

JANUARY



HILLSIDE HAPPENINGS

2024



Northern Gateway
Public Schools

"A Caring Commitment to Learning"

Senior High Diploma Exams

9:00 AM

Wednesday, Jan. 10 English 30-1 & 30-2 , Part A Rooms 151/163

Thursday, Jan. 11 Social Studies 30-1 & 30-2, Part A Office

Monday, Jan. 22 Math 30-1 & 30-2, Room 163

Tuesday, Jan. 23 English 30-1 & 30-2, Part B Room 151/163

Wednesday, Jan. 24, Social Studies 30-1 & 30-2, Part B Office

Friday, Jan. 26 Chemistry 30 Room 159

Tuesday, Jan. 30, Math 30-3 Room 161

Senior High Exams

9:00 Am

Thursday, Jan. 25.

English 10-1, Room 159

Science 20, Room B162

Social Studies, Room 154/151

Friday, Jan. 26.

Science 14, Room B161/B162

Social Studies 20-1, Room 151

English 20-2, Room 154

Monday, Jan. 29.

Science 9 PAT 9B K &E, Room 159

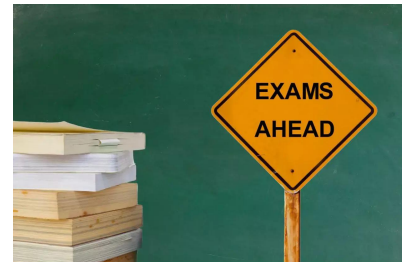
Math 20-1 & 20-2, Room 161

Science 10, room B161

Tuesday, Jan. 30

Social 9 PAT 9A and K & E Social 9, Room 163

Bio 20 , Room B161



Tuesday, Jan. 30

@ 1:00 pm

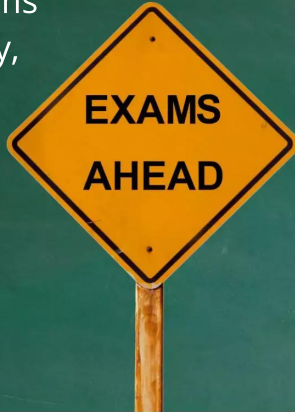
Missed Exams



Calendar Of Events Hillside Happenings



Diploma Exams
start January,
10th - 26th



Monday, Jan. 8,15,22,29

Jr. Boys & Girls Basketball
Practice @3:30- 5 pm

Wednesday, Jan. 10,17,24

Jr. Boys & Girls Basketball
Practice @ 3:30 - 5 pm

Monday, Jan. 15,22,29

7A Swimming Lessons

Thursday, Jan. 18,25

7B Swimming Lessons



Monday, Jan. 8,15,22,29

Sr. Boys & Girls Basketball Practice 5:15-7 pm

Wednesday, Jan. 10,17,24

Sr. Boys & Girls Basketball Practice 5:15-7 pm

Wednesday, Jan. 31

Staff Planning and Development



Thursday, Feb. 1

New Semester Starts

Wednesday, Jan. 31

Emotion Coaching: A Transformative
Approach to our Kids' Emotions 5 pm
Learning Commons

Thursday, Jan. 18

Parent Information Meeting for "England 2025"
@ 5 pm In the Learning Commons



This year, the Breakfast Program at Hillside has been running smoothly and successfully.

Of course, what we are doing at the school relies on the generosity of community and business.

We would like to take this opportunity to send out a huge

*Thank
you*

to those who have made donations this year!

Pembina Pipelines
**Valleyview Sheet Metal &
Insulating**
Joy-Al Ventures Ltd.
ValleyRock Contracting
Gallivan Construction
MecKenics, Freson Bros
Western Valley Inn
Emmanuel Baptist Church

**Donations are
Still being
Accepted!**
Contact Mrs.
Grotkowsky for additional
information



Grad News



Grad Photos!

Grad Photo days are scheduled for February 7th, 8th, 9th.

There are 15 minute blocks available starting at 9 am until 3 pm each day. Please arrive 5-10 minutes early to get dressed. There is a sign up sheet in the office.

There is a non-refundable session fee of \$50.00

(cash or e-transfer to mary@marycolleen.ca with grad name in the message)

which will include:

- Cap & Gown Photo Session
- A mounted 8 X 10 Class Composite
- This does not include any prints, photo packages are an additional cost

Grads have been given an information handout that has also been sent to grad parents via Remind. Please contact Mrs. Newman with questions.

EF Travel Club Trip



ENGLAND SPRING TRIP 2025

for grades 10-12. (current grade nines eligible).

10 day trek through all the hot spots in England.

If you love art, music, history and Shakespeare this trip could be for you.

* If you are interested in your child taking part in the trip
please contact Mrs. Caron at the school *

Hillside Sports Basketball

Game Schedule

Saturday, Jan. 13, 10:00 AM

Mini Jr. Basketball Tournament, Valleyview,

postponed

due to extreme cold weather

Friday, Jan. 19 3:00 PM and Saturday, Jan. 20, 8:00 AM

Sr. Basketball Tournament, Fox Creek

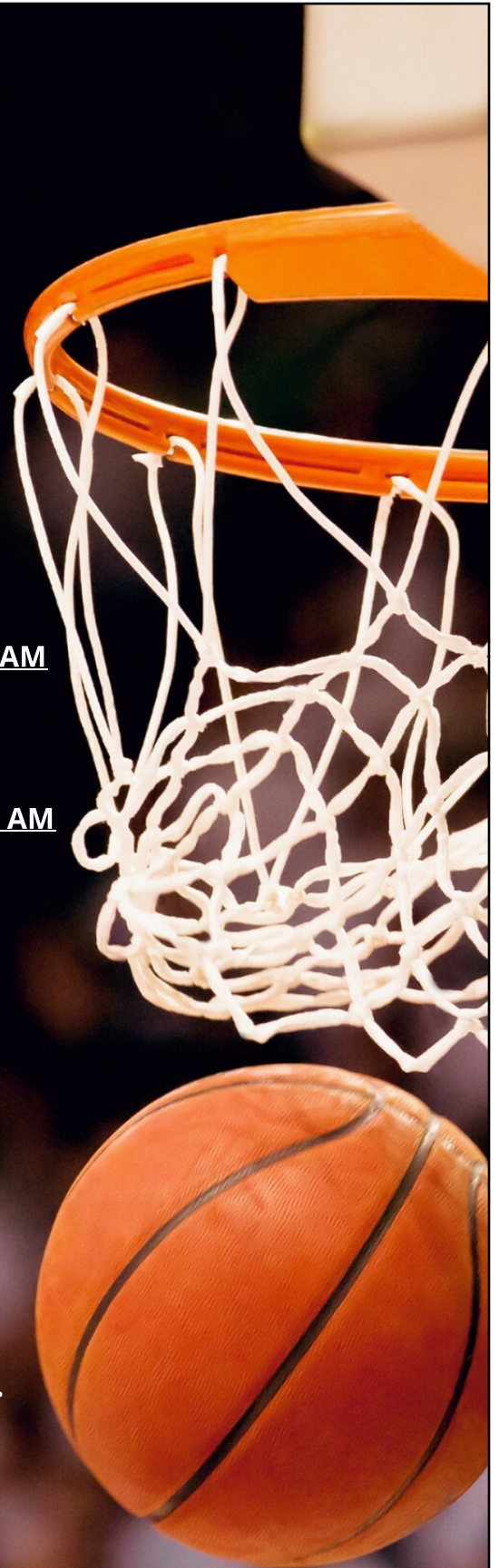
Friday, Jan. 26 , 4:00 PM and Saturday, Jan. 27, 8:00 AM

Jr. Basketball Tournament, Bezanson

Shooting For Perfect Attendance

Who is Eligible?

- Junior High & Senior High Students
- 96% - 100 % attendance from a set date.
- One shot, for your chance
to win a cafeteria tab.





Special Points Of Interests



School Purchases

Preferred payment method for school purchases are:
School cash Online, Debit, Visa, MasterCard & Amex. Cash and cheques are still accepted. New to Hillside this year is e-transfer. Send to hillside@ngps.ca - please note the student's name in the message as well as what the money is for.

Scholastic Book Orders

can still be placed online at

<https://bookclubs.scholastic.ca> Access Code: RC199625.

Cafeteria Service

Open during lunch 12:19-12:59 available for all students. Pre-paid tabs are available through Mrs. Grotkowski in the office using debit, visa, MasterCard, Amex or e-transfer.

School Newsletter

You can have our School Newsletter emailed to you.
Please contact Mrs. Stewart in the Learning Commons at 780-524-3277.

Newsletter is also available on our webpage!

<https://www.hillsidehigh.ca>

Our mailing address and contact information:

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

LET'S TALK

Why does January seem like such a hard month? I don't think there is any scientific basis for it but there seems to be a perfect storm of depressing factors. It is super cold, days are short, sunlight is minimal, the excitement of Christmas is over, New Year's resolutions are broken, summer and vacations are so far away. There is little wonder that many people struggle with their mental health worse at this time of year than any other.

Are you really okay?

There is such angst in starting a conversation about mental health. Will they think you are weird for asking something personal? Will they think you are being nosy? What if they say NO they are not okay?

It is stressful to be worried about a friend, colleague or family member when you notice changes in them and you may be unsure how to talk to them.

An excellent resource is www.bethere.org. It teaches the average person how to break the ice and start the conversation.

The 5 Golden Rules of Being There

1. **Say what you see.** Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. **Stick to the facts, don't judge, don't make assumptions.**
2. **Show you care by building trust.** Support them by being compassionate, helpful, inclusive. Offer practical everyday support like give them a ride, take a few chores off their plate, make a meal or bring their favorite snack.
3. **Hear them out.** Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, **this conversation is about them, not you.**
4. **Know your role** and set boundaries to protect your relationship and your own mental health. You are not their therapist or doctor so don't fix, don't preach, **just be there.**

5. **Connect to help.** Learn how to access professional and community resources and keep following up to ensure they are being supported. Check out Kids's Help Phone www.kidshelpphone.ca/resources-around-me, call 1-800-668-6868 or text 686868. Other resources in Alberta are the Suicide Crisis Helpline 988, Mental Help Line 1-877-303-2642 or crisis support www.alberta.ca/individual-family-crisis.

Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like [Bell Let's Talk Day](#) Campaign, on (January 24, 2024) have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for schools, students, parents and caregivers to promote success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 2 teenagers and 2 young adults.

Emotion Coaching Workshop

**You are invited to Emotion Coaching:
A Transformative Approach to our
Kids' Emotions with Sue Huff.**

When: Wednesday, January 31 at 6:30 pm

Where: Hillside Learning Commons

Who: Anyone is welcome, this is open to the entire community.

Session Description: Over the past few years, parents and teachers have noticed a sharp increase in the level of anxiety, stress, and emotional dysregulation experienced by young people. We know emotions are a part of being human, but when our kids are reacting in big and sometimes unpredictable ways, it can feel like we are out of our depth. That's because most of us weren't taught how to respond to other people's emotions in a way that actually helps them process their feelings effectively and come back to baseline quickly. This workshop will give you a new skill and help you feel more capable and confident with emotions.

**Sponsored by Hillside, Harry Gray, and OAP
School Councils**

BUSES: Running or Not

HOW DO WE DECIDE?

The Director of Transportation makes the decision based on:



Weather Conditions



Scouting the Roads



Highway Cameras



Communication with Bus Drivers/Contractors



Temperature Readings from Environment Canada & 511 Alberta

HOW DO WE NOTIFY?



Social Media

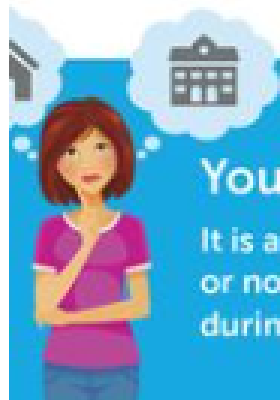


NGPS.ca



Sign up for BusPlanner at ngps.ca to receive email notifications

**DECISION IS MADE BETWEEN
6:00 AM - 6:30 AM**



Your Choice

It is always your decision whether or not to send your child to school during extreme weather conditions.

