

SEPTEMBER



HILLSIDE HAPPENINGS

2024

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

PRINCIPAL'S MESSAGE

Welcome Back, Students and Families!

As we embark on another exciting school year, I am thrilled to welcome our students, staff, and families to what promises to be a year of growth, learning, and opportunity. Whether you are just beginning your journey with us in grade 7 or preparing to cross the stage as a senior, I want you to know that you are a valued member of our school community.

Our dedicated staff has been hard at work to ensure that we provide a supportive, challenging, and engaging environment where every student can thrive. We're committed to providing a balance of academic rigor and personal growth, from innovative classroom experiences to a wide array of extracurricular activities that foster leadership, teamwork, and creativity.

To our students, we invite you to embrace all the opportunities this year will bring. Get involved, explore new interests, and remember that every challenge you face is an opportunity to grow. We're here to support you every step of the way.

To our families, thank you for your continued trust and partnership. Together, we will ensure your child's success both academically and personally. Your involvement and support play a crucial role in making our school community stronger.

To our parents and guardians, your partnership is invaluable. Together, we will work to support your student's academic and personal growth. We look forward to seeing the many accomplishments our students will achieve this year.

Here's to a successful and inspiring school year!

Sincerely,
Mrs. M. Patenaude
Principal Hillside Jr/Sr High

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.

SURVIVING THE RETURN TO SCHOOL (for parents!)

Ready or not, here comes the first day of school! It's that joyful, stressful, exciting, anxiety-inducing time of year. It is the start of new teachers, maybe a new school, new routines, possibly new friends. Though it is like a clean slate and a fresh start, we may feel panic at how to keep it all organized.

I am sharing with you some strategies that have been tried and tested by me (a mom of 4) that may help you survive the return to school. But first I need to say this, for all you exhausted and frazzled parents trying to do everything on your own: ***get your child on board to help you! I am a firm believer of the notion "Do not do for your child what they can do for themselves". If your child is old enough to go to school, they are old enough to take on some responsibilities at home.***

Work together as a family to see what can easily and realistically be incorporated into your daily routine:

- Keep a ***family calendar***, either digital if all your family can and will access it, a whiteboard or an old fashion paper one. It helps prepare children for what is coming, so they know what to expect and hopefully provide smoother transitions.
- ***Prepare for the week ahead*** with meal planning for nutritious breakfasts, simple healthy lunches and suppers that are quick.
- ***Prepare the night before***. Involve your children in laying out clothes, making lunches, and packing school bags. With supervision and guidance, by age 7, (in my humble opinion) children should be able to make most of their lunch on their own.
- Set boundaries around ***bedtime routines*** and stick with it. We all know our sanity depends on it!
- As a family, commit to ***no screens at least an hour before bedtime***.
- Set a ***timer and/or have clocks*** in bedrooms and bathrooms and teach your child to keep an eye on it to stay on track.
- Create an ***accessible*** and ***convenient*** routine for all the paper that comes into your home: hanging file folders, individual storage boxes or crates, wall folders. Whatever works for you, your family and the space in your home.
- Go through letters, notes and agenda items ***each and every day***. Many tears have been shed in my house over missed permission forms and upcoming activities that they were not able to attend because we did not complete the forms!
- ***Help your child organize their tasks, chores and responsibilities*** by creating a chart, lists or reminders throughout the house. I am talking signs or notes taped to doors, TV's, mirrors such as what to pack in their backpack, their jobs, chores or homework after school.
- Schedule a regular time to ***talk to your child about their school day***. Be sure it is neutral and relaxed. I have included a list of questions for you to get your child to open up.

A tradition our family has enjoyed to bring closure to the end of summer is by doing a ***memorable family activity***: picnic, going for ice cream, game night, visit a museum, have a different dinner (fondue, indoor grill, make your own pizza). Talk about some of the memories you created over the summer and what you are all looking forward to in the new school year. Your child will pick up on your feelings, both good and bad. Check in with yourself about any attitudes you may unintentionally pass onto your child about school. You have the power and influence to set the tone for success for your child and their year.

I begin each school year with enthusiastic optimism of staying organized and in control - only to feel like I am losing it by October 1st. But like we teach our children: every time we fall, we get back up again! Welcome back to Northern Gateway Public Schools! We are all in this together, we got this, and we are just getting started!

This article was written by Tammy Chark. She is the Division Social Worker for Northern Gateway Public Schools and is a support and advocate for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.



Hillside Happenings



Friday, Sept. 13th
High Prairie
VS
Hillside
at 4 pm




Hillside's
SCHOOL BREAKFAST
Program



Starts September 11th, at 8:30 AM

Thursday, September 19th
Hillside Parent Council Meeting
7:00 pm
In the Learning Commons



Thursday, Sept 19th
 Jr. High School Pictures 9 am
Friday, Sept. 20th
 Sr. High Pictures 9 am




Hillside's
Post Secondary
Fair
Wednesday,
Sept. 25
6:00-7:30 pm,



Monday,
Sept. 30th



NATIONAL DAY FOR
Truth & Reconciliation

Hillside Sports

Golf Team

Golf is underway at Hillside, and we're looking forward to another great season!

Sr. High Golf Zones, Monday, Sept. 16th
at Fairview

Jr. High Golf Zones, Monday, September 23rd
at Fairview

Sr. High Golf Provincials
Monday, Sept. 23 , Tuesday, Sept. 24
at Grande Prairie



Football is officially underway!

Our first game is Friday, September 13.

Football Practice

Tuesdays, Wednesdays, Thursdays
4 pm - 6 pm

Football Schedule

Sept. 13, High Prairie at Hillside - 5:00 pm

Sept. 19, Hillside at Edson- Departure 11 am and Game at 4 pm

Oct. 3, (Tentative) Hillside at Whitecourt - 4 pm



Volleyball Team

Tuesday, September 10th
Thursday, September, 12th

Sr. Girls Volleyball Tryouts

4:30- 6:30 pm

Tuesdays & Thursdays
Volleyball Practice

Sr. Boys 3:30-5:50 pm

Sr. Girls 4:30-6:30 pm



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WELCOME BACK TO SCHOOL



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

<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 Parent Council
Annual General Meeting
Thursday, September 19th
At 7:00 pm
In the
Hillside Learning Commons
Everyone Is Welcome
Come Join Us!

SCHOOL PICTURE DAY IS COMING!



HILLSIDE JR/SR
HIGH SCHOOL

YOUR DATES ARE

SEPTEMBER 19th GRADE 7-9
SEPTEMBER 20th GRADE 10-12

RETAKES - OCTOBER 8, 2024

REMINDER: A VIRTUAL GREEN SCREEN WILL BE USED TO ALLOW FOR A VARIETY OF BACKGROUNDS. PLEASE AVOID WEARING GREEN OR CAMO ON YOUR PICTURE DAY.

Mary Colleen
PHOTOGRAPHY

780.552.6599 MARY@MARYCOLLEEN.CA



POST SECONDARY FAIR

*Looking for education
beyond high school?
Don't miss our upcoming
Post Secondary Fair!*



SEPTEMBER 25



6:00 - 7:30 PM



SOUTH GYM

29 WAYS TO ASK YOUR KIDS

“How Was School Today?”

AND GET MORE THAN A ONE WORD ANSWER!

1. What was the best part of your day? (Worst part?)
2. What was the funniest thing you saw today?
3. What was the best part of lunch?
4. Did you get called on by your teacher today? What was that like?
5. Which kid in your class was the quietest? (Loudest? Most energetic?)
6. Which books did you read from today?
7. What was your teacher wearing today?
8. Which part of your classroom do you think I'd like the best?
9. When's the last time you went to the school library?
10. What do you wish you could do more of at school?
11. Which activity at school today was your favorite? (Least favorite?)
12. What games would you like to be able to play at recess?
13. What did you eat for lunch today? (What did your friends have for lunch?)
14. What's something your teacher said today?
15. Which kid in your class needed to be cheered up today?
16. If you were the teacher tomorrow, what would you do differently?
17. What made you feel happy today? (Sad, confused, bored?)
18. How did you get to be a helper today?
19. What do you wish your teacher would have done differently today?
20. What would you like to forget about from today?
21. What would you like to be learning more about?
22. Which topics do you wish you didn't have to learn about at all?
23. Did you get or give any compliments today?
24. Who got in trouble today?
25. What do you think I'd like best about your teacher?
26. Which kid at school would you like to get to know better?
27. Which color crayon or marker did you use the most today?
28. Did you get to spend time with the class pet today? If not, what did you do instead?
29. What was the hardest part of your day?

For more helpful parenting tips visit [Latitudes.org](https://www.Latitudes.org)