



# Getting Ready for High School

January 2025

# Who Are We?

**Mr. Nicholson** [snichols@hwdsb.on.ca](mailto:snichols@hwdsb.on.ca)

*Guidance Counsellor (Last Names G-M)*

*Department Head, Student Services*

**Ms. Adams** [daadams@hwdsb.on.ca](mailto:daadams@hwdsb.on.ca)

*Student Success Teacher*

*Department Head, Health & Physical Education*

## Guidance Counsellors

*(Well-being & Career Planning)*

Ms. O'Sullivan (A-F)

Mr. Nicholson (G-M)

Ms. Turner (N-Z)

# PROGRESSIONS: *Now Until June*

- A Day in the Life
- Friday Night Lights
- Theatre Production
- Sports Clinics
- Music Events
- Triathlon



# PROGRESSIONS: *August & September 2025*

- Grade 9 Orientation – 3 Days in August
- Grade 9 Evening in September



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# PARENTS/CAREGIVERS

## **GRADE 9 COURSE SELECTION NIGHT for FAMILIES**

- January 16, 2025 from 6 – 7 p.m. in the auditorium
- Graduation requirements and recent changes
- Detailed information on high school courses, special programs, and pathways
- Out-of-catchment application process, transportation
- Q & A

# TODAY'S PLAN

- How is High School Different?
- What do I need to graduate?
- **Electives at Ancaster High School**
- Special Programs
- Using myBlueprint (\*NEW\*)



*Parents/Caregivers are invited to the Ancaster High School auditorium this **Thursday, January 16 from 6-7 pm** for “Grade 9 Course Selection Information Night”!*

# How is Grade 9 different from Grade 8?



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# Over 30 Clubs

## Academic Clubs

- Business & Investment Strategies Club
- DECA
- Homework Club/OSSLT Prep
- HOSA
- Math Club
- Peer Tutoring Club
- Robotics Club
- STEAM

## Athletic & Active Clubs

- Ancaster Athletic Executive Council (AAC)
- Dance Team
- Sports Teams

## Altruistic & Social Clubs

- Aerospace Club
- Announcement Crew
- Automotive Safety Club
- Best Buddies
- Blood Drive Heroes
- Chess Club
- Dungeons & Dragons Club
- Grad Committee
- Healthy Action Team (HAT)
- Knitting & Crocheting Club
- Make-A-Wish
- MedLife
- Positive Space
- Prayer Group
- Royal Gazette
- Student Council

## Arts & Creative Clubs

- Auditorium (Aud) Squad
- Concert Band
- (NST) Drama Festival Club
- Musical Theatre Cast & Crew
- Photography & Video Club
- Rock Band
- Yearbook

# Lots of Sports!

Badminton

Baseball

Basketball

Cricket

Cross Country

Dance Team

Field Hockey

Football

Golf

Gr. 9 Only Teams

Hockey

Soccer

Tennis

Touch Football

Track & Field

Ultimate Frisbee

Volleyball

Water Polo

Wrestling

# How is high school different?

- Two semesters (five months each)
- Four courses every day, 75 minutes each
- Students get to *choose* courses
- Students are granted “credit” for passing a course
- Final exams
- No recess 😞...but students are free to go outside at break and at lunch!

# Class of 2029!

## Graduation depends on:

- **30** credits
  - 17 compulsory, 13 elective
- **40** volunteer hours
- Passing the Grade 10 Literacy Test
- Achieving **70%** or higher on the Financial Literacy Test in Grade 10 Math
- Two **e-Learning** courses (opt-out option)
- <https://www.ontario.ca/page/earning-your-high-school-diploma>

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# Sample Grade 9 Timetable

Period and Time	Semester One (Sept. - Jan.)	Semester Two (Feb. - June)
Period 1	English*	Math*
Period 2	French	Arts & Crafts
LUNCH	LUNCH	LUNCH
Period 3	Technological Education	Science*
Period 4	Geography	Sports & Games

\*Maximum of two per semester for a good balance

# Day 1 – Day 2 Schedule

Day 1 (Odd calendar days like February 1, 3, 5)	Day 2 (Even calendar days like February 2, 4, 6)
Period 1 – English	Period 2 – French
Period 2 - French	Period 1 – English
LUNCH	
Period 3 - Technology	Period 4 – Geography
Period 4 - Geography	Period 3 - Technology

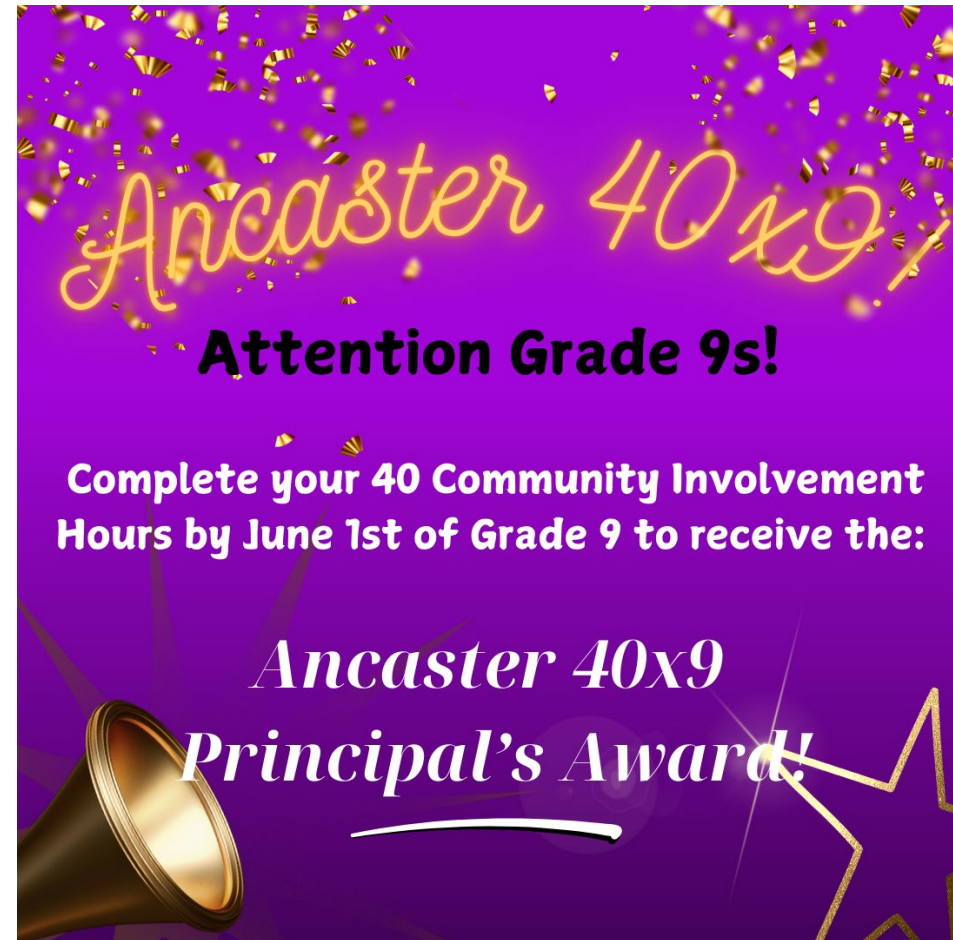
# Community Involvement

- The organization should be community-based
- The activity should be something for which a person is not normally paid
- Check [www.hwdsb.on.ca/cih](http://www.hwdsb.on.ca/cih) for more information

ELIGIBLE	INELIGIBLE
Timekeeping a high school sport	Work an extra shift at McDonald's for "free"
Volunteering at a hospital	Filing at a doctor's office
Teaching language at a cultural school on Saturdays	Helping an elderly neighbour clean up their yard
Reading program at the library	Working with uncle renovating basements
Shovelling snow for a senior who is registered with "Snow Angels"	Teaching martial arts/dance to small kids who pay for lessons
Taking tickets at Hamilton WingFest	Volunteering at a pharmacy because it's a future career

# Ancaster 40x9 Award!

- Complete 40 hours of community service by the end of Grade 9 (40x9)
- Start volunteering in your community as early as July 1, 2025



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# Grade Nine Students Take 8 Classes

## Everyone Takes These 5:

- English, French (two kinds), Geography, Math, Science

## Choose 3 More!

- Visual Art, Arts & Crafts, Drama, Music
- Sports & Games, Sport Performance, Hockey
- Technology and the Skilled Trades
- Building the Entrepreneurial Mindset, Exploring Family Studies

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# Today's Focus – 3 Electives!

- Visual Art, Arts & Crafts, Drama, Music
- Sports & Games, Sport Performance, Hockey
- Technology and the Skilled Trades\*
- Building the Entrepreneurial Mindset, Exploring Family Studies



We encourage one Art, one Physical Education, and one Tech course because they are mandatory to graduate.

Grade 9 is a good time to take them!

*\*Technology and the Skilled Trades must be taken before Grade 11*



Picking  
electives  
to match  
your friend



Picking  
electives you  
like and suit  
your interests

# Drama

- Improv, directing, acting
- Stage design, costume design
- Join the Drama Club, take Musical Theatre in Grade 11!



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# Visual Arts

- Sketch, paint, sculpt, use coloured pencils
- Digital and mixed media
- After grade 9, students specialize in ceramics, digital media, drawing & painting



# Arts & Crafts

- Experiment with all kinds of media
- Make art that has a function
- Take any kind of art you want in Grade 10 – 12
- Special classes include Ceramics and Drawing & Painting



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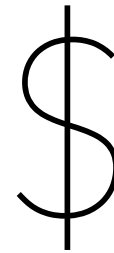
# Instrumental Music

- Get an extra credit with repertoire/concert band
- Join the band just for fun!



# Exploring Family Studies

- Sewing, cooking, raising a baby
- Managing your life
- Take Food & Nutrition, Hospitality & Tourism, Food & Culture, or Nutrition & Health in Grades 10, 11, and 12!





# Technology and the Skilled Trades

Students explore five areas in grade 9:

- Communication
- Construction
- Design
- Manufacturing
- Transportation

In Grades 10-12, students can specialize in one of the above, in addition to:

Computer Engineering, Computer Science, Healthcare, Hospitality & Tourism



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# Building the Entrepreneurial Mindset

- Introduction to the world of business
- Focus on entrepreneurship
- Students will learn about making money by starting or running a businesses
- Financial risks associated



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# Physical Education – We Have 3 Kinds!

- Sports & Games  
*(Female Identifying)*
- Sports & Games  
*(Male Identifying)*
- Sport Performance *(Co-ed)*
- Hockey *(Co-ed)*



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# Sports & Games

## Activities

Traditional and non-traditional sports (i.e. archery, outdoor games and kickboxing)

## Fitness Training

Fitness for life – daily warm-ups, weekly fitness room workouts and circuits

## Health

Same in all 3 courses



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# Sport Performance

## Activities

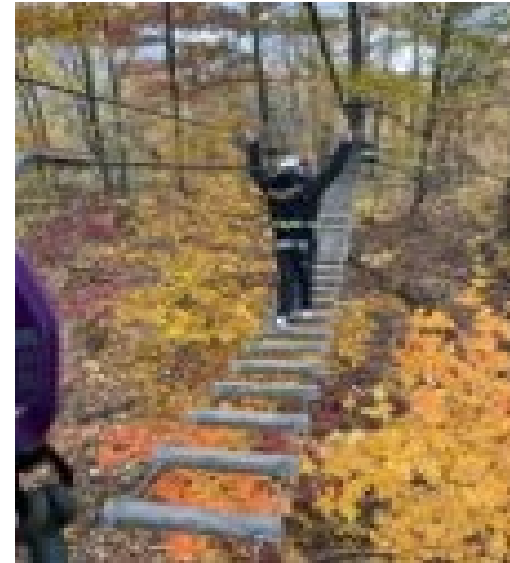
Skill development in **volleyball, soccer & basketball**. Competitive environment, skill & drill focus

## Fitness Training

High level fitness cardio and conditioning and training (plyometric drills, interval training, circuit training)

## Health

Same in all 3 courses



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# Hockey

*\$40 fee applies + must provide own equipment*

## **Activities**

Skill development in hockey. 30 sessions on ice & specialized goalie instructor weekly. Dry land training and sports

## **Fitness Training**

High level fitness cardio conditioning

## **Health**

Same in all 3 courses



# Our Football Coach & Phys-Ed Teacher

**Mr. Dunbrack**

Toronto Argonauts

Ottawa Renegades

Hamilton Tiger-Cats



**HWDSB**

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ROYALS



50

40

30

20

10

50

40

30

20

10



# Ancaster High's NHL and OHL Pedigree

## Our Hockey teacher:

- Mr. Ryan Lounsbury, skate coach for the **OHL Guelph Storm**
- Former skate coach for the **NHL Vancouver Canucks!**



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# myBlueprint – Log in and Explore!

[www.hwdsb.on.ca/hwdsb](http://www.hwdsb.on.ca/hwdsb)

**Will stay "Not Submitted" until February**

Your courses are **Not Submitted**

**1** Step 1 Add Courses   **2** Step 2 Review Courses   **3** Step 3 Submit Courses   **Review Course Selections**

Grade 9 Next Year	Grade 10 Plan Ahead	Grade 11 Plan Ahead	Grade 12 Plan Ahead
Grade 9 English ENL1W1 • 1 Credit	+ English	+ English	+ English
Grade 9 Mathematics MTH1W1 • 1 Credit	+ Mathematics	+ Mathematics	+ Course
Grade 9 Science SNC1W1 • 1 Credit	+ Science	+ Course	+ Course
Grade 9 Exploring C... CGC1W1 • 1 Credit	+ History	+ Course	+ Course
Grade 9 Core French FSF1D1 • 1 Credit	+ Careers	+ Course	+ Course

**Graduation Indicator**

8/30  
REQUIRED CREDITS

8 Planned   0 Earned   8 Total

**View Progress**

**SHSM Planner**

Your school offers 5 Specialist High Skills Majors

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# Planning 30 Credits

Grade 9	Grade 10	Grade 11	Grade 12
English	English	English	English
Math	Math	Math	Elective – full choice
Science	Science	Elective – full choice	Elective – full choice
Geography	History	Elective – full choice	Elective – full choice
French	Civics/Careers	Elective – full choice	Elective – full choice
Phys-Ed (some choice)	STEM (some choice)	Elective – full choice	Elective – full choice
Art (some choice)	Elective – full choice	Elective – full choice	Elective or Study
Tech (Gr 9 or 10)	Elective – full choice	Elective – full choice	Elective or Study

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# Special Programs Start in Grade 11

## Specialist High Skills Majors (We have five)

- Students will graduate with specialized skills, knowledge and certifications relevant to their chosen industry
- Students take a 2-credit co-op and a bundle of 5 credits in addition to English and Math
- No special preparation is needed in grade 9 or 10

# Specialist High Skills Major – Arts & Culture

## Careers

- Actor, Musician
- Graphic Designer
- Visual Artist
- Technician for movies, broadcasting, performing arts, etc.



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# Specialist High Skills Major – Health & Wellness

## Careers

- Medical Laboratory Technologist
- Nurse
- Educational Assistant
- Hospital Clerk
- Physician



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# Specialist High Skills Major - Hospitality

## Careers

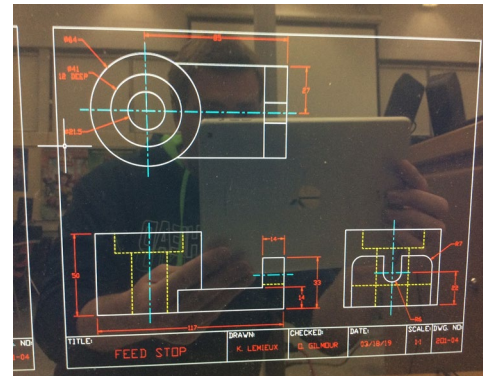
- Event Planner
- Health Inspector
- Chef
- Flight Attendant



# Specialist High Skills Major – Information & Communication Technology

## Careers

- Programming
- Network Security
- Technological Design
- Media



“Sometimes it takes an external lens to see our insides more clearly.”

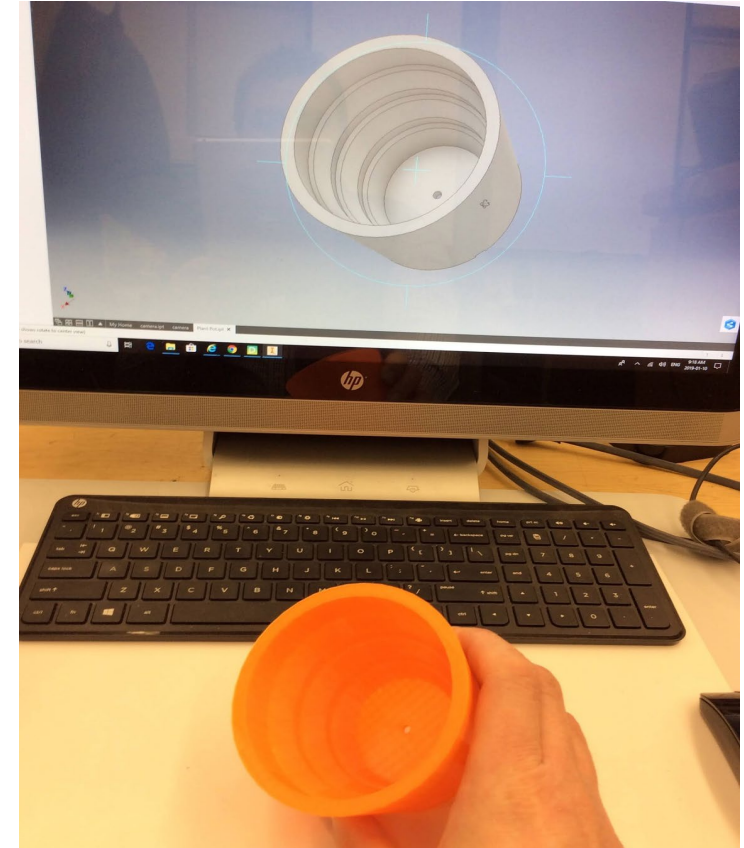
Photography allows us to leave our houses, take a break, experience the outdoors. Being surrounded by nature can be calming for some people; it allows them to practice mindfulness, as they can see how we are actually living, putting a perspective on something and making them realize it may not be as bad as it seems, or they're getting a new perspective on something else, allowing them to forget about the issues in their own life. We can appreciate things we've never seen before, the animals that are new to us, the nature that give us our breath, our oxygen. They are aware of their surroundings, the nature calming them, and allowing them to have the space to breathe. It's hard to be outside alone, and that can cause extra anxiety, however, having a camera with you, focusing on taking your photos allows one to have the perspective of another being their but still get the alone time they need with nature. The camera helps reduce the anxiety of being somewhere alone and allows the person to escape, so they don't feel self-conscious being out alone.



# Specialist High Skills Major - Manufacturing

## Careers

- Engineer
- Machinist
- Welder
- Industrial Designer
- Technologist



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# International Baccalaureate Diploma Programme

- A challenging two-year curriculum (Gr 11 & 12)
- Includes studying six subjects
- Provides a global perspective with cross-cultural understanding
- Leads to a qualification recognized by the world's universities
- Students graduate with an Ontario Secondary School Diploma AND the IB Diploma



# Important Dates Ahead

February 18-21, 2025

- Grade 8 students enter options into myBlueprint with help from Mr. Nicholson & Ms. Adams

March 3 – 7, 2025

- Parents/guardians approve course choices in Parent Portal (web version only)

# Summer School Reach Ahead Registration Now Open!

Registration for Grade 8-to-9 Summer Reach Ahead is open now until February 21<sup>st</sup>

HWDSB is inviting grade 8 students to register for either Civics (2 weeks) or Careers (2 weeks) or **both** (4 weeks). These are offered via **e-Learning only**.

**OR**

HWDSB is offering a variety of technological education credits **in-person only** at one of our secondary schools.

To register, go to **[myBlueprint.ca/hwdsb](https://myBlueprint.ca/hwdsb)** and log in using your HWDSB credentials, then, click on Continuing Education on the left-hand-side.

For a registration video, and for more information, please go to CE's website:

**[www.hwdsb.on.ca/cce/summer/reach-ahead](https://www.hwdsb.on.ca/cce/summer/reach-ahead)**

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# Questions?

1. Ask your grade 8 teacher
2. Check the Grade 8 section of our Student Services' website:  
*[www.hwdsb.on.ca/ancasterhigh/student-services/grade8](http://www.hwdsb.on.ca/ancasterhigh/student-services/grade8)*
3. **Contact Ms. Adams at [daadams@hwdsb.on.ca](mailto:daadams@hwdsb.on.ca)**
4. Please direct questions about specialized services (exceptional and non-exceptional IEPs) to Ms. Baker at [dbaker@hwdsb.on.ca](mailto:dbaker@hwdsb.on.ca)