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NOTRE DAME
CATHOLIC SECONDARY SCHOOL

Grade 9 Handbook

CLICK HERE TO
GET STARTED



NOTRE DAME PRAYER

We are ND
 Lord, we thank you for the blessing
 Of belonging to the Notre Dame family.
 Whether as students or alumni, faculty or staff,
 Parents or friends of Our Lady's high school.

We are ND
 What a gift this is!

Help us to live the calling
 That comes with this gift:
 The call to excellence,
 The call to service,
 The call to faith,
 The call to integrity,
 The call to humility
 Help us to be different
 And make a difference.

Allow us to bravely meet the challenges
 We may face when we are caring for others.
 Give us the grace to be more like Mary, our Mother:
 Tender, strong and true.
 Increase in our hearts love for Our Lady,
 And the desire to be her faithful sons and daughters.

Amen

(Lennon, Chuck. "We are ND" The Notre Dame Book of Prayer, ed. Heidi Schlumpf. Indiana: Ave Maria Press, 2010.Xii. Print)

Welcome

YOU, as a student are the focal point of Catholic Education. Every Notre Dame Catholic Secondary School student is encouraged to work and learn to his or her maximum potential.

Notre Dame Catholic Secondary School is dedicated to academic excellence, the development of each individual's interests and talents, and the nurturing of the Catholic Faith. Learning is a co-operative endeavour shared amongst teachers, students and parents. Students are taught to think critically, work independently, communicate effectively, and show respect for themselves, for others, and for the environment.

By accepting the challenge of education now, you will be prepared to meet the future with faith, confidence, and a strong sense of your own self-worth. The staff of Notre Dame Catholic Secondary School, in partnership with home and church, is dedicated to helping you respond to this challenge by encouraging you to discover and own the strengths and talents inherent in each and every one of you.

Notre Dame is an incredible community and we are so excited for you to join us as you start your secondary journey!

We understand that that these are unprecedented times. Please know that we are here to support you be successful and help you be your very best self. If you need anything at all, reach out. We are here for you and we are committed to making this year a GREAT one despite the circumstances.

Hey oh Grade Niners!

I hope you had a great summer. I want you to know one thing before I even tell you about me...

LIFE IS WHAT YOU MAKE IT - DON'T JUST THINK EVERYTHING HAS TO BE THE WAY IT IS GIVEN TO YOU!

You will be offered so many different opportunities this year. It's up to you to take a hold of them and make them work for you! If you need help - ask for it! If you need someone to talk to - reach out! If you are totally lost - yell loud and we will find you! 😊

I go by Chaplain Wayne here at the school. My real name is Wayne Lachapelle...yeah I know, "chapel" in the Chaplain's last name?!?! Go figure! You will hear me every morning on the morning announcements.

My office is just off the spectrum and you can visit, just not in crowds (one at a time)! I will be reaching out to all of you for a one on one chat later in September to see how you're doing but in the meantime here's some important stuff to know from your Chap!

1) I am here for you! **YOU ARE NEVER ALONE!!** If I can't help you, I can for sure get you to someone who can help you! Don't ever be afraid to ask for what you need - especially if it involves your heart and mind and soul!

2) We have a chapel here at the school (turn right when you walk into the Spectrum and it is the second door on your right. The chapel is always to be used for prayer, meditation and supporting one another. No food, drink, hanging out or fooling around is allowed in our school's most Sacred space!

3) We have morning prayer everyday here. They are short prayers, but they normally come with a great thought or a challenge. They also come with intentions (that's when we pray for people in our lives that we want to pray for!) You can get your intention out for the whole school by just letting me know, sliding a note under my office door or sending me an email (Lachapellew@hcdsb.org).

4) Even when you're not at school, the morning prayers will be posted on the [Chaplain's Corner](#) of our school's website. So, if ya wanna pray when the rest of us are praying, even if you are not here, go there and find the prayer for the day.

Take care of yourself. Stay safe and we will see you on Wednesday September 9th!

Peace!

Chaplain Wayne



A Discerning Believer



A Self-Directed,
Responsible, Lifelong
Learner



A Reflective, Creative
and Holistic Thinker



An Effective
Communicator

Notre Dame Catholic Secondary School strives to nurture the development of the whole student - mind, body and spirit. At the core of all of our teachings is the Ontario Catholic School Graduate Expectations as we encourage and nourish our students to be: discerning believers, effective communicators, collaborative contributors, self-directed, responsible lifelong learners, caring family members and responsible citizens.



A Collaborative
Contributor



A Caring Family
Member



A Responsible Citizen

Important School Information

The Notre Dame School Website
<https://ntdm.hcdsb.org>

InsideND: The School Newspaper
www.insidend.ca



Twitter: @NotreDameHCDSB



Instagram: @insidend.ca



How to report a
student absence



Pay for an item with
School Cash Online



Student Online
Access



Search our
School Library

Click icons above to access the links

NOTRE DAME DAILY SCHEDULE

TIMES	ACTIVITY
8:20 – 9:50	90 min Synchronous Instruction
9:50 – 10:05	Break in Classroom
10:05 – 11:35	90 min Synchronous Instruction
11:35 – 11:45	Staggered Student Dismissal
11:45 – 12:25	Teacher Lunch
12:25 – 1:40	75 min Academic Support
1:40 – 2:25	45 min Synchronous Instruction

Cohort	Students with Last Names Starting With
A	A-L
B	M-Z
C	Students that chose fully online option

Week 7 (October 19 – 23)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 – 11:35 15 minute break included	Cohort A at school P1	Cohort A at school P2	Cohort A at school P2	Cohort B at school P1	Cohort B at school P2
	Cohort B at home on-line P1	Cohort B at home on-line P2	Cohort B at home on-line P2	Cohort A at home on-line P1	Cohort A at home on-line P2
	Cohort C at home on-line P1	Cohort C at home on-line P2	Cohort C at home on-line P2	Cohort C at home on-line P1	Cohort C at home on-line P2
11:35 – 11:45	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal
11:45 – 12:25	Travel & Lunch				
12:25 – 1:40	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support
1:40 – 2:25	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1

Week 8 (October 26 – 30)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 – 11:35 15 minute break included	Cohort A at school P1	Cohort A at school P2	Cohort B at school P2	Cohort B at school P1	Cohort B at school P2
	Cohort B at home on-line P1	Cohort B at home on-line P2	Cohort A at home on-line P2	Cohort A at home on-line P1	Cohort A at home on-line P2
	Cohort C at home on-line P1	Cohort C at home on-line P2	Cohort C at home on-line P2	Cohort C at home on-line P1	Cohort C at home on-line P2
11:35 – 11:45	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal
11:45 – 12:25	Travel & Lunch				
12:25 – 1:40	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support
1:40 – 2:25	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1

Week 9 (November 2 – 6)

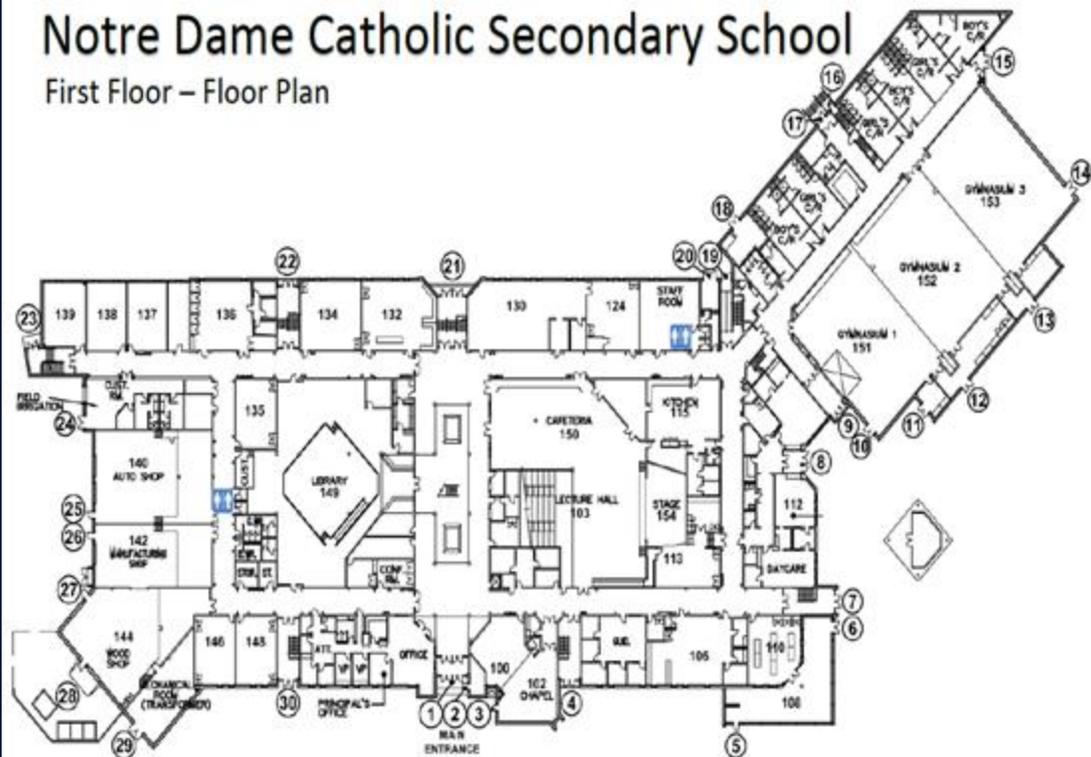
	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 – 11:35 15 minute break included	Cohort A at school P1	Cohort A at school P2	Cohort A at school P1	Cohort B at school P1	Cohort B at school P2
	Cohort B at home on-line P1	Cohort B at home on-line P2	Cohort B at home on-line P1	Cohort A at home on-line P1	Cohort A at home on-line P2
	Cohort C at home on-line P1	Cohort C at home on-line P2	Cohort C at home on-line P1	Cohort C at home on-line P1	Cohort C at home on-line P2
11:35 – 11:45	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal
11:45 – 12:25	Travel & Lunch				
12:25 – 1:40	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support
1:40 – 2:25	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1

Week 10 (November 9 – 13)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 – 11:35 15 minute break included	Cohort A at school P1	Cohort A at school P2	Cohort B at school P2	Cohort B at school P1	START OF QUADMESTER 2
	Cohort B at home on-line P1	Cohort B at home on-line P2	Cohort A at home on-line P2	Cohort A at home on-line P1	
	Cohort C at home on-line P1	Cohort C at home on-line P2	Cohort C at home on-line P2	Cohort C at home on-line P1	
11:35 – 11:45	Dismissal	Dismissal	Dismissal	Dismissal	
11:45 – 12:25	Travel & Lunch	Travel & Lunch	Travel & Lunch	Travel & Lunch	
12:25 – 1:40	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	Cohort A, B & C at home Online Academic Support	
1:40 – 2:25	Cohort A, B & C at home on-line P2	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P1	Cohort A, B & C at home on-line P2	

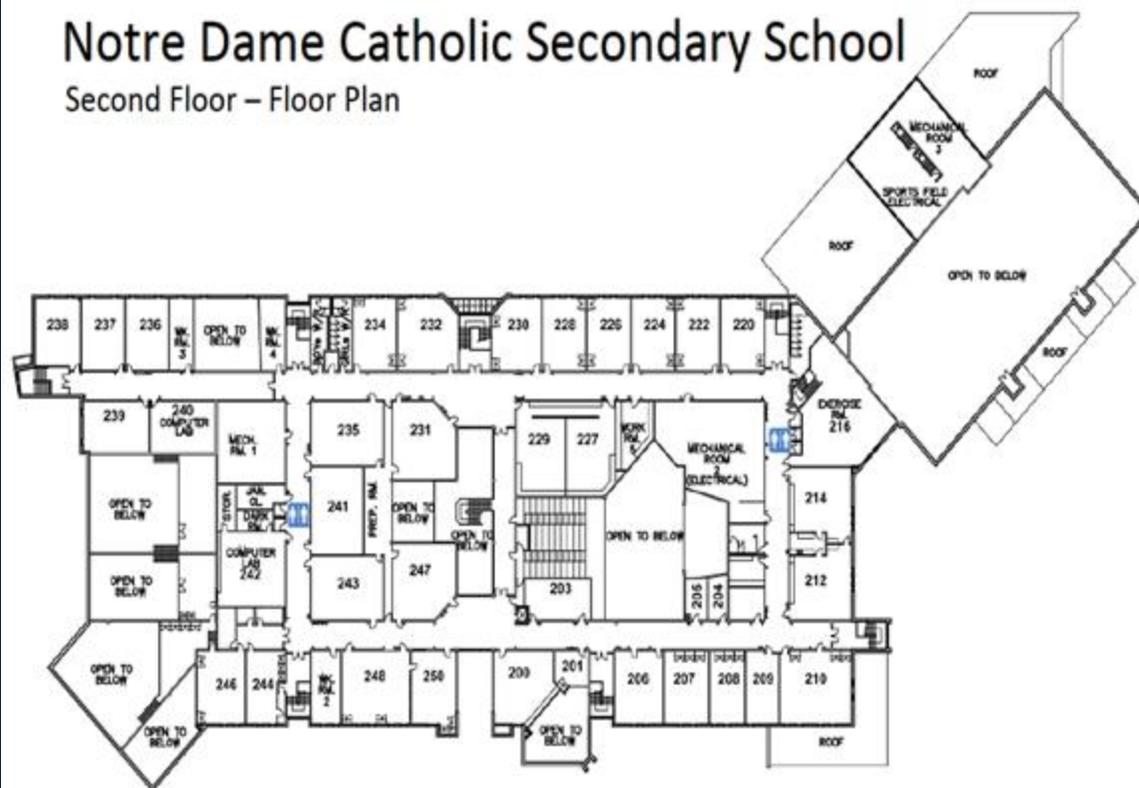
Notre Dame Catholic Secondary School

First Floor – Floor Plan



Notre Dame Catholic Secondary School

Second Floor – Floor Plan



Library

The Notre Dame Library is closed to students at the beginning of the 2020-21 school year.

BUT STUDENTS CAN access the....

Notre Dame Library webpage for their research and information needs. Go to:

Notre Dame website → Students → Library Services

<https://hcdsb.insignails.com/LibrarySSO/Home?LibraryID=ntdm>

**** You must **login** to access online resources/databases using your **firstname.lastname.3digits@students.hcdsb.org** email and **current password**. **Example: jane.doe.123@students.hcdsb.org****



What you will find if you access the ND Library online:

Gale -- a database to access published articles in thousands of magazines, academic journals and newspapers. Also, in Gale are critical essays, primary sources, biographies and books. *Please use the Notre Dame Library webpage.*

Ebscohost -- a database to access thousands of published articles in news sources, magazines and journals. There is strong Canadian content and current event coverage. *Please use the Notre Dame Library webpage.*

Library Catalogue – many current and relevant books covering a wide range of topics such as, health, biology, history, geography, current events, science, sociology, psychology, religion, etc. *Please use the Notre Dame Library webpage.*

If you need—

- ✓ research assistance for any project/paper
- ✓ help with documenting your sources (MLA, APA, Chicago) to avoid plagiarism
- ✓ your computer account fixed/re-set
- ✓ a book for reading or research

Please email **Ms. Messinger**, Librarian at -- messingerm@my.ntdm.ca or @hcdsb.org

Points of Contact

Starting high school is such an exciting and important milestone in YOUR life. As students, you need to know that you have a lot of people in the school to help support you, guide you and assist you in being your very best self. It is important to know that you are never alone on your high school journey. Within our school, there are a number of supports that are available to students to support academic, social and emotional student success. Please note, that every student is assigned a guidance counsellor and administrator who are available to address concerns and provide assistance.

Administrators (Principals and Vice-Principals) are responsible for ensuring safe and secure schools. They are available to assist students and parents with regards to school policies and school related problems.

Classroom Teachers provide academic instruction and support a student's daily learning experiences and are available to assist students needing extra help. Classroom teachers are an excellent first point of contact if you have questions or concerns.

Custodians can help you navigate your way to your locker or around the school. They also keep the school clean and functioning.

Educational Assistants (EA) provide one-to one support and academic assistance in the classroom and school community.

ELL teachers are available to provide English help to International Students throughout the duration of their stay in secondary school.

Guidance Counsellors are available to help students with planning their educational pathways, personal career plans and course selections. They are also available to assist students with personal concerns and can refer students to other professionals for specific assistance, if need be.

Librarian assists students, staff and parents with developing information literacy skills and research skills.

School Chaplain promotes the spiritual and human development of all members of our school community. Chaplain offers support and guidance with regards to school concerns and personal problems

Secretaries help with making appointments with administration and guidance counsellors. They also help with implementation of school procedures (lates, absences, communications)

Social Worker & Child/Youth Counsellor provide individual support and services to students with personal concerns that require professional guidance and support

Special Education Teachers monitor and assist students who have an Individual Education Plan (IEP). Students, parents and the Special Education teacher will collaborate with classroom teachers and other school staff to support a student's individual learning needs.

Student Success Teachers are an additional support to students who might be struggling at school. They work with students to help them be more successful in achieving their educational goals to ensure students earn the credits necessary to graduate.

SCHOOL ADMINISTRATORS



Mr. Anthony Cordeiro
School Principal



Mr. P. Cianciolo
Vice Principal (A-L)



Mrs. S. Typer
Vice Principal (N-Z)

SCHOOL GUIDANCE COUNSELORS



Mrs. G. Beltrano
Last Names Beginning A-G

Be sure to visit the Student Services Class inside D2L for regular updates [Click here to go to D2L](#)



Mrs. A. Little
Last Names Beginning H-N



Mr. G. Montesi
Last Names Beginning O-Z

To schedule a virtual appointment with your Guidance Counsellor, please contact the Guidance Secretary by phone 905 335 1544 (x1015)

Student Information System – Accessing your records

Student Information System

Online Secondary Student Information System

When you access your information on this system, please check to see that all the personal information on the screen is accurate. If there are inaccuracies, please inform your Guidance Counsellor. Information on this system includes a mark history, current timetable and attendance for each course on your current timetable along with some personal information.

Should you not wish to have this service available to you, please contact your school principal. Once a student/parent has opted out of this service, the student may be re-instated only by making a request in writing to the principal.

All login attempts to this system are recorded for security purposes.

This system will only provide information for ACTIVE SECONDARY STUDENTS. For elementary student placement information, please visit your [school website](#).

Student Number (secondary students only)

Date of Birth Day: 1 ▾ Month: January ▾ Year: 1965 ▾

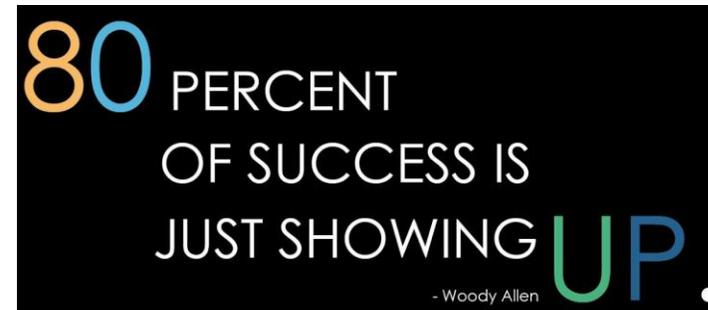
Use the Student Information System (SIS) to view your current year timetable, your daily attendance, as well as your grades as you accumulate credits in high school.

Social Work and Attendance Counselling

Ms. Nicole Pietroiusti – Child and Youth Counsellor

Ms. Claire Peace – School Social Worker

- Notre Dame values the “whole child”
- A multidisciplinary approach to supporting student success and emotional and social wellbeing
- The school attendance counselling mantra is “Every School Day Matters”



“Sometimes things happen in life that we aren't meant to carry alone. A brain under stress cannot learn – reach out and tap into resources. You are never alone” -Ms. Peace

Student Online Access



What is D2L?

- D2L (Desire 2 Learn) is a learning management system where students can access class notes and submit work
- There are compatible features with Google Apps for Education and Office 365
- This will give students access to MyBluePrint

How to access D2L?

- <https://hcdsb.elearningontario.ca/d2l/home>
- Your login is: `firstname[dot]lastname[dot]3digitsassigned@students.hcdsb.org` [You can get this from any teacher or staff member] ie. Your password is the same password you enter for your school account

Example: `jane.doe.123@students.hcdsb.org`



What is Notre Dame Microsoft Office 365?

- All Notre Dame students can access the Microsoft Office Suite via the cloud.
- There are word processor, spreadsheet and presentation tools
- There is online storage of files that can be accessed anywhere any time.

How do I access my Notre Dame Microsoft Office 365 Account?

Quick link: <http://office365.hcdsb.org>

- Your Login is `firstname[dot]lastname[dot]3digitsassigned@students.hcdsb.org` [You can get this from any teacher or staff member]
- Your password is the same password you enter for your school account

Example: `jane.doe.123@students.hcdsb.org`

Student Online Access



What is Notre Dame Google Apps?

- Every teacher and student has a free Notre Dame Google account
- There are free word processor, spreadsheet and presentation tools
- There is free online storage of files that can be accessed anywhere, any time.
- You can use Blogger or create websites for presentations.

How do I access my Notre Dame Google Account?

1. Go to a school computer at Notre Dame and login
2. Press Ctrl + Alt + Del, and select change password (This new password is the password you'll use for school computers and your Notre Dame Google Apps account) – Only have to do this step on the first login.
3. Quick link: www.google.ca
4. Your Login is `firstname[dot]lastname[dot]3digitsassigned@my.ntdm.ca` [You can get this from any teacher or staff member]
5. Your password is the same password you enter for your school account

Google Example: `jane.doe.123@my.ntdm.ca`

Learning Skills are a Critical Component to Student Success!

Responsibility

- The student:
 - fulfills responsibilities and commitments within the learning environment;
 - completes and submits class work, homework, and assignments according to agreed-upon timelines;
 - takes responsibility for and manages own behaviour

Independent Work

- The student:
 - independently monitors, assesses and revises plans to complete tasks and meet goals;
 - uses class time appropriately to complete tasks;
 - follows instructions with minimal supervision

Organization

- The student:
 - devises and follows a plan and process for completing work and tasks;
 - establishes priorities and manages time to complete tasks and achieve goals;
 - identifies, gathers, evaluates, and uses information, technology, and resources to complete tasks.

“Learning how to learn is one of the most important skills in life.”

- Norma Fauziyah

Collaboration

- The student:
 - accepts various roles and an equitable share of work in a group; • responds positively to the ideas, opinions, values and traditions of others;
 - builds healthy peer-to-peer relationships through personal and media-assisted interactions;
 - works with others to resolve conflicts and build consensus to achieve group goals;
 - shares information, resources, and expertise and promotes critical thinking to solve problems and make decisions.

Self Regulation

- The student:
 - sets own individual goals and monitors progress towards achieving them;
 - seeks clarification or assistance when needed;
 - assesses and reflects critically on own strengths, needs, and interests;
 - identifies learning opportunities, choices, and strategies to meet personal needs and achieve goals;
 - perseveres and makes an effort when responding to challenges.

Initiative

- The student:
 - looks for and acts on new ideas and opportunities for learning;
 - demonstrates the capacity for innovation and a willingness to take risks;
 - demonstrates curiosity and interest in learning;
 - approaches new tasks with a positive attitude;
 - recognizes and advocates appropriately for the rights of self and others.

SPEAKING FROM EXPERIENCE

Greatest Challenge with Learning from Home

When doing online learning last year, my biggest challenge was not having a structured day to keep me focused and productive. Although this year we are given daily schedules, online learning is still very independent, meaning we have to stay accountable for our own school work. I recommend following the Notre Dame Daily Schedule, particularly attending the academic support. This is a seventy-five minute period where students are able to ask their teachers any questions regarding the material they have learned, as well as receive additional support with online learning. By following this schedule, your days will become more structured, allowing you to become more productive and complete your work to the best of your ability.



Best Tips for Creating a Study/Work Schedule when Working at Home?

To ensure you are productive when working at home, I encourage you to create some sort of schedule to make sure you do not fall behind. I personally like to have a calendar to write due dates, homework, and other important information. I also like to write to-do lists at the beginning of the day so I am prepared for the work that needs to be done. Especially this year there is going to be less in person student-teacher interaction, so creating your own calendar and to-do lists will ensure you stay up to speed with the fast-paced workload. - Talis Devenish

Greatest Challenge in Grade 9

The greatest challenge I experienced in Grade 9 was approaching and socializing with new people. Feeling anxious about being in a new social environment is completely normal and I quickly learned that I was not the only one feeling nervous. Coming from an elementary school that was not one of ND's feeder schools, I was unfamiliar with most of the students I met in high school at first, but now some of them have become my closest friends. I recommend trying to approach others first and starting a conversation with them, because waiting for others to approach you first will not always work. Although the reduced class sizes and limited opportunities to meet people during COVID-19 makes it harder to expand your social circle, please know that you are not alone. Do not be discouraged as there are more years left in high school! Once it becomes safer to interact with larger groups of people, there will be more opportunities to meet new individuals and everybody will be happy to get to know more about one another. - Clara Kim



Greatest Challenge in Grade 9

In grade nine, I struggled with asking questions in class. In some classes I felt like I was the only one who didn't understand certain concepts and I thought that by asking questions it would seem like I wasn't paying attention or I was not as smart as the rest of my classmates. But, that is never the case. It's more than likely that your fellow classmates will have the same questions as you do and will actually be grateful that you asked. Your teachers will also be more than happy to answer whatever questions you do have. If you don't feel comfortable asking questions in class you can always ask your teacher at the end of class or send them an email. They are there to help you learn and they want to see you succeed. If you ever have a question that you don't feel comfortable asking in front of the class, you can always ask your teacher at the end of class or even send them an email. They're here to help you. - Olivia VanDam



Top Tips for Staying Organized

One of the best tips I can give for staying organized on a day to day basis is to plan ahead of time. Whether you decide to buy yourself a calendar/agenda or use a digital one on your phone, if you use these tools effectively, I can promise you will be organized. One can keep track of test dates, due dates for assignments, and even include your work schedule or any appointments. This will allow you to know what to expect each day and not run into problems regarding time management. By staying on track with your plans, you will hopefully have extra time for yourself and family.

Maintaining Motivation

The first tip I have for staying motivated is setting goals and rewarding yourself with short breaks. For instance, I will set a goal to finish my math homework in one hour. After that one hour, I reward myself with a 10-minute break on my phone. Then I get back to work! By doing this I feel like I'm actually accomplishing something instead of feeling as if the task that I am working on is never ending. In simpler words, study in intervals. Don't make yourself sit down for continuous hours, take breaks! To go hand in hand with the last tip, allow yourself to look forward to something. Make plans with your family or friends. Motivate yourself to finish your school work and enjoy the rest of the day doing whatever you wish!

-Azin Amini

How to Meet New People

Hey Grade 9's! My name is Ainsley! I am here to give you a few tips on how to get involved and get to know your new ND community! Tip number one is to not be afraid of being a part of your class discussions during online school. I encourage you to avoid just being a small black box on the screen, but instead showing your great face and sharing your ideas and answers! This will make you recognizable to both your teachers and your classmates.

My next tip is to be involved in extracurriculars. This advice is tricky at the moment due to the fact that we do not know exactly what clubs will be looking like this year, but if our school year goes well, take my advice in getting as involved at ND as possible, because you will meet new teachers and fellow students that you wouldn't have otherwise.

I hope these tips help you and I will see you all soon :))

-Ainsley Campbell



How to Stay Organized

When I began grade 9, I found having an organized binder helped me stay on task and up to date with projects, homework assignments and tests. An organized binder also allowed me to easily access specific notes and lessons without any confusion. Firstly, use dividers to separate different units, as well as to mark sections for tests and assignments. I also found sticky notes a great and useful way of marking lessons and homework topics that may be of importance. I also used sticky notes to write down any questions that came up while doing homework or an assignment. The next day, I was then able to remember the questions, and seek clarification from my teacher.

In-Class Student Advice

In the classroom, the most important thing to keep in mind is respect. Respecting your teachers, classmates and their property makes all learning environments safe and enjoyable for everyone. Listening to your teachers will allow you to receive key instructions that may be vital to your own health and safety, especially in confusing and complicated times like these. While being in class, it is also in your best interest to ask questions whenever you feel you need clarification. This will allow you to fully understand topics, and to participate in class conversations.

- Joceylyn Brooks



Meeting New Friends

Given the current circumstances with social distancing and being online for half of our schooling, it will be harder for you all to meet new people. My suggestions for you are to be outgoing in your classes, whether it is participating in class discussions or asking questions online. You can reach out to people that are in the same class as you so you can help each other and ask each other questions. If extracurriculars are not running, I recommend signing up for as many as you can when they do start up again! They are a lot of fun and, personally, that's how I met a lot of people in my grade when I first came to ND. There are also a lot of clubs at ND and I hope they are able to run this year as well because they really help you to branch out to people who you have common interests with.

- Maya Caverson



Preparing for Big Assignments and Tests

When getting ready for a big test or assignment, you're going to have to recall a large amount of information. This is why my first tip is to re-read all relevant notes, textbook sections and handouts so that you can have all of the concepts fresh in your mind. I like to use a highlighter and sticky notes to emphasize more important points that I will definitely need to remember. My second tip is to write out your own notes. Use the outline that is provided by your teacher to guide the information included in these notes. Writing all of the concepts down in your own words can really help you to understand and remember them better. You can also add extra explanations where needed or even diagrams if they help you remember concepts better. This also results in you having a more compact source of the information that you will need for your test or assignment.

Hopefully these two tips will help make preparing for your next assignment or test easier!

- Emma Kim



Keeping on Top of School Workload

The high school workload is a significant step up from the workload in elementary school as you have a lot more expectations put on you. Firstly, instead of one primary teacher, you have four separate teachers, all of which are unaware of what other assessments you might have that week. Therefore you have the responsibility to plan in advance on how you will manage each assessment. You can do this by budgeting your time, so you don't waste potentially valuable hours. Secondly, the nightly workload also sees a massive increase as you will most likely receive some homework every night. The best way to deal with this is to focus on your homework the moment you get the chance as the longer you wait, the greater the chance of procrastination. Therefore, the increase in the workload of grade 8 to grade 9 is large and difficult. Still, it can be managed through strong learning skills such as responsibility, organization of time, initiative and self-regulation. - David Pires



Greatest Online Challenge

Hi and welcome grade nines of ND! My name is Vicky and I am a grade 12 student here at Notre Dame. Through this pandemic we have had to take our learning to online classes. What I found to be the biggest challenge with learning from home was being self-sufficient and responsible for my own learning, without relying on my teachers or parents. Remembering when your zoom calls are, not being late, and finding a quiet place in your home to complete your classes are challenges that we all face. What I found helped me to overcome these challenges was keeping a schedule or a routine. Finding certain times in your day to dedicate to certain subjects, homework and breaks. I also found it very helpful to schedule physical activities or hobbies at least 3 times a week. Planning out my days, helps me to be more productive, organized and keeps me motivated. - Vicky Starcevic

Staying Motivated

I am so excited that you are joining the Notre Dame family. Some of the best ways that I stay motivated are allowing myself to take regular breaks. I have also learned from experience, that trying to cram everything in at the last minute never works. It is important to plan your weekly schedule according to the work that you have been assigned and your additional responsibilities and extracurriculars. Make sure that if you are struggling with your work, you reach out to a teacher or a staff member that will give you the help that you require. Lastly, make sure to follow the deadlines and due dates of the course work that is assigned because if you fall behind it can be very hard to find the motivation to get caught up.

- Kate Parmenter



Preparing for Big Assessments

Coming into grade 9, I was especially nervous for the big tests and assignments that people were saying we would have to do in high school. However, when I got to Notre Dame, I realized that the teachers wanted to see me do well and they wanted me to understand and enjoy what they were teaching. My best advice would be to make sure you ask for help if you don't understand something and to ask for clarification if you have questions. In all my years of high school, I have never had a teacher deny me extra help. I would also say that it really helps if you can find a way to be interested in what you're learning, not only will studying be more enjoyable but you will also remember the content better. Understanding what you are learning and staying on top of the topics as you learn them is super important so that you feel confident when it comes to assessment time.

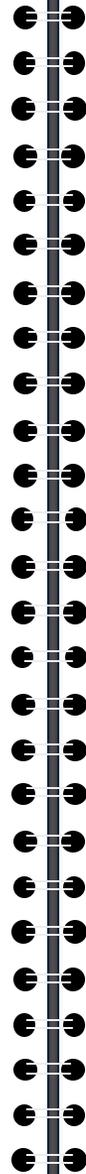
Best Study Tips for Working at Home

Switching to online learning was a bit of an adjustment for me as I found myself continuously getting distracted. I live in a busy house, which I love, but that is not ideal for concentration. I quickly realized that I needed a study area distraction free so I moved my workspace into my bedroom where I could close the door and focus. With online learning, the teacher won't necessarily be able to keep you on track during lessons, so it is very important that you are diligent and self-motivated so that you get everything done and understand what you are learning. Another tip that I found useful was keeping an active list of work that needed to be completed. At the start of each day I would read what was expected of me and write it down as a checklist so that I knew what I had completed and what I still needed to do. Organization will be your best friend this term so make sure you start out on the right foot! - Kenna Smallegange



Biggest challenge in Grade 9

One of the biggest challenges that I had to deal with going into high school was the steep learning curve. Students came from all different feeder schools with different experiences and past expectations and all of us had to adapt to the changes that came with high school. Getting used to the heavier course workload was one of the challenges I had to overcome. Two of the strategies that I used to adjust, was scheduling my time and using To Do Lists. It doesn't matter if you want to do it on your phone or if you want to write down your to-do lists on paper. Personally, I prefer to use paper. You should write down all of the tasks and assignments for that week that needs to be completed. I think completing easy, smaller assignments first gives you the opportunity to spend more time on the projects and assignments worth more. By doing so, you will make sure you get to all of your assignments and complete them on time. It also gives you time to ask the teacher any questions you may have if you come across something that you do not understand! Also, don't be afraid of teachers, I know some of you may be hesitant to ask questions or approach them. Know they are there to help you, so let them! - Sal Ariganello





Biggest Challenge in Grade Nine

I would say that my greatest obstacle was learning how to juggle school, work, sports, volunteering, and clubs. Having a busy schedule definitely made me feel overwhelmed and stressed at times, however I can confidently say that it taught me how to be productive and stay organized. My first piece of advice is to prioritize your responsibilities. You need to figure out what your goals and tasks are for the day, and how you plan on setting aside the time necessary to complete those things. Keeping a planner and writing down all of your goals or things that you need to do is a great way to stay organized, and on top of things. Writing down deadlines is also very important. When you are super

busy, it can be easy to forget and lose track of time so having all of your important dates written down is extremely helpful. Another benefit of writing down your plans is that you will unlikely overbook yourself, since all of your responsibilities are laid out in front of you. My next piece of advice is to make sure that you make time throughout your schedule to do the things that you are passionate about and truly enjoy doing. I understand that it is hard to join extracurriculars during this pandemic, but I think it is super important for you to participate in something that is a stress reliever or go somewhere that you can have fun and socialize. I also wanted to let everyone know that if they are struggling and need someone to talk to, we do have a Social Worker (Ms. Peace), and a Child and Youth Counsellor (Miss Pietroiusti), who are more than willing to help you. As always, all of the Prefects and staff are more than happy to assist you all through your grade nine journey, so please don't hesitate to reach out.

Staying on Top of Course Workload

I can honestly say that transitioning from elementary school to high school was a little scary at first, but you soon realize that if you had a strong work ethic, and were determined to succeed in your academics in elementary school, high school is not such a drastic adjustment. It is definitely a challenge, and you will need to give yourself around 1-3 hours each night to work on homework, and study. My first tip to staying on top of your workload would be to make the most of your time, both in school and at home. Utilizing your time at school is worthwhile because the more you get done in class, the less you have to do at home on your own time. Also, begin with the homework/assignments that are due first, this will help you stay on track and meet deadlines. Another tip I have is to reach out for help or clarification from your teacher. If you are struggling with a concept, it is imperative that you ask for help right away because all of the lessons and units usually tie in together. So, understanding each topic will help you stay on top of the workload and grasp new topics easier. Entering high school takes great courage, and everyone at Notre Dame admires the strength and bravery shown by all of the grade nine students entering a new school environment during this crazy time. I wish you the best of luck in your academics and for a smooth transition into high school. But most importantly, enjoy it! It goes by a lot faster than you think. - **Holly Marini**



Academic Support Online Resources

TVO

More than 10,000 articles, videos, and games from TVO current affairs, documentaries and TVOKids.



TVO ILC

TVO ILC invites students to join the free online TVO ILC Open House, where they can keep up with their studies or deepen their understanding through an open preview of all 144 Grade 9 to 12 courses.

GALE

Integrating reference content, biographies, primary sources, multimedia, critical essays, news, academic journals and more for research purposes. GALE is accessible via our school library site.

EBSCOhost

A powerful online reference system accessible via our school library site. It provides a variety of full text databases with leading published research worldwide.

Academic Support Online Resources

Mathies

The mathies.ca website houses Ontario Ministry of Education developed resources to support mathematics learning from Kindergarten to Grade 12.

TVO Mathify

Free, one-on-one online support provided by Ontario Certified Teachers is available to help students improve their math skills. Now accessible from Monday to Friday, 9 a.m. to 9 p.m., and Sunday from 3:30 p.m. to 9 p.m. Build math understanding and confidence with the help of a math tutor!

University of Waterloo Centre for Education in Mathematics

A rich resource that provides a multitude of choice including problem of the week, interactive activities, and enrichment challenges.

OERB

The Ontario Education Resource Bank (OERB) offers a number of digital activities and interactive learning resources Kindergarten to Grade 12 for publicly funded schools.

Username: Haltonrcstudent
Pasword: oerbs

Ontario Secondary School Diploma Academic Planner

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5 (optional)
1	RELIGION	RELIGION	RELIGION	RELIGION	
2	ENGLISH	ENGLISH	ENGLISH	ENGLISH	
3	MATHEMATICS	MATHEMATICS	MATHEMATICS		
4	SCIENCE	SCIENCE			
5	GEOGRAPHY	HISTORY			
6	FRENCH	CIVICS/CAREERS			
7					
8					
	TOTAL = 8	TOTAL = 8	TOTAL = 8	TOTAL =	TOTAL = 30

In addition to the above, the following compulsory requirements must be taken in order to receive an Ontario Secondary School Diploma:

- 1 Art
- 1 Health and Physical Education
- 1 of English additional language, Social Science or Canadian & World Studies or Career Education or Co-op Education
- 1 of Health and Physical Education, Music, Art, Drama, Dance or Business/Entrepreneurial Studies or Co-op Education
- 1 of Science (Grade 11 or 12) or Technology or Co-op Education

The 4 Steps Inquiry Model and Pathways Planning

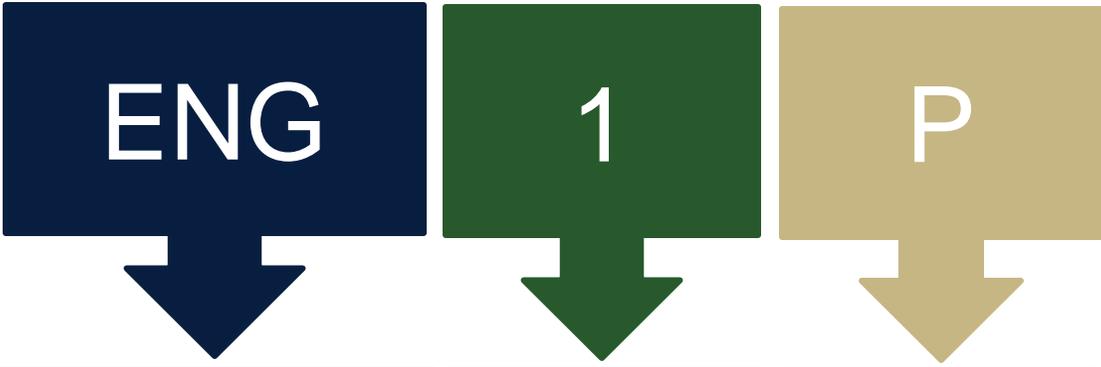


IMPORTANT: The number one question to ask as you plan your pathways is **WHO AM I** – what are my strengths? What am I passionate about? Very rarely are you bad at something you love simply because you put in the work to be better. Why? Because it doesn't FEEL like work when you are doing it!

Understanding Course Codes

The first five characters of the course code indicate the subject, grade level, and course type. They are based on the Common Course Codes used in all secondary schools in Ontario.

How to Decipher a Course Code (example: ENG1P)



The first three letters identify the subject with the first letter represents the course's department are:

- A = Arts
- B = Business
- C = Canadian and World Studies
- E = English
- F = French
- G = Guidance and Career Education
- H = Humanities and Social Sciences
- K = Alternative, Non-Credit Courses
- L = International Languages
- M = Mathematics
- P = Physical Education
- S = Sciences
- T = Technology

The number represents the GRADE as follows:

- 1 = Grade 9
- 2 = Grade 10
- 3 = Grade 11
- 4 = Grade 12

This letter identifies the course type:

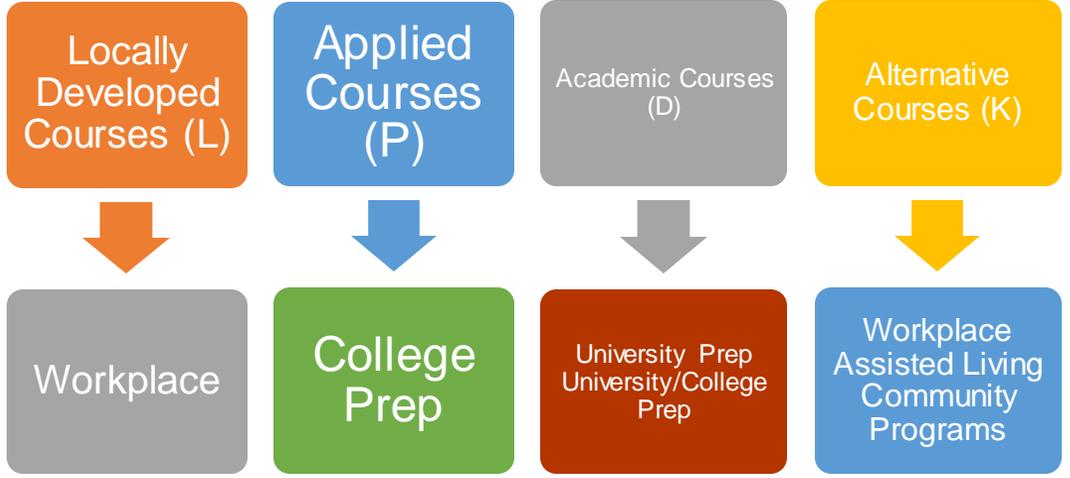
Grade 9/10

- D = Academic
- P = Applied
- L = Locally Developed
- O = Open

Grade 11/12

- E = Essential
- U = University
- C = College
- M = University/ College
- O = Open

General Pathways





- Universities offer degree and honour degree programs.
- Colleges offer certificate, diploma advanced diploma and degree programs.
- All degree programs require ENG4U and 5 other 4U or 4M credits (including the prerequisites for that program).
- Use OUIInfo and myBlueprint to check University program prerequisites. <http://www.ontariouniversitiesinfo.ca>
- Use OCAS and myBlueprint to check College program prerequisites. <http://www.ontariocolleges.ca/home>

Your Pathway

Reaching any goal requires a plan.

There are many choices you need to make that will lead you to your destination. Follow these four steps to help you begin your planning.

You can download our Pathways Planner to help you!

Step 1: Know Yourself

- What kind of learner am I?
- How do I learn best?
- What do I like to do?
- Check out <http://www.myblueprint.ca/hcdsb>

Step 2: Explore Opportunities

- What interests me?
- What is available?
- SHSM, cooperative learning, OYAP, volunteering?
- Check out <http://www.schooltocareer.ca>

Step 3: Choose a Direction

- What direction do you want to go in?
- Check out the following links for pathways websites:
 - <http://www.electronicinfo.ca>
 - <http://www.ontariocolleges.ca/home>
 - <http://www.apprenticesearch.com>
 - <http://www.hiec.on.ca>
 - <http://jobspeopledo.com>

Step 4: Build a Pathway

- What courses do I take to get where I want to be?
- Apprenticeship, workplace, college, university?
- <https://studentsuccess.hcdsb.org/sample-page/your-pathway/>



Pathways & Student Success

Halton Catholic District School Board



The **myBlueprint Education Planner** is an interactive online tool available to all HCDSB students from Grades 7-12.

myBlueprint helps empower students to make informed decisions about their future. Students are able to discover their learning and personality styles, interests, and various pathway and career options to consider.

[Login to HCDSB's myBlueprint Education Planner here!](#)



[Understanding the Importance of Self Care](#)

[Self-Care 101](#)

[Reaching Out to Others](#)

[My Back to School Checklist During CoVid-19](#)

[Coping with Stress during the 2019-nCoV Outbreak](#)

Mental Health Resources

[COVID-19 Youth Mental Health Resource Hub](#)

An online hub of CoVID-19 youth-focused resources from Jack.org, Kids Help Phone and School Mental Health Ontario

[Kids Help Phone](#)

Access to 24/7 counselling by phone or text, and find information on various mental health topics

[The Reach Out Centre for Kids - ROCK](#)

ROCK is an accredited, multi-service organization that aims to improve the lives and relationships of children who are having social, emotional and/or behavioural concerns.

[Mental Health & Wellness HCDSB Resource](#)

HCDSB leadership team has compiled a list of tips and resources to help you feel safe during this time of uncertainty.

Whenever you
need to talk,
we're open.

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

Kids Help Phone 

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hungry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips'

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- **Tip:** Try this quiz to find out if you're practising enough self-care

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist!



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed'

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.

Frequently Asked Questions

Do I need to wear a mask at school? What about my teachers?

- Yes, medical masks will be worn by all teachers and other school staff. All HCDSB students are required to wear non-medical masks/ face coverings at school unless an exemption has been approved.
- For more information, see attached: [Use of Non-Medical Masks or Face Coverings in Schools – Tip Sheet](#)

Do I need to be in school uniform when I am at school?

- Students are to be in full uniform at all times while at school. Uniform includes collared shirt, pants/shorts and entirely black shoes.
- When learning at home, students are not required to be in uniform.

Will we be able to put our personal belongings in our lockers?

- Unfortunately, students will not have access to lockers at this time. Students should bring to school only what is needed in a backpack. This will be kept at the student's assigned desk and returned home at the end of each school day.

Will I be able to purchase food in the cafeteria?

- At this time, students will not have access to the cafeteria and no food will be sold or consumed in the building.
- Students will be dismissed from school just prior to lunch.

Frequently Asked Questions

Can I bring a water bottle into my classroom with me?

- Students and staff are permitted to bring reusable water bottles and refill them at designated refill stations in our school. For the health and safety of our students and school community, the use of water fountains for drinking will not be permitted at this time.

Will I enter the school each day through the main school entrance?

- To assist with physical distancing, students will be assigned an exterior door to use, according to the location of their class. A map with entrances outlined can be found in school information section. Students will be permitted access to the school after 8:05 a.m. and must proceed directly to their classroom. Students will exit the building through the same designated doors.

Where do I access my timetable?

- Student timetables can be accessed on the Student Information System found at <https://webapps.hcdsb.org/sis/>. Please note a Student Number and Date of Birth is required to login (do not use the OEN found on the report card). It is important that all students check timetables in the event changes have been made due to cohort and class size balancing. Classroom numbers will be displayed on the timetable.

I had an IEP in Grade 8. What happens with it in High School?

- Your IEP will follow you into high school
- You will work with an assigned Special Education Resource Teacher (SERT)
- Your SERT will be in contact with you early in the year to help ensure you are setup for success

Frequently Asked Questions

Is the Library open to students?

- Library resources are available but ONLY TEACHER can pick up. If you need assistance from our librarian, Ms. Messinger, email her at messingerm@hcdsb.org or @hcdsb.org

Can I bring my own laptop to school to complete my class work?

- Yes, if you have a laptop at home, you are welcome to bring it to school to access curriculum and complete assignments.

Am I expected to be online during synchronous learning at home or can I watch video of class on my own time?

- You are expected to attend all synchronous learning in real time.

What if I am feeling sick and have cold or flu-like symptoms at school?

- A student showing cold or flu-like symptoms at school will be required to go home immediately. If they are unable to return home immediately, they will isolate in a designated room/space until their departure.

Frequently Asked Questions

What should I do if I am going to be absent from school?

- If you know that you are going to be away (appointment), be sure to let your teacher know ahead of time so that you are able to get your work in advance and stay on top of things. If the absence is unexpected, check out your online classroom to see what you have missed and communicate with teacher any questions/concerns.
- All student absences need to be called in/approved by parents.

Do I need to bring my own school supplies to school?

- Yes, you are responsible for bringing your own school supplies (e.g., pencils, pens, paper, binders) to class daily.
- Your classroom teachers will let you know what specific course supplies are required in the first few days of class.

Will there be extracurriculars this year? Is it worth getting involved?

- Please keep your eyes and ears out for when extra-curricular activities start up again at Notre Dame. We will be sure to have things up and running when it is safe to do so.
- One of the best ways to feel part of this new school community is to participate in the school's extra-curricular events/activities (e.g., join a team or a club). All high schools have a wide variety of extra-curriculars to meet the interests and abilities of ALL their students.

Who do I go to if I am being bullied at school?

- Bullying is taken very seriously at Notre Dame. Everyone deserves to come to school and feel safe. If you are being bullied or threatened in any way, please speak to an adult. There are many adults in the building that you can reach out to (ie. classroom teacher, educational assistant, secretary, guidance counsellor). The adult will help ensure that you are connected with an appropriate person in the building to support you. Your safety matters – be sure to seek support early.

REMOTE INSTRUCTIONAL EXPECTATIONS FOR STUDENTS

DAILY ROUTINES

Establish daily routines for engaging in the learning process. Identify a space at home where you can learn and study comfortably.

PARTICIPATE DAILY

Participate daily in scheduled learning activities, including intervention and/ for enrichment. Regularly check Synergy or Canvas for assignments, and complete assignments with integrity and academic honesty.

RESPONSIBILITY

Take responsibility for asking for help, asking questions, and taking advantage of synchronous sessions.

Be proactive in problem-solving any technology issues and reach out to your teacher for support as needed.

SUBMIT ASSIGNMENTS

Submit assignments daily. Assignments must be completed and turned in each day for attendance and credit for the day.

Communicate with the teacher when you need assistance; we are here to help.

USE TECH RESPONSIBLY

Use technology responsibly in accordance with Montgomery County Public School responsible use policy and contracts.

ONLINE ETIQUETTE

Be polite!
Be on time!
Mute your microphone unless participating.
Be an active participant in your learning.

SUCCESS IN LEARNING

Organization, structure, time management, and active engagement are key to a successful remote learning experience.