



October 2019 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 17, Number 2

Story Block

WORDS OF INSPIRATION

Classes are in full swing, extra-curricular activities are on their way, routines are set, and calendars are filling up. How are you holding up?

If you haven't seen in the news or social media the inspirational story of Tyler Smith, I encourage you to search him up. Tyler is one of the survivors of the Humboldt Broncos bus crash in April 2018. On September 15, 2019 he shared his heart wrenching experience with "Unsinkable", a story-sharing platform hosted by Olympic Rower Silken Laumann. Unsinkable's mission is to empower Canadians to achieve better mental, physical and spiritual health through sharing of stories. Please check out this wonderful site:

www.weareunsinkable.com

I heard Tyler speak at Roger's Hometown Hockey in Leduc last February, at the Midget Provincials opening ceremonies in Whitecourt in the spring and again on Global News last week. Tyler's story has been shared throughout social media thousands of times. He gladly gave me permission to share it with you in this article, telling me that if he could give others that hope, than he feels he is doing something right.

Tyler wrote candidly and authentically with hopeful insight. He shared frankly that he will never completely heal mentally from the tragedy. He knows there is power in opening up and that it is truly **okay to not be okay**. He wrote that "if you're not doing so hot, you need to be willing to talk about it. Take advantage of the time you have and be grateful for the ones around you who care about you. When going through dark times," he writes, "it is one step at a time, one day at a time, one lesson at a time."

Whoever may think that youth do not have wisdom to share or cannot change the world is mistaken. This is a young man, at 21 years old, who is using his horrific experience to inspire and give strength to others.

There is strength in vulnerability. I do not know anyone who is not touched by hardship, struggles or tragedy. Why do we think that we need to always put on a brave face and pretend all is fine? Yes, yes, I know that we need to be professional, we have jobs to do and have to be mature parents (most of the time!). I realize that we cannot come all undone much of the time, or complain about

our problems nonstop. Let's be real, that would be a downer, and people would eventually avoid us like the plague.



Is it possible to find a way to say "Hey, I am not okay right now" and say "thanks for supporting me" or "thanks for being my friend and my inspiration"? Can we allow ourselves to be a little more transparent: "I am still here, doing my job, or taking care of my kids, but wow, today is a tough day"? Perhaps when we share our experiences and how we have risen above it, we may also be an inspiration for others to keep fighting the good fight.




This brings to mind a very dear friend with childhood trauma, single parenting and ongoing health issues. She is so precious with her openness, and not only that, she is optimistic and encouraging. Sharing her stories and the strategies she uses to triumph is a gift to others.

We are all on the same side and we are all stronger together. Your story matters and it needs to be told. When you are REAL and authentic, others listen. Your light, your story just may be the light that shines in the darkness for others.

I leave you with these words: **Time** and **pressure** turn caterpillars into butterflies, sand into pearls and coal into diamonds, imagine what it is doing in you. **It really is okay to not be okay.**

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. Tammy advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 children, 3 of which are teenagers.

OCTOBER 2019						
	Junior Volleyball Practices - Tues & Thurs @3:30pm Senior Volleyball Practices - Tues & Thurs @ 5:15pm	1	2	3	4  Departure for Finland JR Volleyball - TA Norris Peace River	5
6	7	8	9	10	11	12
	Ecuador Mandatory Trip Meeting 7pm Learning Commons		Picture Retakes Cross Country Zones		FinAl Returns PD Day - Whitecourt	
13	14  Thanksgiving Day	15	16	17	18	19
		Josten's Grad Rings		PTI's 4-7pm	Cheermania - Name that Tune Cougar Classic Volleyball Tournament	
20	21	22	23	24	25	26
				Awards Night	Junior VBall Charles Spencer Grande Prairie Senior VBall - Sean Henry Fairview	
27	28	29	30	31		
				Cheermania - Halloween Contest		

NOVEMBER 2019						
				Band Trip to Ottawa Spring Formal	1	2
				Jr Girls VBall Zones Jr Boys VBall Zones	TA Norris Peace River Peace High Peace River	
3 	4	5	6	7	8	9
					PD Day Peace Classic Sr VBall - Peace River	
10	11  REMEMBRANCE DAY	12	13	14	15	16
		Day in Lieu of PTI's	No School		Sr Girls VBall Zones - Sexsmith Sr Boys VBall Zones - GP Vanier	
17	18	19	20	21	22	23
				PTI's 4-7pm School Council Meeting 7pm Learning Commons		
24	25	26	27	28	29	30
		Drama Performance - Double Header	Drama Performance - Double Header			

SPECIAL POINTS OF INTEREST

- ▶ Preferred payment method for school purchases are: SchoolCashOnline, Debit, Visa, Mastercard. Cash and Cheques are still accepted.
- ▶ The next School Council Meeting is Thursday, November 21, 2019 @ 7pm in the Learning Commons.
- ▶ Scholastic Book Orders are to be turned into Mrs. Staples in the Learning Commons.
- ▶ The office no longer provides change for vending machines. Please come to school prepared.
- ▶ You can now have the newsletter emailed to you. Please contact Mrs. Staples in the Learning Commons at 780-524-3277.
- ▶ Tabs are available for the cafeteria. See Mrs. Grotkowski for details.
- ▶ Hillside Webpage:

hillsidehigh.ca

Newsletter is Available on the Webpage!

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 Hour
12:19-12:59



News, Sports & Events

ECUADOR



Ecuador 2020

With just under 6 months left until we depart for Ecuador, now is the time to start thinking about passports, vaccinations, and other details of our trip. There will be a meeting for all travellers and their parents on October 7th, at 7 PM in the Hillside Learning Commons, where we will go over all of these details.

Also, all travellers going to Ecuador have been invited to attend WE Day in Edmonton on October 22nd. WE Day is an unparalleled celebration of young people who are creating positive change in the world. It's a powerful, life-changing experience with distinguished speakers, award-winning performers and local heroes coming together to create the greatest classroom in the world. This classroom challenges students to follow their passions, build leadership skills and contribute to their communities. Our trip to Ecuador is a Service Learning Me To We Trip, supported by and supporting WE Charity and all their hard-work in developing countries.

Remind Number: Text: @Ecuador-20 to (226) 271-1126 to join, or enter that code on the Remind App

JUNIOR & SENIOR GOLF

Hillside had a good golf season in 2019, with good weather and success at both of our zone events. Our golfers attended zone competition at the Fairview Golf Course (seniors) and the High Level Golf Course (juniors). Our Senior Men's team placed 5th overall, 30 strokes out of the gold medal. Our Junior Boys team placed 4th (also 30 strokes out of gold), and Michael Newman placed 4th in the individual competition, missing the bronze medal by a mere 2 strokes.

The members of Hillside's golf teams for the 2019 season:

- Sr Men – Kelly Badger, Reid Dorscheid, Dylan Hamilton, Adam Newman
- Jr Boys – Kyler Dickson, Kale Kobe, Shelby McGhie, Michael Newman

Hillside's golf teams are coached by Mr. Matt Staples and Ms. Shelley Kirchner.



Debit Card Only?

Cafeteria Prepaid
Tabs are available in
the office. Please
see Mrs. Grotkowski.



Allergies

Please be considerate
of students in our
building. Do not bring
the following foods in
Hillside: **Peanuts**



Remind Numbers			
Teacher	Class	Class Code	Number
Hillside School		@hhschool	(418) 800-7941
Ms. A. Benard	Science 8C	@sci8ben	(204) 813-5888
	Chemistry 20	@chem20-ben	(204) 813-5888
	Health 7B	@health7ben	(204) 813-5888
	Health 9C	@health9ben	(204) 813-5888
	Science 20	@sci20ben	(204) 813-5888
Mrs. V. Berry	Math 8 1	@4ch2e6	(587) 316-1040
	Math 7B	@mrsmath7b	(587) 316-1040
	Math 7A	@g9fabh	(587) 316-1040
	Health 7C	@c629d38	(587) 316-1040
Ms. S. Kirchner	Science 7B	@kirch7bsci	(587) 316-1097
	Science 8A	@sci8akirch	(587) 316-1097
Mr. C. Lawson	LA 9A	@lawla9	(226) 271-1126
	Social 20-2	@lawss202	(226) 271-1126
	English 30-2	@laweng302	(226) 271-1126
	2020 Ecuador	@ecuador-20	(226) 271-1126
Mrs. L. Newman	Social Studies 30-1	@gah73f	(581) 221-0374
Ms. B. Osborne	Science 7A	@8e692b	(450) 500-0691
	Science 7C	@7cosborne	(450) 500-0691
	Science 8B	@kh2369	(450) 500-0691
	Math 8-2	@93e3ega	(450) 500-0691
Mrs. L. Serediak	Grad 2019	@commence19	(587) 333-2931
Mr. D. Slaney	LA 9	@hslang9	(587) 316-1059
	Social 20-1	@hillsocial	(587) 316-1059
	English 10-1	@hseng10	(587) 316-1059
Mrs. K. Staples	Curling Team	@hshcurl	(450) 900-0126
Mr. M. Staples	English 10-1	@mrmstapl	(647) 931-1805
	Green Certificate	@mrmstaples	(647) 931-1805
Ms. A. Wolfe	LA 8A	@a3d7ga	(647) 931-1813
	LA 8B	@a3d7ga	(647) 931-1813
	LA 9C	@b8a24k	(647) 931-1813
	Health 8B	@bhebdg	(647) 931-1813

