



HIGH SCHOOL ORIENTATION

Welcome Class of 2029!

The Big Goal: Graduation!

100 CREDITS including the following:



ENGLISH LANGUAGE ARTS

– 30 LEVEL (English Language Arts 30-1 or 30-2)



MATHEMATICS – 20 LEVEL

(Math 20-1 or Math 20-2 or Math 20-3)



PHYSICAL EDUCATION 10
(3 CREDITS)



SOCIAL STUDIES – 30 LEVEL

(Social Studies 30-1 or 30-2)



SCIENCE – 20 LEVEL

(Science 20, Science 24, Biology 20, Chemistry 20, or Physics 20)



**CAREER AND LIFE
MANAGEMENT (3 CREDITS)**

10 CREDITS IN ANY COMBINATION FROM:

- ⚙️ Career and Technology Studies (CTS)
- ⚙️ Fine Arts
- ⚙️ Second Languages
- ⚙️ Physical Education 20 or 30

10 CREDITS IN ANY 30-LEVEL COURSE

These courses may include:

- ⚙️ Math 30-1 or 30-2
- ⚙️ Science 30, Bio 30, Chem 30, Physics 30
- ⚙️ Phys. Ed 30, French 30, Spanish 30
- ⚙️ Advanced level (3000 series) in Career and Technology Studies courses
- ⚙️ 35-level Work Experience courses
- ⚙️ 35-level Registered Apprenticeship Program courses
- ⚙️ 30-level Green Certificate Specialization courses

Certificate of High School Achievement Requirements

**ENGLISH
LANGUAGE ARTS**

20-2 or 30-4



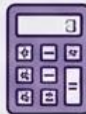
SOCIAL STUDIES

10-2 or 20-4



MATHEMATICS

10-3 or 20-4



SCIENCE –
14 or 20-4



**PHYSICAL
EDUCATION 10**
(3 CREDITS)



**CAREER AND LIFE
MANAGEMENT**
(3 CREDITS)

Additional Credit Requirements



5 CREDITS IN:



- 30 level Knowledge and Employability occupational course, or
- 30 level Career and Technology Studies (CTS) course, or
- 30 level locally developed course with an occupational focus

AND



5 CREDITS IN:



- 30 level Knowledge and Employability Workplace Practicum course, or
- 30 level Work Experience course, or
- 30 level Green Certificate course, or
- Special Projects 30
- 30 level Registered Apprenticeship Program (RAP) course



What are “streams” and why do they matter?

There are three “streams” of core classes in high school:



Academic

For students whose Grade 9 marks are 60-65% or higher.



General

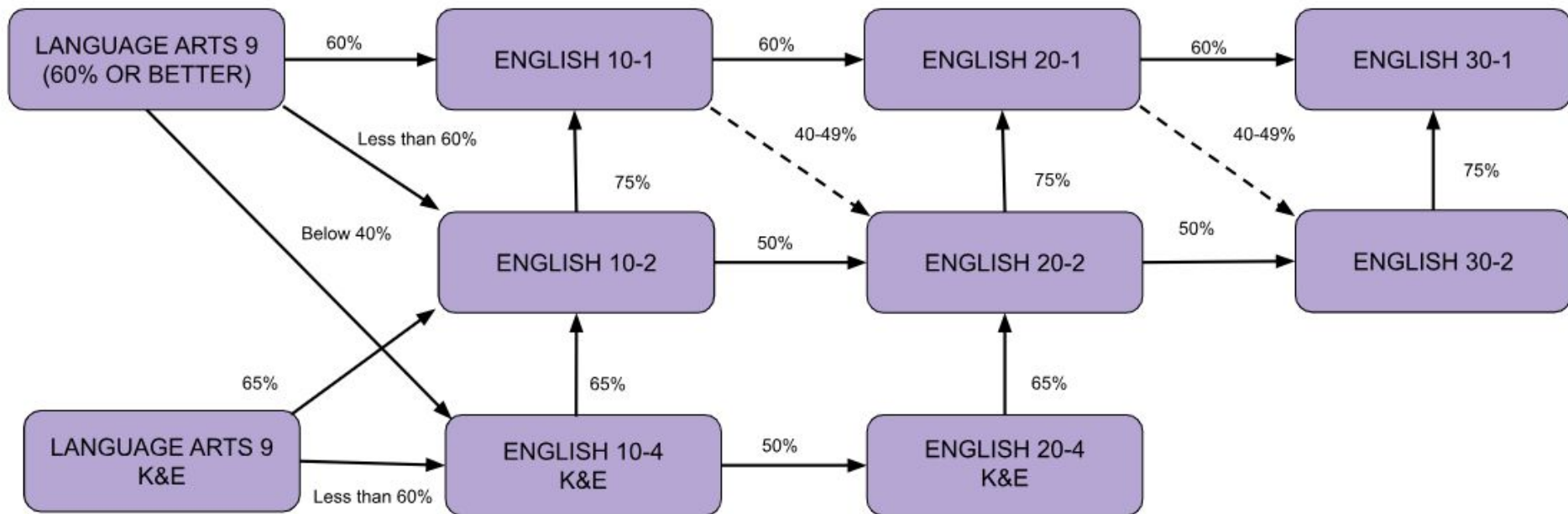
For students whose Grade 9 marks are between 40% and 60%.



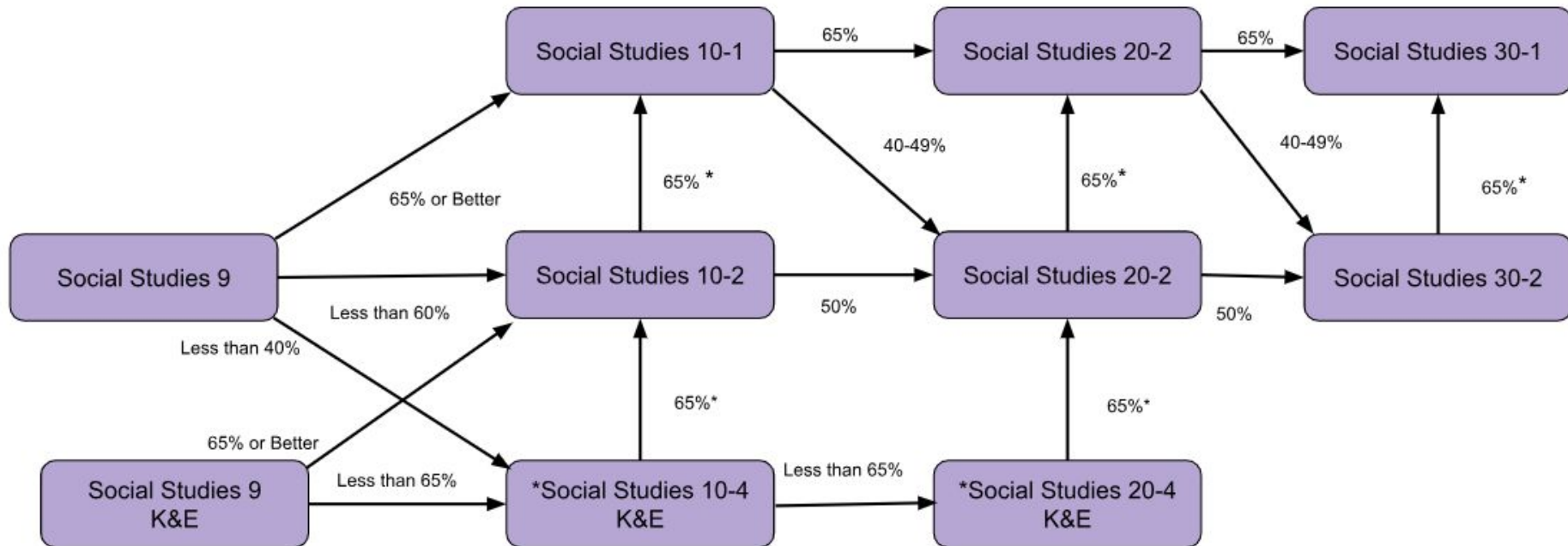
K & E

For students who need a modification of their course work.

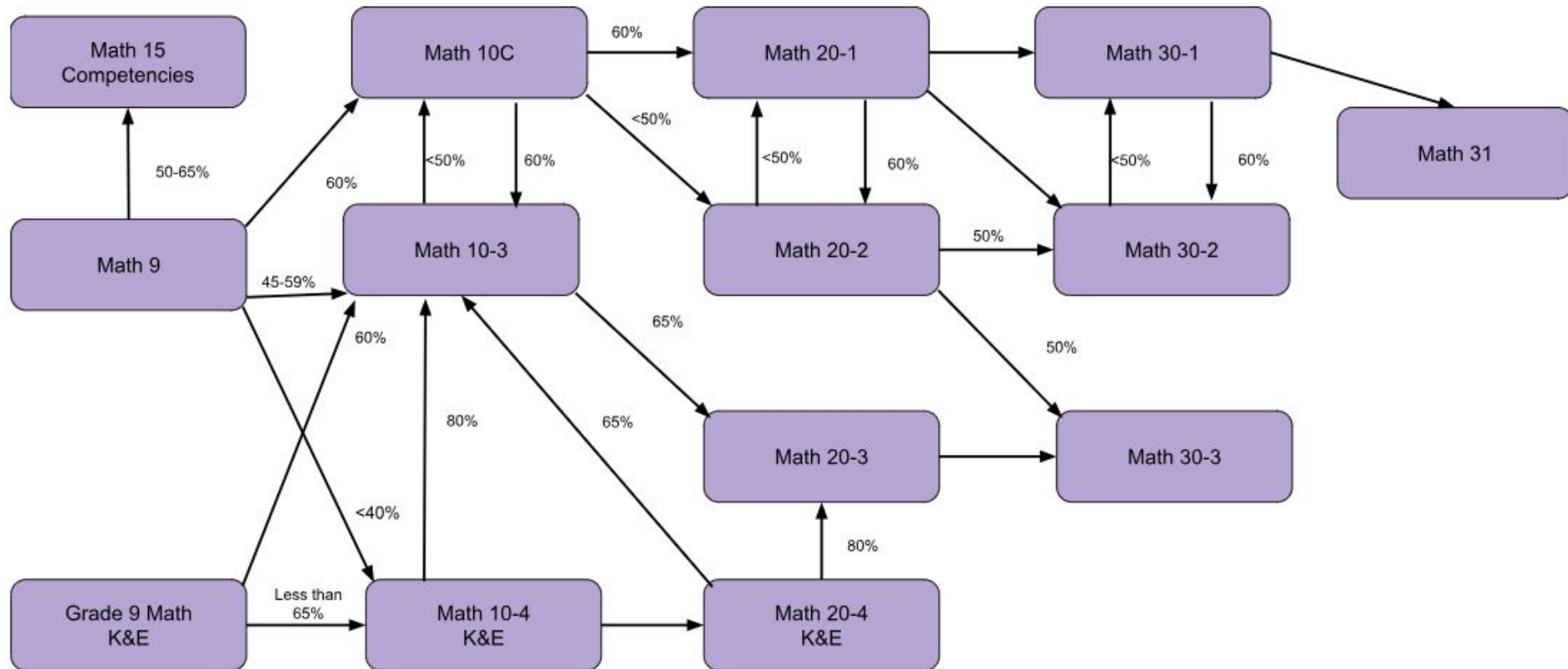
ELA Course Progressions



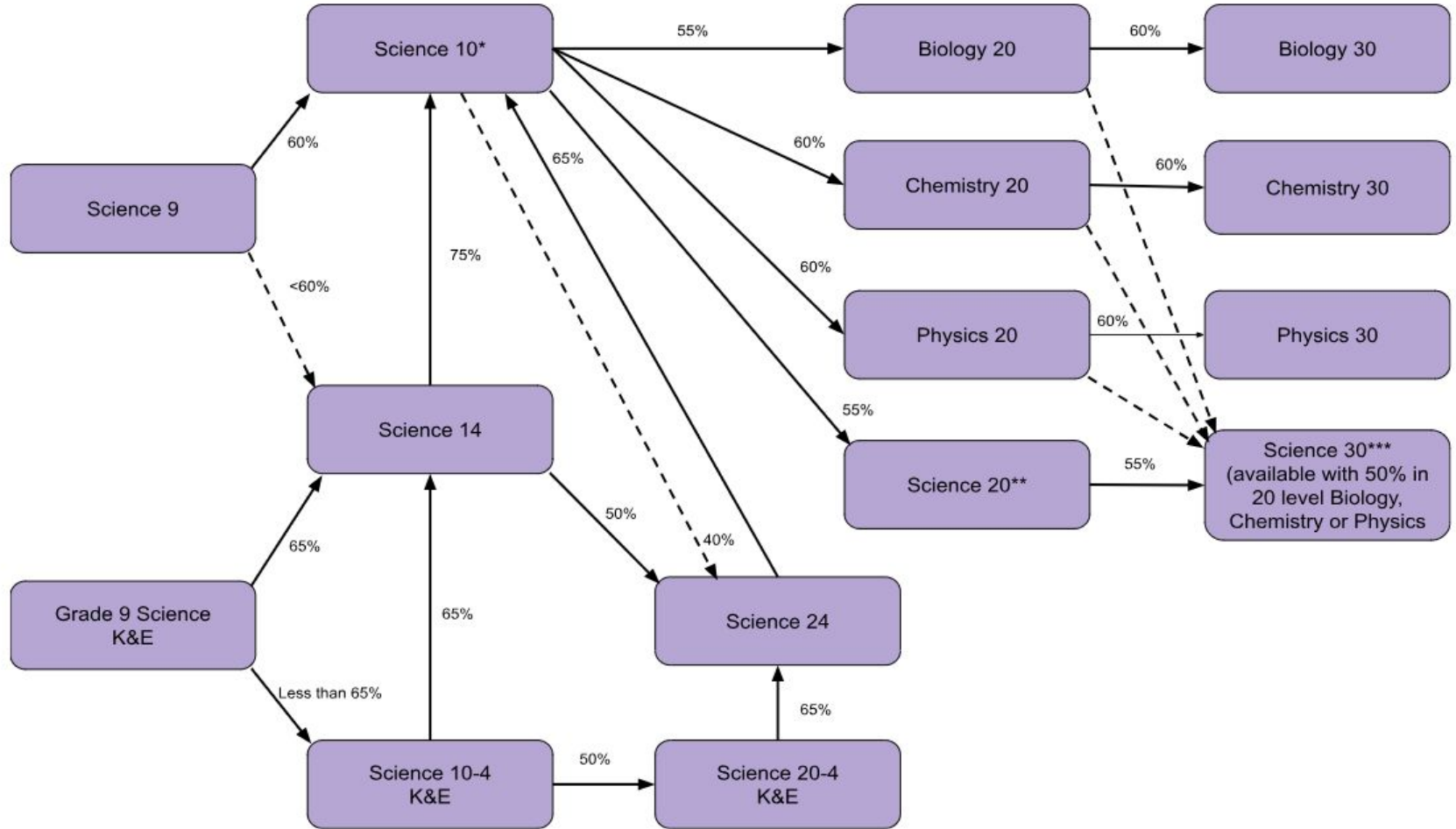
Social Studies Course Progressions



Math Course Progressions



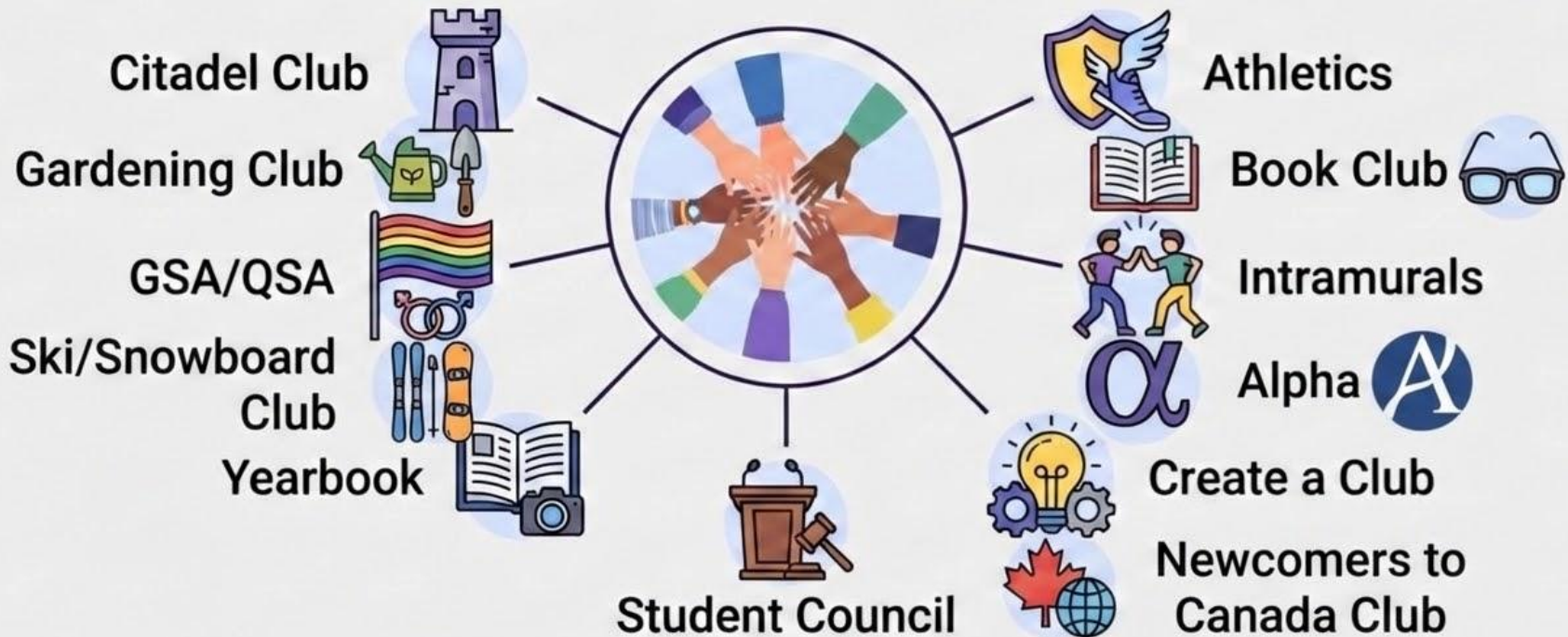
Science Course Progressions



Sample Grade 10 Timetable

	Block 1	Block 2	Block 3	Block 4
Semester 1	English (5 credits)	PE (5 Credits)	Construction (5 Credits)	Math (5 Credits)
Semester 2	Science	CALM (3 Credits) Foods (3 Credits)	Art (5 Credits)	Social (5 Credits)

What other things can I get involved in at Ohpaho Secondary School?



Role of the Alpha Team



ACADEMIC & CAREER PLANNING

School counsellors & administrators support students with programming, academic and career/post-secondary planning.



COUNSELLING SUPPORT

Assist with crisis/personal counselling.



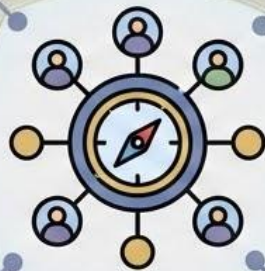
FIRST POINT OF CONTACT

The Alpha level team is the first contact for students missing classes, struggling with workload, or in apparent distress.



COLLABORATIVE PARTNERSHIPS

We work in collaboration with teachers, parents, and community partners.



So what does that really look like?

This could include helping students with:

- CTF selections
- Planning high school courses
- Monitoring attendance and behaviours in school
- Coordinating meetings with teachers and students to support academic success
- Exploring entrance requirements for post secondary programs
- Developing skills such as: time management, organization, or study habits
- Developing coping strategies for various stressors (school, friends, family, etc.)
- Support during times of crisis
- Referrals to community resources

Learning Supports for Students

If you have any questions, or would like to set up a meeting,
please contact:

Kerry Thiessen

Learning Support Teacher



kerry.thiessen@gshare.blackgold.ca



587-671-0331 Ext. 306

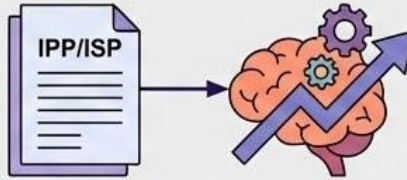
Learning Supports for Students

Types of Supports



Some students have received supports throughout their schooling such as extra time, quiet space, audio versions of tests, and scribes for written assignment and tests.

IPP/ISP & Maximizing Potential



If a student has had any of these supports, or if they have had an IPP/ISP, we want to ensure these supports are put into place to maximize the student's learning potential.

Transition from Feeder Schools



For students coming from our feeder schools who require learning supports, transition meetings will be set up by the feeder school Counsellor or Learning Support Teacher.

Family School Liaison (FSL)



Skill-Based Interventions

Implement skill-based and strength-based interventions for students at a universal, small group, and/or one to one level.



Building Resiliency

Support students with building resiliency by helping develop social skills and problem solving skills.



Facilitating Partnerships

Help facilitate partnerships between home, school, and community agencies.

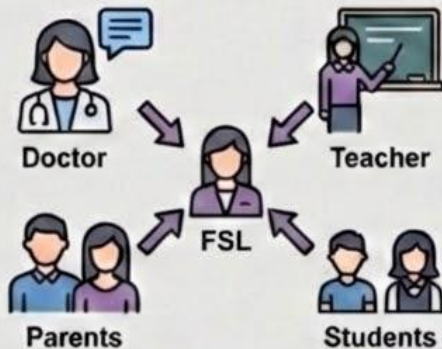


Providing Resources

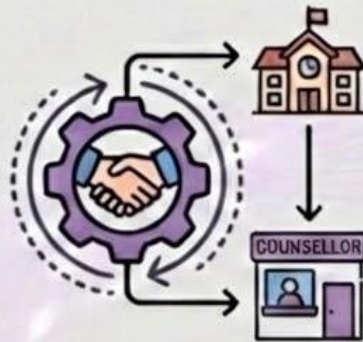
Provide resources for families and school staff.

Accessing services with the FSL

Referrals from



Coordination



Referrals are coordinated through the school counsellor

Parental Consent









Parental Consent is required for students under the age of 16

Registration Process

- 1) Parent Orientation to High School: March 24th 7:00pm
- 2) Registration sessions for in-person Junior High Schools: April 15-17
- 3) Registration Non-feeder Schools: April 29th Time to TBD
- 4) Information on how to access high school timetable: Late August 2025
- 5) Timetable changes on Registration Days in August
- 6) Classes commence for all students: August 27, 2026

What can you do next?

-  **Explore:** Attend our Information Night and bring your questions!
-  **Research:** Read the Course Selection Handbook (available on website by March 13th).
-  **Talk it Out:** Discuss ideas for options and core classes with parents and current teachers.
-  **Draft Your Plan:** Fill out the Grade 9 to 10 Course Planning Form.
Use the planning sheet to help map out your course choices **before** registration day (April 15 -17)
-  **Consider Summer School:** PE & CALM, Mechanics, Core Class
Because registration days are busy, we won't have time for 1-on-1 course counseling. Please arrive with your Course Planning Form filled out so we can efficiently
-  **Final Prep** registration days are busy, we won't have time for 1-on-1 course counseling. Please arrive with your Course Planning Form filled out so we can efficiently process it.