## Welcome Grade 9's

Guidance Info

## Guidance and Career Education Services

- Career Counselling / My Pathway Planner
- Assistance with Course Selection
- University, College Information
- Apprenticeship Information
- Scholarships Information
- SHSM, IB Information
- Mental Health Support Information
- Study Skills / Time Management Support

Counsellors by Student Last Name:

Ms. Garito	(A – C)
Ms. Jarrett	(D – La)
Mr. MacDonald	(Le-Me)
Ms. Shah	(Mi – T)
Ms. Won	(U – Z)

Book an appointment with your alpha counsellor using **Teach Assist.** You can't book appointments on the same day. **DONT USE THE TA APP!** 

## My Pathway Planner



Students log into **myPathwayPlanner** to access **myBlueprint**. Students use this platform to explore the following topics:

Who Am I?

learning skills, personality, interests, knowledge, motivation **High School** 

course selection planning and resources

### **Continuing Education**

register for summer school and international languages

### Post-Secondary

apprenticeship, college, university, workplace

### Work

occupations, cover letters, job search

## Money

budget

## Guides

career/life planning - post-secondary, financing, jobs, mental health



## Ontario Secondary School Diploma (OSSD) Requirements



### **30 Credits**

**18** Compulsory credits

12 Elective credits



40 Hours of Community Involvement

\*Students need to earn 2 online asynchronous credits

# Compulsory Credits

4	credits in English (1 credit per grade)*					
3	credits in mathematics (1 credit in Grade 11 or 12)					
2	credits in science					
1	credit in Canadian history					
1	credit in Canadian geography					
1	credit in the arts					
1	credit in health and physical education					
1	credit in French as a second language					
0.5	credit in career studies					
0.5	credit in civics					

#### Group 1:

- English or French as a second language
- a Native language
- a classical or international language
- social sciences and the humanities
- · Canadian and world studies
- guidance and career education
- cooperative education\*\*\*

#### Group 2:

- health and physical education
- the arts
- business studies
- French as a second language\*\*
- cooperative education\*\*\*

#### Group 3:

- science (Grade 11 or 12)
- technological education
- French as a second language\*\*
- computer studies
- cooperative education\*\*\*

## **Online Learning Credits**



Students must earn at least 2 online asynchronous learning credits

### **Opting out**

Parents who wish to opt out or exempt their child from the online graduation requirement must complete the opt-out form available from their child's school board. Exemption from the online learning graduation requirements may be requested by:

- the parent or guardian of the secondary student
- students who are 18 years of age or older
- students who are 16 or 17 years of age and have withdrawn from parental control
- <u>http://www.yrdsb.ca/schools/bayview.ss/guidance/Pages/default.aspx</u>

# Community Involvement

### Aims:

- to encourage civic responsibility,
- to promote community values,
- a way to explore career interests

### Submission:

• Email the completed form to your guidance counsellor in PDF format not a picture

### **Volunteer Resources:**

Town of Richmond Hill Government websites



- A total of 40 hours are required for graduation and must be completed in Ontario Link for the form and guidelines.
- Only activities that involve volunteering for **non-profit/charitable** organizations in the community are eligible; if you are unsure please email your counsellor
- Guidance will only contact you if there is a problem with your submitted form
- Anything beyond the 40 hours counts toward future resumes, scholarships and university applications



#### Notification and Completion of Community Involvement Activities

Student Name		Student Number		
Student Telephone	Email Address	Grade	Age	

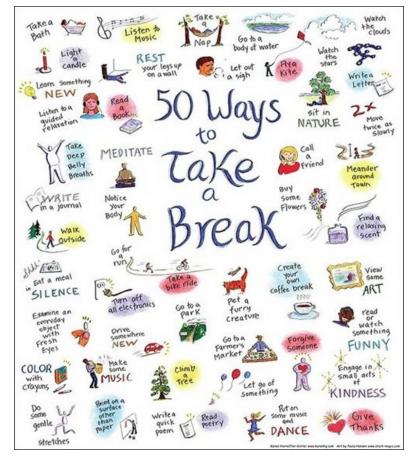
For all community involvement activities, please provide all of the required information indicated below. Submit this form to the school Guidance Office when you have completed community involvement activities. PLEASE MAKE SURE THAT YOU HAVE RECEIVED PRE-APPROVAL. IF THIS IS AN ACTIVITY YOU HAVE NOT RECEIVED APPROVAL FOR THIS IN THE PAST.

ACTIVITY (describe your specific duties)	PRE APPROVAL COUNSELLOR/ SIGNATURE & DATE	COMPLETED NUMBER OF HOURS	DATE OF COMPLETION	ORGANIZATION	SUPERVISOR'S CONTACT INFORMATION	SUPERVISOR SIGNATURE
	TOTAL HOURS				Secondary School	
Student Signature Dat			Date		Principal Name	
Parent/Guardian Signa	iture		Date		]	

This information is collected and used pursuant to the Education Act. The information will be used to document the Community Involvement Diploma Requirement.

## Mental & Physical Health

- Share your feelings and thoughts with someone you trust.
- Eat healthy
- Get plenty of sleep & unplug
- Avoid overloading extra-curricular and social activities
- Exercise regularly
- Divide large tasks into smaller chunks
- Set realistic expectations for yourself
- Create a calendar for your school work and activities
- Students seeking support should reach out to *parents, medical doctor* and *guidance counsellors*.



## Mental Health Supports

Bayview offers a variety of supports:

- Social worker / Canadian Mental Health Association worker
- Mental Health Nurse / Child and Youth Worker

### **HOTLINES:**

#### **Kids Help Phone:**

- Phone support: 1-800-668-6868 available 24 hours a day, 7 days per week
- Text support: <u>Text</u> CONNECT to 686868 or click blue "Tap to Connect" button
- Online support: <u>Live Chat</u> Midnight 7:00 a.m.

### 310-Cope

Services are available everyday from 7:00 a.m. to midnight.

- Call: 1-855-310-COPE (2673)
- Text support available at 1-855-310-2673

### **Suicide Prevention Canada**

**Call:** 1.833.458.4566 / open 24/7 **Text:** 45645 / available 4pm to midnight

## Mental Health Supports - Continued

#### <u>360 Kids</u>

Provides struggling youth with emergency housing, employment, health and wellbeing. For further information visit <u>link</u>.

#### <u>York Hills</u>

Call York Hills general phone number at 905-503-9560 and ask for Intake. At times of high demand you may need to leave a voice message. Please let us know the reason you are calling and how best to reach you. You can also email us at *yorkhills@yorkhills.ca* and outline your concern.

#### John Howard Society of York Region / Youth Counselling Program Serves ages 11-29

The <u>Youth Counselling Program</u> is designed to build strength, resilience and coping skills among youth. Through individualized one-on-one support, this service provides free weekly sessions for youth to discuss issues affecting their lives. Contact: 905-470-0003 x.209 or athomson@johnhowardyorkregion.on.ca

#### Hong Fook Mental Health Association:

• Free virtual counselling to Asian youth age 12 to 25. Languages offered Cantonese, Mandarin and English. Call 647-619-9030; 45-60 minute sessions

## Caring and Safe Schools



Our school and Board is committed to providing a caring and safe school.

It is important to demonstrate positive behaviours, such as empathy, honesty or initiative. If you are a witness to incidents of bullying, drugs, cheating, vandalism, harassment, violence, incidents of hate or any other inappropriate behaviour students can report the incident using <u>Report It</u> found on the school website. Here is a <u>link</u> to further information.

Good character is important not only for our community but also for future goals such as applying for a job, scholarships and to post-secondary programs that require reference letters.

# Stay Connected

**Instagram:** Bayview Guidance Bayview SS Mental Health Club Student Council

<u>@bss.guidance</u> <u>@bayviewsecondaryschool</u> <u>@bayviewmentalhealthclub</u> <u>@bayviewstuco</u>

### **Google Classroom:**

BSS Class of 2027 Forum - Class Code: uulu4pf

### Weekly Guidance Messages & Websites:

Guidance Messages - <u>Link</u> Guidance Webpage - <u>Link</u>