

HEALTH & WELLNESS

What is SHSM?

Specialist High Skills Majors let students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD). Students complete a bundle of courses and gain valuable work experience through Co-op. SHSM programs lead to all post-secondary pathways – university, college, apprenticeship, and the workplace.

Why consider SHSM – Health & Wellness?

This program enables students to:

- customize their secondary school education to suit their interests and skills
- complete sector recognized certifications to build their résumé
- prepare for post-secondary opportunities
- explore and refine their career goals
- earn the SHSM Red Seal designation on their OSSD

6 requirements to earn your SHSM Red Seal Diploma

1	Grade 11 and 12 Health & Wellness courses 4 MAJOR credits (minimum of one grade 11 and one grade 12 course) *Dual Credit courses may also apply <i>Questions? Book a guidance appointment to speak with your counsellor.</i>			
	<input type="checkbox"/> GPP3O <input type="checkbox"/> HFA4C/4U <input type="checkbox"/> HFC3E/3M <input type="checkbox"/> HHG4M <input type="checkbox"/> HHS4U <input type="checkbox"/> HPW3C <input type="checkbox"/> HSB4U <input type="checkbox"/> HSE4M	<input type="checkbox"/> HSP3C/3U <input type="checkbox"/> HZB3M <input type="checkbox"/> HZT4U <input type="checkbox"/> PAF3O <input type="checkbox"/> PAF4O <input type="checkbox"/> PAI3O <input type="checkbox"/> PAL3O <input type="checkbox"/> PLF4M	<input type="checkbox"/> PPL3O <input type="checkbox"/> PPL4O <input type="checkbox"/> PSK4U <input type="checkbox"/> SBI3C <input type="checkbox"/> SBI3U <input type="checkbox"/> SBI4U	<input type="checkbox"/> SCH3U <input type="checkbox"/> SCH4C <input type="checkbox"/> SCH4U <input type="checkbox"/> SPH3U <input type="checkbox"/> SPH4C <input type="checkbox"/> SPH4U <input type="checkbox"/> SNC4M
	1 ADDITIONAL credit <i>Complete a different course from this list (you cannot count same credit for both a major and an additional credit)</i>			
	<input type="checkbox"/> GLE4O/GLS4O <input type="checkbox"/> HFA4C/4U <input type="checkbox"/> HFC3E/3M <input type="checkbox"/> HHG4M <input type="checkbox"/> HHS4U <input type="checkbox"/> HSB4U	<input type="checkbox"/> HSE4M <input type="checkbox"/> HSP3C/3U <input type="checkbox"/> HZB3M <input type="checkbox"/> HZT4U <input type="checkbox"/> ICS3C/3U <input type="checkbox"/> ICS4U	<input type="checkbox"/> OLC4O <input type="checkbox"/> PSK4U <input type="checkbox"/> SBI3C <input type="checkbox"/> SBI3U <input type="checkbox"/> SBI4U <input type="checkbox"/> SCH3U	<input type="checkbox"/> SCH4C <input type="checkbox"/> SCH4U <input type="checkbox"/> SES4U <input type="checkbox"/> SPH3U <input type="checkbox"/> SPH4C <input type="checkbox"/> SPH4U
	1 MATH credit			
	<input type="checkbox"/> MBF3C	<input type="checkbox"/> MCF3M	<input type="checkbox"/> MCR3U	<input type="checkbox"/> MEL3E
	1 ENGLISH credit			
<input type="checkbox"/> ENG3E/NBE3E	<input type="checkbox"/> ENG3C/NBE3C	<input type="checkbox"/> ENG3U/NBE3U		

2	2-credits in Co-op <i>Questions? Visit the Co-op Office</i>			
	Examples of Health & Wellness Co-op Placements:			
	dental office elementary school fitness facility	food services hospital HPA	pharmacy physiotherapy rehab center	research lab seniors home veterinary clinic

3	1 Sector-Partnered Experience <i>Questions? Speak to your sector lead</i>			
	<input type="checkbox"/> contextualized coding	OR	<input type="checkbox"/> ICE training innovation, creativity, entrepreneurship	OR

4	1 Reach Ahead Event <i>Questions? Speak to your sector lead</i> <i>Be sure to self-report through the YRDSB SHSM Google site</i>			
	Examples include: <ul style="list-style-type: none"> campus/program tours (in person/virtual) post-secondary fair (OUF, OCIF, in-school) [school] College/University application workshops or [school] Scholarship workshop 			

5	1 Experiential Learning Event <i>Questions? Speak to your sector lead</i> <i>Be sure to self-report through the YRDSB SHSM Google site</i>			
	Examples include: <ul style="list-style-type: none"> job shadow / part-time job in sector career fair, professional conference employee interview 			

6	6 Certifications <i>Questions? Speak to your sector lead. Virtual options are also posted on the YRDSB SHSM Google site</i>			
	4 REQUIRED certifications			
	<input type="checkbox"/> CPR-C with AED	<input type="checkbox"/> Standard First Aid	<input type="checkbox"/> Generic WHMIS	<input type="checkbox"/> Infection control
	any 3 ELECTIVE certifications			
	<input type="checkbox"/> advanced training (feeding, airway, IV) <input type="checkbox"/> allergy awareness <input type="checkbox"/> ambulation, lifting, transfers <input type="checkbox"/> animal first aid <input type="checkbox"/> anti-oppression and allyship training <input type="checkbox"/> babysitting <input type="checkbox"/> behaviour management <input type="checkbox"/> child safety and injury prevention	<input type="checkbox"/> communication skills <input type="checkbox"/> concussion awareness <input type="checkbox"/> conflict resolution <input type="checkbox"/> customer service <input type="checkbox"/> dietary considerations <input type="checkbox"/> equity and inclusion <input type="checkbox"/> ethical considerations <input type="checkbox"/> fire safety/extinguisher use <input type="checkbox"/> fitness <input type="checkbox"/> Food Handler <input type="checkbox"/> group dynamics	<input type="checkbox"/> lab practices <input type="checkbox"/> leadership skills <input type="checkbox"/> marine/wilderness first aid <input type="checkbox"/> medical terminology <input type="checkbox"/> mental health awareness* <input type="checkbox"/> Mental Health First Aid <input type="checkbox"/> non-violent crisis intervention <input type="checkbox"/> personal training <input type="checkbox"/> personality inventory <input type="checkbox"/> portfolio development	<input type="checkbox"/> project management <input type="checkbox"/> safe body mechanics <input type="checkbox"/> safe food handling basic <input type="checkbox"/> sign language <input type="checkbox"/> specialized care (nutrition, dementia, etc) <input type="checkbox"/> sterile techniques <input type="checkbox"/> waste management <input type="checkbox"/> wrap/tape for performance/injury

*NOTE: approved by and delivered under the direction of the school board's Mental Health leader

Updated on November 8, 2022