

Dear Student and Parent(s)/Guardian(s),

Congratulations! We are pleased to offer a place in the **Health & Wellness Specialist High Skills Major (SHSM) Program** at Corpus Christi Catholic Secondary School. Please review the attached details, which serve to outline the specific courses, certifications, and additional requirements of the SHSM program. Students who complete the requirements for the SHSM program, will receive an OSSD with the SHSM Red Seal at graduation.

Your signatures below, as student AND parent(s)/guardian(s), will serve to:

- indicate **permission for enrollment** in the program,
- acknowledge **the program requirements that will be completed** prior to June 2027 (including four major credits and two co-op credits), and
- grant permission to **make the necessary timetable adjustments** to accommodate the program requirements.

Please contact either the SHSM Lead Teacher or Guidance Counsellor listed below should you have any questions or concerns. We look forward to working together in the coming months and years!!

Sincerely,

Ms. A. Martin
SHSM Lead Teacher
martina4@hcdsb.org

Mrs. E. Clarke
Guidance Counsellor
clarkee3@hcdsb.org



Complete / Return to SHSM Lead Teacher

I, _____ give permission for my child, _____
(please print Parent/Guardian’s full name) (please print student’s full name)

to enroll in the **Health & Wellness SHSM Program** at Corpus Christi Catholic Secondary School. We – both student and parent(s)/guardian(s) – acknowledge that, to complete the SHSM program, the following conditions MUST be met:

- ✓ **7 required courses** (combination of 4 major credits, 1 English credit, 1 Math credit, and 1 Elective Credit)
- ✓ **2 sections of Co-op** (can be completed via day school, night school, or summer school)
- ✓ Required **industry certifications and trainings**
- ✓ Additional **reach-ahead and experiential learning activities**

Grade (as of current year): _____
Say

Student Identifies As: Male Female Transgender Non-Binary Prefer Not to Say

(Date)

(Parent/ Guardian Signature)

(Student Signature)

SUMMARY (PATHWAYS CHART)

Credits	Workplace Pathway	Apprenticeship Pathway	College Pathway	University Pathway
Major Credits	4 including at least one Gr. 11 and one Gr. 12 credit	4 including at least one Gr. 11 and one Gr. 12 credit	4 including at least one Gr. 11 and one Gr. 12 credit	4 including at least one Gr. 11 and one Gr. 12 credit
Mathematics	1	1	1	1
English	1	1	1	1
Elective	1	1	1	1
Co-Operative Education	2	2	2	2
TOTAL NUMBER OF CREDITS	9	9	9	9

HEALTH & WELLNESS SHSM REQUIRED COURSES

Credits	Workplace		Apprenticeship		College		University	
	11	12	11	12	11	12	11	12
Major Credits (4 Credits)	PPL 30 PAF 30 PAI 30 PPZ 3C SBI 3C SCH 4C SPH 4C TPJ 3M IDC 30	PPL 40 PAF 40 PLF 4M SCH 4C SPH 4C	PPL 30 PAF 30F PAI 30 PPZ 3C SBI 3C SCH 4C SPH 4C TPJ 3M IDC 30	PPL 40 PAF 40 PLF 4M SCH 4C SPH 4C	PPL 30 PAF 30 PAI 30 PPZ 3C SBI 3C SCH 4C SPH 4C TPJ 3M IDC 30	PPL 40 PAF 40 PLF4M SCH 4C SPH 4C	PPL 30 PAF 30 PAI 30 PPZ 3C SBI 3U SCH 3U SPH 3U TPJ 3M IDC30	PPL 40 PAF 40 HFA 4U PSK 4U PLF 4M SBI 4U SCH 4U SPH 4U
Mathematics (1 Credit)	MAP 4C MEL 3E MEL 4E		MBF3C		MAP 4C MCT 4C MCF 3M MBF 3C MCF 3M		MCR 3U MCF 3M MHF 4U MCV 4U MDM 4U	
English (1 Credit)	ENG 3C	ENG 4C	ENG 3E	ENG 4E	NEB3C	NEB3U	ENG 3U	ENG 4U
Electives (1 Credit)	HRE 4M, HRF 4O, HSE 4M, SPH 3U, SCH 3U, SCH 4C, SPH 4C, SPH 4U, SCH 4U							
Co-Op (2 Credits)	CO-OP (2 credits) related to the major credits taken in Grade 11 or 12							

CERTIFICATIONS AND/OR TRAINING COURSES/PROGRAMS

The SHSM in Health & Wellness requires students to complete a **minimum of seven** sector-recognized certifications and/or training courses/programs.

MANDATORY CERTIFICATIONS

Of these, **four are mandatory certifications**. During *each year* of the 2-year SHSM program, all *four* of the mandatory certifications are offered. This ensures that students have ample opportunity to register, attend, and acquire each certification before graduation. *Students are encouraged to complete these mandatory certifications in Grade 11.*

FOUR MANDATORY CERTIFICATIONS			
Cardiopulmonary Resuscitation (CPR) Level C	Workplace Hazardous Materials Information System (WHMIS)	Standard First Aid	Infection Control

ELECTIVE CERTIFICATIONS

In addition to the four mandatory certifications, **three are elective certifications**. During *each year* of the 2-year SHSM program, *three* different elective certifications (see chart below) are offered. Students can choose to register, attend, and acquire *any three* (or more) of the certifications that are of interest to them.

THREE ELECTIVE CERTIFICATIONS		
Ambulation, lifting, and transfers	Automated external defibrillation (AED)	Behaviour management
Coach/personal trainer	Communication skills	Customer service
Ethical considerations	Conflict resolution	Group dynamics
Lab practices	Leadership – group activities	Medical terminology
Non-violent crisis information	Personality inventory	Safe food handling
Sign language	Specialized care (e.g. diabetes, dementia)	Sports design programs
Waste management	Instructor certification	Wrapping and taping for sports

EXPERIENTIAL LEARNING AND CAREER EXPLORATION ACTIVITIES

The following opportunities relevant to the sector may include:

- ⇒ one-on-one observation of a cooperative education student at a placement in the health and wellness sector (example of job twinning)
- ⇒ a day-long observation of an employee in the sports/fitness or health sector (example of job shadowing)
- ⇒ a one- or two-week work experience with a member of a health/fitness association or a professional in the health and wellness sector (an example of work experience)
- ⇒ attendance at a fitness/health show (e.g., health fair), conference, or workshop focusing on the health and wellness sector
- ⇒ participation in a local, provincial, or national contest or competition with a focus on health and wellness
- ⇒ working with a mentor within the health and wellness community
- ⇒ participation in an exercise class at a fitness facility or assisting an exercise class in a long-term care facility
- ⇒ a tour of an athletic/wellness facility

REACH AHEAD OPPORTUNITIES

Students are provided one or more reach ahead experiences – opportunities to take the next steps along their chosen pathway – as shown in the following examples:

- ⇒ **Apprenticeship:** visiting an approved apprenticeship delivery agent in the sector
- ⇒ **College:** interviewing a college student enrolled in a sector-specific program
- ⇒ **University:** observing a university class in a sector-related program
- ⇒ **Workplace:** interviewing an employee in the sector

SECTOR-PARTNERED EXPERIENCES (SPEs)

Students engage with a sector partner and apply skills to gain insight into the relationship between the health and wellness sector and **ICE** (innovation, creativity, and entrepreneurship), **coding**, and/or **mathematical literacy**.

ICE, coding (computer programming), and mathematical literacy are all areas of knowledge that are key to a wide variety of 21st century careers. An SPE is designed to support students in cultivating the mindset that is needed for success in any of these areas of focus – a mindset that includes proposing ideas and solutions, taking smart risks in a safe environment, studying the results, and applying critical thinking.

ESSENTIAL SKILLS, WORK HABITS AND THE ONTARIO SKILLS PASSPORT (OSP)

Students will develop Essential Skills and Work Habits required in the health and wellness sector and document them using the OSP.

ESSENTIAL SKILLS	WORK HABITS
<p>Literacy Reading text Writing Document use Computer use Oral communication</p> <p>Numeracy Money math Scheduling or budgeting and accounting Measurement and calculation Data analysis Numerical estimation</p> <p>Thinking Skills Job task planning and organizing Decision making Problem solving Finding information</p>	<p>Working safely Teamwork Reliability Organization Working independently Initiative Self-advocacy Customer service Entrepreneurship</p>