy Redeemer)
28 Grade 9 PAT Exam Week Diploma Exams Biology 30 9:00am	29 Diploma Exams Chemistry 30 9:00am	30 Diploma Exams Physics 30 9:00 am Science 30 1:00pm	31 Professional Development Day No Classes		

