

# CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO



## NAVIGATING A PATHWAY TO SUCCESS

**A PATHWAYS PLANNING GUIDE FOR STUDENTS ENTERING HIGH SCHOOL**

# Welcome!

## Message from our Director of Education



Dear Parents,

The transition from Grade 8 into secondary school is an exciting time for your child. As they begin this next phase of their education, you will learn that there are endless opportunities and pathways available to them. To support you and your child, school administration, teachers, and support staff will be there every step of the way to help your child find their unique pathway and fulfill their career aspirations. At CDSBEO, we proclaim our Catholic faith by nurturing and celebrating the hearts, minds, bodies, and souls of our students. We are committed to giving students every opportunity to achieve success in their learning and in life.

As a secondary student, your child will be given many opportunities to explore different career paths so that they can make informed decisions about what they choose to pursue after graduation. This Transition Guide is your first step in navigating the pathway ahead. Please take the time to review this resource and discuss information with your child. I hope that you find this resource useful in helping to answer many of the questions that may arise over the course of your child's secondary school journey.

May God bless you and your child, today and always.

Yours in Catholic Education,

John Cameron

Director of Education

# Our Mission



## **Our Board Vision:**

Inspired by the teachings of Jesus Christ, we transform the world with justice and peace through Catholic education.

## **Our Board Mission Statement:**

We proclaim our Catholic faith by:  
Nurturing and celebrating the hearts, minds,  
bodies and souls of our students.  
Learning through faith, living with hope,  
loving in Christ.  
Teaching wisdom, teaching love...  
creating a world in God's Image.  
Learning and Growing Together in Christ

## **Ontario Catholic Graduate Expectations**

The Catholic graduate is expected to be:

- A discerning believer formed in the Catholic Faith community who celebrates the signs and sacred mystery of God's presence through word, sacrament, prayer, forgiveness, reflection and moral living.
- An effective communicator who speaks, writes and listens honestly and sensitively, responding critically in light of gospel values.
- A reflective, creative and holistic thinker who solves problems and makes responsible decisions with an informed moral conscience for the common good.
- A self-directed, responsible, lifelong learner who develops and demonstrates their God-given potential.
- A collaborative contributor who finds meaning, dignity and vocation in work which respects the rights of all and contributes to the common good.
- A caring family member who attends to family, school, parish, and the wider community.
- A responsible citizen who gives witness to Catholic social teaching by promoting peace, justice and the sacredness of human life.

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# Your Individual Pathways Plan

## Individual Pathways Plan (IPP)

As you progress through school and life, you will need to make many choices about your education and career path. In Grade 7, you created an Individual Pathways Plan (IPP) and started reflecting on the following four questions:

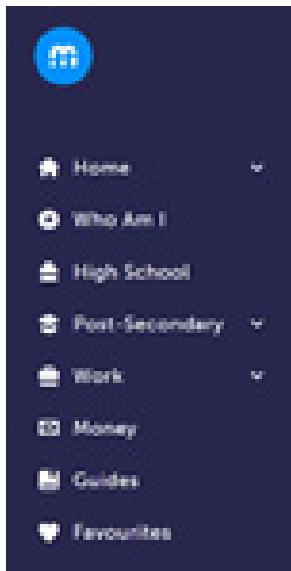
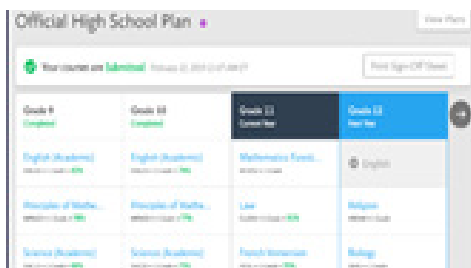
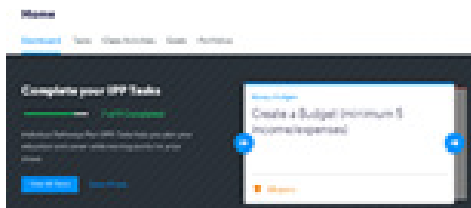
1. Who am I? (Knowing Yourself)
2. What are my opportunities? (Exploring Opportunities)
3. What do I want to become? (Making Decisions and Setting Goals)
4. What is my plan for achieving my goals? (Achieving Goals and Making Transitions)



By completing and reflecting on your Individual Pathways Plan as you transition through Grades 7 to 12, you will have established a clear plan for your initial postsecondary destination – whether it be apprenticeship training, college, community living, university, or the workplace – and with the confidence that you can revise your plan as you, and the world around you, changes. This vision sees you as the architect of your life. The Catholic District School Board of Eastern Ontario views all post-secondary pathways as worthy and valuable. In our schools, we provide students with the courses and supports they need to succeed and adapt in our fast-paced world.

# MyBlueprint

Every CDSBEO student has a myBlueprint account to help you explore opportunities, plan your high school courses, and record your Individual Pathways Plan (IPP). MyBlueprint helps you explore the four key questions listed on page 2. You will be using myBlueprint throughout high school to help you plan and prepare for your future.



- The Who Am I Surveys will provide opportunities for self-exploration and discovery and to be matched with suited occupations.
- High School Planning – You will research the courses and SHSM programs available at your high school and will plan ahead. You will track graduation progress and identify post-secondary eligibility for opportunities in every pathway.
- You will research Post-Secondary programs across Canada and find detailed information on apprenticeships, college programs, university programs, and workplace sectors.
- The Work tab will help you with resumes, cover letters, and occupation searches.
- You will strengthen your financial literacy skills by exploring the Money section.
- The Portfolios section will be used to record your IPP progress and experiential learning.

## PARENT ACCOUNTS on myBlueprint

Parents, you can use myBlueprint to help your child/children explore career and education options.

Here's how:

- Go to [www.myBlueprint.ca/cdsbeo](http://www.myBlueprint.ca/cdsbeo)
- Click Sign Up in the top right corner.
- Select your child's school and click Create Account.
- Select "Family/Advisor".
- Fill out the form.
- Create your account.

NOTE: If you have questions about myBlueprint, contact the Guidance Office.

# Graduation Requirements

## Ontario Secondary School Diploma (OSSD) - 30 Credits

18 Compulsory Credits	Credits
English	4
Mathematics	3
Science	2
French	1
Canadian Geography	1
Canadian History	1
The Arts	1
Health and Physical Education	1
Civics	.5
Careers	.5
Group 1, 2, 3 (Choose one credit from each group.)	3

12 Elective Credits	Credits
Students are required to take:  4 Religious Education courses, one each year in grades 9-12.  8 optional credits that match their interests or develop their skills.	12

Other Requirements	Credits
Community Service completed over 4 years.  Note: Grade 8 students can start their service hours in July and August before grade 9.	40
The provincial Literacy Requirements OSSLT or OSSLC	-

## Ontario Secondary School Certificate (OSSC) - 14 Credits

7 Compulsory Credits	Credits
English	2
Mathematics	1
Science	1
French	1
Canadian History or Geography	1
Arts or Technical Education	1
Health and Physical Education	1

7 Elective Credits	Credits
Students are required to successfully complete an additional 7 credits (Religion courses included) that match their interests or develop their skills.	12

Students are **not** required to complete 40 hours of community service.

Students are **not** required to complete the Ontario Secondary School Literacy Test (OSSLT)

## Certificate of Accomplishment

The Certificate of Accomplishment honors students' participation in secondary school courses and student life. This certificate recognizes achievement for students in their community pathway who will go on to participate in further education, engage in volunteer/paid work, or participate in community programs.

# Graduation Requirements



## **Group 1:**

Additional credit in English, or French as a second Language, or a Native Language, or a classical or international language, or a social science and the humanities, or Canadian and world studies, or guidance and career education, or cooperative education.

## **Group 2:**

Additional credit in health and physical education, or the arts, or business studies, or French as a second language, or cooperative education.

## **Group 3:**

Additional credit in science (gr. 11 or 12), or technological education, or French as a second language, or computer studies, or cooperative education.



# How Course Codes Work

Example Course Code:

# AVI10F

**The first three letters identify the subject area. The first letter indicates the curriculum area.**

A = Arts

H = Humanities & Social Sciences

B = Business

I = Computer Studies

C = Canadian & World Studies

L = International Languages

E = English M = Mathematics

F = French N = First Nations, Metis, and Inuit

G = Guidance & Career Education

P = Health and Physical Education

S = Sciences

**The fourth character is a number identifying the course grade.**

1 = Grade 9

3 = Grade 11

2 = Grade 10

4 = Grade 12

**The fifth character is a letter identifying the course type.**

**Grade 9 & 10:**

D = Academic

P = Applied

L = Locally Developed

O = Open

**Grade 11 & 12:**

U = University

M = University/College

C = College

W = Workplace

O = Open

**The sixth character indicates special characteristics of a course. Not all codes will have this indicator.**

B = Boys

G = Girls

E = E-Learning

F = French Immersion

See if you can decode these course codes using the information above:

HRE1O

MFM1P

FIF1F

TIJ1O

CGC1P

SNC1D

ENG1D

PPL10GF

# Course Information

## Choosing the Right Course for your Destination

### Academic Courses

- Students will learn to develop more critical and analytical skills in subject areas.
- Students require more independent work habits in order to manage the increased course content and pace of subject.
- This course type prepares students for university, college, apprenticeship, and the workplace.

### Applied Courses

- Students will learn to develop an understanding of key ideas and terms in subject areas.
- Students benefit from a guided pace to move toward more independent learning.
- This course type prepares students for college, apprenticeship, and the workplace.

### Locally Developed Courses

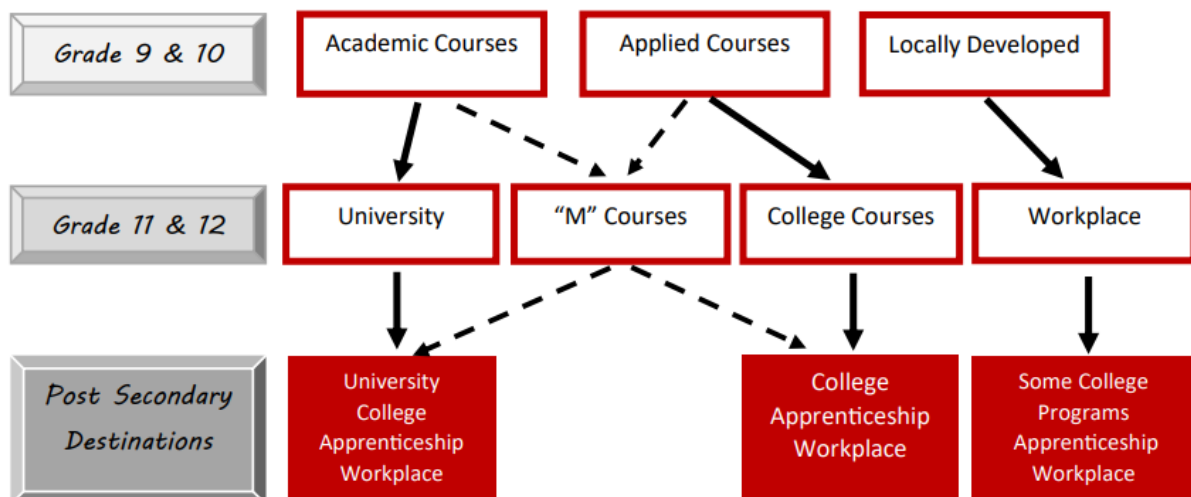
- Students will learn to develop and enhance essential skills in subject areas.
- Classroom/Resource teachers recommend these courses for students with specific learning needs.
- Students require consistent direction and repetition to accommodate learning needs.
- This course type prepares students for apprenticeship and the workplace.

### Open Courses

- Students will learn to develop skills for further study in the subject area.
- Students can have a variety of learning skills and needs.
- Expectations are designed and appropriate for all students.

### K-Coded Courses

- These courses are non-credit and focus on alternative curriculum and individualized expectations.



# 21st Century Competencies

The continually evolving modern work environment demands modern skill sets and flexible, agile learners. As you progress through high school, you will be working on these competencies to help you prepare for your future. These 21st Century Competencies are listed below.



## Critical Thinking and Problem Solving

- Solve meaningful, real-life, complex problems
- Take concrete steps to address issues
- Design and manage projects
- Acquire, process, interpret, and analyze information to make informed decisions (critical and digital literacy)
- Engage in an inquiry process to solve problems
- Make connections and transfer learning from one situation to another



## Global Citizenship

- Contribute to society and the culture of the local, global, and digital community in a responsible, accountable, and ethical manner
- Engage in local and global initiatives to make a difference
- Learn from and with diverse people
- Interact safely and responsibly within a variety of communities
- Create a positive digital footprint
- Relate to the environment and be mindful of the importance of all living things



## Learning to Learn/Self-Aware & Self-Directed Learning

- Learn the process of learning (metacognition)
- Believe in the ability to learn and grow (growth mindset)
- Persevere and overcome challenges to reach a goal
- Self-regulate in order to become a lifelong learner
- Reflect on experience to enhance learning
- Cultivate emotional intelligence to understand self and others
- Adapt to change and show resilience to adversity
- Manage various aspects of life – physical, emotional (relationships, self-awareness), spiritual, and mental well-being

# 21st Century Competencies

## Collaboration

- Participates in teams; establishes positive relationships
- Learns from, and contributes to, the learning of others
- Co-constructs knowledge, meaning, and content
- Assumes various roles on the team
- Manages conflict
- Networks with a variety of communities/groups
- Respects a diversity of perspectives



## Communication

- Communicates effectively in different contexts in oral and written form in French and/or English
- Asks effective questions to acquire knowledge
- Communicates using a variety of media
- Selects appropriate digital tools according to purpose
- Listens to understand all points of view
- Gains knowledge about a variety of languages
- Voices opinions and advocates for ideas



## Innovation, Creativity, and Entrepreneurship

- Contributes solutions to complex problems
- Enhances a concept, idea, or product
- Takes risks in thinking and creating
- Makes discoveries through inquiry research
- Pursues new ideas to meet a need of a community
- Leads and motivates with an ethical entrepreneurial spirit



# Experiential Learning Opportunities

In grades 11 and 12, students can take part in extended experiential learning programs such as Cooperative Education, Specialist High Skills Major, and Dual Credit. These programs offer students the opportunity to learn both in the classroom and in the workplace; create community connections; develop global competencies; and foster ethical citizenship. Here is a brief overview of these programs:

## Cooperative Education

In a co-op placement, students spend the majority of their time in a workplace setting, learning practical skills, and applying previously acquired learning in a workplace setting. Benefits of Co-op:

- Develop employability skills
- Explore pathways
- Gain work experience
- Earn credits for work in different environments



## Dual Credit

Dual credits are unique programs that allow high school students to earn credits towards their OSSD while also earning credits towards a post-secondary diploma, degree, or apprenticeship certification. The benefits of Dual Credit include earning college credits while still in high school, developing familiarity with being on a college campus, and being exposed to the types of learning and instruction in post-secondary.

## Ontario Youth Apprenticeship Program



The Ontario Youth Apprenticeship Program (OYAP) is a School to Work program that opens the door for students to explore and work in apprenticeship occupations starting in Grade 11 or Grade 12 through the Cooperative Education program.

Students have an opportunity to become registered apprentices and work towards becoming certified journeypersons in a skilled trade while completing their secondary school diplomas.



# Experiential Learning Opportunities

## Specialist High Skills Major (SHSM)

The Specialist High Skills Major (SHSM), a province-wide initiative, enables students to customize their high school experience to suit their interests and talents. The goal is to prepare for a successful post-secondary transition to apprenticeship training, college, university, or employment, while meeting the requirements of the Ontario Secondary School Diploma (OSSD). SHSM programs include Agriculture, Construction, Hospitality, etc. See the full list below of all of CDSBEO's SHSM programs.



School	Program
Holy Trinity CSS, Cornwall	Agriculture Arts and Culture Health and Wellness
Notre Dame CHS, Carleton Place	Construction Health and Wellness
St. Francis Xavier CHS, Hammond	Hospitality and Tourism Transportation Health and Wellness
St. John CHS, Perth	Health and Wellness Hospitality and Tourism
St. Joseph CSS, Cornwall	Business Hospitality and Tourism Transportation
St. Luke CHS, Smiths Falls	Construction Hospitality and Tourism
St. Mary CHS, Brockville	Arts and Culture Non-Profit
St. Matthew CSS, Cornwall	Construction Hospitality and Tourism
St. Michael CHS, Kemptville	Environment Health and Wellness Hospitality and Tourism
St. Thomas Aquinas CHS, Russell	Environment Health and Wellness

# Pathways

## APPRENTICESHIP

Apprenticeship is a work-based educational pathway that combines on-the-job training, work experience and technical training that leads to certification in over 150 trades.

Apprentices are paid while gaining work experience and wages increase with skill level. Most of the training occurs in the workplace; the rest of the training is classroom instruction at an approved community college or training facility.

You can begin an apprenticeship while you are still in high school by registering as an Ontario Youth Apprenticeship OYAP student. To do this, you should talk to your Guidance Counsellor or a Cooperative Education teacher. They will connect you with the OYAP Coordinator at CDSBEO.

Important websites:

- [www.oyap.com](http://www.oyap.com)
- [www.ontario.ca/page/prepare-apprenticeship](http://www.ontario.ca/page/prepare-apprenticeship)
- [www.myBlueprint.ca/cdsbeo](http://www.myBlueprint.ca/cdsbeo)
- [www.tcu.gov.on.ca](http://www.tcu.gov.on.ca)
- [www.earnwhileyoulearn.ca](http://www.earnwhileyoulearn.ca)



## COLLEGE

College programs provide an effective combination of real-life skills with quality education. Colleges are more interactive, more instructive and project-based to facilitate faster learning. College leads to a variety of careers from journalism to policing to fitness programs.

College programs take 1 to 4 years to complete, depending on the type of program (certificate, diploma, advanced diploma, degree).

Important websites:

- [www.ontariocolleges.ca](http://www.ontariocolleges.ca)
- [www.myblueprint.ca/cdsbeo](http://www.myblueprint.ca/cdsbeo)
- [www.transitionresourceguide.ca](http://www.transitionresourceguide.ca)
- [www.gotocollege.ca](http://www.gotocollege.ca)
- [www.tcu.gov.on.ca](http://www.tcu.gov.on.ca)



# Pathways

## COMMUNITY

From the Community Pathway, students transition to adult life incorporating activities and pastimes chosen to reflect their needs and interests.

Important websites:

- [www.dsontario.ca](http://www.dsontario.ca)
- [www.beyond21.org](http://www.beyond21.org)
- [www.communitylivingontario.ca](http://www.communitylivingontario.ca)

## WORK

A wide variety of careers require a high school diploma, followed by specific on-the-job training or entry-level positions from high school including real estate agents, animal care workers, bank tellers, construction labourers, etc.

Some students who choose direct entry into work might later pursue an apprenticeship, college, and/or University.

Important websites:

- [www.raiseyourflag.com](http://www.raiseyourflag.com)
- [www.ontario.ca/page/labour-market](http://www.ontario.ca/page/labour-market)
- [www.jobbank.gc.ca](http://www.jobbank.gc.ca)

## UNIVERSITY

University offers a broad, comprehensive education in general areas (sciences, humanities, business, etc.). University programs give you the skills and knowledge you need to pursue careers such as engineering, financial analysis, business, nursing, medicine, etc. Students in university obtain bachelor degrees, masters degrees, and doctorate degrees, ranging from 3 to 10 years of study.

Important websites:

- [www.electronicinfo.ca](http://www.electronicinfo.ca)
- [www.tcu.gov.on.ca](http://www.tcu.gov.on.ca)
- [www.ouac.on.ca](http://www.ouac.on.ca)
- [www.myblueprint.ca/cdsbeo](http://www.myblueprint.ca/cdsbeo)





# Helpful Tips & Information

## Tip #1 - Know Where Your Supports Are!

There is a whole team of people at your school who are there to help and guide you. See “Your Support System” (page 16) for more information.

## Tip #2 - Get Involved!

Every high school has clubs, teams, and other extra-curricular activities. This is a great way to meet people and have fun! Don't be afraid to step out of your comfort zone and try new things.

## Tip #3 - Be Yourself!

Everyone has a unique set of gifts and talents. Always be true to yourself. Respect yourself and surround yourself with good people. Dr. Seuss said it best: “Today you are You, that is truer than true. There is no one alive who is Youer than You!”

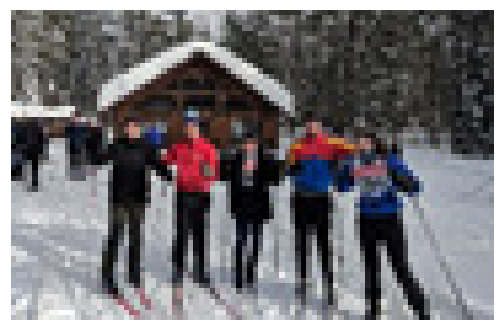
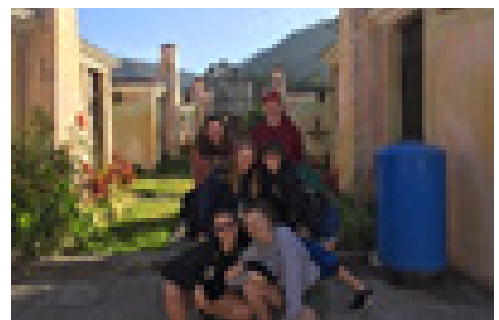
## Tip #4 - Be organized!

Your transition from grade 8 to grade 9 is a big step academically. It's important to stay organized so you can keep up with your work. If you are having difficulties with organization, be sure to reach out to a teacher, a guidance counsellor, or a peer tutor.

## Tip #5 - Stay Connected!

Every school will communicate online whether through a Facebook page, a Twitter feed, or a website. Check these social media accounts for important dates and information about school events:

- [www.facebook.com/CDSBEO](http://www.facebook.com/CDSBEO)
- [www.twitter.com/CDSBEO](http://www.twitter.com/CDSBEO)
- [www.instagram.com/cdsbeo](http://www.instagram.com/cdsbeo)



# Your Support System

As exciting as it is to begin high school, it can also cause some anxiety. Please remember that we are there for you! There are so many people whose sole purpose is to make sure that you have a successful and enjoyable experience. They will help you with questions about everything from finding your locker to what to do if you are absent. All these people want you to succeed:

## **Special Education Teachers**

...support the implementation of Individual Education Plans. They conduct diagnostic assessments, directly support students, teach learning strategy and alternative courses, and work with subject teachers to deliver accommodations and modifications.

## **Teachers**

...are role models and sources of valuable information for many students. They play an important role in developing student awareness of various career paths.

## **Student Success Teachers**

...are an additional support to students who are struggling at school and who may be thinking of leaving school early. They work with students to help them be more successful and stay in school.

## **Student Support Teachers**

...provide skill building and support to students at risk. They work with agencies outside of the school to provide the most appropriate care and support for students who are struggling with anxiety, mental health, addictions, etc.

## **Guidance Counsellors**

...help students plan their educational pathways, career plans, and course selections. They are also available to help students with personal concerns.

## **Chaplaincy Leaders**

...provide opportunities for students to explore their faith and to live their faith in the school and community through liturgical celebrations, retreats, social justice initiatives, and mission trips.

## **Administrators, Principals/Vice-Principals**

...are responsible for ensuring safe and secure schools. They are available to assist students and parents with concerns.

## **Parents/Guardians**

...play an essential role in the transition to secondary school. They are encouraged to remain involved in all aspects of their child's education.

# PARENTS/GUARDIANS AS PARTNERS

How can parents/guardians help their child reach their full potential in high school?

Below are three important factors for student success and tips on how you can support your child with each.

## HOMWORK

### Recommendations:

Grade 9 students may spend 45 to 90 minutes per day on homework.

Students are expected to complete all assignments to assist with determining their areas of strength and areas of growth.

### Warning Signs:

You do not see your child doing homework regularly, or your child says "I don't have any homework" on a regular basis.

### Strategies:

Call the school or teacher and get more information.

Find out if the teacher uses a web-based tool for school-home communication.

Encourage your child to read and study for the recommended time each day.

Engage in conversation with your child about what s/he is learning.

## ORGANIZATION

### Recommendations:

Students should take accurate notes and keep learning resources well-organized (binders, technology, etc.).

Students should use an agenda to assist with time-management and to keep track of assignments, projects, tests, extracurricular activities, and important dates.

### Warning Signs:

Your child does not have or use an agenda.

Your child's notebooks are disorganized or incomplete.

### Strategies:

Obtain an agenda for your child.

Talk with your child to set up a time management and organizational plan.

Monitor the use of the agenda and notebooks.

## ATTENDANCE

### Recommendations:

Students attend school each day.

Students arrive to class on time.

### Warning Signs:

Your child is missing school.

Your child's report card shows more absences than you expected.

### Strategies:

Discuss your child's attendance record with the school administration and plan to ensure regular attendance.

If your child is absent, ensure work is brought home, completed and, submitted.

# Living Our Faith

At CDSBEO students live and celebrate their faith every day. Opportunities abound inside and outside the classroom for students to model the example given to us by Jesus.

- Community Outreach – food drives, volunteering at a soup kitchen to prepare a lunch, charitable initiatives like Relay for Life and sporting events to support the CDSBEO Good Samaritan Fund.
- Social Justice Initiatives – numerous high schools have youth groups that work on social justice initiatives like poverty awareness and social advocacy.
- Service Trips – these wonderful opportunities on a local, national, and international basis allow students to experience aspects of the human condition that may be different from their own. These trips allow students to gain a deeper appreciation of human dignity by being in solidarity with others whom they encounter.
- Care for God’s Gift of Creation – many schools have ecological initiatives to help to maintain the Earth and the common good of humanity now and for future generations.
- Chaplaincy services – each of our ten high schools has a chaplaincy leader who helps to support the prayer life of students through masses, prayer services, and daily prayer. The Chaplaincy leader organizes masses for the whole school and occasions for reconciliation with local priest chaplains. Opportunities are found for students to develop leadership skills in the school community through such things as retreats and student groups.



# Special Education Programs at CDSBEO

The transition from an elementary school to a secondary school is an exciting one but it can also seem quite daunting for some of our students. Please be assured that the same supports that were available to your child in their elementary setting will continue to be available to them in their secondary setting. The Catholic District School Board of Eastern Ontario (CDSBEO) continues to view every child as unique and aims to provide a Catholic education which nurtures this uniqueness and enables each pupil to maximize his/her spiritual, physical, intellectual, and social potential. It is the Board's belief that the most desirable placement for all children is the regular classroom with appropriate special education services. For those students whose needs cannot be met in a regular class setting, more intensive special education services can be provided based on school team and parent consideration. The Board provides the following range of programs based on pupil need:

- Regular program
- Remedial program
- Resource support program
- Self-contained program

As your child transitions to a secondary school, all identified students will have an IPRC meeting to discuss the best placement for them. This meeting will include staff from both the secondary school as well as the elementary school to ensure a smooth transition. We want to thank you for allowing us to be part of your child's education journey. God Bless!

**“For surely you know the plans that I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope”**

**- Jeremiah 29:11**



# Mental Health and Wellness

The transition from grade 8 to high school is a big one! It's normal to feel all kinds of feelings like excitement, fear, nervousness and confusion – to name a few! Our secondary schools are excited to welcome you into their school families, and they want you to know that you will have support as you begin this new chapter of your life.

All of our secondary schools have a full-time Student Support Worker (SSW). The SSW is in the school every day all day, and their job is to support you. They are there for any time you need to talk to someone, or if you need some help reaching out for more support. Be sure to find out who your new SSW is in your secondary school.

Our secondary schools also have a Mental Health and Addiction Workers who come to each school one day a week. They provide support for students who are struggling with a mental health concern, including substance use. They work with students who need short-term support or who are on a waitlist for mental health or addiction support at a community agency.

Next, we have Mental Health and Addiction Nurses from the Local Health Integration Network (LHIN) who go to all of our secondary schools one day a week as well. They will work with students for a variety of reasons. Some of these reasons might be that a student is coming out of the hospital due to their mental health and transitioning back to school, or maybe a student needs to connect with a psychiatrist to get a diagnosis or medication.

Our secondary schools also have partnerships with the local community mental health agencies: Open Doors in Lanark; Children's Mental Health of Leeds and Grenville; Valoris for students in Prescott-Russell; and the Cornwall Community Hospital for students in the Cornwall schools. When ongoing counselling is needed, our community partner mental health workers can come to the school to offer counselling sessions.

As you go through this transition, and throughout the summer, know that Kids Help Phone is also always there 24 hours a day, 7 days a week. They offer a phone service (1-800-668-6868), a texting service (text CONNECT to 686868), and an online chat service. To access the online chat, you can either download the Kids Help Phone free app called Always There, or you can visit their website at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).



# First Nations, Métis and Inuit

It is important for all students to feel that their transition to high school is a welcoming and accepting one. It is especially important for self-identified students to feel culturally safe as well. It is important for self-identified students to go to the guidance department in their high school and to be sure of the following:

- Check with guidance staff that your self-identified status is recorded in the data portal;
- Students entering from another school board (or those whose self-identified status is not recorded) should ask guidance staff for a self-identification brochure to be filled out by a parent/guardian;
- Get involved: Ask the guidance counsellor who the First Nations, Métis and Inuit lead is in the school to see about opportunities for student leadership in your school;
- Sign up for Indigenous Studies Courses in your school. If the one you want is not available, talk to Guidance about offering the course;
- Remember that self-identification is private and confidential; it will be discussed only if you choose;
- Being an ally is important—remember that non-Indigenous students are needed in the sharing of truth and in building capacity in others through leadership opportunities;
- As graduation approaches, there are a number of scholarships and bursaries available to Indigenous students; be sure to check with your guidance department as you transition to post-secondary education;
- If you have status, but need help connecting with your band for your post-secondary rights, your guidance counsellor should reach out to the Indigenous Education Lead at the school board.



**The Catholic District School Board of Eastern Ontario is committed to serving the needs of First Nations, Métis and Inuit students and all students as we respond to the Calls to Action of the Truth and Reconciliation Commission.**





# French as a Second Language

## GRADES 9 to 12 - Core French (FSF)

The Core French program consists of one Academic or Applied course of French Language Arts in Grade 9, 10, 11, and 12. In these courses, students improve and reinforce French language skills in real-life communication, reading and writing skills. Cultural elements are integrated. Students who complete four French language courses up to grade 12 can complete the DELF exam in grade 12 offered by the CDSBEO.

*The Ontario Ministry of Education stipulates that only one French course is required after Grade 8 in order to earn a high school diploma. Students may end their French pathway journey after taking their last French language course in Grade 9.*

## GRADES 9 to 12 – Extended French (FEF)

In the Extended French program, students accumulate seven credits in French: four are FSL language courses and three are other subjects in which French is the language of instruction. Cultural elements are integrated in reading, writing, and real-life communication activities. Students who complete the Extended French Program can complete the DELF exam in grade 12 offered by the CDSBEO. (See below.)

## GRADES 9 to 12 – French Immersion (FIF)

The French Immersion program helps students to develop a high degree of fluency in the French language through the study of subjects taught in French. Cultural elements are integrated in reading, writing, and real-life communication activities. Students who successfully complete 10 courses (4 language courses and 6 additional credits) in the French Immersion Program can complete the DELF exam in grade 12 offered by the CDSBEO.

## What is the “Diplôme d’études en langue française” (DELF) – Diploma of French as a Second Language Studies?

The “Diplôme d’études en langue française” (DELF) is an official diploma awarded by the French Ministry of Education in France. It is based on the Common European Framework of Reference for Languages, which defines second language proficiency for students along four global levels: A1, A2, B1, and B2. At each level, skills are measured across four competencies: listening, speaking, reading, and writing. The DELF certificate is valid for life. Grade 12 students enrolled in a Core French, Extended French or French Immersion program can challenge the DELF through the CDSBEO. \*\*\*See the Languages Department at your school regarding eligibility for DELF.



## FSL Cultural Opportunities through the CDSBEO:

The CDSBEO offers various FSL cultural opportunities to all secondary students enrolled in an FSL course such as the Quebec City trip, the France trip and the University of Ottawa’s “Concours de Français langue seconde”.



# Additional Learning Opportunities

## Day School e-Learning (<http://www.edu.gov.on.ca/elearning/parent.html>)

e-Learning courses provide opportunities for grade 11 and 12 students to take courses that might not be offered at their schools or that cannot be taken due to scheduling conflicts, etc. Each class has a dedicated teacher who supports, interacts, and evaluates students as often as required and consistently monitors student progress. All eLearning courses offered through the Learning Management System (LMS) are developed and mediated by qualified Ontario teachers.



Course Home



Content



Discussions



Dropbox



Quizzes



Calendar



Edit Course



Portfolio

## Blended Learning (<http://www.edu.gov.on.ca/elearning/blend.html>)

Blended learning uses the tools of the provincial learning management system (LMS) to teach and support learning in a face-to-face class. Through blended learning, K-12 students can access high-quality course materials, course calendars, and assignments during and outside school hours.

Students can also take part in face-to-face lessons and communicate with their teacher and classmates using a suite of secure online tools inside the password-protected LMS. These tools help students learn or review key concepts, stay organized, show what they have learned, submit assignments, track their achievement, and communicate with others.

See page 25 for more information about CDSBEO's School of Alternative and Continuing Education.



# Terms & Definitions

**Community Hours** - Students must complete 40 community volunteer hours as part of their Ontario School Diploma (OSSD) requirements.

*Students can start earning these hours following Grade 8 graduation.*

**Compulsory Course** - Refers to 18 specific courses students must take and fulfills part of the 30 credits required to earn an Ontario Secondary School Diploma (OSSD).

**Credit** - A credit value of 1.0 is granted upon successfully completing a 110-hour course with a minimum mark of 50%.

**Culminating Activity** - Students will be asked to complete a Culminating Activity which is a major project for each course. The Culminating Activity may count as part or all of the final 30% of a course.

**Destination Courses** - Compulsory Grade 11 and 12 courses can be taken in the university, university/college, college, or school to work destinations.

**Dual Credit** - A program that will allow students to earn a college credit while in high school.

**EQAO Math Test** - Students in Grade 9 Applied and Academic Math will complete an EQAO Math Assessment as part of their Grade 9 course.

**EQAO Literacy Test** - The Ontario Secondary School Literacy Test (OSSLT) is written in Grade 10. A student must pass the OSSLT or complete the Ontario Literacy Course (OLC 40) to meet the literacy requirement to earn the OSSD

**Semester** - The school year is divided into two semesters. A student will usually take 4 courses in each semester.

**Experiential Learning** - Community-connected experiential learning is an approach to student learning that provides students with opportunities to participate actively in experiences connected to a community outside of school.

**Exams** - Students may write an exam, which evaluates their knowledge on the entire course work, at or near the end of the semester. The exam may count as part of the final 30% of a course.

**Elective Courses** - Students will select 12 courses that are of specific interest to them and which will count towards the 30 credit Ontario Secondary School (OSSD) requirements.

**OSSD** - The Ontario Secondary School Diploma is granted after fulfilling all necessary credits, literacy and community involvement hours requirements.

**Prerequisite Course** - Refers to a specific course you must successfully complete before taking another course at the next grade level.

**Religious Education** - Students in Catholic high schools are required to take a Religious Education and Family Life course each year in high school.

**Student Success** - Student Success Teams work with school staff, students, parents and the community to ensure all students are successful and to support students in all aspects of their secondary journey.

**Timetable** - A timetable outlines the time, room number, lunch period, teacher and semester in which you will take your courses.

# Our Secondary Schools

The following chart represents the Catholic associate elementary schools for each of the Catholic secondary schools. A student's qualification for registration at a particular secondary school is based on the address of the custodial parent's/guardian's principal residence and not exclusively on the elementary school which they attended.

School Name	Address & Contact Info	Associate Elementary School
<b>Holy Trinity CSS</b>	18044 Tyotown Rd. R.R.#1 Cornwall, ON K6H 5R5 613-936-0319 holyltrinityfalcons.cdsbeo.on.ca	Iona Academy, St Raphael's St Andrews, St Andrew's West St Finnan's, Alexandria St Peter, Cornwall
<b>Notre Dame CHS</b>	157 McKenzie St. Carleton Place, ON K7C 4P2 613-253-4700 notredame.cdsbeo.on.ca	Holy Name of Mary, Almonte St Gregory, Carleton Place St Mary, Carleton Place
<b>St. Francis Xavier CHS</b>	Box 159, 1235 Russell Rd. Hammond, ON K0A 2A0 613-487-2913 Stfx-hammond.cdsbeo.on.ca	Pope John Paul, Hammond St Jude's, Vankleek Hill St Patrick, Rockland
<b>St. John CHS</b>	R.R.#3, 2066 Scotch Line Rd. Perth, ON K7H 3C5 613-267-4724 stjohnchs.cdsbeo.on.ca	Sacred Heart, Lanark St Edward, Westport St Francis de Sales, Smiths Falls St John Elementary, Perth St Joseph, Toledo
<b>St. Joseph's CSS</b>	1500A Cumberland St. Cornwall, ON K6J5V9 613-932-0349 wwwsjcss.cdsbeo.on.ca/	Bishop Macdonell, Cornwall Our Lady, Ingleside Sacred Heart, Cornwall St Andrews, St Andrew's West St Anne, Cornwall St Mary-St Cecilia, Morrisburg
<b>St. Luke CHS</b>	5 Catherine St. Smiths Falls, ON K7A 3Z9 613-283-4477 stluke.cdsbeo.on.ca	*West Region schools

School Name	Address & Contact Info	Associate Elementary School
<b>St. Mary CHS</b>	40 Central Ave. Brockville, ON K6V 3A9 613-342-4911 stmarychs.cdsbeo.on.ca	JL Jordon, Brockville St Francis Xavier, Brockville St John Bosco, Brockville St Joseph, Gananoque St Joseph, Toledo St Mark, Prescott
<b>St. Matthew CSS</b>	323 Augustus St. Cornwall, ON K6J 3W4 613-933-3113 stmatthew.cdsbeo.on.ca	*East Region schools
<b>St. Michael CHS</b>	2755 Highway 43 Kemptville, ON K0G 1J0 613-258-7232 www.smchs.ca	Holy Cross, Kemptville St Mary-St Cecilia, Morrisburg St Mark, Prescott St Mary, Chesterville
<b>St. Thomas Aquinas CHS</b>	1211 South Russell Rd. R.R.#2 Russell, ON K4R 1E5 613-445-0810 www.sta-russell.com	Mother Teresa, Russell St Mary, Chesterville

## St. James Catholic Education Centre

St. James services all areas of CDSBEO for e-learning, Continuing Education, and Adult credit courses, including the Personal Support Worker program.

5 Catherine St.  
Smiths Falls, ON  
613-284-2613  
coned.cdsbeo.on.ca

## How to Register Your Child

- To determine what school your child will attend based on your home address, visit <https://www.cdsbeo.on.ca/our-schools/school-directory/>
- To see a list of CDSBEO schools, or visit <https://www.cdsbeo.on.ca/our-schools/school-locator/> for our school locator.
- For all registration information, please visit <https://www.cdsbeo.on.ca/students-parents/registration/>

**\*NOTE: Both St. Luke and St. Matthew serve students who would benefit from smaller classes, more opportunities for hands-on learning, and additional support from teaching and support staff.**

# Continuing Education Programs

It's never too late to prepare for your future!

## eLearning Day School

These courses are for adult learners who are interested in earning a new credit or upgrading a previous mark they received.

Earn a credit in a free, friendly and flexible manner that works with your schedule.

eLearning courses are entirely online. We do offer drop-in services in Smiths Falls and Cornwall to help support your learning.

Course offerings may vary by semester and are subject to a minimum enrollment.

Math Courses	Grade 11	Grade 12
Mathematics for Work and Everyday Life	Yes	Yes
Foundations of College Mathematics	Yes	Yes
Functions and Applications (University/College)	Yes	No
Functions (University)	Yes	Yes
Calculus and vectors (University)	No	Yes

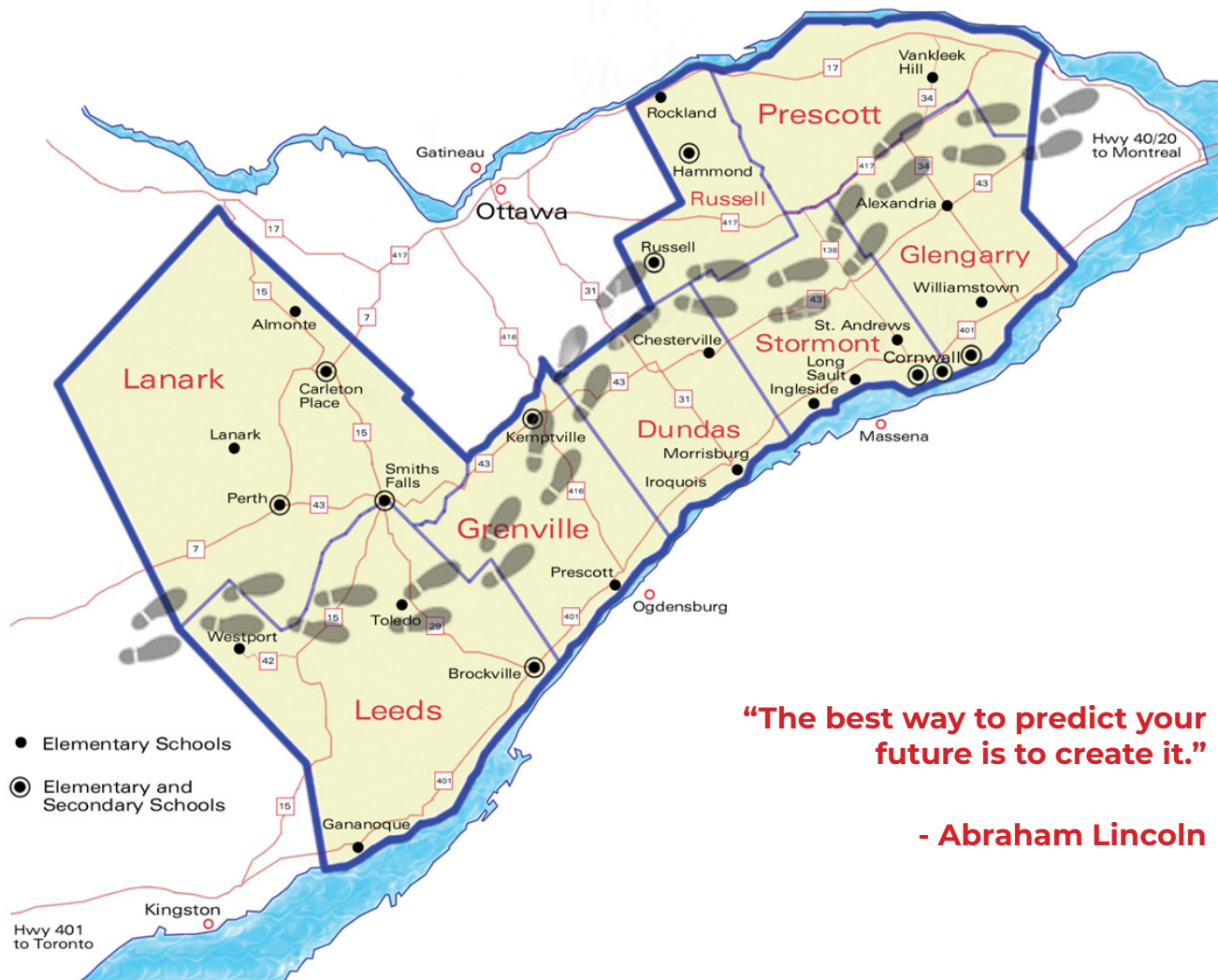
English Courses	Grade 11	Grade 12
English (Workplace)	Yes	Yes
English (College)	Yes	Yes
English (University)	Yes	Yes
Ontario Literacy Course	No	Yes

Science Courses	Grade 11	Grade 12
Biology (College)	Yes	No
Biology (University)	Yes	Yes
Chemistry (College)	No	Yes
Chemistry (University)	Yes	Yes
Physics (College)	No	Yes
Physics (University)	Yes	Yes

<b>Business</b>	<b>Grade 11</b>	<b>Grade 12</b>
Financial Accounting (College/University)	Yes	No
Business Leadership: Management Fundamentals (College/University)	No	Yes
Marketing: Goods and Services, Events (College)	Yes	No

<b>Science Courses</b>	<b>Grade 11</b>	<b>Grade 12</b>
American History (University)	Yes	No
Designing your Future (All Levels)	Yes	No
Canadian and International Law (University)	No	Yes
Challenge and Change in Society (University)	No	Yes
Families in Canada (University)	No	Yes

For information regarding Adult credit courses, the PSW program, and cooperative education opportunities, visit [www.coned.cdsbeo.on.ca](http://www.coned.cdsbeo.on.ca) or contact [coned@cdsbeo.on.ca](mailto:coned@cdsbeo.on.ca) or 613-284-2613.



**“The best way to predict your future is to create it.”**

**- Abraham Lincoln**

[www.cdsbeo.on.ca](http://www.cdsbeo.on.ca)

**Kemptville Board Office**

**Box 2222, 2755 Highway 43  
 Kemptville, Ontario  
 K0G 1J0  
 Telephone: 613-258-7757  
 Toll-free: 1-800-443-4562  
 Fax: 613-258-7134**

**Cornwall Board Office**

**1500B Cumberland Street  
 Cornwall, Ontario  
 K6J 4K9  
 Telephone: 613-933-1720  
 Toll-free: 1-800-267-7136  
 Fax: 613-933-7966**