



## Story Block










### Sr. Girls Curling won a silver medal at zones

The Hillside Sr Girls Curling team competed in Zones yesterday in Falher hosted by GP Vanier in Donnelly. Although it wasn't the result they were looking for the girls had a great time. Congratulations Codi, Megan, Charlotte and Coach Bourgoin on your silver medal



Cougars Junior High Basketball teams participated in Grimshaw Jr. Trojans Invitational Tournament Feb. 10th and 11th. Girls won Bronze.

## MARCH 2023

			1  Grad picture retakes	2 Jr. Basketball practice 3:30 pm	3 Jr High Basketball Zones in Peace River	4 
5	6 Sr. High Basketball practice 5:15 pm	7 Jr Basketball practice 3:30 pm	8 Sr. High Basketball practice 5:15 pm	9  Teacher's Convention	10 Sr. Girls Basketball Zones, GP Vanier, Donnelly	11 
12 	13  Sr. High Basketball practice 5:15	14 Sr. Badminton tryouts 5:15 Jr. Badminton tryouts 3:30	15	16 Sr. Badminton tryouts 5:15 Jr. Badminton tryouts 3:30	17 	18
19	20 Sr. Badminton practice 5:15 pm Jr. Badminton practice 3:30 pm	21	22 Sr. Badminton practice 5:15 pm Jr. Badminton practice 3:30 pm	23  School Dance 6-9 pm	24	25 
26	27	28	29	30	31	

## APRIL 2023

						1
2	3 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	4  Jr. Badminton Mini Tournament 3:30 pm Hillside	5 Jr. Badminton practice 3:30 pm Sr Badminton practice 5:15 pm	6	7 	8
9 	10 	11	12 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	13 School Council Meeting 7 P.M. 	14	15 Sr. Invitational Badminton Tournament, Hosted by Hillside 8 AM 
16	17 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	18  Sr. Badminton Districts 3:30 pm	19 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	20 Parent Teacher Interviews 4 P.M. 	21	22 Sr. Badminton Zones, Hosted by Ecole Heritage, Falher 
23	24 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	25  Jr. Badminton Districts 3:30 pm	26 Jr. Badminton practice 3:30 pm Sr. Badminton practice 5:15 pm	27	28	29 Jr. Badminton Zones, Hosted By Hillside 
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.
- ▶ **School Council Meeting**, April 13 in the Learning Commons at 7 pm.
- ▶ **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 mastercard.
- ▶ 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](http://hillsidehigh.ca)

Phone: 780-524-3277

Fax: 780-524-4205

e-mail:

[hillside@ngps.ca](mailto:hillside@ngps.ca)

Hillside Jr/Sr High School

Bag 3

4701-52 Avenue

Valleyview, AB T0H

**Lunch**

12:19-12:59



Jr Cougars participated in the Gord Ivey Invitational Feb 3/4th. Boys won Consolation.



## Mental Health Presentation, Cory Hirsch



Stanley Cup champion, World Olympic Silver medalist and former Vancouver Canuck's goal tender Corey Hirsch spent the afternoon at Hillside giving a talk about mental health. Thank you Corey, for sharing your story and journey with mental health with us. Thank you to Bill Lanktree, the Valleyview Petroleum Association and their partners for making this presentation possible and for investing in building mental health capacity for our students, staff and community.



# News, Sports & Events



## 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

## Basketball Tournaments/Zones

Jr. High Basketball Zones March 3rd & 4th in Fairview

Sr. Girls Basketball Zones March 10th & 11th, GP Vanier in Donnelly



## Badminton

Jr. Badminton tryouts Tuesday, March 14 & Thursday, March 16 at 3:30 pm

Sr. Badminton tryouts Tuesday, March 14 & Thursday, March 16 at 5:15 pm

Sr. Badminton practices Mondays & Wednesdays at 5:15 pm

Jr. Badminton practices Mondays & Wednesdays at 3:30 pm



## Badminton Tournaments/Districts/Zones

Sr. Invitational Badminton Tournament, Saturday, April 15, 2023, Hillside

Sr. Badminton Districts Tuesday, April 18, 2023, Hillside

Sr. Badminton Zones, Saturday, April 22, 2023, Falher

Jr. Badminton Districts Tuesday, April 25, 2023, Hillside

Jr. Badminton Zones, Saturday, April 29th, 2023

## Drop - in Chess, Puzzles and Games Club

Mondays, Tuesdays and Fridays

Lunch time in the Learning Commons



## Dungeons and Dragons Club

club members only

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



## EF Travel Club

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

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







# News, Sports & Events



## *Indigenous Recruitment from the University of Alberta*



Emily Barnett, Indigenous Recruitment from the University of Alberta, presented to interested senior high students regarding programs offered and supports available to Indigenous students

School Council Meeting- Thursday, April 13th at 7 PM in Learning Commons

Parent Teacher Interviews - Thursday, April 20th in the South Gym, 4 PM - 7 PM



Mark Your Calendars!

**Chess Tournament**

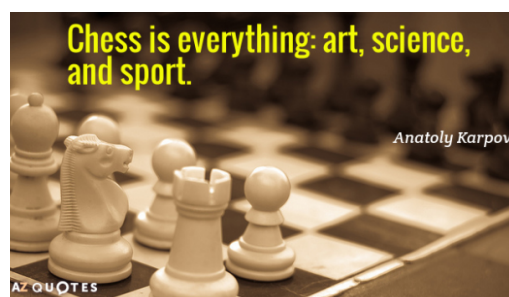
**When: Lunch Time Hours**

**Where: Learning Commons,**

**Selected Days to Be Determined,**

**Schedule will be released one round at a time**

**Sign up sheets located outside the Learning Commons  
on Bulletin Board**





# Hillside High Spring Formal

*This year, Spring Formal is being hosted for students in Grade 12*

*The format includes a dinner for Grade 12s and their*

*invited guests. A dance, open to Hillside students in grades 10-12 will follow.*

**Tickets for Dinner: \$30/plate (on sale April 10-21)**

\*each Grade 12 can purchase up to 6 tickets for dinner (more may become available after April 21)

**Dance Tickets: \$10 (on sale April 10—May 5)**

**\*Grades 10-12 ONLY (all non-Hillside guest are subject to approval by Administration)**

**Included this year will be access to a photo booth to capture memories on film!**



# *Student Leadership presents...*



## **DANCE**

**6:00—9:00 p.m.**

**No Cost to Students**

***Beach Theme***

**School appropriate dress code**





**Starting Friday, February, 24th there will be a PLT session held by the wellness coach, on various mental health topics.**

PLT Scheduling Plan

February 24, 2023	What is mental Health?
March 3, 2023	Stress
March 17, 2023	Stigma
March 24, 2023	Anxiety
April 14, 2023	Depression
April 21, 2023	Apathy
April 28, 2023	Dr. Google
May 5, 2023	LGBTQIA2S+ What does it all mean?
May 12, 2023	Self-Advocacy
May 26, 2023	Dr. Google Returns
June 2, 2023	Relationships
June 9, 2023	Organization
June 16 & 23, 2023	Dealing with Exams

## Keeping Children Safe Online Help for Parents

February 2023

Parents, this article is a difficult but critical one to read. When I say our children's lives depend on it, please know I am not being overly dramatic. Our children are being contacted by predators, literally **ALL. THE. TIME.**

How do I know? Because I am a school division social worker in contact with over 5000 students. I regularly communicate with mental health professionals, law enforcement, child protection workers and Canada's national tip line for reporting online exploitation of children, [Cybertip.ca](https://www.cybertip.ca). Not only that, I am a mother of four, aunt of seven, and pseudo mom of countless more.

Please don't just take my word for it, here are some disturbing Canadian statistics documented by [Cybertip.ca](https://www.cybertip.ca) and the RCMP:

- In 2020 these three statistics when compared to the previous five year average
  - **making or disturbing child exploitation material increased 89%,**
  - **luring a child online increased 37% and**
  - **non-consensual distribution of intimate images increased 80%**
- Cybertip receives **1000 reports across Canada A DAY on sextortion** (when someone threatens to send an intimate picture or video of you, real or photoshopped, to others if you do not comply with their demands of money, cryptocurrency or sexual content)
- Between 2020 and 2021, **law enforcement received a 510% increase in enticement complaints** (adults communicating with a minor with the intent to exploit them). Data from [National Center for Missing and Exploited Children](https://www.nccp.ca/en/missing-and-exploited-children)

I have never met a parent who did not have their child's best interest and safety in mind. We tell our children not to talk to strangers, we buckle them up safely in vehicles and we put helmets on their beautiful heads when they take part in nearly every activity. We teach them to look both ways when they cross the street and we have fire extinguishers, smoke alarms and carbon dioxide detectors in our homes. We ensure all the toys we buy are not hazardous. Governments have all sorts of rules and laws to keep children safe in their day to day life - except when they are ONLINE. When our children are online, all the responsibility - and blame - to protect them is put on parents.

It is impossible for parents to oversee all our children's online activity because social media platforms and online video games have unsupervised access to our children 24-7. How can we possibly stay up to date on the [Best Parental Control Software](#) available or to be savvy on every video game and [app that is dangerous](#)? It is daunting to think where to start in protecting the ones who are most precious to us.