

Why consider SHSM - Health & Wellness?

This program enable students to:

- Customize secondary school education to suit interests and skills
- Complete sector recognized certifications to build their resume
- Prepare for post-secondary opportunities
- Explore and refine career goals
- Earn the SHSM Distinction on their OSSD
- Engage in experiential learning with like-minded peers

Required Certifications

- CPR level C (with AED)
- Infection Control
- Standard First Aid
- WHMIS generic

Elective Certification (at least 3)

- Advanced Training in a Technique (i.e., feeding, airway management)
- Allergy Awareness
- Ambulation, Lifting, and Transfers
- Animal First Aid
- Anti-oppression and Allyship Training
- Approaches to Healing
- Babysitting
- Behaviour Management
- Child Safety and Injury Prevention
- Communication Skills
- Concussion Awareness
- Conflict Resolution
- Customer Service
- Equity and Inclusion
- Ethical Considerations
- Fire Safety and Fire Extinguisher Use
- Fitness
- Food Handler Certification
- Group Dynamics
- Lab Practices
- Leadership Skills
- Marine and Wilderness First Aid
- Medical Terminology
- Mental Health First Aid Awareness
- Non-violent Crisis Intervention
- Personal Training
- Personality Inventory
- Portfolio Development
- Project Management
- Safe Body Mechanics
- Safe Food Handling - Basic
- Sign Language
- Specialized Care
- Sterile Techniques
- Stress Management Techniques
- Waste Management
- Wrapping and Tapping for Performance and Injury

What is SHSM?

Specialist High Skills Majors allow Grade 11 and 12 students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD).



Why is SHSM a valuable opportunity?

Students have the opportunity to:

- gain important skills on the job with actual employers, at skills training centres, and a school
- earn valuable industry certifications, including first aid and CPR qualifications.

Reach Ahead/ Experiential Learning Field Trips

- Career Fairs
- Guest Speakers
- Industry Tours
- University/College Workshops

Sector-Partnered Contextualized Component

- Innovation Creativity and Entrepreneurship (ICE) training
- Sector-delivered contextualized coding
- Sector-delivered mathematical literacy



A Bundle of NINE Courses is Required:

Co-op Placements (minimum 2 credits)

Students apply their learning from a SHSM pathway course in an authentic learning environment.

Major Credits (4 credits)

Choose from:

- HFA4U/4C - Nutrition and Health
- HHS4U/4C - Families in Canada
- HPC30 - Raising Healthy Children
- HRT3M - World Religions
- HSB4U - Challenge and Change in Society
- NDA3M - Contemporary First Nations, Métis and Inuit Issues
- NDW4M - Contemporary Indigenous Issues and Perspectives in a Global Context
- PAF30 - Fitness
- PAF40 - Fitness
- PPL30 - Physical Education
- PPL40 - Physical Education
- PSK4U - Kinesiology
- SCH3U - Chemistry
- SCH4U/4C - Chemistry
- SBI3U/3C - Biology
- SPH3U - Physics

English (1 credit)

Choose from:

- ENG3E - Workplace English
- ENG3C - College English
- ENG3U - University English
- ENG4E - Workplace English
- ENG4C - College English
- ENG4U - University English
- OLC40 - Ontario Secondary School Literacy Course

Math (1 credit)

Choose from:

- MEL3E - Workplace Math
- MBF3C - College Math
- MCF3M - University/College Math
- MCR3U - University Math
- MEL4E - Workplace Math
- MCT4C/MAP4C - College Math
- MDM4U/MHF4U/MCV4U - University Math

Related Credits (1 credit)

Choose from:

- BDI3C - Entrepreneurship: The Venture
- HFA4U/4C - Nutrition and Health
- HFC3M - Food and Culture
- HHS4U/4C - Families in Canada
- HPC30 - Raising Healthy Children
- HRT3M - World Religions
- HSB4U - Challenge and Change in Society
- HSP3U/3C - Introduction to Anthropology, Psychology and Sociology
- HZT4U - Philosophy: Question and Theories
- ICS3U - Introduction to Computer Science
- ICS4U - Computer Science
- NDA3M - Contemporary First Nations, Métis and Inuit Issues
- NDW4M - Contemporary Indigenous Issues and Perspectives in a Global Context
- PSK4U - Kinesiology
- SCH3U - Chemistry
- SCH4U/4C - Chemistry
- SBI3U/3C - Biology
- SES4U - Earth and Space Science
- SPH3U - Physics

Experiential learning and career exploration activities

Experiential learning and career exploration opportunities relevant to the sector might include the following:

- one-on-one observation of a cooperative education student at a placement in the agriculture sector (an example of job twinning)
- a day-long observation of a skilled tradesperson in the agriculture sector (an example of job shadowing)
- a one- or two-week work experience with a member of an industry association or a professional in the sector (an example of work experience)
- a volunteer experience in a long-term care facility
- an experience coaching an elementary school student in reading as part of a reading buddy program, or other curricular or extracurricular activities
- assisting in an exercise class in a long-term care facility
- attendance at a health and wellness sector

Application Process:

If you are interested in the SHSM program at Newmarket High School, complete the following steps:

1. Complete the application here found on the NHS website under Departments & Programs - SHSM
2. Complete the online application. Print off the complete application (sent to your email)
3. Sign where appropriate and check the "COMPLETION CHECKLIST"
4. Submit to Guidance



