

OCTOBER

HILLSIDE HAPPENINGS

2024



"A Caring Commitment to Learning"



Help for Parents in Keeping Their Children Safe Online

October 2024

Online safety is a regular topic of conversation everywhere. Whether it is about a child's compulsive gaming, cyber bullying, and obsession with social media or worse: online extortion or sextortion. It all causes stress and worry for parents and school staff alike.

I do not consider myself an expert in this area at all, however as a school division social worker, in contact with over 5000 students, a mother to four young adults, aunt to seven and pseudo parent too many others I have had my share of youth telling me their personal stories of the challenges and dangers they experience online. I also regularly communicate with mental health professionals, law enforcement, child protection workers and Cyber tip (Canada's national tip line for reporting online exploitation of children) who have similar concerns.

Disturbing statistics

- Cyber tip and the RCMP saw an **88%** increase in sextortion reports between 2022 and 2023 in Canada.
- Cyber tip received **2500** sextortion reports between January 1, 2023 and December 2023
- 91% of sextortion incidents affected boys between 12 - 20 years old
- According to [The National Center for Missing and Exploited Children](#), between 2021 and 2023, reports of online enticement have increased by 323%.

It is impossible for parents to oversee all their child's online activity. Social media platforms and online video games can have unsupervised access to children 24-7. How can parents possibly stay up to date on the best parental control software available or be savvy on every video game and app that could be dangerous? It is daunting to think where to start in protecting the most precious and vulnerable members of our society.

What are the best ways a parent can protect their child?

TALK TO THEM. Not to instill fear, but to teach them to be WISE, PRUDENT and SENSIBLE. Reassure them that no matter what, they can ALWAYS talk to you. Have open, honest, lighthearted and frequent conversations with your child at whatever age you first hand them a device that can connect to the internet. Two and three years old is not too young to talk about safety everywhere in your little one's life, even internet safety.

KNOW THE PASSWORDS and go through devices regularly. It is your right and responsibility (after all, you are most likely the one who paid for the device and whose name is on the account).

PRACTICE GOOD DIGITAL CITIZENSHIP and guide your child on healthy relationships and boundaries online, no different than when you teach them to be a good friend in their offline



world. Show them how to report and block profiles that appear harmful or inappropriate. An excellent and thorough resource for families is [Canadian Centre for Child Protection](#).

FOSTER RELATIONSHIPS AND ACTIVITIES OFFLINE to have a healthy balance for everyone in the family. Face to face conversations will always trump screen time.

Signs your child may be a target of online child exploitation

New "friends"

New things - material items or digital items like new apps or video games

More time online than usual

More secretive

Unexpected language

More emotional or volatile

Change in appearance

Where to go for help if you suspect your child has been targeted online

Tell your child to never comply with any requests for pictures, money, etc.

Screenshot the message, report any and all extortion activities to the platform your child is using and block the user.

Complete a report to [cybertip.ca](#) or [tel: 1-866-658-9022](tel:1-866-658-9022)

Report to the police

For more support go to [needhelpnow.ca](#)

When a person has been victimized online, they can feel alone, ashamed and desperate. It is important that they are supported. For more help [Kids Help Phone](#), [Recovery Alberta](#) or Canada Suicide Hotline 988.

This article was written by Tammy Charko BA, BSW, RSSW. Tammy is Northern Gateway Public Schools Division's Social Worker. She advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 25 years and is a mother to 3 university students and 1 in high school.

KEEP YOUR **KIDS**
SAFE Online





Hillside Happenings



Friday, October 4th

2nd Annual Cougar Cook Out

starts at 11:30 am
in the Bus Entrance



Tuesday, October 8th

Picture Retakes



Friday, October 11th

No School for Students

Monday, October 14th

Thanksgiving Day

Thursday, October 31

Halloween

Tuesday, October 15th

Jostens in Sr. Hallway

12:20-1:00 pm Grad ring orders

Jostens
GRAD RINGS

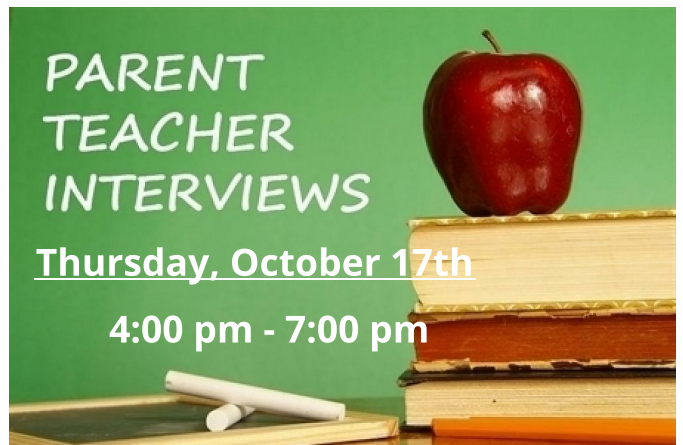


Monday-Friday, at 8:30 AM

**PARENT
TEACHER
INTERVIEWS**

Thursday, October 17th

4:00 pm - 7:00 pm



Grad Class 2025 Important Information



Sign up for important updates from Mrs. Newman.

Get information for Hillside Junior/Senior High School right on your phone—not on handouts.

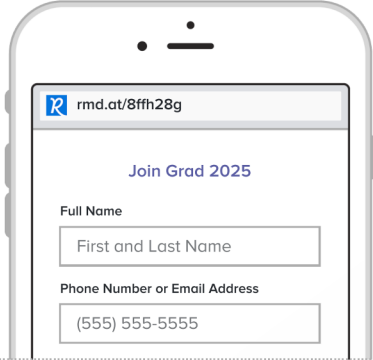
Pick a way to receive messages for Grad 2025:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/8ffh28g

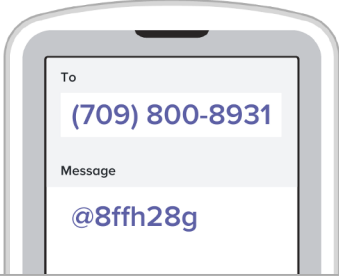
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @8ffh28g to the number (709) 800-8931.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/8ffh28g on a desktop computer to sign up for email notifications.



Hillside Sports



Football Team.

Football Practice

Tuesdays, Wednesdays, Thursdays

4 pm - 6 pm

Football Schedule

Friday, October 4th football game vs Peace River

at Hillside High School 4:00 pm

Thursday, October 10th, football game vs Whitecourt

at Graham Acres Field in Whitecourt

Thursday, October 17th football game vs Peace River

at Peace River 4:00 pm



Hillside is 2-0 with another win! Thanks to all the officials, volunteers, and our fans for coming out to cheer us on! We appreciate the support!

Go Cougars!



Volleyball Team

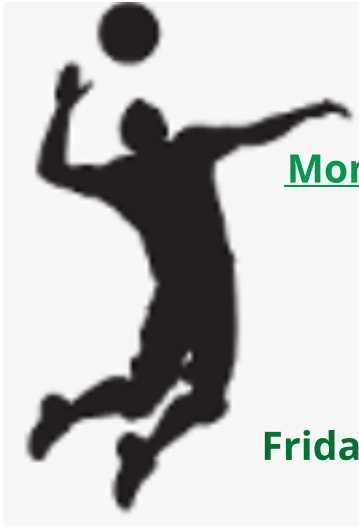
Tuesdays & Thursdays Sr. Volleyball Practice

Sr. Boys 3:30-5:50 pm

Sr. Girls 4:30-6:30 pm

Monday & Wednesday Jr. Volleyball Practice

Jr. Boys & Girls 3:30 - 5:30 pm



Jr. High Volleyball Tournaments

Friday, October 18th & Saturday, October 19th
in Peace River @ 3 pm

Jr. High Girls Volleyball Zones,

Friday, November 1st & Saturday, November 2nd
In Fairview

Jr. High Boys Volleyball Zones

Friday, November 1st & Saturday, November 2nd
in Valleyview

Sr. High Volleyball Tournaments

Friday, October 18th & Saturday, October 19th
In Peace River

Friday, October 25th & Saturday, October 26th
In Valleyview

Sr. High Boys Volleyball Zones

Friday, November 15 & Saturday, October 16th
In Mistassiniy

Sr. High Girls Volleyball Zones

Friday, November 15th & Saturday, November 16th
In High Prairie

Volleyball Team

Senior High Volleyball teams played in a tournament in Grimshaw this weekend. Both teams played hard and did well with all of their games being close matches. We are proud of their sportsmanship, teamwork and effort. Way to go Cougars!



Go Cougars!



ARTS CLUB

Mondays

3:30 pm - 5:00 pm

At Hillside Jr. Sr. High School

In the

Art Room.





Special Points Of Interests



School Purchases

Preferred payment method for school purchases are:

School cash Online, Debit, Visa, MasterCard & Amex. Cash and 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 take photo of the
<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 (*name and reason must be noted in the message*).

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



Hillside Jr/Sr High School Personal Mobile Device Policy

In preparation for the start of the 2024/25 school year, we would like to inform you about our school-based Personal Mobile Device (PMD) policy. This policy reflects the new Ministerial Order and NGPS AP 650. In accordance with the new Ministerial Order the intention of the policy is to create clear and easy to understand guidelines that allows opportunity for digital citizenship and improved learning outcomes by supporting a distraction-free learning environment that promotes well-being.

We respectfully request the support of our parent communities in promoting this policy. If there is the need to connect with your child during instructional times, please contact the office and we will be happy to facilitate communication with you child.

What are PMDs?

Any personal electronic that can be used to communicate with or access the internet, such as a cellphone, tablet, laptop, gaming device or smart watch. This also includes devices capable of communicating with a PMD (e.g. Bluetooth devices such as headphones, earbuds or smart watches)



When can students use PMDs?

- In the Morning before class time (8:48-8:53)
- During Lunch hour 12:19-12:59
- During 4 minute break times between classes
- At the end of the instructional day (after 3:19)



School Wide PMD policy of restrictions and guidelines for Instructional Time

- PMDs should be stored in personal lockers during instructional time. If a student has a PMD with them during instructional times, it must be powered off and kept out of view. Smartwatches must be in airplane mode.
- PMDs are NOT allowed in restrooms, changing rooms, or with students during school-wide presentations and assemblies.



What is Instructional Time?

- Instructional time includes time scheduled for the purpose of instruction and learning.
- Examples include, but are not limited to, in class instruction and activities, assemblies, talks or presentations from a guest speaker, spares and time spent in learning commons during the instructional day.

Special Considerations:

School Administrator may authorize exemptions if a personal mobile device is needed to support the delivery of programming, or to support unique medical and learning needs for individual students.

Progressive Disciplinary Action

If a student is not in compliance with the guidelines for PMDs a progressive discipline process will be applied.

First Time

We will remind the student of the rules.

Second Time

The student's PMD will be taken and securely stored in office until the end of the school day for student to pick up.

Third Time

The students PMD will be taken and securely stored and parent and/or guardian will be asked to retrieve the device from the school.

Further Violations

Parent and/or Guardian will be required to pick up the PMD and additional consequences may be applied such as issuing an in-school or out of school suspension.