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## **Story Block**





On October 6-14th, teachers and students of Hillside High School traveled to Finland to begin the first phase of a 3-year educational project: FINAL (Finland-Alberta). Finland and Alberta have long admired different aspects of each other's educational systems, and the FINAL project is one of several educational initiatives aimed at learning from each other. Hillside is one of five Alberta schools involved in the project, and each school is paired with a sister school in Finland. The Alberta schools flew to Helsinki and met with our Finnish partner schools for a one-day conference before going our separate directions. The key question for the project is, "What makes a school great for everyone?" Teachers and students of Alberta and Finland will spend the next three years trying to find answers to this question, and create a project with our partner schools to improve the lives of students.

Hillside's sister school is Pihtiputaan Lukio, the high school in the community of Pihtipudas, an inland town. We spent four days in Pihtipudas, with the teachers and students billeted out to the homes of teachers and students.

We spent our days in the school, attending classes, helping with lessons, and obtaining feedback for the question *What makes a school great for everyone*? We were also shown around the community, visiting farms and meeting local leaders. It was an exciting time for all of us, and we learned a great deal in our short time.

Students and teachers of our partner schools will be coming to Alberta in May to continue the project. Hillside High School and the Town of Valleyview will get to play host to seven students and two teachers for the better part of a week. Stay tuned to our Hillside web page (hillsidehigh.ca) and Twitter feed (@ngpshhs) for updates on this project as it unfolds.

Participants in phase one of the FINAL project are: principal Darlene Wood, teachers Kim Caron and Matt Staples, and students Payton Arnold, David Cyr, Rylan Jones, and Kirsten Stewart.



# Calendar of Events

# **NOVEMBER 2018**

	Senior Band Mondays @ 3:30 Wednesdays @ 7:45 Jr Basketball Practices Tues & Thurs @ 3:30-5:00pm	Sr Basketball Practices Tues & Thurs @ 5:15-7:00pm	Calm a	1 nd First Aid	2 3 Football - Peace Bowl Jr Girls Volleyball Zones - Peace River Jr Boys Volleyball Zones - La Crete
4	5	6	7	8	9 10
FALL BACK		Sr Basketball Conditioning Camp		Sr Basketball Conditioning Camp Remembrance Day Service	Day In Lieu Sr Volleyball - Peace Classic Peace River
11 Rememberance	12 No School Remembrance Day Observed	<b>13</b> PD Day		15 ball Practice tball Tryouts	16 Sr Boys Volleybal. Zones - EW Pratt Sr Girls Volleyball Zones - Peace River
18	19	20 Sr Basketball Tryouts	21 Sr Girls Basketball Tryouts	22 PTI's 4-7 South Gym School Council Meeting 7pm LearningCommons Sr Boys Basketball Tryouts North Gym	23 24 Volleyball Provincials
25	26	27	28	29	30 Sr Basketball Tournament - High Prairie
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# **DECEMBER 2018**

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2	3	4	5	6	<b>7</b>	tball Tournament - High Prairie 8
			Drama I	Performance - Camp Fire Ta	les	
9	10	11	12	13	14	15
					Jr Baske	tball Tournament - High Prairie
16	17	18	19	20	21	22
					Last Day Class Xmas Br	ses before reak
23/30	24/31	25	26	27	28	29
<		С	hristmas	Vacation		

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# News, Sports & Events

Senior Badminton Information Senior Badminton Zones will be held on April 27, 2019. That is the last weekend of Easter Break for our students.

#### Junior Volleyball

Junior Volleyball has concluded for the year and included some highlights for both the girls and boys teams. The boys team, coached by Mrs. Newman, had some close finishes throughout the season, losing bronze medal matches in both the Super Red Tournament in Grande Prairie and the Grimshaw Public School Invitational. However, they were able to come through at zone competition in La Crete November 2-3 and came away with the bronze medal to finish their season.

The girls team, coached by Mr. Gauthier, had a bronze medal finish this season as well, at the Grimshaw Public School Invitational tournament. This past weekend at zone competition in Peace River, the girls were defeated in round robin play by a strong showing from GP Christian School and the Fairview Cobras.



### First Nations & Metis Info

First Nations & Metis Info

"Knowledge is inherent in all things. The world is a library."

- Chief Luther Standing Bear

#### Money for school?? Some information on funding and scholarships:

Sturgeon Lake Band Members: Grade 12 or post-graduate students need to contact Gloria Goodswimmer at Sturgeon Lake Resources, as soon as possible, 780-524-2520, about post-secondary funding for 2019, even if you are planning to take a year off between high school and post-secondary. Students on and off reserve can get funding information from Ms. Goodswimmer.

#### Other information:

Free online Learning Resource for your child is now available to all Treaty 8 students in Grades 3 to 12 who live on-reserve and attend a Provincial School. For more information and to register contact Justine Supernault at Treaty 8 First Nations of Alberta, 1-888-TREATY8 (873-2898).

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#### SPECIAL POINTS OF INTEREST

- Preferred payment method for school purchases are: SchoolCashOnline, Debit, Visa, Mastercard. Cash and Cheques are still accepted.
- The next School Council Meeting is Thursday, Nov 22 @ 7pm in the Learning Commons.
- Scholastic Book Orders are to be turned into Mrs. Staples in the Learning Commons.
- The office no longer provides change for vending machines.
   Please come to school prepared.
- The cafeteria does not accept any bills larger than a \$20.
- You can now have the newsletter emailed to you. Please contact Mrs. Staples in the Learning Commons at 780-524-3277.
- Tabs are available for the cafeteria. See Mrs. Grotkowski for details.

#### Hillside Webpage:

#### hillsidehigh.ca

Newsletter Available on Webpage! Hillside Jr/Sr High School Bag 3 4701-52 Avenue Valleyview, AB TOH 3NO Phone: 780-524-3277 Fax: 780-524-4205 e-mail: hillside@ngps.ca





Lunch Hour 12:19-12:59

# ECUADOR

# Ecuador 2020

Hillside Travel group will be travelling to Ecuador in the spring of 2020! That's still a year and a half away, but time flies when you're excited about something!

For those of us travelling to this small South American country right on the Equator, we're pretty excited!

While we're there we'll get to jump over the Equator, from the Southern Hemisphere to the Northern and back again, travel throughout the rugged Andes mountains, the second tallest mountain range in the world (only the Himalyas are taller), and we'll connect with local community members as we build schools, participate in clean water initiatives or plant community gardens as part of a service learning opportunity.

The highlight of the trip, however, is when we travel to the Galapagos Islands, where we'll swim in the warm waters of the Pacific, seeing sea lions, giant tortoises, and the other diverse wildlife that made the Galapagos Islands world famous. This trip is truly going to be a one-in-a-lifetime, unforgettable experience and you don't want to miss it!

There are still spots available for this trip! Don't regret missing out on this amazing opportunity, come and experience it for yourself! Ask Mr. Lawson for more details, or visit <u>https://www.eftours.ca/tour-website/2088902RY</u>.

Remind Number: Text: @Ecuador-20 to (226) 271-1126 to join, or enter that code on the Remind App



# England 2019

With only 170 days – about 5 and a half months – until we leave, the students are busy fundraising, applying for passports, thinking about what to pack, and dreaming of fish and chips!

Trying to pick a favourite after visiting Windsor Castle, riding the London Eye, marvelling at Stonehenge, strolling the streets of Oxford, and touring Norwich, the second most-complete medieval city in England, is going to be difficult, but it's a challenge we're up for!

For those of you lucky enough to be going on this trip, the next meeting won't be until sometime in March, so if you have any questions or concerns, please don't hesitate to email Mr. Lawson.

If you have not been receiving Remind messages, you need to sign up for them using the details below, so you don't miss out on important information, especially as we get closer to our departure date and hotel, flight, and other information about our trip will become available.

Remind Number: Text: @England19 to (226) 271-1126 to join, or enter that code on the Remind App

#### Debit Card Only?

Cafeteria Prepaid Tabs are available in the office. Please see Mrs. Grotkowski. Allergies

Please be considerate of students in our building. Do not bring the following foods in Hillside: Peanuts

#### Story Block by Tammy Charko

#### **FORTNITE BATTLES**

I was sitting in my front room the other day reading. The house was quiet and peaceful, other than my 11 year old son's conversation with a friend on his headset while playing Fortnite on the computer nearby. He was saying things like "epic" "tilted towers", "launching", "and shield pop" and it was rather entertaining to listen to him. Then I heard it: shrill, joyous laughter of children outside. I quickly jumped from the comfort of my recliner and peered out the window. What a foreign sight and sound! There were 4 children, 8 or 9 years old, running down the street, laughing, chasing one another. It was a beautiful vision to my eyes and music to my soul. How long has it been since I heard children play outside? It was a disturbing realization considering we live on a street with many families. Even my son stopped playing and said "what is that sound?" Why are there so few children outdoors playing? Looking at my son, as he quickly turned his attention back to his game, I realized that therein lies the problem.

Nearly every parent has heard about Fortnite. Nearly every family with school aged children (particularly boys) have had a battle or two about the game, whether playing it, talking about it or watching YouTube videos about it. In my numerous conversations with parents throughout Northern Gateway Public Schools, I have learned that it is a concern in many homes. Children and young adults are obsessed with this game!

I have done extensive research, reading, observing and engaged in numerous conversations with kids and parents about this particular video game. Here is what I learned:

- Fortnite is a survival game against a zombie apocalypse in which players can play solo or team up to be the last contestant standing. The game begins when you parachute onto an island as storms clouds gather. Armed with a pickaxe, you begin rounding up weapons and supplies to build fortifications to try and fend off the zombies. To make the game harder, the area in which you play is shrinking and you must remain in that area to survive, set traps, scavenge weapons and build defenses. As the map shrinks, it pushes players together as time goes on, forcing confrontation. Each game typically lasts about 20 minutes.
- Fortnite is rated "T" for Teen, and though it is violent, there is very little blood and gore. The game can be downloaded for free with a PS4. You will have to pay for Xbox Live Gold with an Xbox One to play online. You can also buy a "Battle Pass" to get new outfits, gliders, and other items, which ranges in price.
- According to www.statista.com/statistics, Fortnite had 1 million players in August 2017 and exploded to 125 million players by June 2018.

While there have been other games that are exciting and enticing such NHL2K, Call of Duty, Mario, Zelda, to name a few. **But what is it about Fortnite?** One day it was just a spark of interest as the latest video game and the next it had fanned into an out of control wildfire that is consuming youth and young adults! What exactly is the attraction? This is what I have learned in my research:

- There is no way to pause in the middle of a game.
- The game is a little different each time you play so there are always new places to explore.
- You lose only by a hair, meaning, you are only a move or two away from winning: "I was so close! Next time I'll
  win for sure!" Epic Studios, the makers of Fortnite make sure that gun fights are almost always the result of one
  player winning only "by the skin of their teeth" (www.byrslf.co)
- When you win, it is AMAZING! A few more levels and you're on a hot streak! After one gun battle, you can climb between 10-30 ranks. Overall winners of the entire game averages only 5 kills. So even just 2 bullets is the difference between coming in 70th or 1st. Practically every gamer believes those 2 bullets are going to work in their favor next game.
- When playing in a team or duo mode, collaboration matters. Communities and alliances form to survive. If one player suddenly quits, it can mean the death of another player. There is peer pressure of letting your friends down.
- There is a feeling of being part of a larger mission, giving a player a sense of purpose.
- When your character gets shot at or is engaged in a battle, real life instincts kick in and your adrenaline spikes, your heartbeat races and your stress hormones flood your body. This heightened sense of stress is actually fun – and addicting.

The Nightingale Hospital in London, UK, which founded the UK's first internet rehab service for kids as young as 12, lists the following "warning signs of technology addiction":

- Spend increasing amounts of time on the computer, electronics and/or gaming
- Fail to limit time spent on the computer, electronics or internet
- Neglecting family, friends and other responsibilities

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#### Story Block by Tammy Charko Continued

- Becoming angry when others criticize the amount of time spent online/phone/computer/gaming
- Withdraw from other pleasurable activities
- Gaming or other use of electronics interferes with studying or work
- Restless, anxious, irritable or even aggressive when not gaming or on phone or electronics
- Willing to forgo necessary sleep, eating or hygiene to continue to game or go on electronics

While Fortnite can have clear positive impacts, if you have noticed some of the above behaviors in your child, here is a summary suggestions that other parents have tried with various success:

- 1. Kick the habit cold turkey. Remove ALL access to any electronics completely: iPad, iPod, cell phones, tablets, computer, etc until you notice your child returning "to normal".
- 2. Have all devices set up with passwords that only you know, so your child needs to ASK before they have access. It is the UNLIMITED ACCESS that causes the problem.
- 3. After a period of detoxing, slowly allow brief, supervised and limited amounts of time on the game, with practicing safety protocols of PERMISSION, REQUESTING and GRANTING.
- 4. Talk with your gamer about how best to keep Fortnite in check. Bring them on board with setting limits.
- 5. Position yourself as not being AGAINST Fortnite but FOR other activities: sleep, homework, exercise, etc.
- 6. Earn minutes to play Fortnite: every minute of play/chores/homework = minutes played on the game.
- 7. Install an app called Circle. It hooks it up to your router and then you register all of the devices in your house. You go through and assign each device to a person in the house, and there's a scrolling wheel where you can see a headshot of everybody. You can just click "pause" on any device that your child has and the Wi-Fi is immediately turned off.
- 8. Another app for handheld devices is "Our Pact" which works in a similar fashion.
- 9. Ensure that your family is engaging in fun activities TOGETHER, so your child feels connected to REAL LIFE PEOPLE.
- 10. Talk to other parents and work with one another. Share ideas and strategies.

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

Teacher	Class	Class Code	Number
Hillside School	over epon 20	@hhschool	(418)800-7941
Mrs. V. Berry	Math 8 2	@hhsmaath8-2	(587)316-1040
	Math 7B	@mrsbmath7b	(587)316-1040
	Health 7	@44kd42	(587)316-1040
	Health 8	@7e97acq	(587)316-1040
	High School Band	emrsbband	(587)316-1040
	Junior High Band	emrsbjrband	(587)316-1040
Mrs. K. Caron	Math 20	@64kbe9	(418)800-7897
Wis. R. Calon	Math 30-1	@2dc7cg	(418)800-7897
	Math 9	@3a2bch	(418)800-7897
Mrs. M. Caron	English 10-2	@caron10	(587)802-0597
WIS. W. Caron	ELA 9C	@caron9c	(587)802-0597
	ELA 7A	@caron7a	(587)802-0597
Mr. D. Cooney	Math 9	@dag3ha	(204)809-8793
WILL D. COOLIEY		@692ae9	(204)809-8793
Ms. S. Gingell	Physics 20 LA 8A	@7eh724	(587)416-0179
ws. 5. Gingen	LA 8A Social 8C	@4374e6c	
			(587)416-0179
	Social 9C	@d93g46	(587)416-0179
Ms. S. Kirchner	Social 20-2 Science 7B	@7ebe4f8 @7bkirch	(587)416-0179 (587)316-1097
MS. 5. KIRCHINER			
	Science 7C	@sci7ckirch	(587)316-1097
Mar C. La Vallar	Science 8A	@sci8akirch	(587)316-1097
Mrs. C. LaVallee	Math 10C	@m10chhs	(587)333-0291
Mr. C. Lawson	Math 30-2	@m30-2mrsl	(587)333-0291
	LA 9B	@lawla9	(226)271-1126
	English 20-1	@laweng201	(226)271-1126
	Social 10-2	@lawss102	(226)271-1126
	English 30-2	@laweng302	(226)271-1126
	2019 England	@england19	(226)271-1126
	2020 Ecuador	@ecuador20	(226)271-1126
Ms. J. Prusko	Social 7A	@wf0hjs	(450)500-0579
	LA 7B	@8kx3i7	(450)500-0579
	LA 8C	@lcuiwn2	(450)500-0579
	Social 9B	@wkmjc3	(450)500-0579
Mrs. L. Serediak	Science 9	@48877e	(587)333-2931
	Science 14	@serediak14	(587)333-2931
	Science 10	@serediak10	(587)333-2931
	Biology 30	@30serediak	(587)333-2931
Mr. D. Slaney	Social 8	@soceight	(587)316-1059
	Social 20-1	@hillsocial	(587)316-1059
	LA 9	@hslang9	(587)316-1059
	English 20-2	@hseng20	(587)316-1059
Mrs. K. Staples	Sr Curling	@hhsjrcurl	(450)900-0126
	Jr Curling	@hhssrcurl	(450)900-0126
Mr. M. Staples	English 10-1	@mrmstapl	(647)931-1805
	English 30-1	@mrmstaple	(647)931-1805
	Psychology	@psych1040	(647)931-1805
	Green Certificate	@mrmstaples	(647)931-1805
Ms. L. Storie	Math 7C	@mrslstorie	(587)333-7936
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	Science 8C	@lstorie8	(587)333-7936
	Science 7A	@67k824	(587)333-7936
	Science 8B	@kd2c2	(587)333-7936





