

Bur Oak Secondary School's Guidance Department Presents...

A Parent's Guide to Navigating High School

Agenda

1. Review of OSSD Requirements
2. The Language of Education
3. Post Secondary Planning
4. Mental Health and Well Being
5. Communication with the School
6. Take our Kids to Work Day
7. Get Involved with Life at BOSS
8. Questions?



Ontario Secondary School Diploma



Ontario Secondary School Diploma (OSSD)



The Ontario Secondary School Literacy Test (OSSLT)

- Wednesday, March 27, 2019
- Based on reading and writing expectations up to and including grade 9
- Some students may be given accommodations, deferrals, and exemptions
- If a student is unsuccessful in the first attempt the test is re-administered the following year or the Grade 12 Literacy Course can be taken in lieu of the test. This will continue until the student successfully completes either the test or the course.

The Ontario Secondary School Literacy Test (OSSLT)

Getting Ready?

“Be Prepared, Not Scared!”

- An after school prep-course is often offered
- www.eqao.com
- “Literacy@BOSS” bulletin board
- See Ms. Wan in the Learning Commons



Ontario Secondary School Diploma (OSSD)



Community Involvement

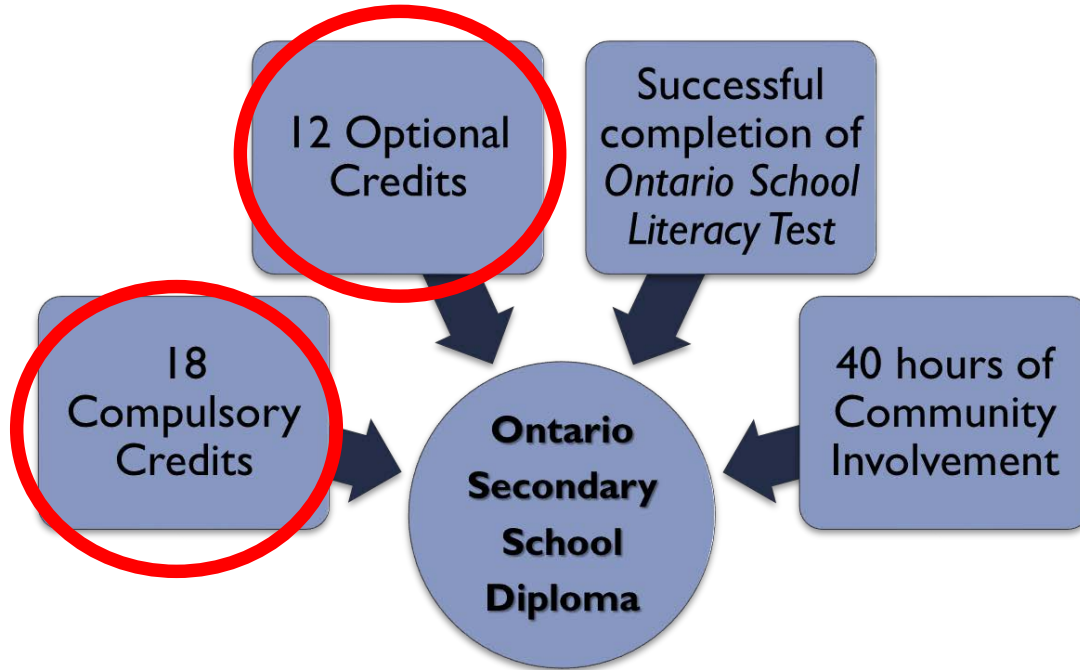
- Completing **40 hours** of community involvement is a diploma requirement
- Encourages civic responsibility, promotes community values, and reinforces importance of volunteerism
- Students are responsible for keeping records of their activities
- Recommended that students finish their hours by the end of Grade 10
- Recommended that students obtain approval before completing their hours



REMEMBER

**Hours cannot be completed for a BUSINESS!!!!
MUST be completed in a NOT-FOR-PROFIT
organization!**

Ontario Secondary School Diploma (OSSD)



Compulsory Courses

- 4 credits in English
- 3 credits in Math
- 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



Compulsory Courses continued

Group 1

- English or French as a second language**
- a Native language
- a classical or an 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***

The Language of Education



Course Types in High School

Grades 9 & 10	Grades 11 & 12
<ul style="list-style-type: none">● Applied● Academic● Locally Developed● Open	<ul style="list-style-type: none">● College● University● University/College● Workplace● Open

Many students “mix and match” to create their own unique pathway based on interests, skills and abilities

The Grade 9 & 10 Program

Applied	Academic
<ul style="list-style-type: none">● A hands-on approach with some theory● smaller class size (22)● students are given more time to learn new concepts and practice in class	<ul style="list-style-type: none">● Theoretical in approach, utilizes abstract thinking● larger class sizes (28)● students are expected to work more independently in class and complete homework nightly

The Grade 9 & 10 Program

Open	Locally Developed
<ul style="list-style-type: none">● An opportunity to explore areas of interest <p>Examples</p> <ul style="list-style-type: none">● Family Studies/Social Science● Technology● Physical Education● Arts● Business● Special Education	<ul style="list-style-type: none">● Courses intended for students whose educational needs are not met by the provincial courses<ul style="list-style-type: none">◦ English◦ Mathematics◦ Science

The Grade 11 & 12 Program

“C” Courses	“U” Courses	“M” Courses
<ul style="list-style-type: none">● Provides the student with the knowledge and skills required to enter a <u>DIPLOMA</u> Program● Emphasis is on the concrete applications of the theoretical components of the course	<ul style="list-style-type: none">● Provides the student with the knowledge and skills required to enter a <u>DEGREE</u> Program● Emphasis is on the theoretical components of the course	<ul style="list-style-type: none">● Includes content that is relative for <u>both DIPLOMA and DEGREE</u> programs● Builds on both knowledge and skills

Post Secondary Planning



Planning for the Future

- Pre-requisite planning—design backwards
- Research variety of postsecondary plans (thinking ahead) for informed choices
 - Apprenticeship
 - College—diploma or degree
 - College to University Transition
 - University--degree
 - University followed by post grad certification at college
 - Workplace
- Think about opportunities for experiential learning



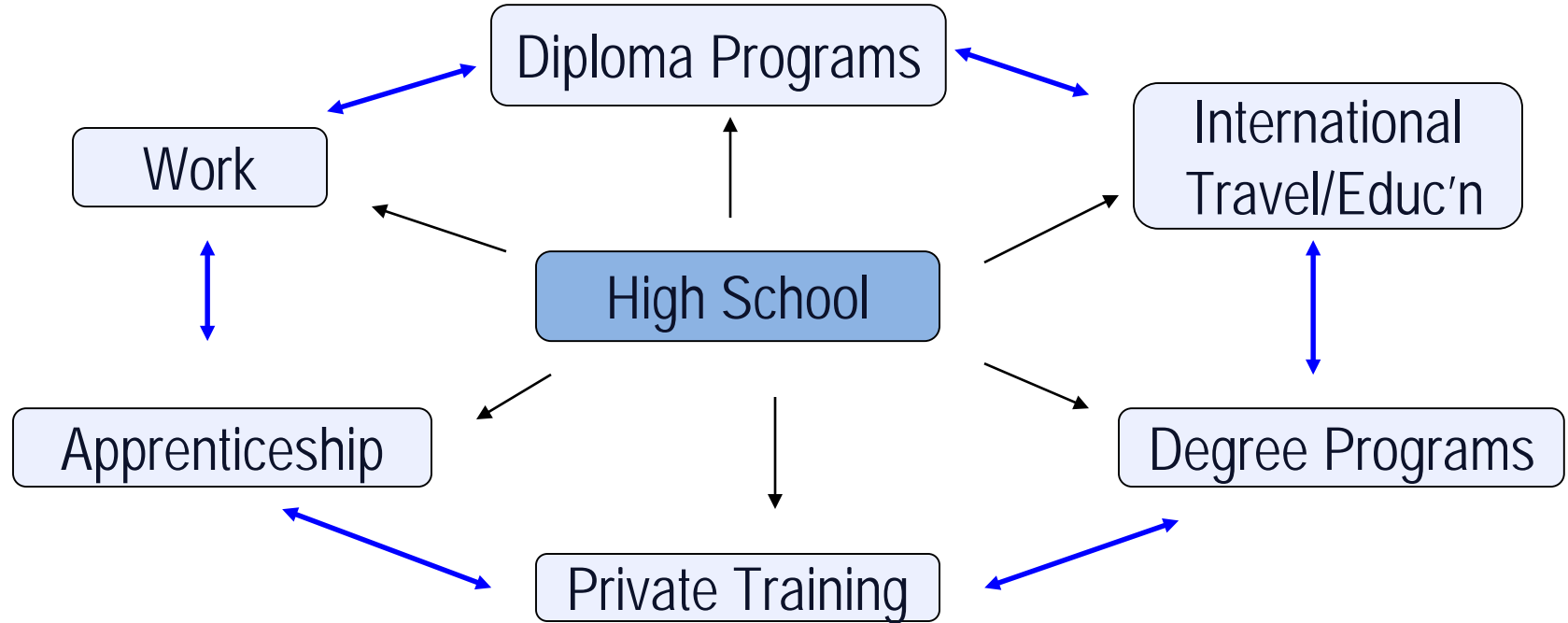
Help your child “Get in the Driver’s Seat”

Encourage your child to....

- reflect on **their** interests and strengths
- participate in volunteer, extra-curricular and/or co-op opportunities to discover what **they** like and don’t like
- begin researching post-secondary destinations via: electronicinfo.ca or ontariocolleges.ca
 - This will give them current and factual information
 - Will help them choose their grade 11 and 12 courses
- visit with a guidance counsellor to discuss appropriate pathways
- visit college/university campuses - it’s never too early!
- think creatively about their pathway. Post-secondary pathways are flexible!



Course and Post-Secondary Pathways are Changeable and Flexible



Looking for some ideas?

BE A TRAILBLAZER: CREATE YOUR OWN PATH

ART, CULTURE, RECREATION & SPORT POSSIBILITIES



Diplomas

- Acting for Film and Television
- Animation * Animation Game Art
- Design Communications
- Acting for Camera and Voice *
- Communications Technology
- Fashion Arts * Fashion Business
- and Management * Independent
- Illustration * Liberal Arts * Technical
- Production for Theatre and Live
- Events * Theatre Arts - Technical
- Production

Occupations

- Actors and Comedians * Archivists
- Athletes * Authors and Writers
- Broadcasters * Coaches *
- Choreographers Conductors *
- Composers * Arrangers *
- Craftsperson Dancers * Editors
- Fashion Designers * Fitness
- Instructors Graphic Designers *
- Illustrators Interior Designers *
- Journalists Librarians * Musicians *
- Photographers Producers * Singers
- Visual Artists

Degrees

- Arts & Contemporary Studies * Arts
- & Humanities * Criticism &
- Curatorial Practice * Fine Arts -
- Motion Picture Arts * Image Arts:
- Film Studies * Journalism * Interior
- Design * Media Theory &
- Production * Music * New Media *
- Photography * Visual Studies *
- Women's and Gender Studies





**Creating Roadmaps
Since 2007**

buroak.ss.yrdsb.ca
@BOSSguidance

A great resource is our Trailblazer posters!

BE A TRAILBLAZER: CREATE YOUR OWN PATH

BUSINESS, FINANCE & ADMINISTRATION POSSIBILITIES



Diplomas

- Accounting * Business
- Administration Co-Op * Business
- Administration * Business
- Fundamentals * Creative
- Advertising * Entrepreneurship and
- Small Business * General Arts and
- Science * Pre-Business Studies *
- International Business * Public
- Relations * Paralegal * Sport
- Management * Sports
- Administration

Occupations

- Reseller * Call Centre Agent/Supervisor *
- Chartered Accountant * Communications
- Specialist * Conference and Meeting
- Planner * Consultant * Contracts Officer
- * Customer Service Administrator *
- Financial Analyst * Financial Auditor
- Health Information Management *
- Information Management Supervisor *
- Human Resources Officer * Loan Officer *
- Money Market Analyst * Parts Technician
- * Postal Station Supervisor * Recycling
- Coordinator * Sales * Operation Data
- Analyst * Supply Chain Coordinator *
- Switchboard Operator

Degrees

- Accounting and Finance * Business
- Communication * Business
- Management * Commerce *
- Entrepreneurship * Financial
- Mathematics * International Business
- * International Economics and
- Finance * Leadership and
- Organizational Management *
- Management * Management
- Studies * Management Economics &
- Finance * Marketing



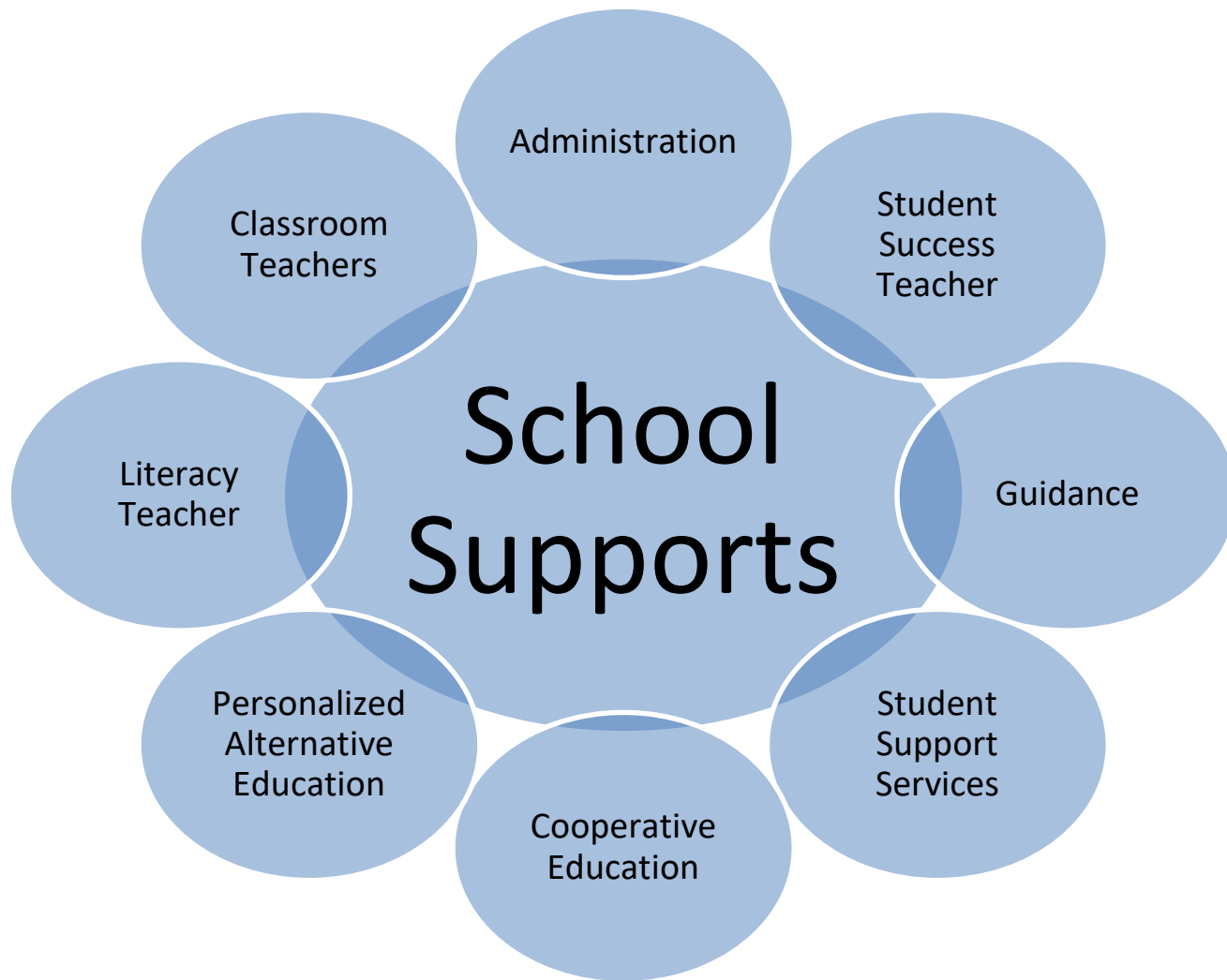


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Mental Health & Well-Being





WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

HEALTHY

RESPONDING/ REACTING

INJURED

ILL

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/
gambling is hard to control

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

Ways You Can Help

- Listen to Your Children
- Practice and Encourage Coping Strategies at Home (exercise, listening to or playing music, family time, board games, cook)
- Encourage Involvement in School and Community
- Don't be Afraid to Ask for Help



Guidance Counsellors

Ms. Andersen - Last Name A-H; Careers Course Lead

Ms. MacSween - Last Name I-L; Special Education Students

Mr. Milberg - Last Name M-R; International Students 9/10

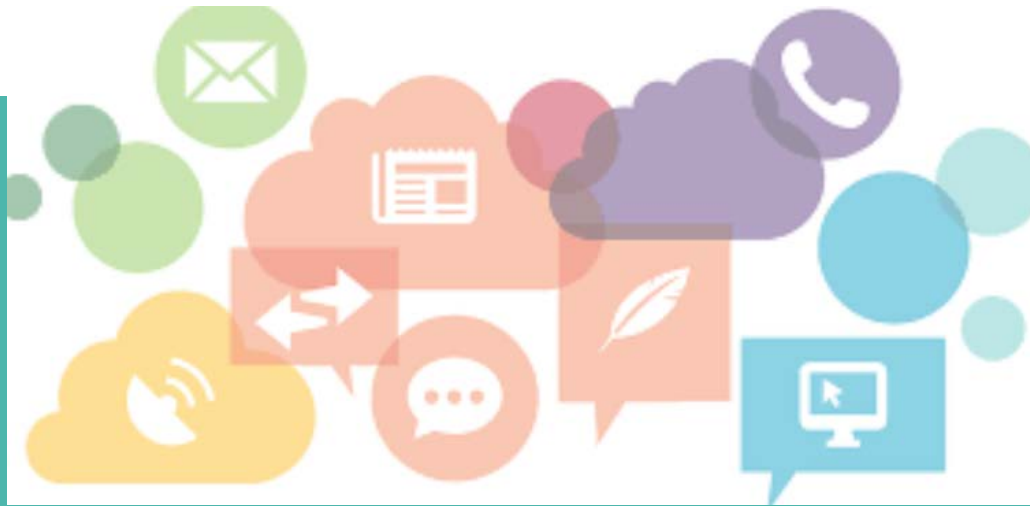
Ms. Dodham - Last Name S-Z; International Students
11/12

Ways Guidance Can Help

- Academic
- Personal--Emotional
- Future planning



Communication with the School



Contact with teachers

Each Teacher will have their own preferred method of communication. These may include the following:

- Phone calls
- Email (firstname.lastname@yrdsb.ca)
- Meetings
- Google Classroom
- Edsby
- Remind

Remember, if you are concerned, please contact your child's teacher or guidance counsellor

Take Our Kids to Work Day



Take Our Kids to Work Day

Grade 9

Take Our Kids to Work Day

will be

Wednesday, November 14, 2018

TOKTW is an ineligible activity for Community Involvement Hours, but a great experience!



Life at BOSS!!



Councils

Athletic Council

Supervisor: C.Wun
Day of the Week: Thursday
Time: 3:00-4:00 PM
Location: 1023/Library

Business Council

Supervisor: D. Quan
Day of the Week: Wednesday
Time: 3:00-4:00 PM
Location: 2014

Community Council

Supervisor: J. Argiropoulos/S. Damji
Day of the Week: Wednesday
Time: 3:00-4:00PM
Location: 2037

Equity Council

Supervisor: S. McCombes/J. Wong
Day of the Week: Thursday
Time: 3:00-4:00PM
Location: Library

Global Action

Supervisor: H. Mussleman/A. Saini
Day of the Week: Thursday
Time: 3:00- 4:15PM
Location: Library

ISA

Supervisor: L. Dodham/K.
Brown/O. Norris
Day of the Week: Wednesday
Time: 3:00- 4:00PM
Location: Careers Center

Music Council

Supervisor: L. Corrigan/J. Lee
Day of the Week:
Time:
Location:

Student Events Council

Supervisor: V. Parujanwala/
A. Brinder
Day of the Week: Wednesday
Time: After School
Location: 2024

Clubs

Anime Club

Supervisor: A. Bulos
Day of the Week: Wednesday
Time: 3:00-4:00 PM
Location: 2039

AV Club

Supervisor: L. Corrigan/
O. Norris
Day of the Week: Friday
Time: 3:00-4:15 PM
Location: 2005

Breakfast Club

Supervisor: A. Morton/K. Hurlington
Day of the Week: Mon-Fri
Time: 7:45-8:15 AM
Location: 1046

Art Club

Supervisor: M. deVries/A.
Dietrich
Day of the Week: Tuesda
Time/Location:
Period 3 in Rm. 2002
Period 4 in Rm. 2001

Best Buddies

Supervisor: A. Stoneman/J. Floyd
Day of the Week: Varies
Time: P2,3,4
Location: 1039/1040

Breezecode

(Girls Computer Club)

Supervisor: N. Fernandes
Day of the Week: Thursday
Time: 3:00- 4:00 PM
Location: 1066

Auto Club

Supervisor: K. Ip
Day of the Week: Wednesday
Time: 3:00-4:00 PM
Location: 2040

Blue & Gold (newspaper club)

Supervisor: E. McGann/K. Young
Day of the Week: Varies
Time: Before or after school or
Period 4
Location: 2022

Computer Programming Club (Senior)

Supervisor: N. Fernandes
Day of the Week: Tuesday
Time: 3:00-4:00PM
Location: 1066

Clubs

Cosmo Club

Supervisor: P. Stephanian
Day of the Week: Tuesday
Time: 3:00-4:00PM
Location: 1029

Dance Club

Supervisor: C. Goodridge
Day of the Week: Wednesday
Time: 3:05-4:00 PM
Location: Drama Room

DECA

Supervisor: D. Quan
Day of the Week: Tuesday (Varies)
Time: 3:00-4:00 PM
Location: 2007

Drama Club

Supervisor: L. Dickerson
Day of the Week: Thursday
Time: 3:00-4:00 PM
Location: Drama Room

Empowered Student Partnerships (ESP)

Supervisor: S. Manocha
Day of the Week: Thursday
Time: 3:00-4:00PM
Location: 1006

Foodified

Supervisor: A. Morton/K. Hurlington
Day of the Week: Friday
Time: 3:00- 4:00 PM
Location: 1035

Francais@BOSS

Supervisor: A. Tsatsos
Day of the Week: Tuesday
Time: 3:00-4:00 PM
Location: 1032

GSA

Supervisor: Mr. T/Ms. Wan
Day of the Week: Friday
Time: 3:00- 4:00PM
Location: 1054

Key Club

Supervisor: E. Milberg
Day of the Week: Tues or
Thurs (Bi-weekly)
Time: 3:00-4:15 PM
Location: Career Centre

Clubs

Math Club (Senior)

Supervisor: D. Muzzi
Day of the Week: Thursday
(start mid-October)
Time: 3:00-4:00PM
Location: 2041

Muslim Student Association

Supervisor: D. Wicks
Day of the Week: Daily Prayers
Time: 1:15-1:35 PM
Location: 2023

Peer Tutoring

Supervisor: J. Wong
Day & Time & Room:
Tues/Thurs @ lunch
(rm. 2017)
Wed @ lunch (library)

Mock Trial Team

Supervisor: M. Ainsworth
Day of the Week: Wednesday
Time: 3:00-4:00 PM
Location: 2019

New Alliance

Supervisor: L. Dodham
Day of the Week: Thursday
(Bi-weekly)
Time: 3:00-4:00 PM
Location: Career Centre

Red Cross

Supervisor: K. Ip
Day of the Week: Monday
Time: 3:00-4:00 PM
Location: 2039

Model UN

Supervisor: TBD
Day of the Week: TBD
Time: TBD
Location: TBD

Newcomers Network

Supervisor: L. Dodham
Day of the Week: Thursday
(Bi-weekly)
Time: 3:00-4:00 PM
Location: Career Centre

Science Club

Supervisor: G. Anderson/K. Odium
Day of the Week: Tuesday
Time: 3:00-4:00 PM
Location: 2052

Clubs

Ski/Snowboard

Supervisor: J. Bridge
Location: Blue Mountain
Time: Varies

Slam Poetry (BOSS Bars)

Supervisor: E. McGann
Day of the Week: TBD
Time: Before/After School &
Period 4
Location: 2022

Weight Room Drop In

Supervisor: Varies
Day of the Week: Mon-Fri
Time: 3:00-4:15 PM
Location: Weight Room

White Pine Club

Supervisor: S. McCombes/
A. Wan/ R. MacSween
Participate individually and
attend 4 meetings per year
Location: Library

PLUS - many athletic opportunities including....

School Activities

Prom Committee

Supervisor: A. Tsatsos/F. Parker/
A. Dietrich
Day of the Week: Tuesday
(Bi-Weekly)
Time: 3:00-4:00 PM

- Basketball
- Volleyball
- Badminton
- Swimming
- Cricket
- Rugby
- Tennis
- Cross country running
- Track and field

And many more!

Questions?

