



Today's Agenda

Grade 9 Assembly

- 1. Individual Pathway Plan (IPP)**
- 2. Course Selection 2017/2018**
- 3. Student Well Being**



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Four-step Inquiry Process



Individualized Pathway Plan (IPP)

- Allows students to document their learning through the Education, Career and Life Planning Program.
- Is a planning tool that you use to research & reflect as you proceed through school towards your initial postsecondary destination.
- You will develop your IPP on **Career Cruising**.

Grade 9 IPP Activity

Log on to Career Cruising to access your:

IPP

Research & Explore career opportunities

- Reflect on your experience during TYKW Day

Course Planner

To choose your courses @ TSS

Thornhill S. S. On-line Registration Process



<http://www.yrdsb.ca/schools/thornhill.ss/Pages/default.aspx>

Secondary
Thornhill Secondary School

Staff: --Select an Application--
Students: --Select an Application--

Google Custom Search Search

Thornhill S.S. School Information News & Events **Departments & Programs** Students Parents Guidance Library School Council

You Are Here: [Schools](#) : [Thornhill S.S.](#)

Google Translate

Thornhill Secondary School

News & Events

Dec 13, 2016
Music Night

Dec 15, 2016
Last Day to Drop Courses

Dec 25, 2016
CHRISTMAS (Western Calendar)

[View Full Calendar](#)



Extreme Weather Conditions - Winter

1 2

Contact Information

167 Dudley Ave., Thornhill L3T 2E5

Phone: (905) 889-5453, (647) 795-7595

Fax: (905) 889-0360

Email: thornhill.ss@yrdsb.ca

Bell Times: 8:35 AM - 3:15 PM

You may also choose to [unsubscribe](#) at anytime.

2016-2017 REGISTRATION FOR CURRENT STUDENTS

If you are a student who is enrolled (i.e. picked courses) at T.S.S. for 2016-2017, then you may pay fees and purchase school items electronically through School Cash Online starting the week of August 15, 2016. With your online payment, you will be able to receive your 2016-2017 timetable electronically. You will need to visit the school on Registration Day - Tuesday, August 30, from 10:00 am to 4:00 pm to take our school photo, and to pick up important school information and the items purchased.

 [2016-2017 Registration for Current Students - FAQs.pdf](#)

 [Registration Information for Grade 9.pdf](#)

 [Registration Information for Grades 10 to 12.pdf](#)



School Cash Online
Pay for student items online
[Disclaimer](#) [Registration Instructions](#)

 **CareerCruising**
Grades 6 - 12
Individual Pathways Plan

Scroll Down

- **Click on**



Student Login Page

York Region DSB

My IPP Login

Username:

Password:

Login

[Forgot your username
and/or password?](#)

*Your Username is the prefix 'york-' + your Student ID (e.g. **york-123456789**)*

*When you first login, your Password is your birth date (mmddyyyy)
(e.g. August 25th, 1990 --> **08251990**)*

You will be required to change your password after you first login.

Student Course Guide:
York Region DSB

Select ... 

[Continuing Education Courses](#)

ccPathfinder Video
Student Demonstration



Learn more about:
CareerCruising Products

[ccSpringboard](#)

[ccInspire](#)

[ccSpark](#)

Go To: Choose My Courses

The screenshot shows the CareerCruising website interface. The top navigation bar is blue with the CareerCruising logo on the left, and links for Français, Help, My Account, and a Search button on the right. Below the navigation bar, a user profile for 'Sample02' is shown with a dropdown arrow. The main navigation menu includes 'Assessments', 'Careers', 'Education', and 'Employment'. On the left sidebar, under the heading 'What do you want to do?', there are five options: 'Explore My Interests', 'Learn About Careers', 'Explore Education Options', 'Choose My Courses' (highlighted in yellow), and 'Build My Resume'. The main content area displays a welcome message 'Welcome to Career Cruising, Sample02!'. Below this is a 'My Progress' section with a progress bar showing 0% completion. The progress bar is divided into three categories: 'Complete' (0%), 'Reflect & Confirm' (0%), and 'Incomplete' (100%). A large red circle is positioned to the right of the progress bar. Below the progress bar, there is a quote by Steve Jobs: "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do." - Steve Jobs. At the bottom, there is a section titled 'Focus on Careers' with a subheading 'Focus on careers for history buffs' and a paragraph about learning about the past as a future career. A small image of a bookshelf is visible on the right side of this section.

CareerCruising Français Help My Account Search

Sample02 My IPP

Assessments Careers Education Employment

What do you want to do?

- Explore My Interests
- Learn About Careers
- Explore Education Options
- Choose My Courses**
- Build My Resume

Welcome to Career Cruising, Sample02!

My Progress

0 % 20 40 60 80 100 % 0%

- Complete 0%
- Reflect & Confirm 0%
- Incomplete 100%

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do." - Steve Jobs

Focus on Careers

Focus on careers for history buffs

Learning about the past could be your future career. If you love history, here are some careers to consider:

Select Courses

Career Cruising: School IPP Administration Tool - Mozilla Firefox

File Edit View History Bookmarks Tools Help

York Region District School Board Career Cruising: School IPP Administratio... +

https://www.careercruising.com/School/CP_Planner.aspx?PortfolioID=8364317&RID=1

Quick Links

- Advisor Homepage
- Search for Students
- Manage Parent Accounts
- Assignments & Activities
- Program Options
- IPP Completion Standards
- Course Planner
- Reports
- IPP Completion Reports
- IPP Reports
- Course Planner Reports
- Mass Print Options
- View License Information
- Helpful Documents
- Enter Career Cruising
- Logout

Course Planner (CAMS view)

View / Action: Please Select Student Name: Sample02 Grade09 School Planner: Thornhill SS Student Status: INCOMPLETE Student View Login

Report: Demo Students (7 of 25)

Year 9	Year 10	Year 11	Year 12
English 9 ENG1P1	+ English 10	+ English 11	+ English 12
Math 9 MFM1P1	+ Math 10	+ Math 11	+ Elective
Science 9 Issues in Canadian Geography	+ Science 10	+ Elective	+ Elective
Geography 9 CGC1D1	+ History 10	+ Elective	+ Elective
+ PhysEd	+ Civics 10	+ Elective	+ Elective
French 9 FSF1D1	+ Careers 10	+ Elective	+ Elective
Exploring Technologies TU101	+ Elective	+ Elective	+ Elective

Graduation Tracking

8 / 30 Credits

Learn More

SHSM

Learn More

ConEd

+ Add Course

javascript:void(0);

- To see all courses offered at Thornhill Secondary School go to the icons on the top right hand side of page:



- Click on the **second icon** – ***Full Student Course Guide***

Click the + sign (compulsory and elective courses)

Career Cruising: School IPP Administration Tool - Mozilla Firefox

File Edit View History Bookmarks Tools Help

York Region District School Board Career Cruising: School IPP Administratio... +

https://www.careercruising.com/School/CP_Planner.aspx?PortfolioID=8364317&RID=1#

Report: Demo Students (7 of 25)

Math 10

Name	Code	Credit	Type	Grade
Locally Developed Mathematics	MAT2L1	1	L	10
Foundations of Mathematics	MF2P1	1	P	10
Principles of Mathematics	MPM2D1	1	D	10
Principles of Mathematics Gifted	MPM2DG	1	D	10

Description

This course enables students to broaden their understanding of relationships and extend their problem-solving and algebraic skills through investigation, the effective use of technology, and abstract reasoning. Students will explore quadratic relations and their applications; solve and apply linear systems; verify properties of geometric figures using analytic geometry; and investigate the trigonometry of right and acute triangles. Students will reason

Prerequisite

Principles of Mathe... MPM1DG

Selected

Principles of Mathe... MPM2DG

Successor

Functions and Appli... MCF3M1

Functions MCR3U1

Functions Advance... MCR3UE

Click on the Select dropdown to search for an elective course.

Career Cruising: School IPP Administration Tool - Mozilla Firefox

File Edit View History Bookmarks Tools Help

York Region District School Board Career Cruising: School IPP Administratio...

https://www.careercruising.com/School/CP_Planner.aspx?PortfolioID=8364317&RID=1

Report: Demo Students (7 of 25)

Elective

Discipline Select

- Select
- Alternative Education
- Arts
 - ... Dramatic Arts
 - ... Music
 - ... Visual Arts
- Business Studies
- Canadian and World Studies
- ... Economics, Law and Politics
- ... Geography
- ... History
- Cooperative Education**
- Dual Credit Program
- English
- English as a Second Language
- French as a Second Language and International Languages
- Guidance and Career Education
- Health and Physical Education
- Interdisciplinary Studies
- Mathematics

Legend: ■ Earned ■ Plan

Course Planner Grid:

Course	Elective	Elective	Elective
French SF1D1	+ Elective	+ Elective	+ Elective
Exploring Technologies TJ101	+ Elective	+ Elective	+ Elective
Learning Strategies 1... GLE102	+ Elective	+ Elective	+ Elective



Note: Choosing Afterschool Courses

- To ensure that your afterschool courses register correctly in Career Cruising, you **MUST** choose the afterschool courses **BEFORE** you choose your other elective courses.



- Afterschool courses include:
 - AMU Band Repertoire
 - AMR Vocal Repertoire

Watch For Alerts.....

-  This blue symbol means there is an **Advisor Alert** you must read.
-  This red symbol means there is an **Issue** that you must read. You will not be able to submit your course requests if any of the courses have this red alert.

Alternate Courses

- Current Grade 9 students MUST choose 3 alternate courses for grade 10
 - Choose these in the same way you choose the Elective courses

GRADE 9...Things to consider

- Art or Technology credit
- Change in Pathway
- Community Involvement
- Gifted courses
- Enriched courses
- Scholarships
- Summer school

Completing a Course in YRDSB Summer School or Private School in the Summer?

- If you are planning on completing a course this summer you are now able to plan this in Career Cruising by using the “**Maybe Summer**” tab.
- By selecting a course using the “**Maybe Summer**” tab this will allow another course option to be added to your planner
- This does **NOT** mean you have registered for YRDSB Summer School
- You will **need to register** for YRDSB Summer School in Semester 2 / Summer School Registration Info TBA in Semester 2

Completing a Course in YRDSB Summer School or Private School in the Summer?

<div>+ PhysEd</div>	<div>+ Civics 10</div>	<div>+ Elective</div>	<div>+ Elective</div>
<div>+ French 9</div>	<div>+ Careers 10</div>	<div>+ Elective</div>	<div>+ Elective</div>
<div>Credits: 0</div>	<div>+ Elective</div>	<div>+ Elective</div>	<div>+ Elective</div>
	<div>+ Elective</div>	<div>+ Elective</div>	<div>+ Elective</div>
	<div>+ Elective</div>	<div>Credits: 0</div>	<div>Credits: 0</div>
	<div>+ Elective</div>		<div>Add Column</div>
	<div>SUBMIT</div>		
	<div>Credits: 0</div>		
	<div>+ MAYBE SUMMER</div>		



New Courses for 2017/2018

New Course Information will be announced in the January weekly bulletin.

Course Selection

Individual Pathway Plan (IPP)

Semester 2

Grade 9 Students will work on an Individual Pathway Plan activity to further support Course Option Selection at the start of Semester 2.

READING A CREDIT COUNSELLING

SUMMARY:

2010/06/27 16:52

CREDIT COUNSELLING SUMMARY

Thornhill Secondary School

Page 1 of 1

Student Name: [REDACTED]
Student Number: [REDACTED]
Date of Entry: 2006/09/01
Gender: F
Lang. Instruction: English
First Language: [REDACTED]
Mature Student: ☐

OEN: [REDACTED]
Status: Inactive
Home room: [REDACTED]
Birthdate: [REDACTED]
Grade: 12
IEP: ☐

Legal Name: [REDACTED]
Absences To Date: 19.0
Comm. Hours: 3540
Literacy Test Status: Eligible
Literacy Requirement: Successfully Completed in English
Diploma/Earned Date: 05/10/1000
OS

Likes: 6.0
Telephone: (605) [REDACTED]
Mentor: [REDACTED]

Grade 11 and 12 Students should have successfully completed their literacy requirement.

COMPULSORY CREDITS

COMPLETED COURSES

ELECTIVE CREDITS

Course	Earned Credit	Mark	Req. Area	Comp. Credit	Repeat on 6	Part 1/2	Credit	Date
EN0201	1.00	A	Eng.	1.00			1.00	2006/06
EN0202	1.00	A	Eng.	1.00			1.00	2007/06
EN0203	1.00	A	History	1.00			1.00	2008/06
EN0204	0.50	A	Civics	0.50			0.50	2007/06
EN0205	1.00	A	English	1.00			1.00	2007/01
EN0206	1.00	A	English	1.00			1.00	2008/06
EN0207	1.00	A	English	1.00			1.00	2009/01
EN0208	1.00	A	English	1.00			1.00	2010/01
EN0209	1.00	A	French	1.00			1.00	2007/06
EN0210	1.00	A	French	1.00			1.00	2008/01
EN0211	0.50	A	Career	0.50			0.50	2007/06
EN0212	1.00	A	Math	1.00			1.00	2008/06
EN0213	2.00	A	Group 2	1.00			2.00	2008/01
EN0214			Group 3	1.00				
EN0215	1.00	A	Math	1.00			1.00	2007/06
EN0216	1.00	A	Math	1.00			1.00	2008/01
EN0217	1.00	A	Phys. Ed.	1.00			1.00	2007/01
EN0218	1.00	A	Science	1.00			1.00	2007/01
EN0219	1.00	A	Science	1.00			1.00	2008/01

Course	Mark	Earned Credit	Repeat on 6	Part 1/2	Credit	Date
EN0220		1.00			1.00	2006/06
EN0221		1.00			1.00	2006/06
EN0222		1.00			1.00	2010/01
EN0223		1.00			1.00	2009/01
EN0224		1.00			1.00	2009/06
EN0225		1.00			1.00	2009/06
EN0226		1.00			1.00	2009/06
EN0227		1.00			1.00	2009/06
EN0228		1.00			1.00	2009/06
EN0229		1.00			1.00	2009/06
EN0230		1.00			1.00	2009/06
EN0231		1.00			1.00	2009/06
EN0232		1.00			1.00	2009/06
EN0233		1.00			1.00	2009/06
EN0234		1.00			1.00	2009/06
EN0235		1.00			1.00	2009/06
EN0236		1.00			1.00	2009/06
EN0237		1.00			1.00	2009/06
EN0238		1.00			1.00	2009/06
EN0239		1.00			1.00	2009/06
EN0240		1.00			1.00	2009/06

These 2 charts outline the completed courses and marks students have accumulated to-date. Please check for duplicate courses.

* Indicates a substituted course

CURRENT YEAR COURSES AND ACHIEVEMENT

Course/Section	Life	Rel.	Liter.	Sci.	Math	Art	Phys.	Ed.	Health	Other	Total
EN0401-01	2009/06/01	2.0	4	1.00	1.00						
EN0401-01	2009/06/01	2.0	4	1.00	1.00						
EN0401-01	2009/06/01	2.0	4	1.00	1.00						

* Indicates a dropped course.

This chart lists the courses that the student is enrolled in 1st and 2nd semester. 1* semester marks should be listed. Second, semester marks will have no marks listed.

CREDIT TOTALS

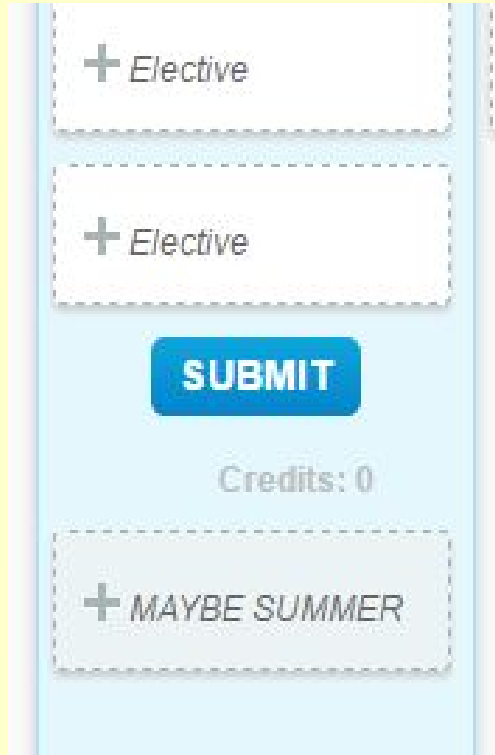
Req	Earn	Math	Sci.	Rel.	Liter.	Life	Art	Phys.	Ed.	Health	Other	Total
Req	4.00	1.00	3.00	2.00	1.00	1.00	1.00	1.00	0.50	0.50	1.00	15.00
Earn	4.00	1.00	3.00	2.00	1.00	1.00	1.00	1.00	0.50	0.50	1.00	15.00

This chart lists the compulsory and elective credits earned to-date.

Req refers to which and how many credits students need to graduate. Students need 16 compulsory credits and 12 elective credits.

Earn refers to how many credits students have earned to-date.

Submitting Courses



The screenshot shows a vertical interface for submitting course selections. It features three dashed rectangular boxes for course selection, each containing a plus sign and the text "Elective". Below these boxes is a blue button with the word "SUBMIT" in white capital letters. Under the button, the text "Credits: 0" is displayed. At the bottom, there is another dashed box containing a plus sign and the text "MAYBE SUMMER".

- Click the “SUBMIT” button to submit the courses- starting February 13th .
- Submit by Feb 22nd!
- Print your selections and have them signed by your parent/guardian
- Hand in course selection forms to your Semester 2 homeroom teacher by March 1st 2017
- Keep a copy for your records

Remember.....

- If you miss the course selection deadline, you may lose priority if there is no room in a requested course

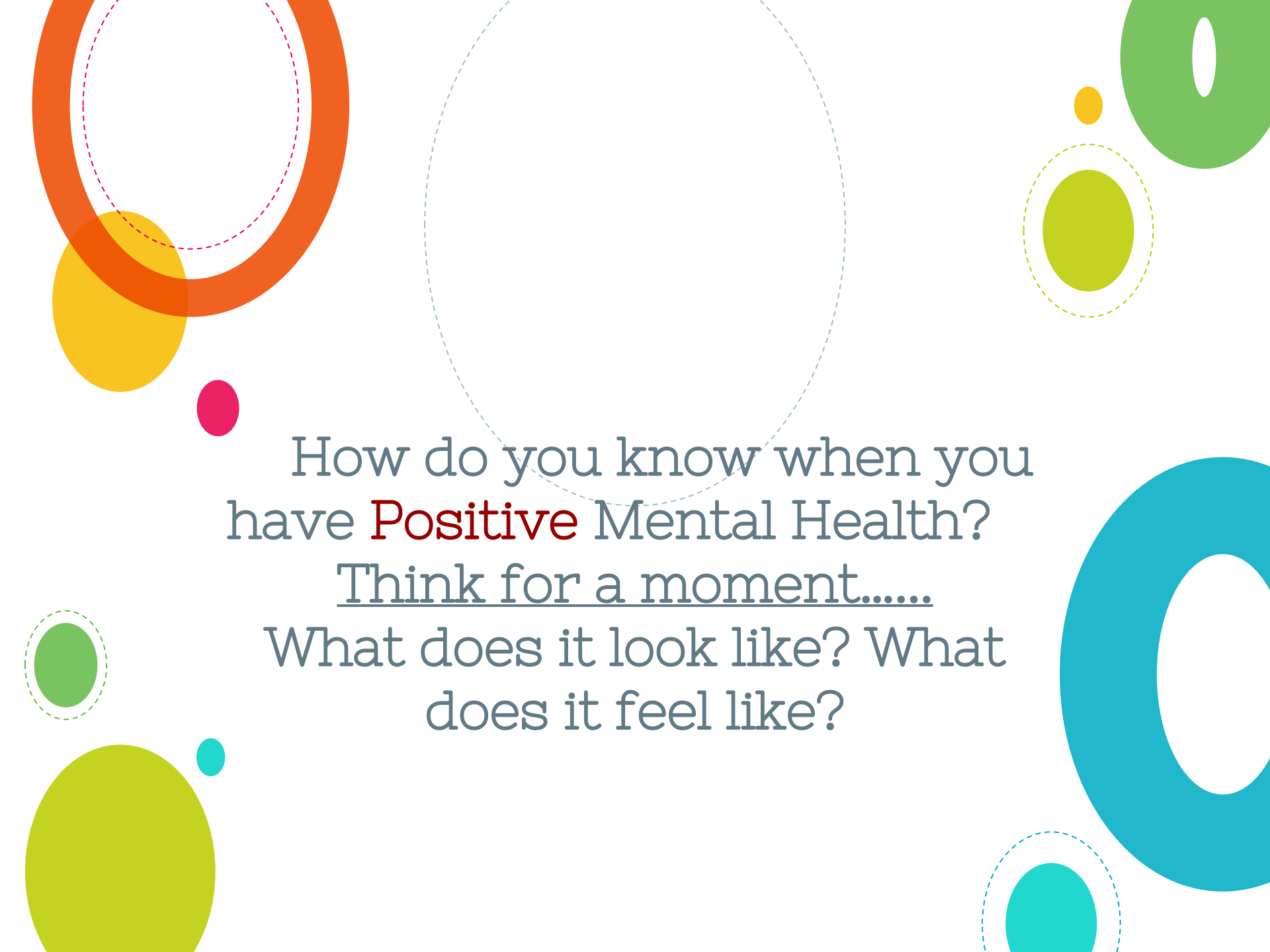
A decorative graphic featuring a large, light blue dashed circle that frames the central text. Various colored circles and rings are scattered around the perimeter: a large teal ring in the top left, a small teal circle next to it, a large lime green circle in the top right, a smaller green circle with a dashed outline below it, a small pink circle in the middle right, a large orange circle in the bottom right, a large yellow ring in the bottom right, a large green ring in the bottom left, a small orange circle above it, and a large lime green circle in the middle left with a dashed outline.

What is Mental Health?

The background features a light gray dashed circle. Various colored shapes are scattered around it: a large green circle at the top left, a large teal circle at the top center, a large yellow circle at the bottom left, a large orange circle at the bottom right, and several smaller circles in blue, red, and green. A large teal circle contains the text "66".

66

- a state of well-being in which every individual realizes his or her own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to her or his community.



How do you know when you
have **Positive** Mental Health?

Think for a moment.....

What does it look like? What
does it feel like?

Where Are You On The Mental Health Continuum?

Healthy

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

Responding/ Reacting

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

Injured

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/gambling is hard to control

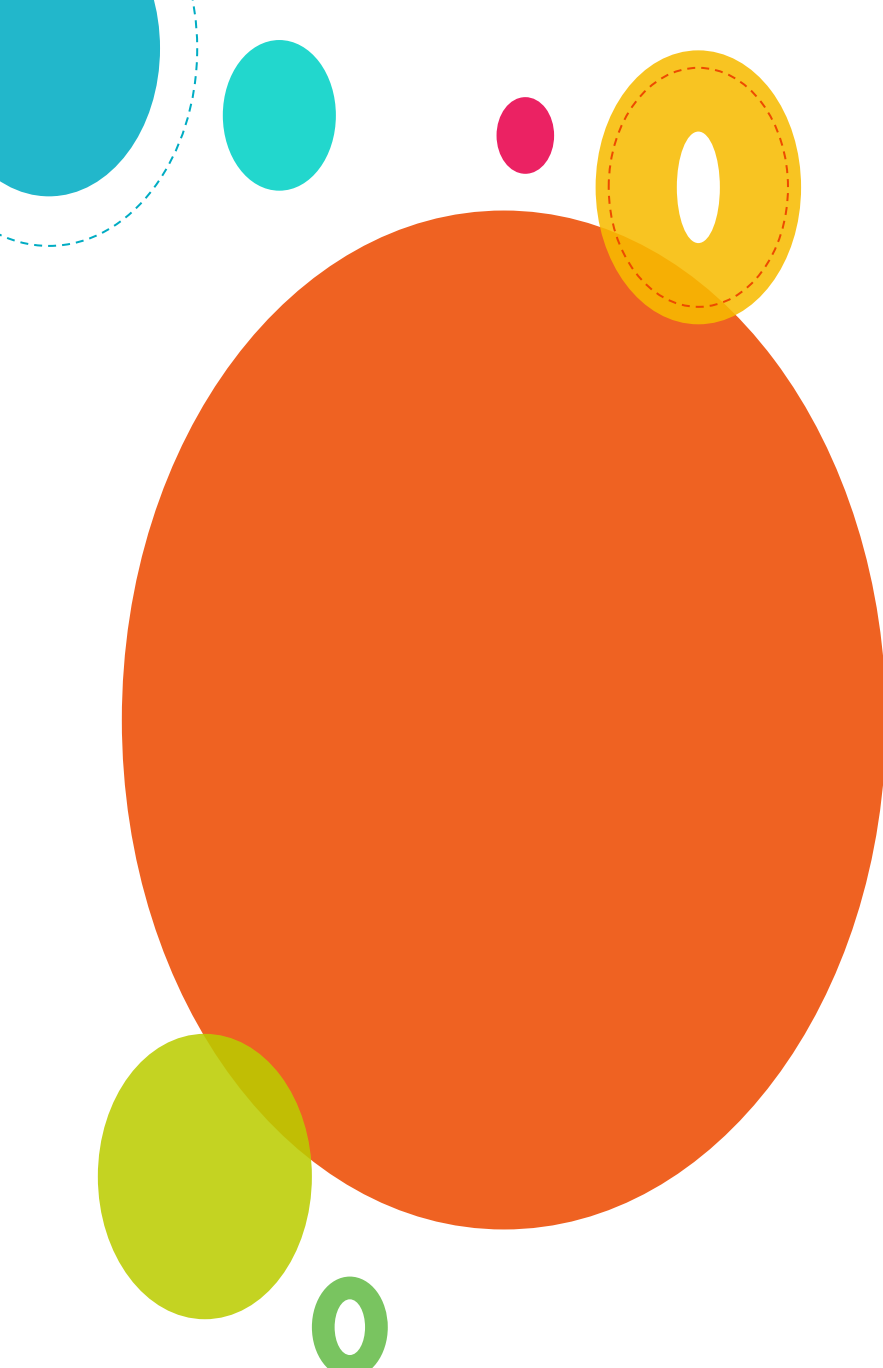
Ill

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions



Mental Health Continuum

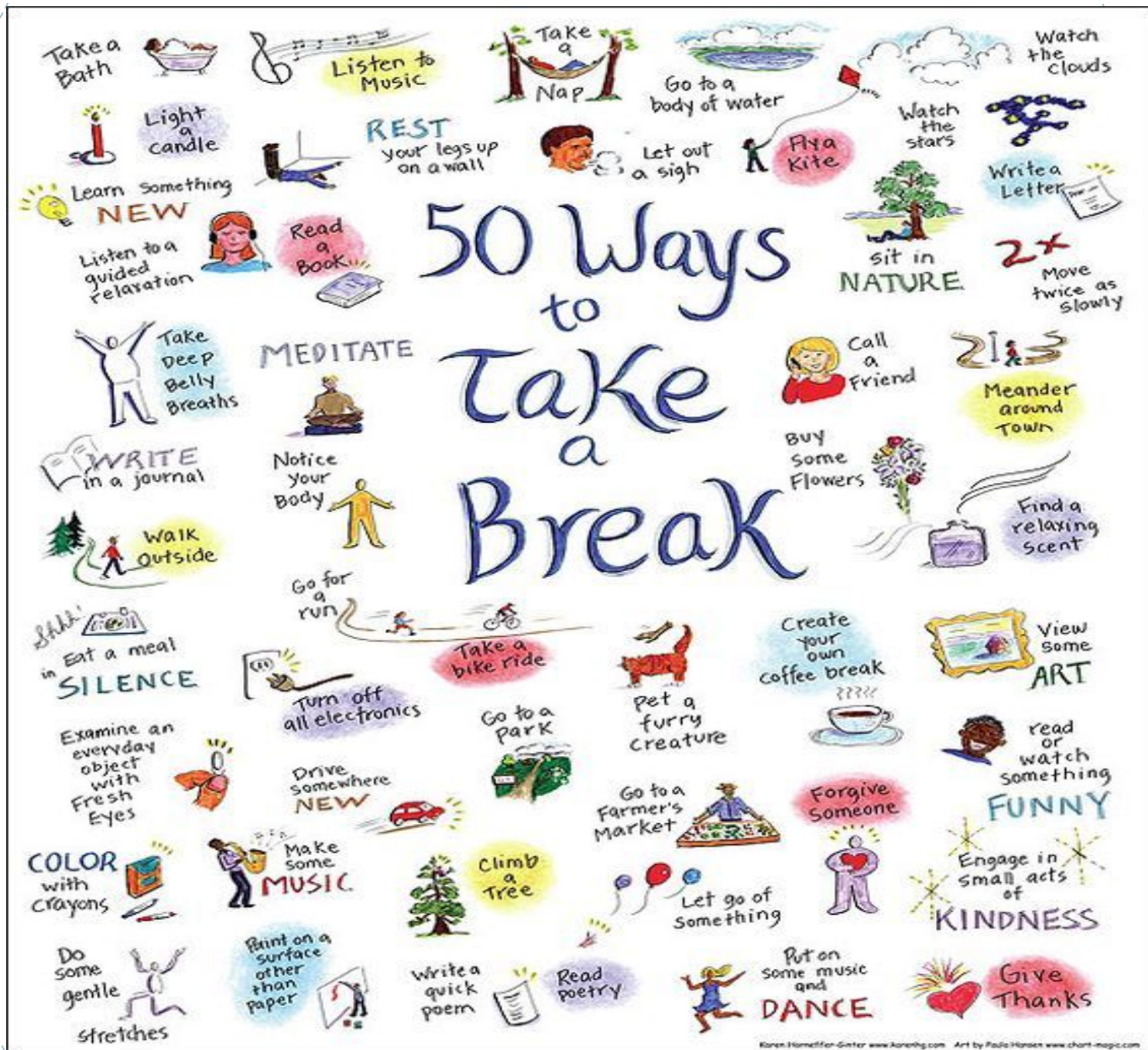
- Shows what our mental health may look like as we work to cope with stress, anxiety & life's challenges
- We can move in both directions on the mental health continuum
- Where we are on the mental health continuum really depends on what is going on in our lives



Think about
positive
strategies you
use to manage
your emotions?

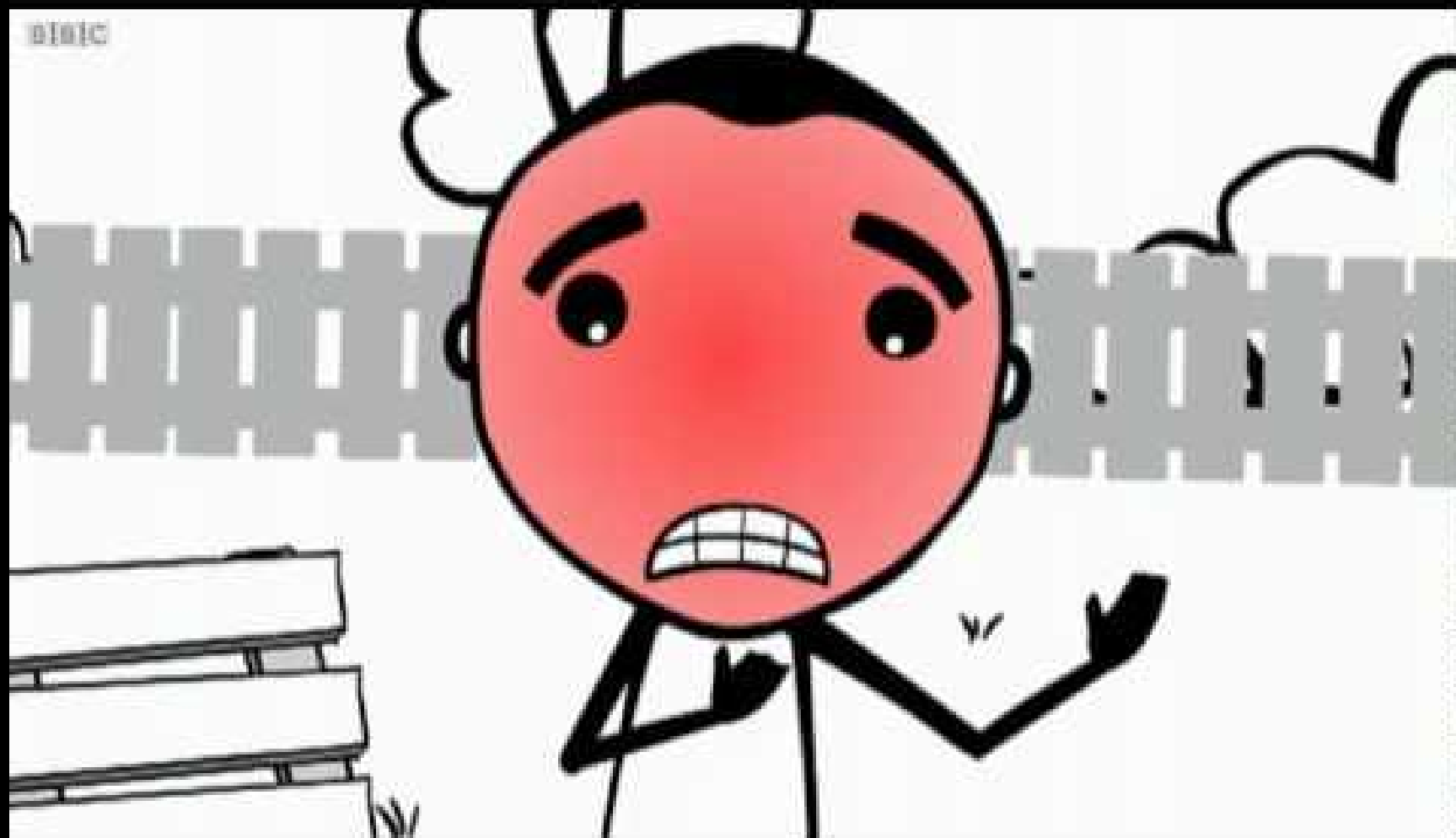
Examples:

- Exercise
- Listen to Music
- Go For a Walk
- Talk to a Friend



“

Stress

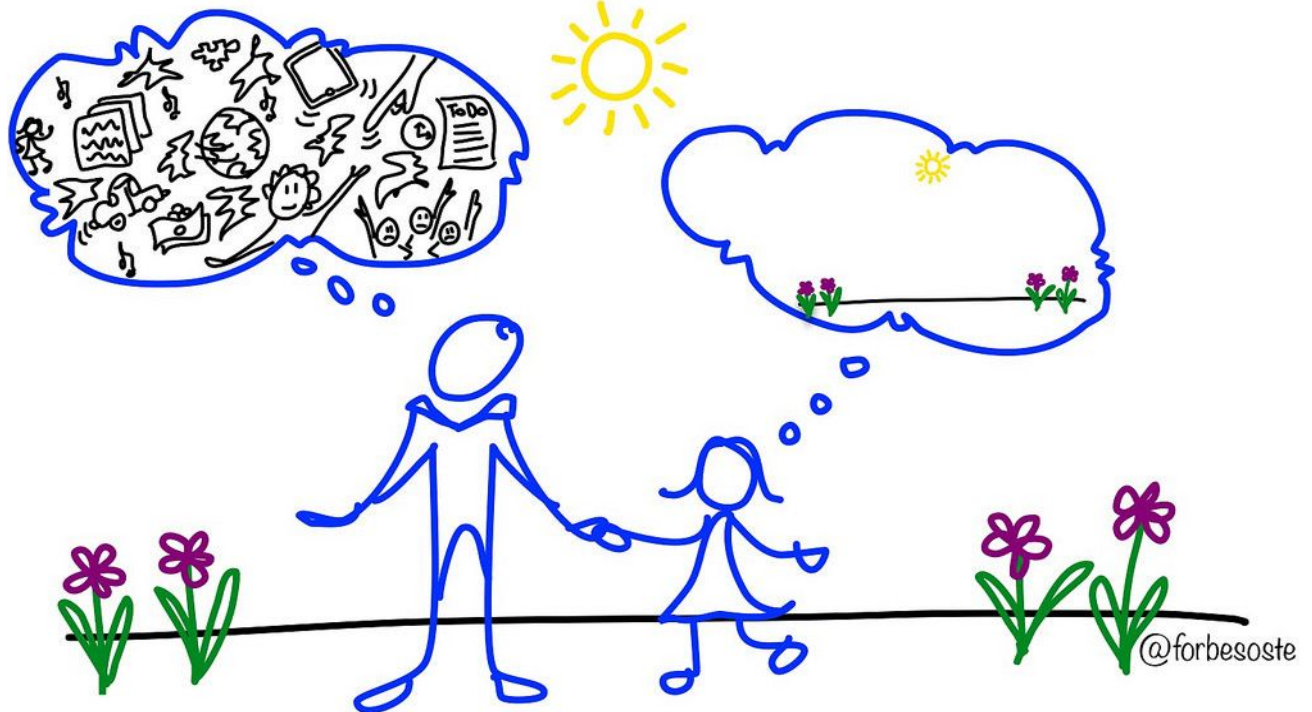


The background is white and decorated with various colorful geometric shapes. In the top left, there is a large orange ring with a dashed red circle inside it, and a yellow circle below it. A small pink circle is to the right of the yellow one. In the top right, there is a green ring with a white center, a small yellow circle above it, and a yellow circle with a dashed yellow border below it. In the bottom left, there is a green circle with a dashed green border, a large yellow circle, and a small cyan circle. In the bottom right, there is a large cyan ring with a white center, a small cyan circle with a dashed cyan border above it, and a small cyan circle below it. The text is centered in the middle of the slide.

Mindful Breathing


Can help us manage our
stress and build resiliency

Mind Full, or Mindful?



@forbesoste



The background features several decorative elements: a large pink circle with a dashed orange outline in the top-left; an orange circle in the top-left; a yellow circle with a white center in the middle-left; a green circle with a dashed green outline in the bottom-left; a large lime green circle in the bottom-left; a small cyan circle in the bottom-left; a large cyan circle in the bottom-left; a large blue circle in the top-right; a small lime green circle in the top-right; a cyan circle in the top-right; a yellow circle with a dashed orange outline in the top-right; and an orange circle in the top-right.

Let's try the basic
skill of a
Mindful Breathing
Activity

Mindful Breathing (4-7-8)

Try Breathing Slowly:

Breathe in for 4 seconds

Hold your breath for 7 seconds

Exhale for 8 seconds

Repeat.....

Remember if you get stuck: Pause, Breathe (4-7-8) and Think



The background is white with a decorative arrangement of colorful circles and a dashed line. In the top left, there is a large teal circle with a smaller teal circle overlapping its right side. To the right of this, a dashed teal line curves from the top left towards the bottom right. In the top right, there is a large lime green circle with a smaller green circle overlapping its bottom right. In the bottom left, there is a large green circle with a smaller lime green circle overlapping its top left, and a small orange circle below the lime green one. In the bottom right, there is a large orange circle with a smaller pink circle overlapping its top left. A large yellow circle is also in the bottom right, partially overlapping the orange circle. The word "Supports" is centered in a dark blue, sans-serif font.

Supports



TSS Spaces

Check out:

- Cafeteria Periods 2, 3&4

Speak with the Teacher on Caf Duty for access to the Community Faith Space

- Room 111 Periods 2&3

Connect with TSS Staff members for more info on Mindfulness & Practices

- Student Support Services

Check in with your SERT in Room 109

- Guidance

Book an Appointment with your Alpha Counsellor to learn more about Mindfulness

- Learning Commons

Information, Activities & Resources on Mindfulness

The background features a light gray dashed line that curves from the top left towards the bottom right. Various colorful shapes are scattered around: a large teal circle in the top left, a smaller teal circle next to it, a large lime green circle in the top right, a smaller green circle below it, a large orange circle in the bottom right, a smaller pink circle above it, a large green circle in the bottom left, a smaller yellow circle above it, and a small orange circle between the yellow and green circles in the bottom left.

TSS Mentor Visits

**How we feel and think
is central to the way
we live our lives.**

**Just like our physical health,
our mental health can
have ups and downs.**



Helpful Resources Outside of School



The Kids Help Phone Promise

Our chats are *anonymous* and *confidential*. Learn more about [The Kids Help Phone Promise](#).



Live Chat: Ontario 6pm - 2am Wednesday-Sunday

(Open: 6 PM - 2 AM Wednesday - Sunday)
*Check websites connected with the resources for any updates & changes to times

YOUTHLINE: The Youth Line is a free service for lesbian, gay, bisexual and trans youth, and those who have questions.

- If you need to know what events and supports are in your area
- If you have a question
- If you have a concern
- Or if you just need to talk

All of our services are confidential and anonymous. Our number will not show up on your phone bill. To learn how to prevent our site from showing up in your computer's history, [click here](#).

Our Service is open from **4:00-9:30 PM Sunday-Friday**.
Call Us Toll-Free: 1.800.268.9688 / **In the Toronto Area:**
416.962.9688

Text Us: 647.694.4275

TTY: 416.962.0777

E-mail: askus@youthline.ca

Chat Online: Click the Chat button at the bottom/top of their webpage page



**York Rainbow Support
Information, Referral & Support Line
1-888-YORK-LGBT (1-888-967-5542)**

*Check websites connected with the resources for any updates & changes to times



TSS Guidance Alpha

- Schuur: A-I
- Lee-Moore: J-NA
- Fremont: NE-Z



Guidance Availability

Please book an appointment with your Alpha Counsellor if you need support with:

- pathway planning
- your health and wellness
- the course selection process

