



Hillside Happenings

"A Caring Commitment to Learning"

Story Block

School Improvement Plan

On Friday, October 9, the Hillside staff met and developed the three goals of the Hillside School Improvement Plan. To develop the plan, we look at results from Diploma Exam, Grade 9 Provincial Exams and the CAT tests that were completed in September by our grades 7-9.

PAT Tests

Our Grade 9 Provincial Achievement Test results are down, and fewer students at Hillside than in the province are achieving at Acceptable and Excellence levels.

Diploma Exams:

Our grade 12 Diploma Exam results are equal to the province in Acceptable, but are slightly below the province in Excellence levels.

CAT Tests

The CAT tests are designed to show how well students demonstrate basic skills in Reading, Writing and Math. Unlike the PAT and Diploma Exams they are not based on the material of the specific grade. We spent a significant amount of time looking at these results and have found that many of our students are working below expected grade level in the areas of reading, writing and estimation and computation. We know that students need these skills in order to be successful in school. As a result, our School Improvement Plan goals, and strategies, were developed with the goal of increasing student skills as they work through their grade level subjects.

The three goals are:

1. Increase student achievement in reading and writing
2. Increase student achievement in Mathematics
3. Increase student academic and general vocabularies

The entire School Improvement Plan will be posted on our webpage by the end of next week. I will be reviewing goals and strategies in more depth in the upcoming newsletters.

Special points of interest:

- School Fees of \$110 for Senior high & \$85 for Junior High are now Over Due . Preferred payment method is Debit, VISA & MasterCard. Cash will still be accepted.
- The next School Council Meeting will be November 18, 2015 @7pm in the Learning Commons
- The Scholastic Book Order will be placed on October 19, 2015. Please ensure all orders are in to Mrs. Staples in the Learning Commons before noon on that day. Late orders will be held until the following month.
- The office no longer gives change for pop machines. Please come to school prepared.
- The Cafeteria does not accept any bills larger than a \$20.
- If you are interested in receiving the newsletter by email, please contact Mrs. Staples in the Library at 524-3277.

• Web Page:
hillsidehigh.ca

PowerSchool Parent Portal

The Parent Portal is available for parents to log into our system and check their student's attendance and grades. If you need assistance with this, please contact the office and we will work through the login process with you.

Awards Night

Our annual School Awards night is on Wednesday, October 21 at 7:00 pm. All members of the public are welcome to attend and celebrate with us the achievements of our students during the 2014-2015 school year.

Artist in Residence

Teddy Anderson, world renowned hoop dancer, will be at Hillside October 19 - 30. He will be working with our grade 7 and 8 student to build hoops and to learn how to hoop dance. Students will be performing what they have learned on Friday, October 30. Everyone is welcome to attend. Watch for announcements on Remind 101, our webpage and twitter once we have confirmed the time. We are fortunate to have the support of Alberta Foundation for the Arts who is providing funding for this residency.





Lunch Hour:
12:19-12:59

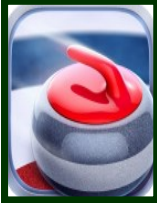
October 2015

				1 Football vs High Prairie	2 Jr Volleyball @ Spirit River	3
4	5	6 Josten Rings Sales 12pm & 6pm Candidates Forum 7pm	7 X-Country Zones @ Rocky Lane	8	9 PD Day	10
11	12  HAPPY THANKSGIVING! Thanksgiving Day	13	14	15 Football vs St. Joes	16 Sr Volleyball @ Grimshaw	17
18	19 Scholastic Book Orders Due	20 Picture Retakes	21 Awards Night	22 Football @ Whitecourt	23 Sr Volleyball @ Hillside Cougar Classic	24
25	26	27	28	29	30 Jr Volleyball @ Hillside Sr Volleyball @ Fairview	31 Halloween 

November 2015

1  Daylight Savings Time Ends	2	3	4	5	6 Jr Boys Volleyball Zones—Fairview Jr Girls Volleyball Zones—Grimshaw	7
8	9	10	11  Remembrance Day	12 Day In Lieu	13 No School Peace Classic Sr Volleyball Tournament—Peace River	14
15	16 Scholastic Book Orders Due	17	18 School Council 7pm Learning Commons	19	20 Sr Boys Volleyball Zones—La Crete Sr Girls Volleyball Zones—Spirit River	21
22	23	24	25	26 PTI's 4-7	27 PD Day	28
29	30					

News, Sports & Events



Jr & Sr High Curlers

Come and see Mrs. Staples for some awesome upcoming opportunities.



Nicaragua 2016

Get your passports ready, because Nicaragua 2016 is officially a go! We had an amazing 14 students sign-up for the once-in-a-lifetime service learning excursion to Nicaragua, and now that we know who's coming with us, we are excited to begin preparing for our trip! For all of you who are signed up, we will be having a fund-raising meeting sometime in the coming weeks. **Remind Number: (226)271-1126 Text:@74692**



JUNIOR & SENIOR GOLF

Tryouts for both junior and senior golf were held on September

17th, where a total of twenty students came out (10 senior and 10 junior). The members of Hillside's golf teams for the 2015 season:

- ♦ Jr Girls – Jenna Loewen, Shanna Newman, Sydney Rogers
- ♦ Jr Boys – Austin Caron, Joel Knight, Tristan Simpkins, Will Staples
- ♦ Sr Women – Tamara Harris, Cheyanne Kobe, Alyssa Rose
- ♦ Sr Men – Braeden L'Hirondelle, Blake McCallum, Josh Serediak, Jacob Thompson

Our golfers attended zone competition at the Heart River Golf Course in Nampa (seniors) and Fairview Golf Course (juniors). The Senior Women came home with the Bronze medal for team competition, as did the Junior Girls. All of our golfers represented Hillside well and had a great time!

Hillside's golf teams are coached by Mr. Matt Staples and Ms. Shelley Kirchner.



Yearbook

2015/2016 Yearbook



Are you proud Hillside parent or student? Do you love sharing your great photos of our Hillside kids in action? We would

love to be able to use your photos in this year's yearbook! Please email your great photos to laurena.newman@ngps.ca – the more the better!

We are happy and excited to announce that this year's yearbook will be provided through OokPix yearbooks. For a significantly reduced cost in comparison to previous year, we are offering hardcover version of our 80+ page 2015/2016 yearbook. Stay tuned for early order details!

Containers

CTS Foods is in need of containers to put left overs in. Please bring containers to Ms. Schilperoort of Mrs. Boman.

Cell Phone Recycling

- ♦ If any staff or students have old cell phones they wish to recycle please bring them in to Mrs. Boman who will make arrangements in June to send them to the Calgary Zoo Cell Phone Recycling program. The program helps prevent destruction of gorilla habitat in the Congo.





Coming in December

Hillside Web Page:

Here at Hillside we are trying to be more 'Green'. Our School newsletter 'Hillside Happenings' goes out at the beginning of each month and we would like to e-mail it to parents. Please call the school at 780-524-3277 and ask for Mrs. Staples to have your name added to our list. The newsletter is also posted on our webpage listed here.

Web Page: hillsidehigh.ca

Exambank

Username: hillside2

Password: cougar

DEBIT CARD ONLY?

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

Bus Cancellations

Please see our websites for up-to-date bus cancellation notices.

ngps.ca

&

hillsidehigh.ca

Cancellations will also be announced on these radio stations:

CKYL, CKVH, SUN FM, Q99, and CJXX

Allergies

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

Almonds	Pistachios	Walnuts
Pecans	Brazil Nuts	Peanuts
Hazel Nuts	Cashews	Crab
Shrimp	Lobster	Anchovies



Northern Gateway
Public Schools

Northern Gateway Public Schools School Board By-Election For Ward 3, Electoral Subdivision No.2

Nomination packages can be picked up at the following locations:

Division Office—4816 49 Avenue, Whitecourt, AB—Hours of Operation: 8:00am-4:30pm, Monday to Friday

Hillside Jr/Sr High School—4701 52 Avenue, Valleyview, AB—Hours of Operation: 8:00am to 4:00 pm Monday to Friday

Advertisements for the following dates will be in the Valleyview Town and Country Newspaper and the Grande Prairie Daily Herald Tribune.



Remind Numbers

Hillside High School		@hhschool	(418)800-7856
Mrs. Staples	Jr. Curling	@hhsjrcurl	(450)900-0126
	Sr. Curling	@hhsr	(450)900-0126
Mr. Lawson	Nicaragua 2016	@74692	(226)271-1126
	Social Studies 10-2	@lawss102	(226)271-1126
	English 20-1	@laweng201	(226)271-1126
	Social Studies 10-1	@lawss101	(226)271-1126
Mrs. Berry	Math 8B	@mrsbmath8b	(709)800-8928
	Math 8K	@mrsbmath8k	(709)800-8928
	Math 8L	@mrsbmath8l	(709)800-8928
	High School Band	@mrsbband	(709)800-8928
	Junior High Band	@mrsbjr	(709)800-8928
	Aladdin	@hhsaladdin	(709)800-8928
Mrs. M. Caron	Social Studies 9A	@caron9a	(587)802-0597
	Social Studies 9B	@caron9b	(587)802-0597
	Language Arts 9B	@caronela	(587)802-0597
	Language Arts 9C	@caronela9	(587)802-0597
Ms. M. Khalid	Math 9C	@3433a1e	(587)333-2739
	Math 9B	@3433a1	(587)333-2739
	Math 20-1	@mkhalid	(587)333-2739
	Math 20-2	@3433a	(587)333-2739
Ms. S. Kirchner	Science 8B	@sci8bkirch	(587)316-1097
	Science 8K	@sci8kkirch	(587)316-1097
	Science 8L	@sci8lkirch	(587)316-1097
	Science 7K	@sci7kkirch	(587)316-1097
	Science 7G	@sci7gkirch	(587)316-1097
Mrs. C. LaVallee	Chemistry 20	@chem201	(587)316-6174
	Math 10C	@m10cs	(587)316-6174
	Math 31	@m31calc	(587)316-6174
	Math 9A	@9alav	(587)316-6174
Mrs. L. Newman	Social Studies 30-1	@newmanss30	(581)221-0374
	Social Studies 20-2	@mrsnewma	(581)221-0374
Mrs. L. Serediak	Science 14	@mrsseredia	(587)333-2931
	Science 10	@sci10se	(587)333-2931
	Biology 30	@mrssered	(587)333-2931
	Biology 20 Sem. 1	@biology20s	(587)333-2931
	Grad 2016	@hhs16grad	(587)333-2931
Mr. D. Slaney	English 10-2	@dslane	(587)316-1059
	English 20-2	@dslaney	(587)316-1059
	Social 20-1	@dslan	(587)316-1059





Counselling Corner—Mrs. L. Newman

Counsellor's Corner

CALM and First Aid programming for Grade 10 students has been scheduled for November 24 & 25. Students will attend either a series of seminars to complete their Career and Life Management 20 course (required by Alberta Education for an Alberta High School Diploma), or be assigned to a First Aid course during these two days. This year, we have confirmed speakers from HIV North, PACE (Providing As-

sistance, Counselling and Education about assault, abuse, and trauma), Money Mentors, Career Clicks, AADAC, and Wellspring Family Resource Center. Last year's programming was a great success, with students achieving high marks on their final exams to complete the course.

Also upcoming for Hillside students will be the Eureka program for Grade 7, delivered by the John Howard Society (date to be deter-

mined). The Eureka program is a two day workshop that teaches alternatives to violence and focuses on character building, community building, and conflict resolution.

Seasonal Affective Disorder

Also, as fall is in full swing and winter approaches, it is important to remember that the changing seasons often can affect mood and behaviour. Seasonal Affective Disorder (SAD) is a form of depression that appears at the same time every year. With SAD, a person typically has symptoms of depression and unexplained fatigue as winter approaches and daylight hours become shorter. When spring returns and days become longer again, people with SAD experience relief from their symptoms, returning to

their usual mood and energy level.

Experts believe that the symptoms of SAD are linked to the chemicals in the brain that often have decreased production during the winter months because of fewer exposed hours to sunlight. The symptoms of SAD vary from person to person and can be mild to severe. It's important to remember that during the winter months, we should be aware of SAD and take care of our mental health. Get outside, eat well, get enough sleep, engage in recreational activities that support your mental health, and seek help if you feel symptoms of worsening depression.

First Nations & Metis Info

"Good acts done for the love of children become stories for the ears of people from other bands: they become as coveted things."

- Assiniboine tradition
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, 780-524-5901, about post-secondary funding for 2016, 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.
- Foundation for the Advancement of Aboriginal Youth (FAAY) is a national scholarship and bursary program that responds to the critical need to assist Aboriginal high school and post-secondary students. If you are First Nation, Metis or Inuit and in grade 9 to 12 there are bursaries available. Apply on-line at www.ccab.com/applicationprocess or

- 1-866-566-3229 before October 15, 2015.
- Alberta Human Services has applications for the Metis and Non-Status Indian Bursary Program. Deadline for applications is May 31, 2016. See Mrs. Boman for information.

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).

Homework Nights

- FNMI Homework night will run again, Tuesdays, from 3:30 to 5:00 pm, for those junior or senior high students who need extra help, extra time or have missing assignments. Please ensure you have a ride home. If the busses do not run, there will be no homework night. Tentative Homework nights for first semester are:
 - October 6, 13, 20, 27
 - November 3, 17, 24
 - December 1, 8, 15
 - January 5, 12, 19, 26

DRUGS/ALCOHOL HELP CENTERS

Places for parents and students to get information

Contact Numbers

AADAC/Northern Addictions Centre

Grande Prairie 538-5210 (free call through RITE Line 310-0000)
For problems with alcohol or drugs. Counseling, groups, detox, treatment programs.

Information on support groups such as AA and Alanon.

AADAC Help Line

1-866-332-2322

24 hours/7 days a week. For anyone with concerns about alcohol and drug problems.

MITAA

Valleyview 524-2909

Alcohol and addictions program.

Mental Health Help Line 1-877-303-2642 or (780)524-7050
for services in town.

Peace Country Sexual Assault Help Line 1-888-37PEACE

Bullying Help Line 1-888-456-2323

Kids Help Phone 1-800-668-6868

Family Violence Info Line 310-1818

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