



Tether Yourself: Advice for Youth (and adults too!) on Devices

Being a kid is tough no matter the era, and it is no surprise that our kids today are facing challenging experiences these days. Smartphones, iPads, tablets, etc are everywhere and along with them is a constant bombardment of marketing tactics and psychological tricks. Between Instagram sending messages to wear the right clothes and look a specific way, social media algorithms that have our brains craving more comments, followers and likes, and the constant comparison of other people's lives, it's tough to be a young person right now.

It's also tough to be a parent these days!

This type of technology and social media is relatively new for all of us, and there's a pretty intimidating learning curve for parents everywhere. Because the previous generation did not have the internet exposure we have now, parents today have nowhere to turn to for help. We are relying on each other for tips on how to protect their children from issues with mental health, self-image, relationships, on-line predators and more that stem from the age of technology.

Rachel Macy Stafford is a best-selling author, public speaker, and parent. As part of her commitment to conscious parenting, she decided to tell the world about a unique turning point she had with her 14-year-old daughter. She (like many of us) felt an uneasiness about her child and her screen time consumption, particularly after finding a number of articles on youth suicide related to online bullying and social media use.

Rachel started a conversation with her daughter that she realized several weeks later would actually help her be noticeably *more relaxed, more interested in family time, more physically active, and more diligent with homework and chores* almost instantly.

Rachel explained to her daughter her own fears as a parent; with bullying, online pressures, etc. She told her what science actually says about kids and technology (that children's brains aren't fully developed, and so are especially susceptible to isolation, hopelessness, and more). And then she gave her a special letter. Here are just a few powerful snippets that encompass this mother's love for her child:

"Each time the phone notifies you, you stop what you are doing—whether it's homework or a job you have to do. What might take you one hour to do, will take you several, and it won't be completed as well. The inability to focus will reflect in your grades and impact the job opportunities you have as you grow. Spending quality time with friends and family will be impacted by the need to check the phone, making you believe what is most important is on your phone when it is really the person in front of you."

*"Awareness is your weapon against the hidden influences and damaging behaviors. While you are online, your mind, your thoughts, your core values are drifting to wherever tech companies want you to go. The remedy is to limit the time you spend drifting in the online world and **tether yourself to real life.**"*

"Tether yourself; To real people, real conversations, and real scenery.

Tether yourself; To furry animals, interesting books, good music, the great outdoors.

Tether yourself; To spatulas, hammers, cameras, paintbrushes, and yoga mats."



*"When you feel your worth is in question, when you feel lost and alone, when you feel sad and you can't explain why, **TETHER YOURSELF TO REAL LIFE AND REAL PEOPLE.**"*

ESTABLISH GROUND RULES FOR SCREEN TIME Rachel followed up with a few ground rules (*which she recommends for parents too!*), I have added a few of my own:






- Don't charge your phone in your room overnight
 - Let your friends know you won't respond to texts after 9pm
 - Use a real alarm clock instead of your phone
 - Hourly limits to cell phone time at home
 - Dare your friends to have a sleepover with no screen time
 - Set a timer for when they are on a device
 - For younger kids, put all the devices away: out of sight, out of mind
 - Use screen time as a reward: 30 minutes extra for completed chores and homework (without arguing!)
 - Choose a day (or evening) a week with NO SCREEN time for the household
 - Utilize parental controls on your Wi-Fi, modem, and devices
 - Be a good role model, put down your devices and tether yourself
- (Rachel's parenting tips and advice for life can be found in her book *Hands-Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters.*)

Calendar of Events

MARCH 2020

1	2	3	4	5	6	7
	Final Ecuador Meeting 7pm Learning Commons				Teacher's Convention Jr Boys & Girls Basketball Zones - Peace River Sr Curling Provincials - Lethbridge	
8	9	10	11	12	13	14
	Greece Meeting 7pm Learning Commons			Grad Photo Retakes	Career Opportunities with Pembina Sr Boys Basketball Zones - Fairview Sr Girls Basketball Zones - High Level	Pi Day
15	16	17	18	19	20	21
Beware the Ides of March				PTI's 4-7pm Sr Boys Basketball Provincials - JR Robson Sr Girls Basketball Provincials - Oilfields High	PD Day Jr Boys Basketball Provincials - JR Robson Jr Girls Basketball Provincials - Oilfields High	Sr Badminton Invitational @ Hillside Vermilion Black Diamond
22	23	24	25	26	27	28
	School Council Meeting 7pm Learning Commons					
29	30	31				
						Sr Badminton Practices Monday & Wednesday 4-6 pm

APRIL 2020

			1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
		First Day Back for Students			Good Friday	Jr Badminton Tournament - Hillside
19	20	21	22	23	24	25
	Easter Monday	Calm & First Aid	Calm & First Aid			Tentative Sr Badminton Tournament
26	27	28	29	30		

News, Sports & Events

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 Monday February 3, 2020, @ 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.
- ▶ 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 is Available on the Webpage!

Hillside Jr/Sr High School
Bag 3
4701-52 Avenue
Valleyview, AB T0H 3N0
Phone: 780-524-3277
Fax: 780-524-4205
e-mail: hillside@ngps.ca



Lunch Hour

12:19-12:59



Junior/Senior Curling Zones - Fairview, AB

Provincials Bound!!

Hillside sent a Sr Women's team to curling zones on February 19-20, 2020. They brought their

A-game and won 4 out of the 5 games they played, sealing a berth to ASAA Curling Provincials in Lethbridge on March 5, 6, and 7th, 2020. They played Peace High first and won. Second game was against Fox Creek and came to the last shot in the eighth end for the loss. Resetting, they came to play Beaverlodge on Thursday and were victorious. That brought them back to play Fox Creek in the final. As Hillside had one loss and Fox Creek had no losses, the battle was a long road as Hillside needed to beat Fox Creek twice to win Zones. In two riveting back to back games Hillside prevailed and won gold, and are off to Provincials. Way to go team!!!!

Skip - Harli-Ann Jones

Third - Codi-Lynn Jones

Second - Jenna Loewen

Lead - Michala Serediak

First Nations, Metis, Inuit Info

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

- **Sturgeon Lake Band Members:** Grade 12 or post-graduate students need to **contact Sharla Goodswimmer** at Sturgeon Lake Band Office, as soon as possible, **780-524-3307**, about post-secondary funding for 2020, 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.
- **Belcourt-Brosseau Metis Scholarship** deadline is **March 31**. See poster on Ms. Boman's bulletin board for more information.
- **TransCanada** has scholarship money available. See poster on Ms. Boman's bulletin board for more information.

Other information:

- **Spirit Seekers Youth Conference in Grande Prairie March 13-14, 2020.** \$150 per participant. See poster on Ms. Boman's bulletin board for more information.
- **Junior Forest Rangers** application deadline is **April 1**. See poster on Ms. Boman's bulletin board for more information.
- **Bold Eagle, Black Bear, Raven, Caracajou or Grey Wolf** summer programs with Canada Armed Forces online application deadline is **April 30**. Contact a recruiter at **1-800-856-8488**.



Ecuador 2020

There's only one month left until we'll be in Ecuador! All the hard work, volunteering and fundraising, has paid off and now our trip is nearly here. We'll finally get to experience the most biologically diverse country on Earth, the country with the world's first and second UNESCO World Heritage Sites (The Galapagos and Quito), the origin of nearly 30% of the world's bananas, and the site of Charles Darwin's 1835 journey that helped shape his theory of evolution! It's going to be amazing!

In preparation for our departure, our final meeting will be **Monday, March 2nd at 7pm in the Hillside Learning Commons**. This meeting will include signing consent forms, packing tips, receiving EF backpacks, distributing flight, hotel, and other transportation details, and any other last minute things that come up. This meeting is mandatory – all travellers and their guardians must attend. Put it in your calendars.

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



Greece 2021

Wow! What a crazy month! The information meeting was held on Wednesday, Feb 12th, and by Sunday, Feb 16th, the entire trip, all 30 spots (and the 6 extra that were added) were taken! There are some very excited, and lucky, students who will be going to Greece next spring!

Now that the trip is full (and there are even people on the waiting list, hoping that someone else can't go), and the chaperones have been chosen, it is time to have a first introductory meeting. This meeting will be **Monday, March 9 at 7 pm in the Hillside Learning Commons**. It will cover general travel tips, packing and backpacks, fundraising, and much more. This is a mandatory meeting for all travellers and their guardians – mark it on your calendars.

Finally, if you are one of the travellers going on this trip, make sure you have signed up for the Remind messages using the information below. This is the primary source of communication for this trip and you don't want to miss out on anything!

Remind Number: Text: @greece-21 to (226) 271-1126 to join, or enter that code on the Remind App

Remind Numbers			
Teacher	Class	Class Code	Number
Hillside School		@hhschool	(418) 800-7941
Mrs. V. Berry	Math 8 1	@4ch2e6	(587) 316-1040
	Math 7B	@mrsbmath7b	(587) 316-1040
	Math 7A	@g9fabh	(587) 316-1040
	Health 7C	@c629d38	(587) 316-1040
Mrs. M. Caron	Social 9B	@so9b	(587) 802-0597
	Social 7A	@so7a	(587) 802-0597
	Social 7B	@so7b	(587) 802-0597
Ms. S. Kirchner	Science 7B	@kirch7bsci	(587) 316-1097
	Science 8A	@sci8akirch	(587) 316-1097
Mr. C. Lawson	LA 9A	@lawla9	(226) 271-1126
	English 20-1	laweng20	(226) 271-1126
	English 30-2	@laweng302	(226) 271-1126
	2021 Greece	@greece-21	(226) 271-1126
	2020 Ecuador	@ecuador-20	(226) 271-1126
Ms. B. Osborne	Science 7A	@8e692b	(450) 500-0691
	Science 7C	@7cosborne	(450) 500-0691
	Science 8B	@kh2369	(450) 500-0691
	Math 8-2	@93e3ega	(450) 500-0691
Mrs. L. Serediak	Biology 20	@bioser20	(587) 333-2931
	Science 9	@he8e9h	(587) 333-2931
	Grad 2019	@commence19	(587) 333-2931
Mr. M. Staples	English 30-1	@mrmstaple	(647) 931-1805
	Green Certificate	@mrmstaples	(647) 931-1805
Ms. A. Wolfe	LA 8A	@a3d7ga	(647) 931-1813
	LA 8B	@a3d7ga	(647) 931-1813
	LA 9C	@b8a24k	(647) 931-1813
	Health 8B	@bhebdg	(647) 931-1813



Allergies

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

Debit Card Only?

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