



“A great place to LEARN...and more!”

# Hilltop Jr./Sr. High School



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## February 2022 Newsletter

VOLUME 13, ISSUE 5

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Welcome to Semester 2. We are now at the halfway point of the year. Sr. High students will have new classes beginning February 1. Grade 9 students will change options and one of their classes as English and Math run all year.

As we move into Semester 2 I would strongly encourage students to remain vigilant in their studies. I would also encourage parents to continually check the Parent Portal for up-to-date marks and attendance. When students fall behind in their studies, the best opportunity they have to catch up is during FLEX. FLEX is not optional for students who are nominated. Students who miss FLEX will be required to serve an in-school suspension.

We are still under the provincial Covid rules. We would like to thank students and staff for the continued compliance of Covid protocols. We take the safety of our staff and students very seriously at Hilltop and we will continue to ensure we provide the safest conditions for our students and staff as the pandemic continues. Students are expected to arrive at school with a mask and to sanitize upon entry to the building. It is also important to contact the school if your child is going to be away or late. Adult visitors to the building are now required to show proof of vaccination with a QR code, or proof of a rapid test within the last 72 hours.

We are hoping we will not have to move students online, but we are also prepared if the need arises. If classes reach a threshold of 40% of students away with Covid, we will consider moving the class online. Also, if we have a rapid rise of cases within 48 hours, we will consider moving a class or grade online. As we have done throughout this pandemic, we will connect with parents if there is any change in student programming

Students have a couple of long weekends during February. There is no school on February 10 and 11. On these two days, teachers are attending the North Central Teachers' Convention where they learn about the latest techniques in education. The Convention has moved online again this year. There is also no school on February 21 due to the Family Day holiday. Enjoy this day with your families.

Your partner in education,  
 Brent Northcott  
 Principal

#### Important Dates

- Feb 1:** Semester 2
- Feb 10/11:** Teachers' Convention
- Feb 16:** FOH Meeting 7pm
- Feb 17:** Grad Picture Retakes
- Feb 21:** No School - Family Day
- Feb 23:** Pink Shirt Day
- Feb 24:** Career Expo

#### 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



Student Art

# NEWS AND EVENTS

 <p><b>February 1</b> First Day of Semester 2</p>	<p><b>February 10 &amp; 11</b> Teachers' Convention No School</p> 	<p><b>February 14</b> Valentines Day</p> 	<p><b>February 16</b> FOH School Council Meeting 7pm</p> 
 <p><b>February 17</b> Grad Picture Retakes</p>	<p><b>February 17</b> Random Acts of Kindness Day</p> 	<p><b>February 21</b> Family Day No School</p> 	<p><b>February 23</b> Pink Shirt Day</p> 

**Introducing ngpsTALK!** A space where parents, students, staff and community members can share their ideas and feedback on a variety of topics affecting our school division.

*Your voice is important!* ngpsTALK is a new online forum we are using to connect easily and regularly with our communities. Register once and you're all set to participate in any/all discussions. Check it out and register today at [ngpstalk.ca](http://ngpstalk.ca). (more info on page 3)

### Attention Parents/Guardians

- \* All students courses, assignments, grades and attendance are available live on Power School and can be viewed at any time. If you have not signed up for Power School. Power School is also available as an app for smart phones.
- \* If a student is going to be absent for any reason, a parent or guardian must notify the school at 780.778.2446. Please use our answering machine if you need to call before or after school hours
- \* Please remember that **ALL** students must be signed out by a parent/guardian when leaving the building for any reason, including in the event of an emergency or evacuation. Students can be signed out by a parent/guardian calling the school at 780-778-2446.
- \* If there is no call or notification of a students absence from a parent or guardian then it will be considered **unexcused** and an automated call will go home that night. Please be advised if our system has rejected your phone number due to a cancelled landline, we will use the next available phone number (ex: cell phone number)

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

We appreciate your cooperation

### LOCKERS

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

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

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

**NOW AVAILABLE**

Make online payments with SchoolCashOnline

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

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

**2021-2022 School Fees**

**School Fees**

CTS Fees, school fees, sports fees and grad fees are all available to pay on [schoolcashionline.ca](http://schoolcashionline.ca).

Please check your account regularly to make sure you don't have any outstanding fees on your account.

**\$ 31.50 Technology Access Fee (mandatory)**  
**\$ 2.00 Locker Fee (mandatory)**  
**\$ 25.00 Yearbook (optional)**

**Log in at [ngps.schoolcashionline.com](http://ngps.schoolcashionline.com)**



Learning for life. Together.



Dear Parents/Guardians:

We are excited to share with you our new engagement platform **ngpsTALK**.

Northern Gateway Public Schools is excited to introduce a new platform, ngpsTalk, where stakeholders (students, staff, parents, community members) will have the opportunity to offer ideas, feedback and stories of their experiences and thoughts regarding schools and education. It allows students, parents, staff, community members to add their voice to support the work of our schools.

In order to access the ngpsTALK platform, you must register and have a login. We are encouraging staff, students, parents, and community members to register and participate in our current and upcoming projects.

The registration process is as follows:

- 1) go to [ngpstalk.ca](http://ngpstalk.ca)
- 2) click the register now button
- 3) fill in the short registration form
- 4) confirm your registration through an email sent to your inbox

Once confirmation is complete you are able to log in and participate in the active engagements.

Our first engagement is titled *What makes your school community shine?* In the spirit of the new year, we are kicking things off with a "feel good" discussion aimed at celebrating our schools.

**If you could only pick one thing, what is the one thing you would say makes your school community shine?**

We look forward to sharing your submissions and celebrating each and every one of our school communities!

As part of the registration drive, we are offering prizes to those who sign up.

- 1 'Family Fun Pack' prize per school community (all parent and community registrants names are entered into the draw; not students)
- 2 Grand Prizes which are new touchscreen Chromebooks (all registrants names are entered into the draw including students)

There will be promotional material and a school newsletter article coming out in the next few days regarding this. Please watch social media for more.

**Your voice is important! Register today to join the conversation - LET'S TALK!**

Northern Gateway Public Schools

**February 24**

The primary goal of the Career and Education EXPO is to showcase employment and career opportunities available within our region, with the hope that youth and job seekers will choose to either stay or return to this region for work, contribute to our local rural economies, and address regional labour supply and demand opportunities/challenges.



**ATTENTION JOB SEEKERS & STUDENTS**

**ALL PUBLIC  
ARE WELCOME**

# CAREER & EDUCATION EXPO

**THURSDAY, FEBRUARY 24**

**9:30 AM - 3:30 PM**

**GO TO [EVENTBRITE.CA/E/208708632137](https://www.eventbrite.ca/e/208708632137) TO REGISTER ATTENDANCE**

**FREE VIRTUAL EVENT**

### FOR MORE INFORMATION

Kristy Tuts  
Workforce Consultant  
Phone. 780-268-4756  
Email. [kristy.tuts@gov.ab.ca](mailto:kristy.tuts@gov.ab.ca)

**[WWW.CAREERANDEDUCATIONEXPO.CA](http://WWW.CAREERANDEDUCATIONEXPO.CA)**

**VIEW  
DEMONSTRATIONS  
AND  
PRESENTATIONS**

**FIND  
EMPLOYMENT  
OPPORTUNITIES!**

**GET  
CAREER  
INFORMATION**

**#YZUEXPO**



# HEALTH AND SAFETY

**COVID-19 INFORMATION**

**COVID-19 ALBERTA HEALTH DAILY CHECKLIST  
(FOR CHILDREN UNDER 18)**

**Overview**

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has received a message from Public Health indicating that they are a case<sup>4</sup> of COVID-19 or if your child has tested positive on a [rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

**Screening Questions for Children under 18:**

1. <b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
<b>If child answered "YES" AND they are NOT fully immunized<sup>5</sup>:</b>		
• Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms		
<b>If child answered "YES" and they are fully immunized<sup>5</sup> proceed to question 2:</b>		
<b>If child answered "NO" to question 1, proceed to question 2</b>		
2. <b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b>		
• If the child is fully immunized <sup>5</sup> they are required to isolate for 5 days from onset of symptoms or until symptoms resolve <sup>3</sup> whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) <b>OR</b>		
• If they are NOT fully immunized <sup>5</sup> , they must isolate for 10 days from the onset of symptoms or until they resolve <sup>3</sup> whichever is longer <b>OR</b>		
• Until symptoms resolve <sup>3</sup> if they receive a negative PCR COVID-19 test <b>OR</b>		
• Until symptoms resolve <sup>3</sup> if they receive two negative rapid antigen tests, with at least 24 hours between tests		

<sup>3</sup> Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication  
<sup>4</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)  
<sup>5</sup> A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series



• They can use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

**If the child answered "NO" to all of the symptoms in question 2, proceed to question 3.**

3. <b>Does the child have any new onset (or worsening) of the following other symptoms:</b>		
<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes/conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes/conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis</b> (commonly known as pink eye)	YES	NO
<b>If the child answered "YES" to ONE symptom in question 3:</b>		
• Keep your child home and monitor for 24 hours and consider giving child an <a href="#">at-home rapid test</a> . If the test is positive or negative see below for further instructions.		
• If <a href="#">at-home rapid testing</a> is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.		
• If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use an <a href="#">at-home rapid test</a> if available or the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.		
<b>If the child answered "YES" to TWO OR MORE symptoms in question 3:</b>		
• Keep your child home		
• Use an <a href="#">at-home rapid test</a> if available or use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.		
<b>For at-home rapid testing result instructions for those without symptoms:</b>		
• If an <a href="#">at-home rapid test</a> is done and is negative, they can return to school and activities as long as they remain asymptomatic.		
• If <a href="#">at-home rapid test</a> is positive, the child is required to isolate as outlined above for <b>question 2</b>		
<b>If the child answered "NO" to all questions:</b>		
• Your child may attend school, childcare and/or other activities		

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.



## PLEASE STAY HOME WHEN SICK

Please view [NGPS.CA](#) for the most recent information regarding Covid-19.

There you can find the Back to School Plan which includes documents on Guidance for Respiratory Illness Prevention, the Alberta Government School Year Plan and the Daily Health Checklist.

All staff, students and guests must complete the Daily Health Checklist before entering the building.



# HAPPENINGS AT HILLTOP

Back in December, we were thrilled to be included in the World Junior Chamionship Trophy Tour. Our students were so excited to see it! Taking selfies and pointing out names like Sidney Crosby, Shea Weber, Corey Perry and Mike Richards. Thank you to Whitecourt Minor Hockey for including us in the tour.



## Fashion Fun

Fashion students have completed their first project, pajama pants! The process included everything from creating the pattern to dying the fabric to sewing them together. Great job!



## Chargers Charge in Science

Mrs. Longs

Science 9 students learned about static electricity using simple experiments with balloons and charging rods to put their tin can into motion.



STATIC ELECTRICITY



## Highlights from the Holidays at Hilltop



Before Christmas staff and students participated in a number of holiday fun activities including theme days, a pancake breakfast and a holiday dance. Here are some highlights from the last two weeks of December.



# HAPPENINGS AT HILLTOP

## Hilltop Alumni Spotlight

### Featuring Carson Rumberger

Carson graduated high school in 2015 and played on the senior volleyball team in grade's 10, 11 and 12. He was the captain in Grade 11 and one of the captains in Grade 12.

Carson has coached volleyball teams in the past, but this year was his first time coaching volleyball at a high school level.

Carson attended college at NAIT in Edmonton starting in 2017 and graduated with a Bachelor of Business Administration Degree with a focus in Accounting in April of 2021. Carson tried out for NAIT's college volleyball but unfortunately did not make the team. Instead, he played in a competitive recreation league at MacEwan University for three years and on a competitive team with the Edmonton Sports & Social Club for two years.

Since December of 2021, Carson has been working for Metrix Group LLP in Whitecourt, doing personal and corporate taxes, as well as a bit of bookkeeping and reviews. He will be beginning his CPA program in January of 2022, with the intent to be completed by September 2024.



Hilltop Media students held an inhouse photography contest to create a Christmas themed Bokeh image. Congratulations to the winners;

**First Place: Simon Puddicombe**

**Second Place: Grace Charko**

*What is Bokeh?*

*Bokeh is defined as "the effect of a soft out-of-focus background that you get when shooting a subject, using a fast lens, at the widest aperture, such as f/2.8 or wider." Simply put, bokeh is the pleasing or aesthetic quality of out-of-focus blur in a photograph.*



## Local Writer Wins

Congratulations to student **Makayla Beaner** whose story "Ghost" won in the Whitecourt Writing Contest under 16 category. Great job, Makayla!



Thank you to Mr. Garett Wardley with the Whitecourt Associated Ambulance for speaking to our students about what it takes to become a Paramedic after high school. We appreciate your expertise.



# ATHLETICS

**Be a Charger,  
Take Charge!**

## Upcoming Basketball Dates

*\*all dates subject to change*

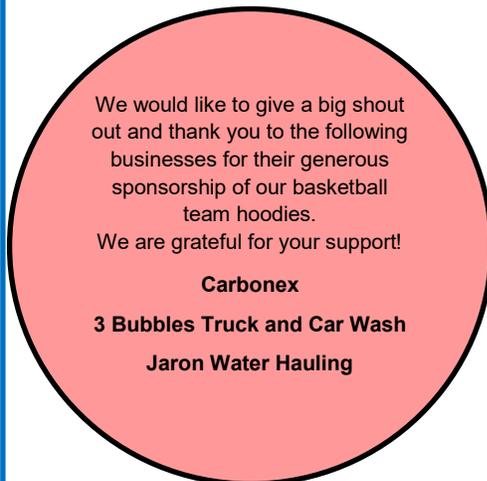
- Feb 3:** JV Boys vs Frank Maddock
- Feb 5:** Sr Girls & JV Boys @ Mayerthorpe
- Feb 7:** Gr 9 Girls vs St Joes
- Feb 11 & 12:** Sr Girls Home Tournament
- Feb 15:** Sr Girls & Sr Boys @ Mayerthorpe
- Feb 16:** Gr 9 Girls Away
- Feb 17:** JV Boys @ Onoway



### Basketball Tournaments

Hilltop **Sr. Girls** Basketball will be hosting a tournament on **February 11 & 12, 2022.** The event will be live streamed on the Hilltop website.

*Watch the website for additional details on Charger Basketball.*



We would like to give a big shout out and thank you to the following businesses for their generous sponsorship of our basketball team hoodies.

We are grateful for your support!

**Carbonex**

**3 Bubbles Truck and Car Wash**

**Jaron Water Hauling**

### Sr Boys Basketball

- Sidney Bird
- Kohin Prystupa-Switzer
- Dawson Henault
- Elriel Roman
- Zach Merrifield
- Branden Shields
- Tristan Mindus
- Sean Tapp
- Luis Miranda
- Grayden Turcotte
- Dwayne Palisoc
- Karson Wilson
- Cohen Paul

### Sr Girls Basketball

- Kaycie Turcotte
- Rain Gibbs
- Cassidy Gervais
- Karma Gibbs
- Emily Hay
- Renee Gray
- Mikaila Ridland
- Alexa Rodominski
- Nhu Nguyen
- Madeline Blain
- Taylor Cartwright

### JV Boys Basketball

- Carson Wittmann
- Kodan Whitehorse
- John Pilgrim
- Tristan Wold
- Hunter Stuckless
- Bo LaValley
- Frank Martens
- Christopher Layton
- Cohen Romanchuk

### JV Girls Basketball

- Rylee McKennitt
- Tegan McKennitt
- Ava Machuk
- Avery Andruski
- Jordynn Favreau
- Yara James
- Emma Layton
- Kyleigh Baxter
- Rebecca Birtles
- Myah Heisler
- Abby Bryant
- Kyla Barry

### Jr Girls Basketball

- Payton Baker
- Brianna Dixon
- Kyla Johnson
- Jayda Robinson
- Ainsley Andruski
- Trinity Cairns
- Autumn Zsiros
- Sapphyre Brown
- Dane Seward
- Tori Steiger-Saviri
- Jenessa Underwood
- Mackenzie Chartrand
- Gianna Evans
- Lauren Davio
- Laura Mosher
- Georgia Harper
- Abby Sanderson
- Sidney Ross



### 2022 RECREATIONAL TEAMS!



We are very excited to be offering an opportunity to players who for whatever reason did not join a competitive team this season. We are offering 2 recreational teams to develop skills and have some fun playing volleyball. Practices will be once a week with intersquad games when possible with 2 qualified coaches per team for a cost of \$100.

- We will be offering two teams:
- 13-14U girls - Monday practices
- 14-18U boys - Sunday practices

### Becoming Player X

RED DEER – Hockey Alberta has partnered with the House of Leaders to offer an exciting education-based program focused on developing young leaders.



Becoming Player X is a remote learning, three-credit high school course available to students currently in grades 10-12. Those registered with Hockey Alberta are eligible to participate at no cost.

Players considering taking the course need to be registered by February 1. The course begins February 7.

For more information visit [becomingplayerx.com](http://becomingplayerx.com).

# OFF-CAMPUS EDUCATION

## VIRTUAL SESSIONS

TAKE ON THE FUTURE AND LEARN FROM ALBERTA INDUSTRY EXPERTS

**November 20** • **ICT/Forestry**  
(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

**February 10** • **ICT/Forestry**  
(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

**February 16** • Forestry

**February 24** • ICT/Forestry  
(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

**March 1** • Agriculture - Plant Systems

**March 8** • Scaffolding

**March 17** • Automotive/Mechanical  
(YOUNG WOMEN IN TRADES AND TECHNOLOGIES)

**March 23** • Mechanical Trades

**April 5** • Service Trades

**April 20** • Pipe Trades

**May 10** • Information and Communications Technology

**May 17** • All Opportunities/Summer Internships

### CALENDAR



[careersnextgen.ca/events](https://careersnextgen.ca/events)



### Student Apprenticeship Power Line Technician

#### Job Specification:

In partnership with CAREERS: The Next Generation, FortisAlberta is seeking summer students who have successfully completed Grade 10 or 11 to enter the Registered Apprenticeship Program (RAP) in the Power Line Technician trade for summer employment.

#### Job Duties:

- Assist Qualified Utility Employee with construction, repairs and maintenance of overhead and underground distribution systems
- Receive work order instructions
- Understand and follow company and regulatory safety regulations and procedures and work to a high level of safety
- Accountable for safe work practices applicable to the job
- Contribute towards building a strong team
- Provide service at a level that insures FortisAlberta is the customers operator of choice

#### Special Skill Requirements:

- Demonstrate communication (verbal and written), interpersonal and team skills
- Self starter with the ability to work in a team environment
- Willing and able to learn, adapt to change and demonstrate flexibility
- Capable of working outside in a highly physical environment in any weather conditions
- Required to have a minimum valid class 5 drivers license (successful candidate will be required to submit a current copy of their drivers license and a drivers abstract)

#### Knowledge and Experience Requirements:

- Successfully completed the grade they were attending (Grade 10 or 11)
- Definite interest in the electrical trade expressed and demonstrated
- Experience in the electrical technical field or related field construction considered an asset

#### Special Conditions:

- Must be willing to learn the basic skills of climbing wooden poles
- Could be required to travel and work away from home if work load dictates
- Must provide proof of full COVID-19 vaccination

Please note that this is intended as a summer position.

Applications will be considered in areas of highest need and on a first come first reviewed basis.

Get your application in early – including your CAREERS RAP Application Form with Resume & Cover Letter.

Interviews will be done for summer RAP positions throughout May  
Deadline for application, the first Friday in May.

Apply through your schools RAP coordinator who should then contact the local CAREERS Program Coordinator.

for information email or call  
[events@nextgen.org](mailto:events@nextgen.org)  
1.888.757.7172



Thank you to **Charity Vollmann with Careers Next Generation** for the informative presentation to our students in December regarding the endless opportunities within the Registered Apprenticeship Program for skilled trades people.

There are roughly 50 different skilled trades within 4 sectors; construction, automotive, industrial and service. Students interested in pursuing any of these careers can obtain an internship while attending high school and work towards getting their apprenticeship hours, earn an income and up to 40 credits.

Our local community consists of many valuable partnering companies in various industries, opening the doors to so many possibilities for students. Students interested in the RAP program should continue to watch the RAP bulletin board and our social media channels for new opportunities. Students can also seek to obtain their own RAP position with an employer who is willing to take on an apprentice. Students can also speak to our Off Campus Coordinator Mrs. Van De Kerckhove for more information or assistance in helping you polish your resume, cover letter and complete the Careers application form.

Once again, thank you to Charity with Careers, and to our many community partners for their continued support of student success.

#### Resources:

- <https://tradesecrets.alberta.ca/>
- <https://www.careersnextgen.ca/>

View Trade Entrance Requirements on the following page.



## **Safety Certification Training**



If you are in need of safety certification in order to enter a specific career pathway, then this is the course for you. Join online classes taught by industry professionals and upon completion, receive 5 credits and 3-year certification in

**H2S Alive**

**Confined Spaces**

**WHIMIS**

**Ground Disturbance**

**Fall Protection**

**Transportation of Dangerous Goods**

**Lockout & Tagout**

**Forklift Operator Safety**

### **Pre Requisites:**

Open to all Hilltop High School and Gateway Academy students

All courses held online

Must be 16 years or older

Must have HCS 3000 and 3010

### **To Register:**

See Mr. Brent Northcott or Mrs. Van De Kerckhove to register

Cost: \$50.00 - payable via SchoolCashOnline

All students will receive a confirmation email once registered outlining further details.



# Alberta Apprenticeship and Industry Training

## TRADE ENTRANCE REQUIREMENTS



### MINIMUM REQUIREMENTS

Successful completion of the following courses:

### RECOMMENDED PATH

Alberta High School Diploma that includes the following courses:

<b>CATEGORY A</b>	English 10-2 Math 10-3 <b>OR</b> A pass mark in all five Canadian General Educational Development (GED) tests <b>OR</b> Entrance Exam	English 30-2 Math 30-3 Physics 20 <b>OR</b> Chemistry 20 <b>OR</b> Science 20 Related Career and Technology Studies (CTS) courses
<b>CATEGORY B</b>	English 20-2 Math 20-3 Science 10 <b>OR</b> A pass mark in all five Canadian General Educational Development (GED) tests <b>OR</b> Entrance Exam	English 30-2 Math 30-3 Physics 30 <b>OR</b> Chemistry 30 <b>OR</b> Science 30 Related Career and Technology Studies (CTS) courses
<b>CATEGORY C</b>	English 10-2 Math 10-3 Science 10 <b>OR</b> A pass mark in all five Canadian General Educational Development (GED) tests <b>OR</b> Entrance Exam	English 30-2 Math 30-3 Physics 20 <b>OR</b> Chemistry 20 <b>OR</b> Science 20 Related Career and Technology Studies (CTS) courses

- CATEGORY A**
- Baker
  - Barber
  - Bricklayer
  - Cabinetmaker
  - Carpenter
  - Concrete Finisher
  - Cook
  - Crane and Hoisting Equipment Operator
  - Floor Covering Installer
  - Glazier
  - Hairstylist
  - Insulator (Heat and Frost)
  - Ironworker
  - Lather (Interior Systems Mechanic)
  - Locksmith
  - Metal Fabricator (Fitter)
  - Painter and Decorator
  - Parts Technician
  - Water Well Driller
  - Welder

- CATEGORY B**
- Agricultural Equipment Technician
  - Appliance Service Technician
  - Automotive Service Technician
  - Boilermaker
  - Communication Technician
  - Electric Motor Systems Technician
  - Electrician
  - Elevator Constructor
  - Gasfitter
  - Heavy Equipment Technician
  - Industrial Mechanic (Millwright)
  - Motorcycle Mechanic
  - Natural Gas Compression Technician
  - Plumber
  - Power System Electrician
  - Powerline Technician
  - Sheet Metal Worker
  - Sprinkler Systems Installer
  - Steamfitter-Pipefitter
  - Transport Refrigeration Technician

- CATEGORY C**
- Auto Body Technician
  - Landscape Horticulturist
  - Machinist
  - Outdoor Power Equipment Technician
  - Recreation Vehicle Service Technician
- CATEGORY D\***
- Roofer
  - Instrumentation and Control Technician
  - Refrigeration and Air Conditioning Mechanic

\*See the individual trades on [tradesecrets.alberta.ca](http://tradesecrets.alberta.ca) for Category D trade entrance requirements. Equivalencies will be considered for entrance requirements. **If you have an existing trade certificate, it can serve as your entrance requirement when registering in an additional trade.**

# GRAD NEWS

## Grad 2022 Remind

Parents and students please sign up to receive important reminders regarding Grad 2022 via text message.

**Text the message @hthgrad22 to the number (587) 316-7407**

## Important Days to Remember

### **Hilltop High School's 55th Graduation Ceremony**

Thursday, June 30, 2022 at 1:00 pm

### **Grad Picture Retakes**

February 17, 2022

*Online booking will open approximately one to two weeks before retake day. Join our Remind group to be notified when online booking opens.*

## ONE ON ONE MEETINGS

Mrs. Trebilcock will be in charge of tracking our Grade 12 academics to ensure all Grade 12 students are on track to successfully graduate. She has created a **Google Classroom** and invited all Grade 12 students to join. A calendar will be created for the grads to sign up and have a one on one meeting with Mrs. Trebilcock.

## Grad Song and Quote

### **Quote**

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." – Ferris Bueller, Ferris Bueller's Day Off

### **Song**

"The Nights" - Avicci

## Grad Council 2022

**Ally Ann Romanchuk - President**  
**Jencel Diaz - Vice President**  
**Dineka Elchyson - Treasurer**  
**Kate Mullin - Secretary**

**Eric Davidson - Public Relations**  
**Miriam Epp - Yearbook Liaison**  
**Rebecca Birtles - Council Member**  
**Jorie Johnson - Council Member**  
**Micah Ottley - Council Member**

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



## STAY ON TRACK TO GRADUATE

The **minimum** requirements for an Alberta High School Diploma are as follows:

\*\* 100 **credits** earned by the end of your Grade 12 year.

English 30-1 or English 30-2  
 Social 30-1 or Social 30-2  
 A 20- level Mathematics course  
 A 20- level Science course  
 Physical Education 10  
 Career & Life Management (CALM 20)

### **10 credits in any combination from:**

- \*CTS
- \*Fine Arts (Art, Drama)
- \*Physical Education 20 and/or 30
- \*Second Language Courses
- \*RAP courses
- \*Locally Developed Courses
- \*Learning Strategies

### **10 credits in any 30- level course**

(in *addition* to ELA and Social)

These course may include:

- \*30-2 level CTS
- \*30 level Work Experience
- \*30 level RAP course
- \*30 Green Certificate Course
- \*Special Projects 30
- \*Science 30
- \*Mathematics 30-1, 30-2, or 31
- \*Art 30



# Cooking with Chef Mercer

and her fabulous students

## CREAM OF TOMATO SOUP RECIPE w/ cheese dippers

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

- Large stock pot
- Cutting board
- Chef knife
- Baking sheet w/ parchment paper
- Wooden spoon
- Spatula
- Blender or hand-blender
- Liquid measure
- Baby bowls x2
- Medium bowl x1
- Microwavable bowl x2

### INGREDIENTS

- 2 tbsp olive oil
- 1/2 onion, diced
- 1 carrots, peeled & diced
- 3 cloves garlic, minced
- 3 cups diced tomatoes
- 1/2 cup roasted red peppers (canned: drained from liquid)
- 1 tbsp tomato paste
- 8 fresh basil leaves
- 2 cups low sodium chicken broth\*  
(or vegetable broth if vegetarian)
- 2 tsp sea salt, plus more to taste
- 1/4 tsp ground black pepper, plus more to taste
- 3/4 whipping cream

### INSTRUCTIONS

1. Heat the olive oil in a large, deep stock pot over medium heat.
2. Add the onion and carrots and sauté for 8-10 minutes, until tender.
3. Add the garlic and cook for 1 minute.
4. Add the tomatoes, roasted red peppers, tomato paste, stock, salt, and pepper and stir well.
5. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 minutes, until the tomatoes are very tender.
6. Add the fresh basil
7. Using a blender (in batches), or an immersion blender, blend until pureed.
8. Return to the pot, and then add the cream and stir to combine.
9. Season to taste with any additional salt and/or pepper.



## Cheese Dippers

### INGREDIENTS

- 2 tablespoon butter
- 1/2 teaspoon garlic powder
- Pinch cayenne
- 1/4 tsp dry parsley
- Pinch pepper
- 1/3 cup breadcrumbs
- 1 can Pillsbury™ refrigerated crescent dough sheet
- 3 slices deli sliced American cheese, cut in half
- 3 Cheddar cheese sticks unwrapped and cut in half crosswise

### INSTRUCTIONS

1. Heat oven to 375°F. Line a large cookie sheet with cooking parchment paper.
2. In a small microwavable bowl, microwave butter and spices uncovered on High 20 to 30 seconds or until butter is melted.
3. In a separate bowl stir in bread crumbs and pinch of salt and pepper
4. Unroll the dough sheet on the work surface; reshape into a 12x8-inch rectangle. With a pizza cutter or sharp knife, cut the dough sheet into 8 squares, 4x4 inches each.
5. Place 1 cheese half slice and 1 cheese stick half onto 1 end of each square near the center. For each roll-up, roll side with cheese, rolling to opposite side, and pinching seam to secure. Continue for remaining roll-ups.
6. Roll dough sticks into the butter then the bread crumbs; place seam side down on cookie sheet.
7. With a sharp knife, pierce the top of each dough stick 3 times. Bake for 15 to 20 minutes or until the dough is golden brown and baked through. Serve warm with tomato soup.

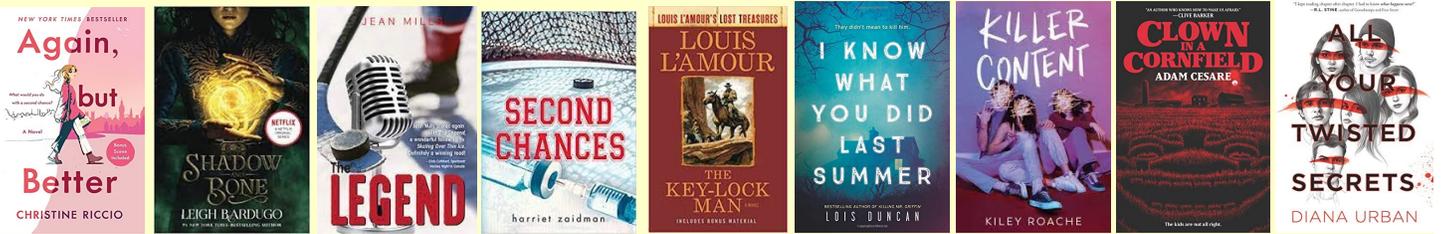


# Learning Commons News

**NEW**

**95 new books** have been added to the library since the last issue of the Hilltop newsletter. The following are some of the new titles. To see all of the new titles please visit our library catalogue at <https://ngps.insignails.com/Library/Home>

## New Fiction



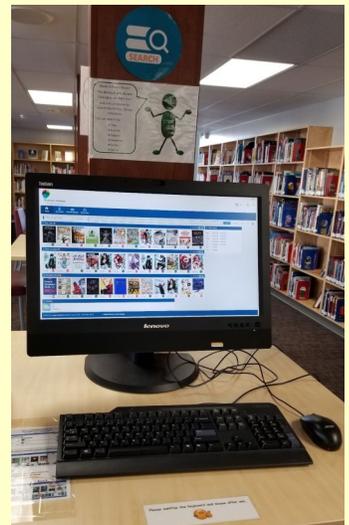
## New Non Fiction



## New Graphic Novels



**Need to find a book?**  
 The Learning Commons now has a designated search computer to search the Library catalogue.





# HILLTOP BISTRO



## February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Macaroni Salad <b>Soup:</b> Cream of Cauliflower	<b>2</b> Ham w/ Creamy Dill Potatoes <b>Soup:</b> Tomato Parmesan Basil	<b>3</b> Soft Tacos w/ Caesar Salad <b>Soup:</b> Cream of Potato Bacon	<b>4</b> Egg Roll Skillet w/ Ramen <b>Soup:</b> Chicken Noodle
<b>7</b> Grilled Cheese w/ Salad or Soup <b>Soup:</b> Chicken Rice	<b>8</b> Chicken Caesar Salad w/ Garlic Toast <b>Soup:</b> Cabbage Roll	<b>9</b> Pizza Day <b>Soup:</b> Spicy Thai Coconut Curry	<b>10</b> Bistro Closed	<b>11</b> Bistro Closed
<b>14</b>  Fettucine Alfredo <b>Soup:</b> Chicken Mulligatawny	<b>15</b> Chicken Stew w/ Dumplings <b>Soup:</b> Tomato Macaroni	<b>16</b> Pancakes w/ Ham & Eggs <b>Soup:</b> Beef Vegetable	<b>17</b> Chicken Chop Suey w/ Fried Rice <b>Soup:</b> Wonton	<b>18</b> Spaghetti Aglio e olio w/ Chicken & Toast <b>Soup:</b> Minestrone
<b>21</b> Bistro Closed	<b>22</b> French Onion Soup w/ Garlic Toast <b>Soup:</b> Tomato Tortellini	<b>23</b> Meatballs w/ Gravy and Mashed Potatoes <b>Soup:</b> Chicken Rice	<b>24</b> Hot Dogs w/ Caesar Salad or Soup <b>Soup:</b> Cream of Celery	<b>25</b> Chicken Stir-fry w/ Rice <b>Soup:</b> Tuscan Style Bean
<b>28</b> Sweet and Sour Meatballs w/ Rice <b>Soup:</b> Pasta Fagioli				

*\* The Breakfast Program will not be operating at this time.*

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

<p><b>Daily Lunch Special \$5.00</b>                  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 &amp; Hummus \$2.75                  Sandwiches \$3.50                  Yogurt Parfait \$1.50                  Cheese, Meat &amp; Crackers \$3.50</p>
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## INDIGENOUS NEWS

*Submitted by Indigenous Liaison Mrs. Smith-Tomke*

Tansi, Abawashded, Hello!

Happy New Year to you all. I hope 2022 brings you health, happiness and prosperity. I want to remind students to begin looking into scholarships and funding if you are planning to continue your education after graduation. Metis students please check out the Metis Nation of Alberta website as they are numerous scholarships available to Metis students pursuing a post-secondary education. I highly recommend that you have your Metis card and if you do not, apply now as it can take some time to process your application. First Nation students should contact their Band administration and learn how their student support funding works. Requirements for post-education funding will vary from band to band. In addition to this, please check online for scholarships available. If you have questions please come and chat with me.

If you have the opportunity please watch The Fifth Estate, the Kamloops residential school survivors recall stories.

WARNING: this video contains distressing details.

Hiy Hiy, Ish Nish, take care.



MOOSE HIDE CAMPAIGN

### Moose Hide Campaign Day - February 10th

Moose Hide Campaign Day is a day of ceremony. It's a day where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation.

More information: [moosehidecampaign.ca](http://moosehidecampaign.ca)

#### **Take the Pledge:**

Make a commitment to our campaign by taking a pledge to stand against violence towards women and children.

Post your pledge on social media with **#MooseHidePledge** – and don't forget to tag us.

You could...

- Share an image of yourself wearing the pin – and tell us your pledge in the post text
- Record and post a video of yourself saying your pledge
- Take a selfie holding a sign of your written pledge



## Gateway Academy – Whitecourt Campus News

(formerly called Storefront)  
 Phone: 780 - 778 - 5865 Fax: 780-778-5683  
 Text: 780-779-1193



### SCHOOL HOURS

(\*Breaks: 10-10:15 Lunch 11:30-12:30)  
 Monday: 8:30 am to 3:00 pm  
 Tuesday: 8:30 am to 3:00 pm  
 Wednesday: 8:30 am to 7:00 pm  
 Thursday: 8:30 am to 3:00 pm  
 Friday: No School

### What is Gateway Academy?

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

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

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

### Staff members for the 2021/2022 School Year are:

**Maureen Kendall - Outreach Coordinator/English & Options Teacher**  
 Contact: [maureen.kendall@ngps.ca](mailto:maureen.kendall@ngps.ca)  
**Petra Lewis - Math/Science Teacher**  
 Contact: [petra.lewis@ngps.ca](mailto:petra.lewis@ngps.ca)  
**Kevin Babiuk - Social/Learning Strategies**  
 Contact: [kevin.babiuk@ngps.ca](mailto:kevin.babiuk@ngps.ca)  
**Tammy Johnson - Administration Assistant**  
 Contact: [tammy.johnson@ngps.ca](mailto:tammy.johnson@ngps.ca)  
**Candace Halvorson - Educational Assistant**  
 Contact: [candace.halvorson@ngps.ca](mailto:candace.halvorson@ngps.ca)

### Friends of Hilltop Parent Council 2021-2022

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

**NEXT MEETING: Feb 16 @ 7:00pm**

**\*\*At this time Friends of Hilltop cannot offer a Breakfast Program. Please stay tuned in the future for more information.**

You can continue to **EARN MONEY** to pay for your student's school fees, grad garb, school sports and even school trips. Take advantage of the **IGA gift cards** sold by Friends of Hilltop Parent Council.

When you purchase grocery vouchers from the Remax Office or at the school --**5%** of your purchase is placed in an account just for you. It just stays there until you need to access these funds to pay for any variety of school related expenses.

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



### Families of Hilltop High School Students

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.



## 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.

### PART TIME JOB OPPORTUNITY

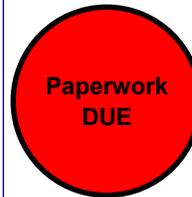
A local business is looking for a student to help shovel their front sidewalk. If this part time paid position interests you, please contact Mrs. Trebilcock for more information.



### 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



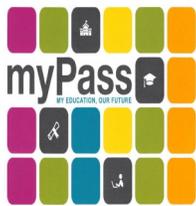
Many students have signed up for work experience but have not yet handed in the paperwork needed to get them started. If you have not already done so, please hand in the signed Off Campus Agreement and the Parent Permission form. As well, be sure to hand in signed hour sheets at the end of each month. See Mrs. Trebilcock for more information.

If you 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.**



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**.

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](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.



### **Resources:**

**Distress Line**  
780-482-4357

**Mental Health Help Line**  
1-877-303-2642

**Kids Help Phone**  
1-800-668-6868 or text 686-868

**Sexual Assault Services/CASASC 24HR Crisis Line**  
1-866-956-1099

**Alberta OneLine** 1-866-403-8000

**Call 211**, an essential phone service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time.



# Hilltop High School STAY CONNECTED



Access student schedules, attendance and grades online at any time with PowerSchool. *\*Also available as an app for smart phones.* To create an account, please contact us to receive your individual username and password.



Receive important reminders from Hilltop High School by text message through Remind. *\*Also available as an app for smart phones.* To sign up text @hilltophigh to (587) 316-7407.



Like our page on Facebook @hilltophighschool.



Follow us on Twitter @ngpsht.



View our website at [hilltophigh.ca](http://hilltophigh.ca).



Read our monthly newsletters online at [hilltophigh.ca](http://hilltophigh.ca) or pick up a copy at the front office.



Pay for school fees, sports activities and more at [schoolcashionline.com](http://schoolcashionline.com).  
*For more information visit our website at [hilltophigh.ca](http://hilltophigh.ca).*



Contact us directly at (780) 778-2446 or email [hilltop@ngps.ca](mailto:hilltop@ngps.ca).

## LET'S TALK

Yesterday I had to ask THE QUESTION. You would think being a social worker, I would be comfortable asking difficult questions but this time was different. I have asked THE QUESTION numerous times, without hesitation or concern how they will react or their perception of me. My only concern was making sure they are safe. But it all changed when I knew I had to ask THE QUESTION to a person who I am very close to, that I care about very much. This person is going through extreme hardships and was giving a few warning signs that worried me enough that I needed to ask THE QUESTION...

### *Are you thinking of ending your life?*

There is such angst in even considering uttering these words... will they think I am weird for asking? Maybe I am overreacting? Am I simply paranoid? They can't really be seriously considering suicide...would they? What if they say yes? What if I make them angry?

Yet, I knew I had to ask THE QUESTION despite all my fears.

You know what? It was okay. After I asked, he sighed a big, heavy sigh, like a weight came off his shoulders and said, "yeah, things have been hard. Nothing is going at all like I planned. I have been really down on myself, but no, it is not so bad that I have thought about killing myself...thank you for checking on me".

Then I did all the things that I knew to do: listened, evaluated the risk, gave support, listened some more, made sure he knew all the resource numbers, and most of all told him how much I cared about him and how important he was to me.

I knew what to say and do, but it was still hard. It made me think about regular people who are worried about a friend, colleague or family member. People like you: parents, teachers, students. What is a regular person to do or say?

An excellent resource is [www.bethere.org](http://www.bethere.org). It teaches the average person how to break the ice and start the conversation.

## The 5 Golden Rules of Being There

1. **Say what you see.** Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. **Stick to the facts, don't judge, don't make assumptions.**
2. **Show you care by building trust.** Support them by being compassionate, helpful, inclusive. Offer practical everyday support like give them a ride, take a few chores off their plate, make a meal or bring their favorite meal.
3. **Hear them out.** Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, **this conversation is about them, not you.**
4. **Know your role** and set boundaries to protect your relationship and your own mental health. You are not their therapist or doctor so don't fix, don't preach, **just be there.**
5. **Connect to help.** Learn how to access professional and community resources. Check out Kids' Help Phone [www.kidshelpphone.ca/resources-around-me](http://www.kidshelpphone.ca/resources-around-me) or call 1-800-668-6868. Other resources in Alberta are the Mental Help Line 1-877-303-2642 or crisis supports in Alberta [www.alberta.ca/individual-family-crisis](http://www.alberta.ca/individual-family-crisis). Keep following up to ensure they are being supported.

Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like [Bell Let's Talk Day](#) Campaign, on **(January 26/22)** have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2022</b>						
		1 Day 1 First Day of Semester 2 Gr 9 Option 4/6 Begins	2 Day 2 Groundhog Day 	3 Day 1 Happy Family Day!	4 Day 2	5
6	7 Day 1	8 Day 2	9 Day 1	10 Teachers' Convention No School	11 Teachers' Convention No School	12
13	14 Day 2 Valentines Day 	15 Day 1	16 FLEX Day 1 Math/Social/Other Friends of Hilltop School Council Meeting 7:00 pm	17 Day 2 Grad Picture Retakes Random Acts of Kindness Day	18 Day 1	19
20	21 Family Day No School 	22 Day 2	23 Day 1 Pink Shirt Day 	24 Day 2	25 Day 1	26
27	28 Day 2					

# KINDNESS BINGO

#hilltopcares #kindnessmatters #beaRAKtivist

PUT RECYCLABLE ITEMS IN THE RECYCLING BIN	ASK SOMEONE ABOUT THEIR DAY	MAKE SOMEONE LAUGH	PICK UP LITTER	COMPLIMENT ANOTHER STUDENT
HOLD OPEN A DOOR FOR SOMEONE	MAKE A NEW FRIEND	SMILE AT ANOTHER STUDENT	WAY TH... YOU TO SOMEONE	LEAVE A POSITIVE STICKY NOTE ON SOMEONES LOCKER
READ TO SOMEONE	TEXT A POSITIVE MESSAGE TO A FRIEND OR FAMILY MEMBER	SMILE IN YOUR OWN ACT OF KINDNESS	MAKE AN UPLIFTING PLAYLIST FOR A FRIEND	GIVE A FRIEND A HUG
USE A REUSABLE WATER BOTTLE	INVITE SOMEONE WHO IS EATING ALONE TO JOIN YOU	COMPLIMENT A TEACHER	LEAVE A POSITIVE STICKY NOTE IN A RANDOM TEXTBOOK FOR THE NEXT PERSON	EXERCISE FOR 15 MIN
CLEAN A MESS THAT WASN'T YOURS	HELP SOMEONE	WRITE A LIST OF THINGS YOU'RE THANKFUL FOR	RECOMMEND A GOOD BOOK TO SOMEONE	INTRODUCE YOURSELF TO A NEW PERSON

**COMING SOON**  
**BINGO CARDS AVAILABLE AT THE FRONT OFFICE FEB 17**

4 Corners = 1 Entry  
 Full Line = 2 Entries  
 X = 3 Entries  
 Full Card = 5 Entries

## Random Acts of Kindness Day

**February 17, 2022**

Play Hilltop's Kindness Bingo for a chance to enter your name to win a prize!



CARD 1

# GALLERY



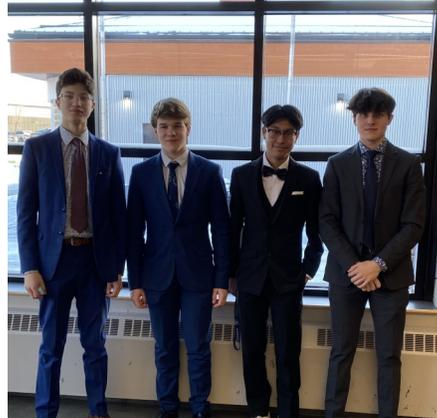
Story time with Mrs. Keay



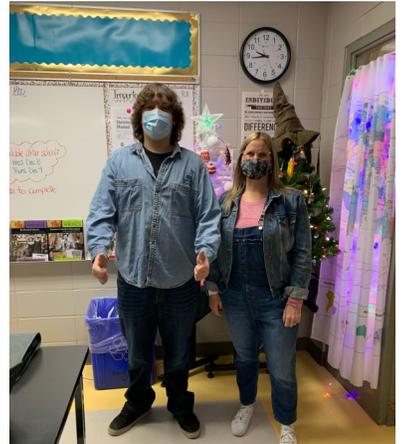
Mr. Keay and his crew enjoy breakfast together



Bus day shenanigans



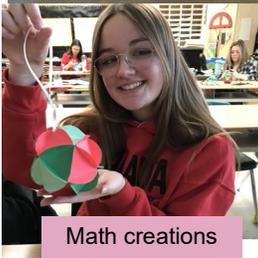
Fancy Friday looks good on these young men



Aiden and Mrs. Keay rock their Canadian tuxedos



Going green for Grinch day



Math creations



Seth wins ugly sweater day



Supporting the Food Bank



Pancakes make us happy



Office staff show off the new Charger merch



Alecia poses with the trophy



Mrs. Tomke and crew volunteer for the Christmas Hamper



Staff serve pancakes to school



Jeffer wins the hat day prize



Learning about career opportunities