

NOVEMBER

2024



HILLSIDE HAPPENINGS



"A Caring Commitment to Learning"

Presentation
Surviving Tragedy & The Importance
of
Resilience and Mental Health

Tyler Smith, Humboldt Bus Survivor, winner of the Amazing Race Canada, and founder of Not Alone Co. Tyler presented to all students 7-12 alongside students 7-9 from St Stephens on Friday October 18th. Tyler Smith's journey of surviving the Humboldt Broncos tragedy and confronting subsequent mental health challenges highlights the critical importance of resilience and mental well-being. Tyler shares his personal insights on navigating adversity, emphasizing the importance of prioritizing mental health to build stronger foundations for ourselves and others. Thank you Tyler, for sharing your story with us. Thank you to all of our sponsors for making this presentation possible. WOW Valleyview, FCSS Greenview, Perron Ventures Ltd. Caron Measurements, Town of Valleyview, Pembina, NAF, ENERCAPTIA and Rural Mental Health.





Hillside Happenings



Friday, Nov. 15th

Saturday Nov. 16th

Sr. Girls Volleyball Zones,
in High Prairie

Sr. Boys Volleyball Zones,
Mistassiniy in Wabasca

Tuesday, November 19th

EF Tours Information Meeting
Scotland 2026



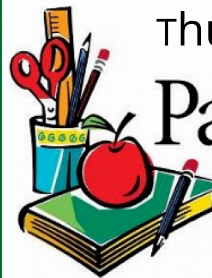
Tuesday, November 26th

Madison Cameron Parent
Presentation

Hillside Learning Commons

7 - 8 pm

Adults Only



Thursday, Nov. 28th

Parent-Teacher Interviews

4 - 7 pm

Hillside South Gym

Thursday, November 28th

School Council Meeting
7 pm Learning Commons



Monday-Friday, at 8:30 AM



A Night of celebrating our Students Successes !

On Thursday, October 24th a crowd gathered to recognize individual students for their accomplishments

in areas of academics:
Industrial Arts, Home Economics,
Art, Drama, Athletics,
Leadership and Citizenship.





CHILD & YOUTH WELLNESS THROUGH MEANINGFUL CONNECTIONS WITH GUEST SPEAKER: MADISON CAMERON

EVENING PARENT PRESENTATION

NOVEMBER 26, 7:00 - 8:00PM

COST: FREE

LEARNING COMMONS

OPEN FOR ALL COMMUNITY PARENTS AND GUARDIANS

ADULTS ONLY

PRESENTATION DEVELOPED FOR PARENTS AND CAREGIVERS TO GIVE THEM A BETTER UNDERSTANDING OF HOW KIDS USE AND PERCEIVE SOCIAL MEDIA. IN THIS PRESENTATION, PARENTS AND CAREGIVERS WILL GAIN INSIGHT INTO APPS THAT YOUTH ARE USING THAT ADULTS MAY NOT BE AWARE OF AS WELL AS SOME WAYS SOCIAL MEDIA CAN CHANGE THE WAY YOUTH PERCEIVE THEMSELVES AND THE WORLD AROUND THEM.

STUDENT SCHOOL PRESENTATIONS

NOVEMBER 26, 2024

HILLSIDE AND HARRY GRAY ELEMENTARY

**STAYING TRUE TO YOURSELF THROUGH SOCIAL MEDIA
HEALTHY VS HARMFUL INVOLVEMENT WITH OUR DEVICES**

WITH A FOCUS ON:

FOUNDATIONAL LIVED EXPERIENCE CASE OF BULLYING AND OTHER SHORT CASE EXAMPLES TO MOTIVATE STUDENTS INTO REFLECTION AND PROMOTE ACTION FOR CHANGE.

MADE POSSIBLE BY THE FOLLOWING

GENEROUS SPONSORS:

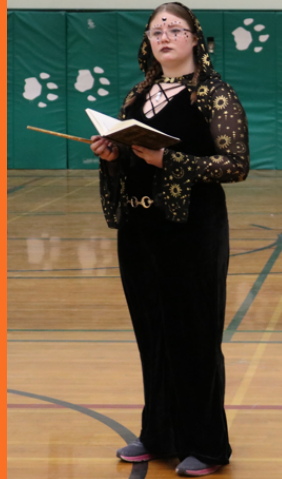
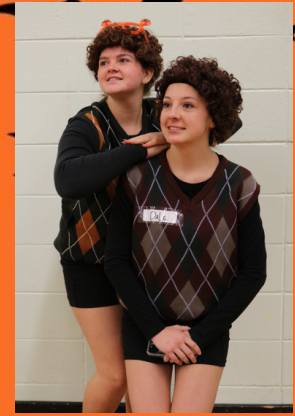
GREEN VIEW FCSS

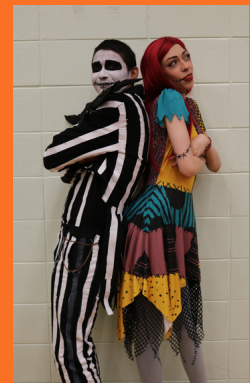
HILLSIDE SCHOOL COUNCIL



Spectacular Halloween Events

On Thursday, October 31st, Mrs. Serediak's Leadership group ran fun activities at lunch time. A costume contest with prizes awarded for best Junior Girl and Boy costume and Senior Boy and Girl Costume.





Pumpkin Carving Contest



1st



2nd



Grad Class

2025

Important Information

Grad Apparel orders must be completed/payment submitted by November 29th.

Fill out the order form on Mrs. Newsman's google classroom

Remind



Sign up for important updates from Mrs. Newman.

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

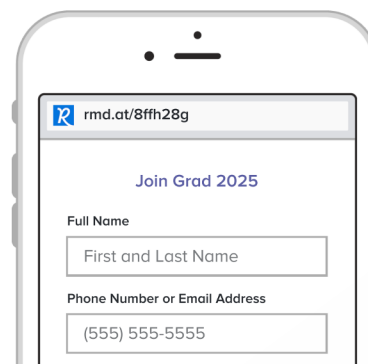
Pick a way to receive messages for Grad 2025:

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

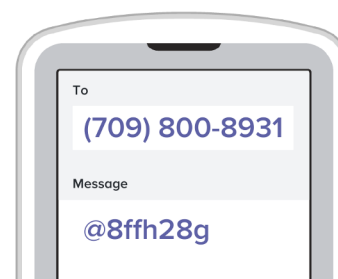
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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



Volleyball Team

Tuesdays & Thursdays Sr. Volleyball Practice

Sr. Boys 3:30-5:50 pm

Sr. Girls 4:30-6:30 pm

Sr. High Boys Volleyball Zones

Friday, November 15th & Saturday, November 16th
at Mistassiniy in Wabasca

Sr. High Girls Volleyball Zones

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



Basketball Team

Sr. Basketball Tryouts

Wednesday, November 13th and 20th
5:45-7:45 pm



Jr. Basketball Practices

Wednesday, November 13th, Monday, November 18th,
Wednesday, November 20th,
Tuesday, November 26th and Thursday, November 28th
3:30-5:30 pm

Sr. Basketball Practices

To be determined



Hillside Football Team



Hillside Cougars Football Team

Head to Provincials!

On Friday, November 1st the Hillside Cougars football team played the High Prairie Renegades in Valleyview. The Cougars had a very successful game which qualifies them for provincials on Saturday, November 9th against Drayton Valley . They won against Drayton and now qualify for Semi-Finals in Peace River on Saturday, November 16th.

Go Cougars!



GO COUGARS!





Special Points Of Interests



School Purchases

Preferred payment method for school purchases are:

School cash Online, Debit, Visa, MasterCard & Amex. Cash and e-transfer sent 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.

The 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

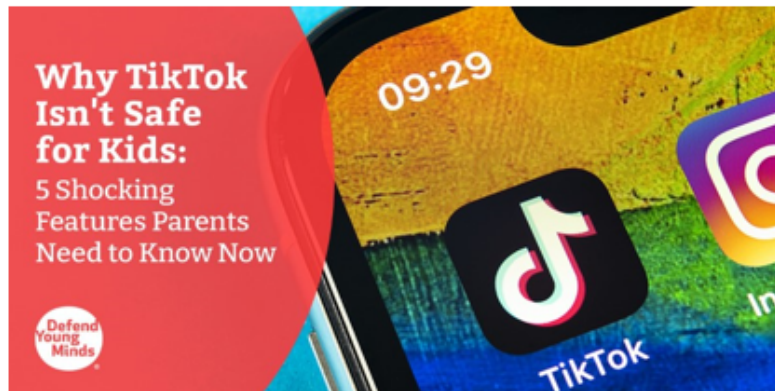
Phone: 780-524-3277

Fax: 780-524-4205

E-mail: hillside@ngps.ca

Lunch: 12:19-12:59





Nearly every day I have parents, caregivers or staff members express concerns about social media and how it is affecting children. It is a fulltime job trying to stay informed about all matters related to raising healthy children.

I found this excellent article on a site that I frequently use as a resource. They have thoroughly investigated Tik Tok. Here is an excerpt from an article written by Defend Young Minds Staff on October 29, 2024. The entire article can be found at [Defend Young Minds](#).

Why Tik Tok Isn't Safe for Kids: 5 Shocking Features Parents need to Know Now

- 1. Tik Tok LIVE: A Virtual Strip Club” for Minors**
- 2. Tik Tok addiction develops in just 35 minutes**
- 3. Tik Tok’s| Time Limit Feature Fails to Protect Kids**
- 4. Tik Tok Beauty Filters Harm Kids’ Self Esteem and Mental Health**
- 5. Filter Bubbles and Dangerous Content**

What Can Parents Do to Keep their Kids Safer from TikTok Dangers?

- Delay Social Media
- Set Clear Rules
- Monitor Usage
- Talk About What They See
- Find Safer Alternatives
- Build a Support Network

Detailed strategies, suggestions and links can be found at [Defend Young Minds](#)

This article was shared with permission from [Defend Young Minds](#) by Tammy Charko BA, BSW, RSW. 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 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.