



HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Story Block



Advent calendars have a way of producing both excitement and anxiety for me. As a child, I loved the anticipation of the chocolatey countdown but as a busy mom, it makes me panic!

Right after Remembrance Day, comes the familiar pressure of preparing for the "perfect Christmas". Finding the right gifts, coordinating decorations, preparing delicious treats, creating unique crafts, flamboyant lights, exciting activities, entertaining, school concerts, Christmas outfits, family time, travelling to relatives, staying within a budget, and on and on goes the pressure. It causes a frantic tornado of **red** and **green** swirling around my brain. I feel like I want to skip it all and go on a solo trip to Mexico!

As the Student Support Facilitator, I frequently see evidence of higher levels of stress (good and bad) with many students (and staff!). Christmas can be a difficult time with shared parenting, health concerns, grief, loss, financial difficulties, job loss, family stress, etc.

Sometimes the "happiest time of the year" is nothing but dread, fear and anxiety. For many children, the structure and predictability of the school day, as well as not seeing teachers and friends for two weeks can be frightening. This is all more the reason to PAUSE, BREATHE and REFLECT.


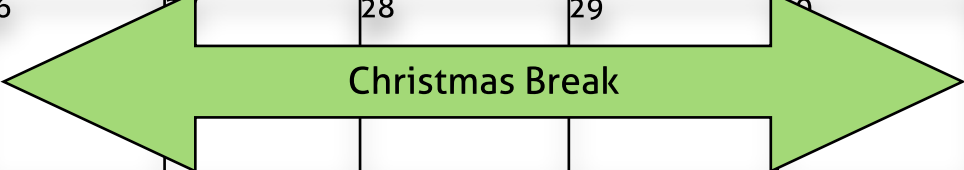

Christmas is so much more than presents, decorations and entertainment. Take time this holiday season to focus on the gifts that you have been given that are not under the tree. Let's be intentional on building and celebrating the gift of relationships with those in our lives: big and small, young and old. If we have learned anything from these past 2 years, it is that family and friends are really what is most important.



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. Tammy has been a Registered Social Worker for more than 23 years and is a mother to 4 children; 2 in high school and 2 in university.

Calendar of Events

DECEMBER 2022

| | | | | | | | | | |
|--|---|--|---|---------------------------------------|---|---|---|---|---------------|
| | | | | 1 | 12 Days of Christmas - Dress Like a Christmas Tree | 2 | 12 Days of Christmas-Canes & Kisses and Candy Grams | 3 | |
| "Figured," Art Exhibit On display in the Learning Commons November 15-December 7, 2022 | | | | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 12 Days of Christmas - Hot Chocolate Day | 9 | 12 Days of Christmas - Candy Gram Sales | 10 | |
| | Sr. High Basketball practice 5:15 pm | Jr. Basketball practice 3:30 pm | 12 Days of Christmas - Door Decorating & Candy Gram Sales | Sr. High Basketball practice 5:15 pm | Jr. Basketball Practice 3:30 pm | Jr. Basketball Tournament, Grande Prairie | | | |
| 11 | 12 | 13 | 14 | 15 | 12 Days Christmas - Do You want to Build a Snowman | 16 | 12 Days of Christmas-Christmas Card Delivery | 17 | |
| | Sr. High Basketball practice 5:15 pm | 12 Days of Christmas - Ugly Sweater/Hat | Jr. Basketball practice 3:30 pm | 12 Days of Christmas-Bake Sale | Sr. High Basketball practice 5:15 pm | Jr. Basketball practice 3:30 pm | | | |
| 18 | 19 | 20 | 21 | 22 | 12 Days of Christmas - Photo Booth for you and a Friend | 23 | 12 Days of Christmas - Pajama Day | 24 | Christmas Eve |
| | Sr. High Basketball practice 5:15 pm | 12 Days of Christmas - Christmas Karaoke | Jr. Basketball practice 3:30 pm | 12 Days of Christmas - Scavenger Hunt | Sr. High Basketball practice 5:15 pm | Jr. Basketball practice 3:30 pm | |  | |
| 25 |  | | | 28 | 29 | 30 | 31 | Happy New Year | |
|  | | | | | | | | | |

JANUARY 2023

| | | | | | | |
|--|---|--|--|--|--|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| |  Sr. High Basketball practice 5:15 pm | Jr Basketball practice 3:30 pm | Sr. High Basketball practice 5:15 pm | ELA 30-1 & 30-2 Part A Diploma Jr Basketball practice 3:30 pm | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Sr. High Basketball practice 5:15 pm | Jr Basketball practice 3:30 pm | Sr. High Basketball practice 5:15 pm | Math 30-1 Diploma Jr Basketball practice 3:30 pm | Sr. Basketball Tournament, Fox Creek ELA 30-1 & 30-2 Part B Diploma | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Science 9 & 9 K&E PAT Sr. High Basketball practice 5:15 pm | Social Studies 9 & 9 K&E PAT Jr Basketball practice 3:30 pm | Chemistry 30 Diploma Sr. High Basketball practice 5:15 pm | Jr Basketball practice 3:30 | Jr. Basketball Tournament, Bezanson & Ridgevalley | |
| 29 | 30 | 31 | | | | |
| |  Jr Basketball practice 3:30 pm | Jr Basketball practice 3:30 pm | | | | |

News, Sports & Events



SPECIAL POINTS OF INTEREST

- ▶ Preferred payment method for school purchases are: [SchoolCashOnline](#). Debit, Visa, Master card. Cash and Cheques are still accepted.
- ▶ Learning Commons. Scholastic Book Orders can still be placed online. Access Code: RC199625.
- ▶ Cafeteria service available for all students. Pre-paid tabs are available through Mrs. Grotkowski in the office using debit, visa or master card.
- ▶ You can now have the newsletter emailed to you. Please contact Mrs. Stewart in the Learning Commons at 780-524-3277.

Newsletter is Available on the Webpage!

- ▶ Hillside Webpage: hillsidehigh.ca

Phone: 780-524-3277

Fax: 780-524-4205

e-mail:

hillside@ngps.ca

Hillside Jr/Sr High School

Bag 3

4701-52 Avenue

Lunch

12:19-12:59



Jr. and Sr. High Basketball



Jr. Basketball Practices are Tuesdays & Thursdays at 3:30 pm

Sr. High Basketball Practices are Mondays & Wednesdays at 5:15 pm

Sr. High Curling Team

Curling practices are on Mondays 5:00 - 6:00 pm at the Valleyview Polar Place in the Curling Club.

Games are Mondays at 7:00 pm



Senior High Volleyball



Both Jr and Sr High Volleyball teams participated in zones this year. The Senior Volleyball teams traveled to Peace River and La Crete November 18-19th to compete in the zone playoffs. The teams did not win any medals but had a successful season with lots of growth. Thank you to the parents and coaches for all their support and coming out and cheering on our teams. Sr Volleyball teams celebrated the end of the season on November 22 with a pizza party.



News, Sports & Events



Drop - in Chess, Puzzles and Games Club

Mondays, Tuesdays and Fridays

Lunch time in the Learning Commons

CHECK IT OUT!

Alberta Foundation for the Arts

Provincial Traveling Exhibit , "Figured"

will be on display in the Learning Commons

from November 19th - December 7th

during school hours.

Be sure to stop by our Learning Commons

and enjoy the visual art exhibit.



Fawning over Flora Club

Tuesdays and Fridays at Lunch in the Greenhouse

It's a club for plant fanatics,

who love to garden or want to learn about gardening,

living off the land and how to identify plants.

Dungeons and Dragons Club

club members only

Mondays & Thursdays @ 3:30 pm Mr. Slaney's room



| Remind Numbers | | | |
|------------------|------------------|-------------|----------------|
| Teacher | Class | Class Code | Number |
| Hillside School | | @e39cfa | (587) 316-2822 |
| Mrs. M. Caron | EF Tours | @mrsmcaro | (587) 316-2822 |
| Mr. T. Brochu | Cougars Football | @aee8cfa | (587) 316-1060 |
| Ms. K. Comeau | Sr Volleyball | @4bhdg2 | (778) 402-6346 |
| Mrs. L. Newman | Social 20-1 | @44b2cg | (709) 800-8931 |
| | Grad | @26fh2bb | (709) 800-8931 |
| Mrs. L. Serediak | Science 9B | @sersci9-1 | (709) 800-8931 |
| | Science 14 | @scil4ser | (709) 800-8931 |
| | Science 10 | @sersci10-1 | (709) 800-8931 |
| | Biology 20 | @bio20ser | (709) 800-8931 |
| Mr. M. Staples | ELA30-1 | @7cbae3d | (438) 800-2319 |
| | ELA 10-1 | @fc3fck | (438) 800-2319 |

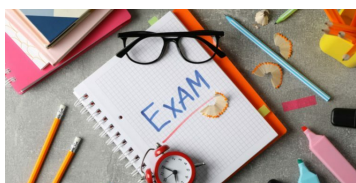
Exam Schedule

Diploma Exams

Jan 12, ELA 30-1 Part A Diploma 9:00 AM
 Jan 12, ELA 30-2 Part A Diploma 9:00 AM
 Jan 19, Math 30-1 Diploma 9:00 AM
 Jan. 20 ELA 30-1 Part B Diploma 9:00 Am
 Jan. 20 ELA 30-2 Part B Diploma 9:00 AM
 Jan. 30 Chemistry 30 Diplomat 9:00 AM

Provincial Achievement Tests

Jan. 23, Science 9 & 9 K&E PAT 9:00 AM
 Jan. 24 Social Studies 9 & 9 K & E PAT 9:00 AM



EF Travel Club

On Tuesday the 22nd of November the Hillside Travel Club put on "What's a Canada?" a game show fundraiser to help ease the travel cost of students who are headed to Ontario and Quebec in July. The fundraiser treated audiences to a Canadian themed game show and hilarious challenges, as well as offering a dessert and coffee and a silent auction. The Hillside Travel Club will be heading to Quebec City, Montreal, Ottawa, Toronto, and Niagara falls for 9 days this July. EF Travel club would like to thank students, staff and community members who came out and supported our event.



Travel Club

Montreal, Quebec City, Ottawa, & Toronto 2023

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

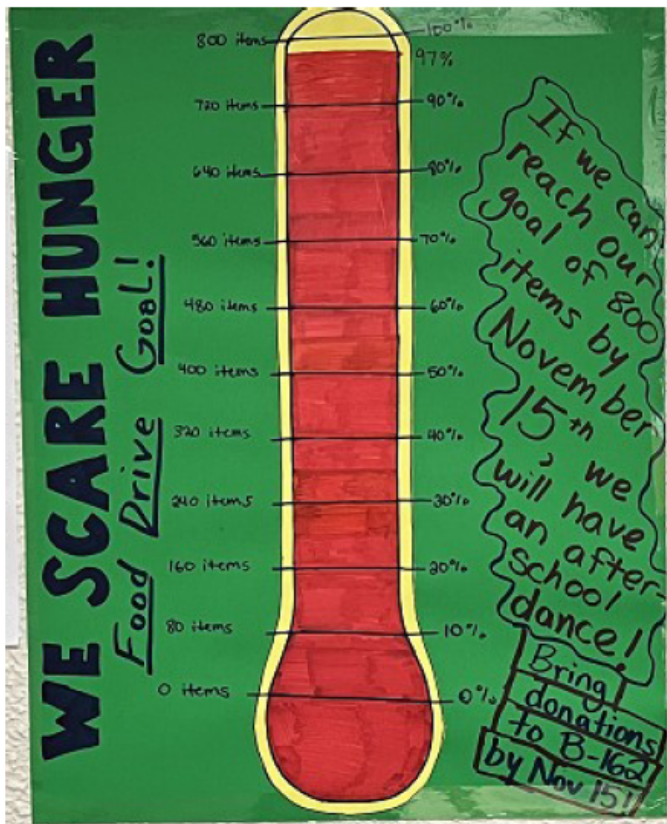
Remind Number: (587)316-2822 Text:@mrsmcaro

Hillside Leadership Group

12 Days of Christmas

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|----------------------------------|--|-------------------|---|---|--------------------|
| | | | | Press Like a Christmas Tree 1 | Cones & Kisses Candygram Salza 2 | |
| | Cones & Kisses Candygram Salza 4 | Craft/Make a Christmas Card for a Senior/Cider 5 | Door Decorating 7 | Hot Chocolate Bag 8 | Cones & Kisses Candygram Salza 9 | |
| | | Ugly Sweater Hot Dog 12 | Santa 14 | Do You Want To Build a Snowman? 15 | Senior's/Cider's Christmas Card Delivery Bag 16 | |
| | | Christmas Karaoke 19 | Scavenger Hunt 21 | Photo Booth For You And Your Friends 22 | Dance Party 23 | |
| Christmas Day! 25 | | | | | | New Year's Eve! 31 |

The students of Hillside's Leadership Group have planned some awesome activities. The 12 Days of Christmas starts on Thursday, December 1st!



SCARING HUNGER... SOUNDS LIKE...

MUSIC TO MY EARS

If the students at Hillside are able to raise a minimum of 800 non-perishable food items, two awesome things will occur:

- We will host a dance for students (date to be announced)
- With each donation of 5 non-perishable food items, your name will be entered into a draw for...

A pair of Apple Airpod Pro Earbuds

But Wait... THERE'S MORE!

The Administration Team at Hillside has issued the following challenge. **If** the students of Hillside **DOUBLE the donations to 1600 items** ~ another **AWESOME** prize will be awarded!

After extending the deadline, the students and staff have nearly met the goal for donating 800 items to the Food Bank! Any further donations can be dropped off at the office.