



September 2022 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19 Number 9

Story Block

Message From The Principal

September 2022

I would like to take this opportunity to welcome everyone back to another exciting school year at Hillside. To all new students and parents, I extend a very warm welcome. I am truly honored and excited to be joining the Hillside staff as your new principal this year. I look forward to working with Hillside's talented teachers and support staff to help maintain and build upon the gains HHS has made over the years.

Our staff has high expectations for themselves and the students within our building and are committed to ensuring every student is successful. However, this can only be achieved when the learning and desire come from within; we encourage all students to try their best, do the right thing, and challenge themselves each day.

Hillside staff, students, and parents have created a wonderful school community that values academics, athletics and fine arts programs. At Hillside High we offer a wide variety of extracurricular and co-curricular programs, using a positive attitude and commitment as a basis for success. I encourage students to get involved and make the most of the opportunities that Hillside High has to offer by joining a club, the leadership team, a sports team, or simply coming out to a game or two to show your Cougar pride.

At Hillside, we strive to maintain a safe and caring environment that allows everyone to feel like they are a viable and important member of our school community. This goal requires all of us to work together as a team to make that environment a reality! We have an open-door policy – always encourage parent/guardian support and involvement within.

On behalf of the Hillside staff and myself, I want to wish all the students all the best in the upcoming year. We look forward to working closely with you and your family to create a productive and rewarding school year. If at any time I can be of assistance to you or your child, please do not hesitate to contact me at the school.

Your Truly,

Mrs. M. Patenaude

**Welcome To Hillside
Jr. Sr. High School**



www.BigCatCrew.com 218

Calendar of Events



SEPTEMBER 2022

Cross Country Running Club Practices are Monday, Wednesday and Thursday after school.				1	2	3
Volleyball: Jr Boys & Girls practices Tuesdays & Thursdays 3:30-5 pm, Sr Boys Practices Mondays & Thursdays 4 pm-6 pm Sr Girls practices Mondays & Thursdays 5:15-7 pm				Gr. 7 & 12 Start Date	Gr. 9,10 and 12 only	
4	5	6	7	8	9	10
		All Students attend		Sr. Boys & Girls volleyball try outs. Golf try outs		
11	12	13	14	15	16	17
				Cross Country Run Wanham Travel Club Meeting 7 pm Learning Commons		
18	19	20	21	22	23	24
	Jr Golf Zones Fox Haven Golf & Country Club			School Pictures Jr. High	School Pictures Sr. High	
25	26	27	28	29	30	
	Sr Golf Provincials Black Diamond Golf Course				No School 	



OCTOBER 2022

Volleyball Jr Boys & Girls practices Tuesdays & Thursdays 3:30-5 pm, Sr Boys Practices Mondays & Thursdays 4 pm-6 pm, Sr Girls practices Mondays & Thursdays 5:15-7 pm						1
2	3	4	5	6	7	8
					Staff Planning & Developing Day	
9	10	11	12	13	14	15
	Thanksgiving Day		Parent Council AGM 7 pm School Picture retakes	Parent Teacher Interviews 4 till 7 pm South Gym		
16	17	18	19	20	21	22
					Sr Girls & Boys Volleyball teams to Peace River	
23	24	25	26	27	28	29
					Sr Boys & Girls Volleyball Tournament Fairview	
30	31					

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: Oct. 12th, 2022@ 7pm. Learning Commons.**
- ▶ Check out the <http://soraapp.com/welcome/login/202666> students have free access to **ebooks** using students email and computer log in.
- ▶ Scholastic Book Orders can still be placed online. Access Code: RC199625.
- ▶ Cafeteria service available for all students.
- ▶ You can now have the newsletter emailed to you. Please contact Mrs. Stewart in the Learning Commons at 780-524-3277.
- ▶
- ▶ 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

12:19-12:59



News, Sports & Events

Hillside FootBall



Cougars Football @ Edson

Friday, September 16•12:00 – 10:30pm at Edson

Cougars Football vs Whitecourt

Friday, September 23•4:00 – 8:00pm at Hillside

Cougars Football vs St Joes

Wednesday, September 28•4:00 – 7:00pm at Hillside

Cougars Football vs High Prairie

Thursday, October 6•4:00 – 7:00pm at Hillside

Cougars Football @ Sexsmith

Friday, October 14•1:00 – 9:00pm CKC Feild Grande Prairie

Cougars Football @ Peace River

Friday, October 21•1:00 – 9:00pm at Peace River

Cross Country Running Club

Practices are Monday, Wednesday and Thursday after school.



First cross Country Running competition Wanham
 Sept 15th, 2022

Zones High Level Oct. 5th

Volleyball

Jr Boys & Girls practices Tuesdays & Thursdays 3:30-5 pm

Sr Boys Practices Mondays & Thursdays 4 pm-6 pm

Sr Girls practices Mondays & Thursdays 5:15-7 pm

Chess, Puzzles and Games Club

Mondays, Tuesdays and Fridays
 Lunch time in the Learning Commons



Encouraging Good Sleep Habits

If your family is anything like ours, summer is a time of slowing down and emptying agendas. Long days in the sun end with late evenings with family and friends, usually around a backyard fire. Camping, exploring, traveling and adventures have our whole family off schedule. Getting back to the routine of school is difficult on families, especially back to regular bedtimes!

One (or more) poor nights of sleep make it hard to focus, and have us feeling irritable and lethargic the next day. A good night's sleep for children helps them manage their behavior and emotions, which in turn helps them concentrate and learn at school.

Sleep Hygiene, according to [Kenneth Schuster](#), a Clinical Neuro psychologist at the Learning and Development Center in New York City, is a term that refers to establishing healthy bedtime habits and routines, making bedrooms good for sleeping and encouraging children to stay in their own bed for the night.

Bedtime routine at any age is the key. The biggest obstacle to getting children to sleep on time is often parental inconsistency. **Establish a routine and stick with it.** Predictability is both reassuring and soothing.

- **Younger children:** if a child knows they are going to take a bath, then cuddle with you for a bedtime story, then lights out, it gives them a chance to get sleepy on their own.
- **Older children:** remove ALL devices at least an hour before bedtime. They still need time to decompress from their day. When parenting teenagers, we typically stop "tucking them in", assuming they do not need or want us. However, I disagree with this assumption. As a mom of big kids, I have found that taking the time to go into each of their rooms for a hug and "I love you" (and to put their phone away in a central location!) is invaluable.

Bedrooms should be cool, dark, and quiet as possible, with minimal distractions such as bright lights or exciting toys. Black out curtains and sound machines that mask background with white noise can help. Though it can be a struggle, **beds are for sleeping**, not homework, video games or watching TV (this is good advice for us parents too!).

A good night's sleep is the foundation for healthy brain development, mental wellness and cognitive growth. In addition, waking up refreshed will lessen the battles of getting children up early for school.

If your child continues to have serious trouble falling asleep and staying asleep, despite consistent sleep hygiene, consult with your family physician.

This article was written 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 promote wellness and success in school



Check it Out!
Travel Opportunity.

Montreal, Quebec City, Ottawa, & Toronto 2023

The school has only just started, but if you are already thinking about what to do next summer, perhaps visiting Montreal, Quebec City, Ottawa, and Toronto with some of your friends sounds like an awesome idea!

If it does, then do not miss out! Students from Hillside will be traveling to central Canada to participate in historical re-enactments, tour the only walled city north of Florida, visit some of Canada's premier museums, get soaked on the Maid of the Mist, and eat poutine, maple syrup, and other gourmet delights! If these sound like something you would like to do, there will be a meeting for any students interested in attending this awesome trip on :

Thursday, September 15 at 7 pm
in the Hillside Learning Commons.
It is open to all students currently in grades 9 to 12.

This meeting will explain more about the trip, the costs, the educational and personal benefits that travel provides, and anything else you might want to know.

Do not miss this amazing opportunity!

Keep your eyes open for more information.

If any question please contact Mrs. Caron at 780-524-3277.

Remind Number: (587)316-2822 Text:@mrsmcaro



Special Thank You

We would like to thank Sew Delightful for the beautiful quilted panel that they gifted Hillside with. It is a piece of art, created by Karen Erickson, called "Every Child Matters- The Journey Home." Erickson created the piece to commemorate the traumatic events that have recently unfolded at former Residential Schools in Canada. It depicts two siblings who were finally set free after being grimly discovered at a Residential School. The children, who are shown holding hands, were torn apart from each other, but are now reunited as they make their way home. The artwork incorporates images such as a moon and feathers to represent the First Nations, Inuit and Metis people joining together to guide the siblings home.





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
- 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