

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

Required Certifications (4)

CPR-C with AED

Standard First Aid

generic WHMIS

infection control

Elective Certifications (choose 3)

| | | | |
|---|---|-----------------------------------|---------------------------------------|
| advanced training (feeding, airway, IV, etc) | allergy awareness | ambulation, lifting, transfers | animal first aid |
| anti-oppression and allyship training | babysitting | behaviour management | child safety and injury prevention |
| communication skills | concussion awareness | conflict resolution | customer service |
| dietary considerations | equity and inclusion | ethical considerations | fire safety/extinguisher use |
| fitness | Food Handler | group dynamics | lab practices |
| leadership skills | marine/wilderness first aid | medical terminology | mental health awareness* |
| Mental Health First Aid | non-violent crisis intervention | personal training | personality inventory |
| portfolio development | project management | safe body mechanics | safe food handling basic |
| sign language | specialized care (nutrition, dementia, etc) | sterile techniques | waste management |
| wrap/tape for performance/injury | (*approved by and delivered under the direction of the school board's Mental Health leader) | | |

Apply at: <https://bit.ly/YRDSBShSMapp> or



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| 2 Reach Ahead events | | 2 Experiential Learning events | |
|---|---|--|---|
| examples include: <ul style="list-style-type: none"> • Campus/Program tours (in person/virtual) • post-secondary fair (OUF, OCIF, in-school) • College/University application workshops <ul style="list-style-type: none"> • Scholarship seminars | | examples include: <ul style="list-style-type: none"> • P.A.R.T.Y. Program • YR Skills competition <ul style="list-style-type: none"> • HOSA • job shadow / part time job in sector <ul style="list-style-type: none"> • career talk or career fair | |
| 1 Sector-Partnered Experience | | | |
| ICE training innovation creativity entrepreneurship | contextualized coding | mathematical literacy | |
| 2 Cooperative Education Credits | | | |
| Potential Co-op placements for this sector: | | | |
| hospital rehab center elementary school dental office | veterinary clinic fitness facility community center optometry social worker | seniors home research lab pharmacy medical imaging | |
| 4 HEALTH & WELLNESS Major Credits | | | |
| Grade 11 (select at least 1) | | Grade 12 (select at least 1) | |
| HFC3M | Food & Culture | HFA4C/4U | Nutrition and Health |
| HSP3C/3U | Anthropology, Psychology & Sociology | HSB4U | Challenge & Change in Society |
| HZB3M | Philosophy: The Big Question | HSE4M | Equity & Social Justice - From Theory to Practice |
| PAF3O | Personal Fitness | HZT4U | Philosophy: Questions & Theories |
| PPL3O | Healthy Active Living | PAF4O | Personal Fitness |
| SBI3C/3U | Biology | PPL4O | Healthy Active Living |
| SCH3U | Chemistry | PLF4M | Recreation Leadership |
| SPH3U | Physics | PSK4U | Introduction to Kinesiology |
| | | SBI4U | Biology |
| | | SCH4C/4U | Chemistry |
| | | SPH4C/4U | Physics |

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| | | | | | |
|----------------------------------|----------------------|--------------------|----------------------------|--------------------------------------|----------|
| | | | | Dual Credit courses may apply | |
| Plus, select one of ... | | | | | |
| SCH3U | Chemistry | SPH3U | Physics | | |
| HFA4C/4U | Nutrition and Health | HHS4C/4U | Families in Canada | OLC40 | Literacy |
| | | | | SPH4C/4U | Physics |
| MEL4E | Math for Life | GLE40/GLS40 | Learning Strategies/Skills | | |
| 1 Required Math credit | | | | | |
| Grade 11 | MBF3C | MCF3M | MEL3E | MCR3U | |
| 1 Required English credit | | | | | |
| Grade 11 | ENG3E | ENG3C | ENG3U | NBE3C/3E/3U | |



DID YOU KNOW...

Sector Partner Experiences, Reach Ahead and Experiential Learning Events are all available through Langstaff Secondary School and the Regional SHSM Team.

Join the SHSM@LANGSTAFF [GOOGLE CLASSROOM](#) for information on sector postings and events:

CODE: gimfmz2

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