



Welcome Grade 9's

Guidance Info



Guidance and Career Education Services

- Career Counselling / My Pathway Planning
- Assistance with Course Selection
- University and 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 – F)

Ms. Jarrett (G – Li)

Ms. Graves / (Lia – Sk)

Ms. Shah

Ms. Won (Sl – Z)

Book an appointment with your alpha counsellor using **Teach Assist**. Your counsellor will call you. There are no Face-to-Face appointments.

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



Successful Completion of the
Ontario Secondary School
Literacy test



40 Hours of Community
Involvement

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***

Community Involvement

Aims:

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

Volunteer Resources:

www.neighbourhoodnetwork.org

www.sparkontario.ca



- A total of 40 hours are required for graduation
- Only activities that involve volunteering for **non-profit** organizations in the community are eligible
- Guidance is recording up to 40 hours. [Link](#) for the form and guidelines.
- More than 40 hours counts toward future resumes, scholarships and university applications

Community Involvement During Pandemic

The following opportunities will be considered eligible for the **2020-2021 school year**; at the principal's discretion, schools may waive the restrictions that do not allow students to earn hours:

- During the time allotted for the instructional program on a school day; or
- For duties normally performed in the home (e.g., walking a younger sibling to/from school, helping younger siblings with school work).
- Students aged 14 years and older can count up to a maximum of 10 hours from paid employment towards their earned hours.
- Students counting paid employment towards their graduation requirement will be required to complete a reflection exercise indicating how their work contributed to the service for others.
- All questions should be directed to your Guidance Counsellor

Pre-approval Process:

Students who need approval for a volunteer opportunity can email their alpha counsellor. Make sure to include the name of the organization, the supervisor name and phone number in the email.

Submitting Hours:

Students fill out the Community Involvement form, scan the [form](#) and email the scanned form to your guidance counsellor. Students can use their smartphones to scan the form.

Notification and Completion of Community Involvement Activities

Student _____

Student Number _____

Student Telephone _____

High School _____

School Year (xxxx - xxxx) _____

Principal _____

Please provide the information requested below about the community involvement activities in which you plan to participate. Submit this form to the school Guidance Office when you have completed 40 hours of community involvement activities. All activities must be on the eligible list.

ACTIVITY	ESTIMATED NUMBER OF HOURS	ESTIMATED DATE OF COMPLETION	SCHOOL APPROVAL	COMPLETED NUMBER OF HOURS	DATE OF COMPLETION	TELEPHONE NUMBER, ORGANIZATION & SUPERVISOR NAME (PLEASE PRINT)	SUPERVISOR SIGNATURE & COMMENTS
Total							

Student Signature

Date

Parent/Guardian Signature

Date

For office use only

☐ Completion has been noted on Student Trillium Record

Signature of School Official

Date

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

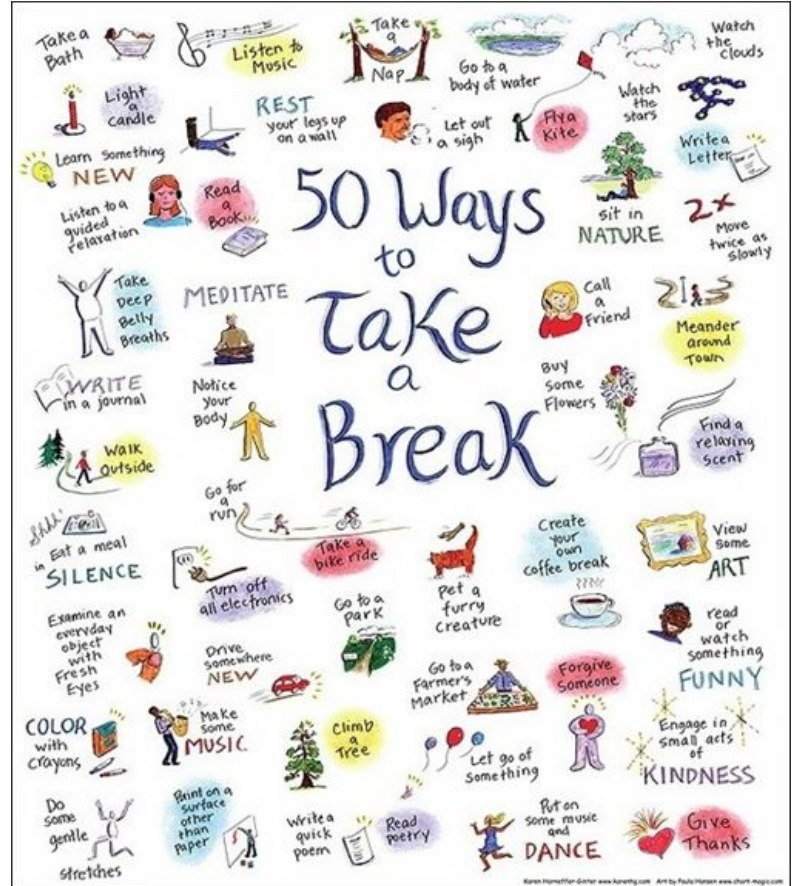
White (Original) - OSR retain 5 years post retirement

Yellow - Student Copy

Pink - (Notification) - Guidance (OSRs are retained in guidance.)

Mental & Physical Health During the Pandemic

- 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** 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: [Text](#) CONNECT to 686868 or click blue “Tap to Connect” button
- Online support: [Live Chat](#) 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
- [Live Chat](#) offers crisis worker services online.

Suicide Prevention Canada

Call: 1.833.458.4566 / open 24/7

Text: 45645 / available 4pm to midnight

Mental Health Supports - Continued

York Hills

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 [Youth Counselling Program](#) 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@johnhowardryorkregion.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

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Mental Health Club

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Student Council

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Websites:

