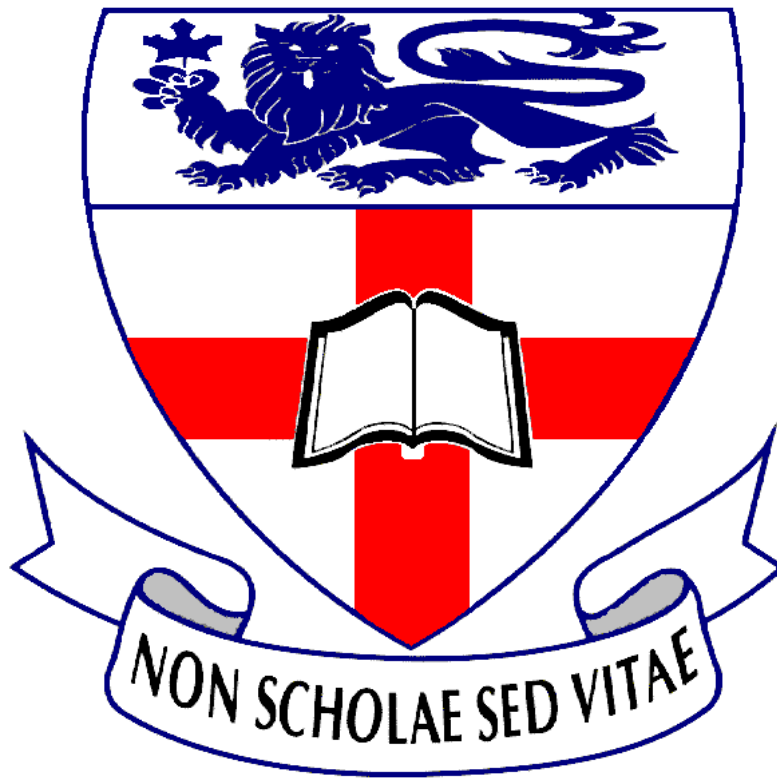


# SIR WINSTON CHURCHILL HIGH SCHOOL

(School website: [www.swchs.ca](http://www.swchs.ca))



## GRADE 10 INFORMATION

## Transitioning to High School

High school is a major transition period for students. There are big differences from junior high, such as 80 minute classes and fast-paced movement through curriculum that come with the semester system. Such changes can be overwhelming at times. The classes you begin in September will be half over on October 31st. One of the most obvious differences is that teachers give you more autonomy and you need to be responsible for your own work!

The cafeteria is big and busy; there are larger classes; final exams are written in the gym, not in classrooms, and an important skill for new students, is learning how to negotiate the crowded, narrow hallways.

High school does have a lot of benefits. There are dozens of different clubs with over 2300 chances to make a new friend. Even a grade 12 student, who has been at Churchill for three years, can still see at least 25 new faces everyday. Getting involved with a club or team is a fantastic way to feel part of your new community early in the school year.

Self-care is extremely important. Starting high school does not mean you should let go of the things you love. Taking part in activities that “fill your bucket” will make you more efficient with your school work and give you the energy you need to work hard at your studies. Students should be taking self-care breaks throughout the evening while they complete their homework. For example, 45 minutes of study, 15 min self-care/break.

This is a handout will provide you with an introduction to all of the different supports available here at Churchill, as well as other information that is important to you at the beginning of your high school career.

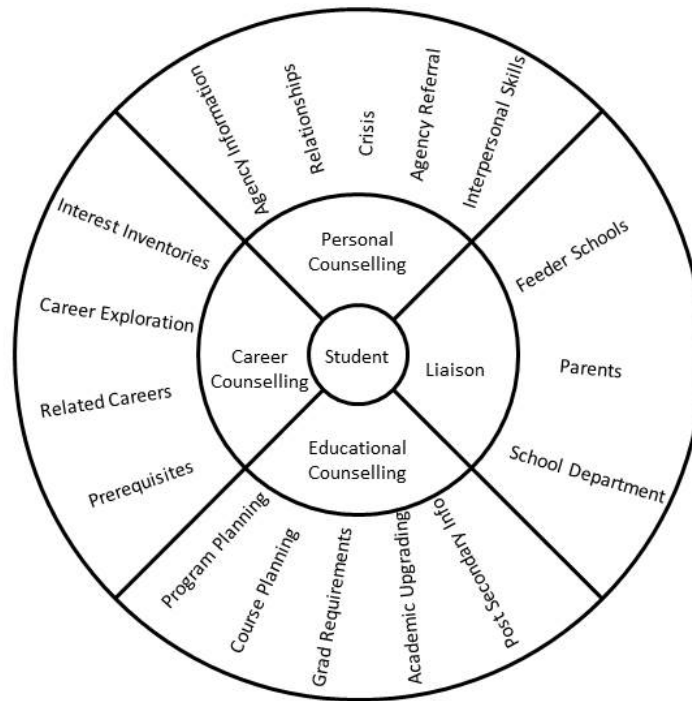
### ADMINISTRATIVE STAFF

You may need to contact either the Principal or your Assistant Principal. SWC's Principal, Mr. Rajan, can be found in the main office as well as around the school. There are three Assistant Principals available to support you as well:

|                    |                |       |
|--------------------|----------------|-------|
| Mr. Jayme McDonald | for last names | A - H |
| Mrs. Karen Chan    | for last names | I - O |
| Mrs. Tammy Cave    | for last names | P - Z |

## STUDENT SERVICES

Student Services is staffed with four full-time Guidance Counsellors, and a full-time Student Services Secretary. Guidance Counsellors are available to provide personal, educational and career counselling.



### MAKING APPOINTMENTS

To make an appointment, go to the Student Services Office located behind the main office. Let Mrs. Ofner know that you would like to make an appointment, and she will book you one with your Guidance Counsellor in the period that works best with your schedule. Please put the appointment into your phone calendar, or write it down if you do not have a phone.

You must get permission from the class teacher to leave. Please check in with the secretary when you enter the Student Services Office. Please book appointments before school, at lunch, or at the end of school (not during class).

### WHICH COUNSELLOR SHOULD YOU SEE?

Students should make appointments according to the following. Last name beginning with:

|                            |              |
|----------------------------|--------------|
| <b>Mrs. Jenn Black</b>     | <b>A - F</b> |
| <b>Mrs. Kristen Murray</b> | <b>G - L</b> |
| <b>Mrs. Kim Alladin</b>    | <b>M - R</b> |
| <b>Mrs. Lorraine Chan</b>  | <b>S - Z</b> |

## GRADE 10 STUDENT SERVICES SHELL ON D2L

Grade 10 students are welcomed to check in regularly with our **‘Student Services Grade 10 D2L shell.’**

On this D2L shell, students will find a wide variety of information and resources relating to mental health and wellness, study skills and time management, youth employment, tutoring and mentorship programs, leadership opportunities and career exploration.

The Student Services Grade 10 D2L shell will be updated throughout the school year with important notices and new content. Students are encouraged to set up their D2L notifications so that they receive a text or email when new announcements or material is posted to the Student Services shell.

To set up notifications, students need only click on their name in the Student Services D2L shell, then click on ‘notifications’ and set it up.

## RESOURCE OFFICER

**Constable Kovacs**, a member of the Calgary Police Service, is assigned to Churchill. He will assist students in a variety of ways, including legal advice, classroom presentations on numerous topics and one-to-one consultation with students. Constable Kovacs’s main role is to assist students and improve police and school communications. His office is located in the same hallway as Student Services.

## THE LEARNING CENTRE

**The Learning Centre** is located in Room 101. This centre is staffed with Resource Teachers and Educational Assistants. This area is open all day, including before and after school and at lunch. The Learning Centre hours are from 7:30am to 3:30pm. If you need some extra help, please feel free to drop in.

**If you have an IPP we encourage students to stop by and meet the team in the Learning Centre if you haven’t already.**

## TUTORIALS

- 8:15am – 8:45am (Monday – Thursday)
- You are scheduled for a tutorial each day. The class you have first period in the morning, is the tutorial you are scheduled for. For example, if you have math period 1 (8:50am – 10:10am), then your math tutorial is from 8:15am – 8:45am.
- It is very important to get in the habit of attending tutorials early on in the year.
- Tutorials are a great opportunity to connect with your teacher to check understanding or look for clarification on homework or assignments.

## HIGH SCHOOL COURSE/CREDIT REQUIREMENTS

| <b>ALBERTA HIGH SCHOOL DIPLOMA: GRADUATION REQUIREMENTS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The requirements indicated in this chart are the minimum requirements for a student to attain an Alberta High School Diploma. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses.                                                                                                                                                                                                                                                                                                                                                                                             |
| 100 CREDITS<br>including the following:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| ENGLISH LANGUAGE ARTS – 30 LEVEL<br>(English Language Arts 30-1 or 30-2)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| SOCIAL STUDIES – 30 LEVEL<br>(Social Studies 30-1 or 30-2)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| MATHEMATICS – 20 LEVEL<br>(Mathematics 20-1, Mathematics 20-2 or Mathematics 20-3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| SCIENCE – 20 LEVEL<br>(Science 20, Science 24, Biology 20, Chemistry 20 or Physics 20)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| PHYSICAL EDUCATION 10 (3 CREDITS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| CAREER AND LIFE MANAGEMENT (3 CREDITS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10 CREDITS IN ANY COMBINATION FROM:<br><ul style="list-style-type: none"> <li>• Career and Technology Studies (CTS) courses</li> <li>• Fine Arts courses</li> <li>• Second Languages courses</li> <li>• Physical Education 20 and/or 30</li> <li>• Knowledge and Employability courses</li> <li>• Registered Apprenticeship Program courses</li> <li>• Locally developed/acquired and authorized courses in CTS, fine arts, second languages or Knowledge and Employability occupational courses</li> </ul>                                                                                                                                          |
| 10 CREDITS IN ANY 30-LEVEL COURSE<br>(IN ADDITION TO A 30-LEVEL ENGLISH LANGUAGE ARTS<br>AND A 30-LEVEL SOCIAL STUDIES COURSE AS SPECIFIED ABOVE)<br><br>These courses may include:<br><ul style="list-style-type: none"> <li>• 30-level locally developed/acquired and authorized courses</li> <li>• Advanced level (3000 series) in Career and Technology Studies courses</li> <li>• 30-level Work Experience courses</li> <li>• 30-level Knowledge and Employability courses</li> <li>• 30-level Registered Apprenticeship Program courses</li> <li>• 30-level Green Certificate Specialization courses</li> <li>• Special Projects 30</li> </ul> |

These are the minimum requirements for a high school diploma. You must see your Guidance Counsellor to determine what additional requirements are necessary for your educational plans after high school.

### **Rules Governing the Awarding of Credits**

1. A minimum mark of 50% is required to receive credits in a course.
2. A mark of at least 50% is required to move to the next level of the course (i.e., from Math 10 to Math 20).
3. You can receive credits in a course only once.

## myBlueprint

myBlueprint is a fantastic resource to support you in your post-secondary research. You can access myBlueprint from your cell phones and tablets as well.

### **Key Features:**

**Career Spectrum:** A comprehensive bundle of 6 different assessments designed to support students in the process of self-discovery and exploration. (learning styles, personality type, interest, knowledge, motivations and compatibility)

**Goal Setting:** allows students to create S.M.A.R.T. goals and track their progress towards achieving their goals.

**Resume & Cover Letter:** a simple, easy-to-use resume builder for students. Great for any students who are creating resumes for the first time. Allows students to add as much experience as they want and later pick and choose what they want to include in the exported resume.

**High School Planner:** The High School Planner is where students can plan courses and track progress toward graduation. Students can also see their eligibility for Post-Secondary education across all four Pathways in Canada – University, College, Workplace, and Apprenticeship.

**Post-Secondary Planner:** Allows students to research all of the post-secondary programs available to them across Canada. They can filter to their preferred pathway, and use filters to narrow down programs of interest.

- Once you complete your high school planner (enter in the classes you have completed and are taking this year), you can then check with programs you are eligible to apply for (pathway eligibility).
- You can search under post-secondary or occupation.
- Myblueprint allows you to compare programs at different post-secondary's side by side.
- Prizes! Through being active in your myblueprint account you can earn prizes. (Your activity allows you to enter draws)
  - Starbucks, google play, best buy, Tim Hortons, Cineplex and more.

## myPass

All grade 10 students will sign up for a myPass account later this semester. This account allows you to see all of your credits earned in high school. You can order official transcripts from Alberta Education through this account. You will get your diploma results through your myPass account as well.

## COMPUTER ACCOUNT

Mr. Bower is our school technology support person. If there are any issues, please see him in Room 102.

## SCHOLARSHIPS

Scholarships are given to students to recognize and celebrate outstanding achievement in a high school program of studies and a student's contribution to the school/ and or community. Some scholarships also consider financial need. Scholarships are awarded to assist students in their pursuit of a post-secondary education.

Grade 10 is the beginning of developing your academic and extra-curricular activity profile. Many scholarships are now awarded based upon achievements during your Grade 10 and Grade 11 year only. Be sure to keep an accurate record of all your extra-curricular involvement during your high school years. Record dates, length of time, nature of involvement and contact person.

### **Reference Teachers for all Scholarship information/application:**

Ms. Tobi Blackburn

Ms. AJ Fleming

- Teachers are located in the English department prep room #213.

### **Check D2L Scholarship shell to see scholarships and their details.**

Check the web sites: [www.scholarshipscanada.com](http://www.scholarshipscanada.com)  
<http://studentaid.alberta.ca/>  
<https://yconic.com/>  
[www.educationmatters.ca](http://www.educationmatters.ca)

### **Scholarship Tips - Grade 10**

- Get involved with your school and community
- Start looking at post-secondary programs
- Start researching scholarships and set realistic goals
- Volunteer
- Keep a resume including your employment and your volunteer placements
- Keep track of the volunteer hours you accumulate during each of your high school years

### **Alexander Rutherford Scholarship**

In Grade 10 and Grade 11: the basis for selection is an **average** of 75% or higher in 5 specific subjects. Details about average calculation at: <http://studentaid.alberta.ca/>

Students are awarded the monies for each of the years in which they qualify.  
Applications are made after Grade 12 for all three years – applications are online usually available in July.

### **M. Cecil Brownlee Bursary - Grade 10 students only**

The basis for selection: financial need, academic average, citizenship

Value: \$100-\$300

Applications will be available in the spring

### **Activity Profile**

Begin your scholarship application process immediately, by compiling an **ACTIVITY PROFILE** that summarizes your extra-curricular involvement through your high school years. Include information about the activity and the time commitment.

The following formats may be used as a guide:

#### **Grade 10**

##### **One-time Activity**

i.e., attendance at conference(s), Model Parliament, volunteer at Blood Donor Clinic, etc.

##### **Short-term Activity**

Indicate time commitment in hours/weeks and weeks/year (i.e., 1/wk for 4/wks.) (i.e., Grad Committee, Tennis Club, Camp Counsellor, etc.)

##### **Long-term Activity**

Indicate time commitment in hrs./wks., and wks. /yrs. (i.e., Yearbook Editor, Peer Support Team, Football Team, etc.)

**OR**

#### **Grade 10 Activities**

Volleyball Team  
Model Parliament  
Future Conference

#### **TIME COMMITMENT**

| <b>Hrs/Month</b> | <b>Month/Year</b> |
|------------------|-------------------|
| 48 hrs.          | 2 months          |
| 6 hrs.           | 1 month           |
| 6 hrs.           | 1 day             |