

Learning @ Mulock the Principal’s Message

Welcome to Sir William Mulock Secondary School's Viewbook. It is important that you carefully read the information provided on these pages as you make some important decisions about next year. There is a summary of what is required to graduate, as well as a description for each of the elective courses available to grade nines. There are instructions on how to electronically select your courses and additional information regarding the different pathways to post-secondary.

Sir William Mulock Secondary School is committed to developing learners that are able to connect, create, communicate with the changing world around them. Our blended learning program, which marries the use of personal technology with strong instructional practices, seeks to prepare our students for life beyond high school. Our focus on technology serves to enhance the learning environment provided by our teaching and support staff. The integration of technology is not the only notable feature of the school.

Sir William Mulock Secondary School provides a variety of courses to support the learning needs of the students in our community. The school provides programs at the locally developed, applied, academic and open levels. We offer a full range of programming, including music, visual arts, drama, and broad based technology programs. We are home to a number of community class programs, as well to support those students who require specialized program opportunities. We offer three Specialist High Skills Major programs, and a High Performance Athlete program.

The school also provides students with a wide variety of co-curricular activities, from Student Council to clubs. Mulock also offers a wide range of teams in the fall, winter and spring seasons.

We invite you to explore our website to find the information to learn more about our school at mulock.ss.yrdsb.ca. You can also find more information that is useful at the York Region District School Board Website www.yrdsb.ca.

Carmen Spiteri-Johnson

Viewbook

Carmen Spiteri-Johnson - Principal, Teresa Kokkas - Vice Principal, Sue Sopha - Vice Principal
Linda Gilbert - Newmarket Trustee, Elizabeth Davis - Superintendent of Schools

Mulock’s Cornerstones

Our school holds high academic standards and expectations for students. Students, parents, teachers and community partners work collaboratively to ensure success in the classroom, in out-of-school learning experiences, in school wide activities and in extra-curricular pursuits. Our goals are to consistently pursue excellence, to maximize success for everyone, and to promote life-long learning. Each year we continue to develop and provide programming that offers students a wide range of academic, social, and personal growth possibilities based on the following beliefs and vision statements:

- ✓ We are committed to academic excellence and strive to make sure that all students realize their full potential through a variety of educational and vocational pursuits.
- ✓ We foster a caring community in which all members are treated with respect. We provide a school environment that promotes character and demonstrates commitment, responsibility and accountability.
- ✓ We facilitate strong partnerships in our local and global communities through staff, student and parent initiatives and activities.
- ✓ We support the emotional and physical needs of all members of the school community in a safe and inclusive environment.

Ongoing communication is encouraged between home and school. Achievement reports, interview nights, conferencing, telephone attendance system (iNFORM), access to marks through TeachAssist and email are available as means to provide parents and guardians with news about school events and student progress. Please ensure that you have given a parent email address to the school if you wish to be included in the school's distribution list.

Mulock Website

Built for Students, Built for Parents

mulock.ss.yrdsb.ca



Access the website to discover Teachassist and my Pathway Planner, browse through the Daily Announcements/ Weekly eBulletins and the School Calendar, learn about the Mulock Guidelines (student handbook for policies and procedures), and find out more about Department Information, News and Events, our School Council and more...

Sir William Mulock Secondary School

High School at a Glance for Grade 9 students

What do you need to graduate?

18 Compulsory Credits

Students must earn the following compulsory credits to obtain the Ontario Secondary School Diploma;

- 4 credits in English ★
- 3 credits in mathematics
- 2 credits in science
- 1 credit in the arts
- 1 credit in Canadian history
- 1 credit in Canadian geography
- 1 credit in health and physical education
- 1 credit in French as a second language
- .5 credit in career studies
- .5 credit in civics

Plus one credit from each of the following groups:

- Group 1**
- English or French as a second language ★ ★
 - a Native language
 - a classical or international language
 - social science and 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
 - technological education
 - French as a second language ★ ★
 - computer studies
 - cooperative education ★ ★ ★

In addition to the compulsory credits, students must complete:

- ✓ 12 optional credits ★ ★ ★ ★
 - ✓ The provincial literacy requirement
 - ✓ 40 hours of community involvement
- ★ a maximum of 3 credits in English as a second language (ESL) or English literacy development (ELD) may be counted towards the 4 compulsory credits in English but the fourth must be a credit earned for a Grade 12 compulsory English course
- ★ ★ In groups 1, 2 and 3, a maximum of 2 credits in French as a second language can count as compulsory credits, one from group 1 and one from either group 2 or group 3
- ★ ★ ★ a maximum of 2 credits in cooperative education can count as compulsory credits
- ★ ★ ★ ★ The 12 optional credits may include up to 4 credits earned through approved dual credit courses

Soaring to excellence “Blended Learning”

The use of technology is growing at an unprecedented rate across all areas of our society and the classroom should mirror the reality of a student’s future.

As foundational technology skills penetrate throughout our society, students will be expected to apply the basics in authentic, integrated ways to solve problems, complete projects, and creatively extend their abilities. Students who attend Sir William Mulock have the opportunity to be part of a school where teachers embed technology in a meaningful, purposeful and educational way. Students will have the opportunity to enrich their educational experience through an interactive, hands-on, digital learning initiative, while learning the Ontario curriculum. As part of this initiative students are asked to provide and bring a portable computer (e.g. tablet or laptop) to their daily classes. This joint school and YRDSB initiative has students graduating from Sir William Mulock Secondary School and the York Region District School Board who have been part of a whole-school approach combining traditional quality teaching with modern approaches. Our students graduate having had the advantage of technology accelerating and enriching their learning. We also have a laptop “loaner” program for students who do not have access to a laptop or tablet. This can be a temporary loan or a full year loan. Please contact Administration for more details.



Ontario Secondary School Literacy Test

In grade ten all students write the Ontario Secondary School Literacy Test. This is a requirement for graduation. It is written in the spring and students receive their results in the fall. The test includes several reading and writing tasks. At Mulock we prepare our students by having them write a practice literacy test, offering after school remedial programs and targeting specific skill development in every grade ten classroom.

Assessment of Mathematics

The **EQAO Grade 9 Assessment of Mathematics** is a test of students' knowledge and skills, based on the Ontario curriculum expectations for students in Grade 9 programs. All students in these programs are required to participate in the assessment. Questions are in the form of multiple choice and short answer tasks (where all work must be shown). The tests are written at the end of the semester in which the students take their grade 9 math course, and are completed over 2 days. The results of the test count for 5% of the students' overall grade 9 math mark. Individual student results of the test are sent home in the fall of the students' grade 10 year. More detailed information and sample tests can be found at: www.eqao.com.

40
Hours

Community Involvement

All Grade 9 - 12 students must complete a minimum of 40 hours of community involvement activities as part of the requirements for an Ontario Secondary School Diploma. A helpful hint is to encourage your child to complete at least 10 hours per year. Students may begin to earn hours in the summer after grade 8 graduation. Visit www.yrdsb.ca and search “Community Involvement” for more information. All activities must involve work for a non-profit organization, take place outside scheduled class time, and be performed without pay.

10 hours each year

705 Columbus Way, Newmarket, Ontario, L3X 2M7
Phone: (905) 967-1045, Fax (905) 967-1054, Website: mulock.ss.yrdsb.ca

Revised: December 9, 2021

Selecting your Courses

Deadline Dates

Step 1 - Compulsory Courses

- In grade 9 all students must take:
- English
 - Math
 - Science
 - French
 - Geography
 - Health and Physical Education

Step 2 - Elective Courses

- In addition, students must choose:
- 2 of the following
 - plus 2 alternates

ADA101 | Drama

This course provides opportunities for students to explore dramatic forms and techniques, using material from a wide range of sources and cultures. Students will use the elements of drama to examine situations and issues that are relevant to their lives. Students will create, perform, discuss, and analyse drama, and then reflect on the experiences to develop an understanding of themselves, the art form, and the world around them.

AMI101 | Instrumental Music - Band

AMI102 | Instrumental Music - Beginner Band

This course emphasizes the creation and performance of music at a level consistent with previous experience and is aimed at developing technique, sensitivity, and imagination. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop an understanding of the conventions and elements of music and of safe practices related to music, and will develop a variety of skills transferable to other areas of their life. This course is designed for both experienced and beginner musicians. Students brand new to music will have the opportunity to select a woodwind, brass or percussion instrument to study during the semester. Students are also encouraged to sign up for the complementary after school repertoire band course. Please see the AMR course description for more details.

AMR101 | Repertoire

This course emphasizes the creation and performance of music at a level consistent with previous experience and is aimed at developing technique, sensitivity, and imagination. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop an understanding of the conventions and elements of music and of safe practices related to music, and will develop a variety of skills transferable to other areas of their life. Repertoire is a full-year, after school band course that compliments the daytime AMI instrumental music course. Repertoire students will earn a ninth credit on their timetable and will have the opportunity to represent the school at local festivals and perform at our annual concerts. To fulfill course requirements, students will meet once a week after school, and once a week at lunch or in the morning. It is strongly recommended that students who take AMR have AMI or AMV on their timetable.

AMV101 | Music – Vocal/Choral

This course emphasizes the creation and performance of music at a level consistent with previous experience and is aimed at developing technique, sensitivity, and imagination. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop an understanding of the conventions and elements of music and of safe practices related to music, and will develop a variety of skills transferable to other areas of their life. This course is designed for both beginner and experienced vocalists. Students taking vocal music will focus on developing proper vocal production, breathing technique and diction while singing musical theatre, pop, rock, jazz and traditional choral music. Vocal students who also play a band instrument are also able to sign up for the after school repertoire band course. Please see the AMR course description for more details.

AVI101 | Visual Arts

This course is exploratory in nature, offering an overview of visual arts as a foundation for further study. Students will become familiar with the elements and principles of design and the expressive qualities of various materials by using a range of media, processes, techniques, and styles. Students will use the creative and critical analysis processes and will interpret art within a personal, contemporary, and historical context. Individuality is welcomed and encouraged. You do not need any prior knowledge or skills to take this course. For students who wish to explore other streams in the visual arts such as photography or media arts, this course is recommended. Program enhancement materials may be available at an additional cost.

BTT101 | Information and Communication Technology in Business

This course introduces students to information and communication technology in a business environment and builds a foundation of digital literacy skills necessary for success in a technologically driven society. Students will develop word processing, spreadsheet, database, desktop publishing, presentation software, and website design skills. Throughout the course, there is an emphasis on digital literacy, effective electronic research and communication skills, and current issues related to the impact of information and communication technology. There is a strong focus on developing your everyday computer skills so that you can fully use computer technology in all your high school courses and beyond. An invaluable course to leverage your modern learning experience at Sir William Mulock!

HIF101 | Exploring Family Studies

This course explores, within the context of families, some of the fundamental challenges people face: how to meet basic needs, how to relate to others, how to manage resources, and how to become responsible members of society. Students will explore adolescent development and will have opportunities to develop interpersonal, decision-making, and practical skills related to daily life. They will learn about the diverse ways in which families function in Canada and will use research skills as they explore topics related to individual and family needs and resources. Students must successfully complete a safety unit with an average of 80% or more to be able to participate in food & fashion labs.

GLE101 | Learning Strategies Skills for Success in Secondary School (for students with an IEP)

GLS101 | Learning Strategies Skills for Success in Secondary School (for students without an IEP)

This course focuses on learning strategies to help students become better, more independent learners. Students will learn how to develop and apply literacy and numeracy skills, personal management skills, and interpersonal and teamwork skills to improve their learning and achievement in school, the workplace, and the community. The course helps students build confidence and motivation to pursue opportunities for success in secondary school and beyond.

TEJ101 | Exploring Computer Technology

This exploratory course introduces students to concepts and skills in computer technology, which encompasses computer systems, networking, interfacing, and programming, as well as electronics and robotics and STEM activities such as designing 3D printed projects, explore simple circuits using Little Bits kits, create simple wearable technology gears and compete with classmates in advanced robotics challenges. Students will develop an awareness of related environmental and societal issues and will begin to explore secondary and postsecondary pathways leading to careers in the field. This course prepares you for the Grade 10 computer courses that build apps for smart phones and explore digital circuits and robotics.

TIJ101 | Exploring Technologies

This course enables students to further explore and develop technological knowledge and skills introduced in the elementary science and technology program. Students will be given the opportunity to design and create hands-on, woodworking products such as bridges, and CO₂ cars, and/or provide services related to the various technological areas or industries, working with a variety of tools, equipment, and software commonly used in industry. Students will develop an awareness of environmental and societal issues, and will begin to explore secondary and postsecondary education and training pathways leading to careers in technology-related fields. This course prepares students for other tech courses such as Construction and Technological Design.


Electronic Transfer Forms due ➡ Friday, February, 4, 2022
Course Selection due ➡ Friday, February 25, 2022




Step 3 - My Pathway Planner/ Online Course Selection

Course selection is done online using My Pathway Planner. You can use this program to select courses, explore career and education options, and develop a career plan.

How to access and select courses:

- Go to www.yrdsb.ca/schools/mulock.ss then select  on the right hand side of the page.
- Login by your GAPPS username and password
- Once you are logged in, you will be on the "Dashboard". Here, you can begin the process of accessing your classes, setting goals, setting up your portfolio. This is the place where you can store the information about the careers and post-secondary institutions you have researched, as well as the place where you can highlight your skills and abilities.
- To enter your course selections for the next school year, click on "High School" from the list of options in the menu on the left hand side of the screen.

- To choose a **compulsory course** (showing with grayed font), click on the 


All the courses in that grade and subject area will appear.

If you click on the course name or code, the description and prerequisites for the course will appear to the right.

To add a course to your selections, click the blue "Add Course" button in the bottom right corner of the screen.

You will return to your planner and the course you have chosen will appear.

Continue until you have selected all your compulsory courses.


- To choose an **elective course**, click on the button  Course

A drop down menu will appear with all subject areas available in our school. Choose "Grade 9 Electives" as your subject area and all the available elective courses will appear.

If you click on the course name or code, the description and prerequisites for the course will appear to the right.

To add a course to your selections, click the blue "Add Course" button in the bottom right corner of the screen.

You will return to your planner and the course you have chosen will appear.

Continue until you have selected all your elective courses  and alternates.

To make changes to your course selection, click on the icon to change or edit your selection



This symbol means there is an "Guidance Message" that you must read. Hover over the blue symbol and the note will appear.




This symbol means there is a "Issue Note" that you must read. Hover over the red symbol and the note will appear. You will not be able to submit your course selection without an override from guidance if there is an issue note.

To review your course selection, click on  the button printer icon at the top right of the planner.

Click "Yes" on the Alert Box when it asks you to proceed

Please review your course selection.

To submit your course selections, click the  button in the top right corner at the bottom of the school year you are selecting.

Once you have submitted your courses, you cannot go back in and change it.

Assessment/Evaluation of Student Achievement

The primary purpose of assessment and evaluation is to improve student learning. Information gathered through assessment helps teachers to determine students' strengths and weaknesses in their achievement of the curriculum expectations in each course.

Assessment is the process of gathering information from a variety of sources (including assignments, demonstrations, projects, performances, and tests) that accurately reflects how well a student is achieving the curriculum expectations in a course. As part of assessment, teachers provide students with descriptive feedback that guides their efforts towards improvement.

Evaluation refers to the process of judging the quality of student work on the basis of established criteria, and assigning a value to represent that quality. In Ontario secondary schools, the value assigned will be in the form of a percentage grade.

Student Academic Achievement is organized into four broad categories of knowledge and skills: Knowledge/ Understanding, Thinking/ Inquiry, Communication, and Application/Making Connections. Student achievement is made up of 70% for the semester and 30% for the summative assignment which may include exams, performance tasks, demonstrations, projects and/or essays.

pathways

We are all going to work...but we enter the workforce at different times in our lives!

The term “pathway” refers to the combination of courses and supports (including social / emotional) that make up a student’s educational journey. A “pathway” is designed to lead a student to an **initial** post-secondary destination. Pathways are not fixed; rather they change as individuals develop new interests, abilities, and skills.

Students at Mulock will learn about each of the following post-secondary options:

- **Apprenticeship**

 - ▶ hands-on training for people who want to work in a skilled trade
 - ▶ approximately 80% occurs on the job and 20% in a classroom
- **College**

 - ▶ students may earn certificates, diplomas, advanced diplomas or applied bachelor's degrees
 - ▶ combines theoretical knowledge and practical experience
- **University**

 - ▶ students earn bachelor's degrees
 - ▶ theoretical academic training
- **Workplace**

 - ▶ jobs for students who have completed their Ontario Secondary School Diploma
 - ▶ training is unique to each circumstance

English as a Second Language

Students from various linguistic and cultural backgrounds may need specific programs to develop their level of proficiency in English. Courses in English as a Second Language (ESL) meet this need and also assist students in expanding their literacy skills. SWMSS offers ESL courses from Level A to Level E.

Students new to Canada are required to visit the Newcomer Reception Centre prior to registration at the school. Call 905-883-5241 to book an appointment.

Cooperative Education

- Co-op is a credit earning program where the students gain work experience in a sector related to their career interest.
- Students who enroll in Co-op can take a 2 credit (half day) or 4 credit (full day) package.
- Grade 11 and 12 students can participate in this program
- Consider opportunities in: Health care, Business, Technology, Engineering, Arts, Social Services, Law, Fitness, Science, Music, Theatre, Hospitality, Military and many more
- Opportunities also in the trades through the Ontario Youth Apprenticeship Program (OYAP). Examples include electrical, carpentry, plumbing, auto service, hairstyling, culinary.
- Students gain valuable experience, try out a career and further develop their self-confidence and maturity
- For more information, please contact Teresa Godin at teresa.godin@yrdsb.ca

Student Services

All students who are identified through the IPRC process receive accommodations. The level of support is based on placement:

Placement	Support from Special Education Resource Teacher (SERT)
Indirect	Student meets with assigned SERT, once per semester or as needed, to assist with strategies for success
Resource	Student has access to a SERT, once per week or as needed, to assist with strategies for success
Withdrawal	Assigned SERT teaches the student's Learning Strategies course one semester, the other semester the student has access to a SERT, once per week or as needed, to assist with strategies for success
Partially Integrated	Assigned SERT teaches the student at least 50% of the day. The focus in these classes is to build skills for success in the classroom and in their post-secondary pathway

In all levels of support, the SERT is also responsible for completing a student's Individual Education Plan and assisting the classroom teacher in implementing the student's accommodations. We are proud of the achievements of all our exceptional students and our graduates who have left to attend college, university, apprenticeship training, community living or the workplace. For more information please contact Sabrina Oprea at sabrina.oprea@yrdsb.ca

Student Success at Mulock

Every student coming into high school has individual strengths and needs. The student success team at Mulock is here to ensure that all students are successful and achieve their full potential. The student success teacher may liaise with other teachers, parents, administration, school board personnel and community agencies in order to best meet individual student needs. Mulock has a student success resource room where students can find a quiet place to work with support from the student success teacher. Some examples of the kinds of assistance provided by the student success team include academic support, transition planning, monitoring, early intervention, small group counselling, credit salvaging, and credit recovery. In addition, the student success teacher assists in developing students' learning skills, including organizational habits, the use of graphic organizers, goal setting, time management, and stress reduction. For more information please contact our student success teacher, Ms. Fretter, at nancy.fretter@yrdsb.ca.

Extra Help at Mulock

If you experience difficulty in a course in high school, there are various ways for you to get extra help. You can speak with your teacher to arrange a time to meet with him/her. Some teachers and departments have “office hours” in which staff are available for extra help. Check outside the classroom or department office doors for schedules. Mulock also has a peer tutoring program available for you to use. Peer tutors are senior students who have been trained to offer their expertise in math, science, English and French. There are also peer translators available to assist students for whom English is not their first language.

High Performance Athlete

- The High Performance Athlete (HPA) program is a credit granting, planned learned experience that integrates classroom theory and practical experience in sport training
- It enables students to balance their specialized intensive sports training with academics
- Available for students in Grades 10 to 12 provided that they are training at the provincial, national or international level. The program is available to grade 9 students if their training occurs during the school day.
- It requires a minimum of 15 hours of training per week.
- Grade 9 students are eligible if their training occurs during the school day.
- For more information, please contact Teresa Godin at teresa.godin@yrdsb.ca

Specialist High Skills Major

The Specialist High Skills Major (SHSM) program is a Ministry initiative that allows students entering grade 11 to concentrate their studies in specific employment sectors. SWMSS currently has three SHSM programs for students to consider. The first SHSM program focus is on Health and Wellness where students can explore careers in health care, child care, elder care, life sciences, fitness, food science and psychology. Our second SHSM program focus is Information and Communications Technology. Students interested in computer engineering, computer science, robotics, electronics, broadcasting and media arts can now focus on opportunities in this dynamic career path. Our third SHSM program is in the Business sector and will appeal to students interested in accounting, project management, marketing, entrepreneurship, human resources and more. Potential SHSM candidates participate in specialized courses, industry-related certificate training and field trips to local colleges, universities and various workplaces. To reinforce their career interests, in grade 11 or 12, all SHSM students participate in one Co-op placement. SHSM students earn extra recognition among high school graduates with a red seal distinction on their diploma. This additional qualification is recognized by colleges and universities across the province. For more information please contact the guidance department.

Specialized Programs





Athletic Council

The Mulock Athletic Council is made up of a group of volunteers, grades 9-12 who help organize Mulock interscholastic sports and other special events. Our contributions include organizing scorers and timekeepers for sports year round, planning student intramural days, raising funds through the Terry Fox Run, and organizing our annual Athletic Banquet in June that recognizes all of our athletes.

We strongly encourage all incoming students to Mulock to get involved! Whether it's our sports teams, numerous clubs (including the Athletic Council) or lunch and after-school activities - school is more fun when you get involved!

Performing Arts Council

The Sir William Mulock Performing Arts Council is made up of enthusiastic music and drama students in grades 9 – 12. The council helps organize four annual concerts, Mulock Idol, a grade 9 music activity day, movie nights and music spirit week. Grade 9 rep elections are held every September and are open to all music and drama students.



Councils

Student Council

Mulock Student Council is an integral part of the school that focuses on promoting school spirit, social events and fundraisers. We organize and support a variety of activities that include:

- Holiday Events
- Lunch Time Games and Activities
- Mulock's Birthday
- Semi Formal
- Relay for Life
- Spirit Weeks

Our current council consists of thirty members throughout all four grades. Everyone is welcome to apply to become a member of Student Council. The application and election process for all roles except Grade 9 Rep takes place in May of this school year. Grade 9 Reps are voted in September of the next school year.

The Student Council office is located off the main hall near the elevator. Please drop by if you have any questions.

School Council

Welcome parents/guardians to Sir William Mulock Secondary School. School Council meetings are an opportunity to learn about the ongoing activities at Mulock. Parents are invited to participate in the discussion and to be active in your child's education through our monthly meetings.

School council meetings take place regularly throughout the school year.

You will find these meetings open, informative and interactive with reports from administration, staff and student representatives. Please join us!

athletics



Sports Teams Clubs

Fall

Basketball - Girls
Cross Country
Field Hockey
Flag Football - Boys
Golf - Boys
Golf - Girls
Soccer - Boys
Tennis
Volleyball - Boys

Winter

Badminton
Basketball - Boys
Curling
Ice Hockey - Boys
Ice Hockey - Girls
Ski/Snowboard
Volleyball - Girls

Spring

Baseball - Boys
Flag Football - Girls
Lacrosse - Girls
Lacrosse - Boys
Soccer - Girls
Track & Field
Ultimate Frisbee

A Cappella Choirs

Anime
Athletic Council
Best Buddies
Book Club
Chill Club
Drama Llamas
Eco-club
Fitness Club
Gay-Straight Alliance
Knitting
Jam Club/Acoustic Drop-In
Math Contests
Mock Trial Team
Nintendo
Peer Mentors
Performing Arts Council
Prom
Rhythmic Ravens
Rock Climbing
Student Council
Virtual Reality
Visual Arts Council
Yearbook
Youth Alive

Billy

your school mascot

School colours

black | gold | white



Things you should know from Grade 9 Students!

1. Homework – you actually need to do it or you may not pass.
2. Try to make a positive first impression with your peers and teachers.
3. Expect to meet new people. You will likely not have classes with your old friends.
4. Stay organized. Independence is good but helpful advice from parents and teachers goes a long way.
5. Sign-up for clubs and teams. It is a great way to meet new people and have fun.
6. Use the Guidance Department – they are helpful!!
7. Plan ahead to help balance your work!! You cannot do everything the night before.
8. Check out the announcements and sports boards for information on school events, teams and clubs.
9. Make new friends and keep the old.
10. Don't be nervous! Be yourself; there is a place here for everyone.

Tips for Students

To be successful in high school, you need to establish good study skills. Here are some tips to help you out.

1. Get organized. Use your computer, phone or an agenda to keep track of homework and upcoming tests/ assignments. Bring all of your books and supplies to class every day.
2. Make sure you have a good place to study and do homework. This should be a quiet spot with good lighting, enough space for your books, and a comfortable chair. Don't work where there are a lot of distractions ~ you might spend a lot of time there, but you won't get much done.
4. Set aside a regular time to get homework done. Don't leave assignments until the night before they're due ~ if you're missing something or don't understand, it's too late.
5. If you don't understand something, ask right away. Often it can be explained really easily, and it means that you don't get behind.
6. Get plenty of rest and eat properly. You can think more clearly when you are not tired.

Tips for Parents

As your son / daughter begins high school, here are some tips you can do to help him/her be as successful as possible.

1. Provide them with a place to do homework and study that has good lighting, is comfortable and is free of distractions.
2. Communicate with the school. Let us know if your child is going to be late or absent. Feel free to contact your child's teachers to see how he/she is progressing in class.
3. Get to know your child's friends.
4. Monitor your child's use of the internet. Keep computers and televisions in common areas of the home, rather than in bedrooms. Students will think about what they are posting on-line if you are monitoring it.
5. Consider having your child's cell phone charge in your room at night. This will prevent the late-night texts / calls.

Contact Us

Administration

Principal Carmen Spiteri-Johnson
Vice Principals.....Teresa Kokkas
.....Sue Sopha

Subject Heads

Alternative EdCindy Crone
BusinessDebralee Lloyd-Graham
Cooperative EdTeresa Godin
English Anna Sotiropoulos
Family StudiesAngela Partridge
GeographyAnne Henry
Guidance Natalie Avery
Health and Physical EducationShane Poupart
History.....Julia Armstrong
International Languages | ESLSarah Ryalen
Library Martha Burbank
Mathematics Donna Green
MusicChris Uchida
Special Education Services Sabrina Oprea
Science Mark Roberts
Technological Studies James Crozier
Visual Arts | DramaKate Skinner

Guidance Counsellors

..... Natalie Avery
..... Michelle Dacey
.....Mimi Kim