

JUNE



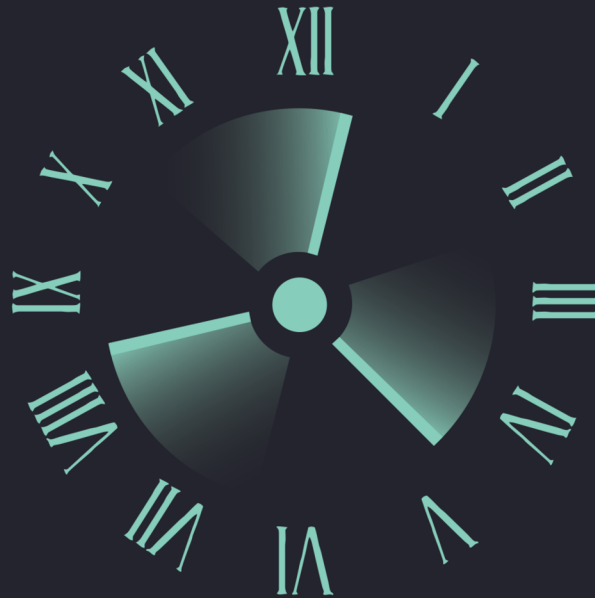
HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"

2025



Northern Gateway
Public Schools



RADIUM GIRLS

BY D.W. GREGORY

PRESENTED BY HILLSIDE SR DRAMA

TUESDAY JUNE 3rd & WEDNESDAY JUNE 4th
IN THE SOUTH GYM
DOORS OPEN AT 6PM, SHOW BEGINS AT 6:30PM



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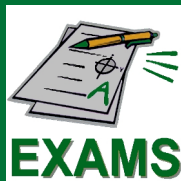


Hillside Happenings



Exams Start May 29th!

Be Sure to Check the
Exam Schedule on
page 3 & 4



Tuesday, June 3

Spring Football Jamboree
in Whitecourt
1 - 8 pm



Tuesday, June 3

&

Wednesday, June 4

Drama Production
Radium Girls
doors open at 6 pm

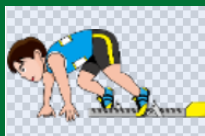
Thursday, June 5

Indigenous Grad Presentation
at Hillside in the South Gym
1 - 2 pm



Friday, June 6 & Saturday, June 7

Track & Field Provincials
in Calgary



Saturday, June 14

Hillside High School
Grade 12
Grad Ceremony
at the Polar Place
Arena
1-3 pm



June Exam Schedule

Thursday, May 29:

Grade 9 ELA/ 9 K& E ELA PAT Part A

Wednesday, June 11:

English 30-1 & 30-2 Diploma Part A 9 am

Thursday, June 12:

Social Studies 30-1 & 30-2 Diploma Part A

Tuesday, June 17

Math 30-1 and 30-2

Wednesday, June 18:

English 30-1 & 30-2 Diploma Part B,
Grade 9 ELA & and K & E PAT Part B,

Thursday, June 19:

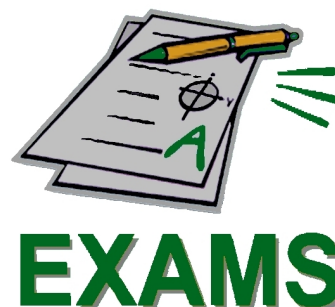
Social Studies 30-1 Part B,
Social Studies 30-2 Part B,
Grade 9 Math and 9 k & E Math PAT

Friday, June 20

Bio 30 Diploma
Chem 20
Grade 9 Math & K & E Math PAT Part B

Monday, June 23:

Chem 30 Diploma
Social 20-2
Mr. Staples, English 10-2
Mrs. Caron, English 10-2
Mrs. Newman, Social 10-1
Grade 8, Science 8-A
Grade 8, Science 8-B
Grade 7, Science 7-A



June Exam Schedule

Tuesday, June 24

Physics 30, Diploma

Math 20-3

Science 10

Grade 9 Science, and K & E Science, PAT

Grade 8-A, Math

Grade 8-B Math

Grade 7-A Math

Grade 7-B Math

Grade 8-A Social

Grade 8-B Social

Grade 7-A Social

Grade 7-B, Social

Wednesday, June 25

Science 30, Diploma

Chem 20

English 20-1

Science 24

Math 10-3

Math 10-C

Grade 9 and 9 K & E, Social PAT

Grade 8-A LA

Grade 8-B, LA

Grade 7-A, LA

Grade 7-B, LA

Last Day of School

Friday, June 27th

Please Be Sure to Return

Your Textbooks, Novel Studies, Library
Books and Chromebooks
to the Learning Commons

After your

Final Exams.





Grads, have you...

Checked with Mr. Staples/Office
to make sure you are on the Grad List.

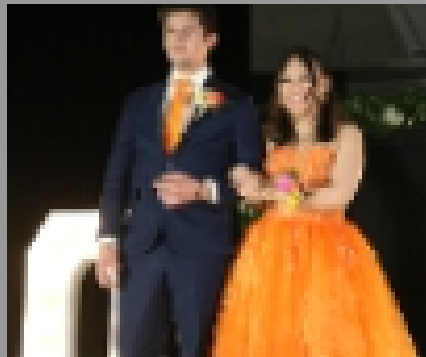
Submitted your work experience paperwork

Emailed/given Mrs. Newman your baby photos
at laurena.newman@ngps.ca

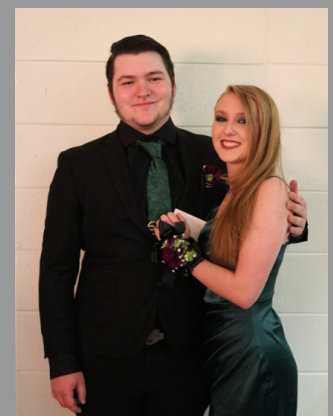
Completed your parting words
(on google classroom)?

Joined the Spring Formal on Google Classroom?

Spring Formal 2025, Under The Stars



Spring Formal 2025, Under The Stars





Educational Tours

We are still accepting applications for
Scotland Tour during Spring break in 2026

Grades 9 -12 can apply

Please scan the QR code for details.

If interested in attending see Mrs. Caron.

See Mrs. Caron for a student application.

You're going to Scotland!

Your enrollment number:
2775880



Scan the QR code or visit
eftours.ca/enrol to sign up for the
waitlist!



Hillside Sports

Track and Field





Wellness Ice Bucket Challenge





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. Jorgensen 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



The Connection Between Screen Time and Mental Health

Conversations around screen time and its impact reflect a widespread struggle for both children and adults in limiting electronic use. A [Western University](#) report highlights a direct correlation between increased screen time in children and symptoms of anxiety and depression including heightened worrying, social stress, fear of the unknown and a loss of interest in daily activities.

IS IT AN “ADDICTION”?

According to Today's Parent article updated on January 17, 2025, [Signs of Screen Addiction in Kids](#), classic signs of addiction to screens have similar symptoms as addiction to substances for adults:

- Unable to control screen use
- Loss of interest in other activities
- It preoccupies their thoughts, conversations and behaviors
- Interferes with socializing in person
- Screen time interferes with activities with family or friends
- Usage causes serious family arguments
- They are deceptive about their screen usage
- Screens are used as a temporary mood booster or as an escape from boredom or challenging situations

When screens are removed or significantly limited, signs of withdrawal may look like: irritability, changes in mood, sleep difficulty, headaches, depression and anxiety

HEALTHY RELATIONSHIPS WITH MEDIA/TECHNOLOGY

When it comes to evaluating a child's use of screens, [American Academy of Pediatrics](#) created an easy to remember, age based tips referred to as the [5 C's of Media Use](#):

1. **C**hild - Consider your child's personality and how screen time, gaming and social media influences them, if it supports their interests or worsen any challenges they may already be experiencing.
2. **C**ontent - Evaluate the quality of content your child consumes. Learn about what your child plays or watches or who they follow. Help them think about the amount of violence, role-modelling, unrealistic standard or commercialism they are interacting with. [Common Sense Media](#) is a great resource for information about videos and games.
3. **C**alm - Recognize if screens are a primary coping tool to manage strong emotions and sleep. If screens, games, social media becomes the main go-to strategy, talk to friends, pediatricians, therapists or other supports to learn how to calm their brains and bodies down.
4. **C**rowding Out - Are screens crowding out other things your family cares about? Rather than just focusing on reducing screen time, discuss and implement what your family could or should do instead: more quality family time, visiting others, sleep, time outdoors, playing with pets, starting a new hobby. Help your child understand screen time has

"hooks" that are designed to keep all of us online as long as possible. Create a realistic, concrete plan about where and when to use screens every day.

5. **C**ommunication - Talk about screen time (games, videos, social media) early and often. By building digital literacy you will be able to identify when your child or teen is struggling.

REALISTIC STRATEGIES TO MANAGE SCREEN TIME

- Be aware of **guidelines** and **research** on connection between screen time and children's mental wellness
- Monitor screen time exposure so you and your child are aware of **exactly how much time** is spent on electronics
- Establish **screen-free zones** in your home, especially bedrooms
- Schedule **screen-free times**. Particularly at family meal times and before bedtime
- Identify the apps and websites that are **used the most and reflect on why** they are the most commonly used
- Look for **patterns** of usage: before bed, weekends and plan for alternative activities to change the habit
- Set **screen time caps** and then begin limiting screen time gradually
- Schedule **internet downtimes** in your home simply by unplugging the router
- **Turn off notifications** that trigger phone checks
- Utilize a **Family Media Use Plan** to include everyone in the decision making process
- **Model the behavior** you want to see in children

As a mother of four children, I understand the constant battle with screen time. It can seem drastic to restrict electronics excessively, but if a child is struggling, it is necessary to allow their nervous system to return to a more natural state of calm and foster resilience.

This article was written by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and supports and advocates 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.