



PONOKA SECONDARY CAMPUS

6100 54 Street • Ponoka, Alberta • T4J 1N9

Phone: 403-783-4411

Attendance Line: 403-785-0741

2022-2023

Junior High School Registration Guide



Welcome to Ponoka Secondary Campus

A school that is working hard in ...

“Putting ALL Learners on Winning Streaks!”

At Ponoka Secondary Campus, our staff is dedicated to providing all the support necessary to make your transition as easy as possible from your existing school or grade to a new setting. We have programming designed specifically to provide opportunities and educational opportunities enabling students to get on a winning streak!



Ponoka Secondary Campus

Staff Commitments

We commit to:

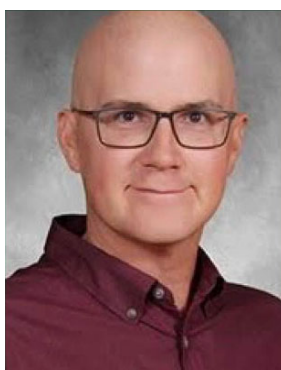
- Supporting, guiding and challenging our students to become critical thinkers and active learners
- Being positive role models in order to challenge, engage and empower our students
- Organizing and participating in student recognition and celebrations
- Striving for continual student improvement and growth
- Maintaining accountability by holding all stakeholders accountable
- Creating positive relationships with all students, staff and community
- Maintaining high standards through implementation of course curriculum and citizenship for all students
- On-going professional development to work toward mastery within our profession

Ponoka Secondary Campus Administrative Team



Principal, Mr. Cody Baird

- Responsible for all aspects of the school
- Instructional Leadership of staff
- Inclusion Coach for all students
- Collaborates with all staff on vision and programs at PSC
- Coordinates all events in the school
- Responsible for all scheduling, human resources and budgeting activities
- First nation, Metis, and Inuit liaison



Assistant Principal, Mr. Adam Troitsky

- Responsible for student issues/discipline/Inclusion Coach in Jr. High
- Assist in planning/vision for PSC
- Facilities/maintenance of PSC
- Exam administrator for Junior High, including PAT's
- Health and safety regulations
- Responsible for coordination of Special Events



Assistant Principal, Ms. Jennifer Douglas

- Responsible for student issues/discipline/Inclusion Coach in High School
- Assist in planning/vision for PSC
- Exam administrator for High School, including diploma exams
- Coordination of Special Education Program & Educational Assistants

Administrative Support Team



Mrs. Aimee Heilemann
Admin Assistant



Mrs. Krystal Adcock
Admin Assistant



Mrs. Nicole Berg
Accounting Clerk

PSC Office Hours

8:00 a.m. – 4:00 p.m.

Phone: 403 783-4411

Attendance Line: 403 783-0741

psc.wolfcreek.ab.ca

Student Services Team

In our quest to have all learners reach their full academic and social potential, we offer numerous resources, support and opportunities out of the regular classroom.



School Social Worker, Mrs. Carmen DeLeeuw

- School-based concerns (e.g., motivation, classroom and playground concerns, school transitions, attention difficulties, etc.)
- Emotional concerns (e.g., anger, conflicts, self-esteem, worry, grief, sadness, etc.)
- Social concerns (e.g., peer conflicts, relationship concerns, friendship issues, etc.)
- Family concerns (e.g., separation/divorce, sibling conflicts, parenting strategies, lack of resources, home-school communication, etc.)
- Behavioral issues (e.g., safety issues, bullying, defiance, etc.)
- Other (e.g., physical/health related issues, pregnancy, alcohol/drug misuse, basic needs resourcing, advocacy, etc.)



Academic & Career Advisor, Ms. Wendy Fessler

- Responsible for registration and orientation of ALL new students
- Assists students with all areas of career and academic planning
- Assists with student programming to ensure students will be successful in his/her academic stream
- Responsible for scheduling and timetable changes, post-secondary planning, scholarships, student finance, work search assistance
- Responsible for Scholarships/Awards and financial planning
- Coordinator for our Off-Campus programming including:
Work Experience/RAP/Green Certificate/Dual Credit & Distance Learning Programming

The 3 A's of success at Ponoka Secondary Campus ***ACHIEVE, BE ACTIVE & ATTEND***

Achieve:

Preparing all students for the future: Whether students continue their education or go directly to the world of work, PSC works to prepares students for the challenges and opportunities of the future. Our Academic Advisor, Ms. Fessler, has complete information on post-secondary education, scholarships, apprenticeships, and career planning resources. We encourage all of you to leave doors open! Courses in our high school include options that will provide opportunities beyond high school. Prepare yourself for a successful future. Scholarships, rewards and recognition follow hard work.

Be Active:

We encourage you all to get involved! Basketball, football, Reach, volleyball, curling, badminton, track, yearbook, homework club, cross country running, social justice club, ski trips, Skills Canada and many more. Get involved and make your high school years memorable. We encourage you to participate and explore your potential as a student in our community.

Attend:

Great grades and great attendance go hand in hand. A strong relationship exists between the two. Great attendance is recognized at PSC through the “Miss School, Miss Out” program.



TEACHER ADVISOR PROGRAM

Education is the key to success in life, and teachers make a lasting impact in the lives of their students

-Solomon Ortiz

The Teacher Advisor class fosters positive relationships with a caring staff member who will advocate for students in educational and school related matters. This environment is for students to have a safe supportive adult to talk to.

- Students will be grouped by grade and the student will follow the same Teacher Advisor through his/her education in their junior high school years.
- Taking a genuine interest in the student and inquiring about their personal characteristics, interests and experiences
- Make referrals to, Admin, Academic Counseling, School Social Worker, Alert Team for issues that arise with student
- Acknowledge student accomplishments that occur in & outside of school activities.
- Monthly collaborative meeting with other staff to track and monitor students

Teacher Advisors will meet every Friday with students to help schedule for effective use of time.

- Short term goal setting with students
- Review and discussion of attendance
- Review and discussion of marks
- Guiding students to take ownership of their learning
- Promote parent and student use of the Ponoka Secondary Campus website and parent portal
- Registration meetings and signup with Parents
- Parent contact meetings for signing of IPP/APP
- Help students discover their strengths in terms of academics, career opportunities and choices
- Investigate post-secondary placements, requirements and planning
- School wide activities and contests will run through TA
- Disbursement of school papers and information
- Will attend to all the housekeeping items of school, assign lockers, take pictures, practice safety procedures etc.





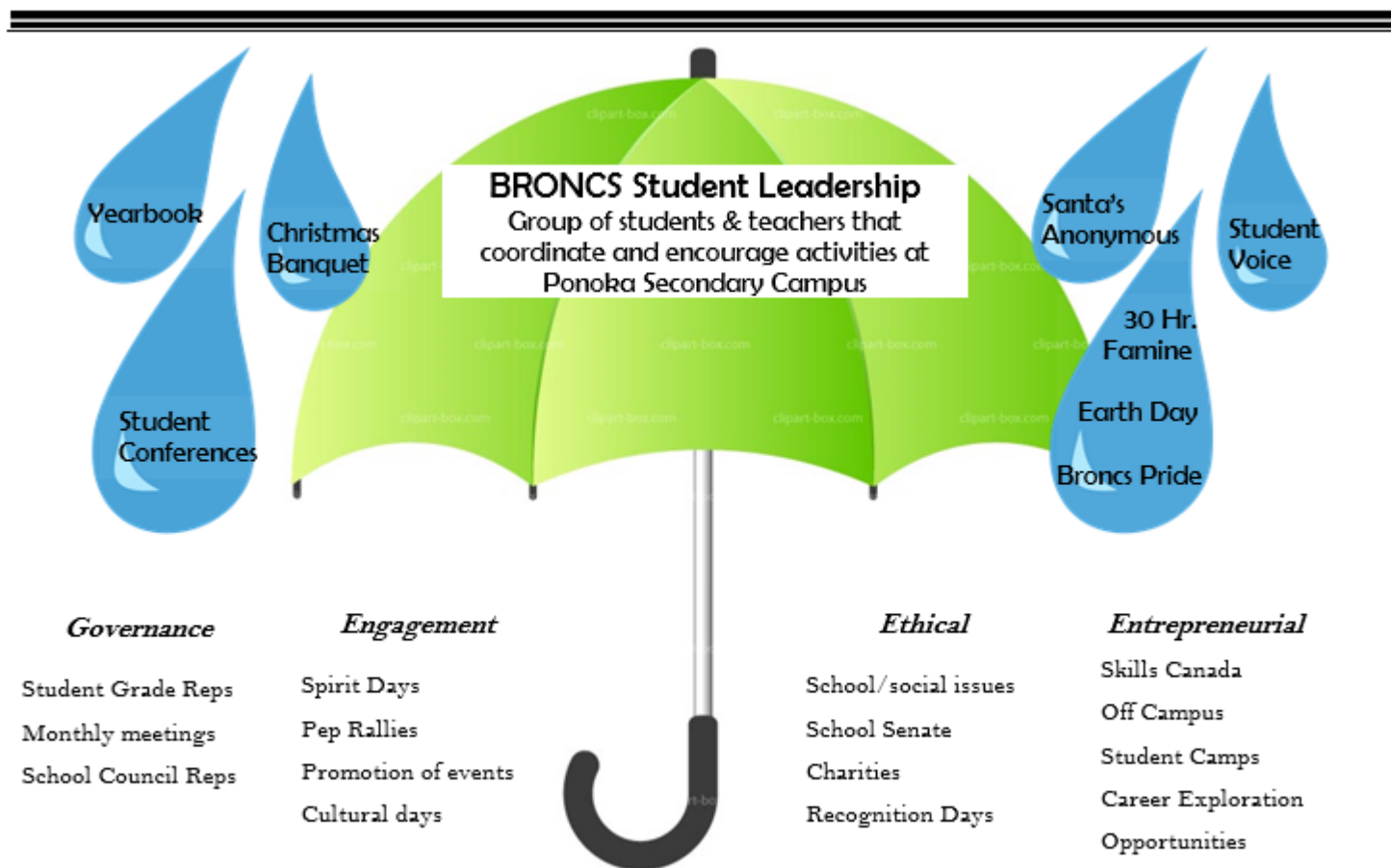
Ponoka Secondary Campus is committed to the following ATTENDANCE PHILOSOPHY

Daily attendance, student contribution and participation in class are essential components in order for a student to be a successful learner. PSC expects that all students will attend class regularly and be on time for all of their classes. We believe that these traits are essential in our students' future career choices. By attending and participating in class, students learn to: participate in group discussions, develop an appreciation for the views and abilities of other students and form habits that are directly linked to success in the world of work.

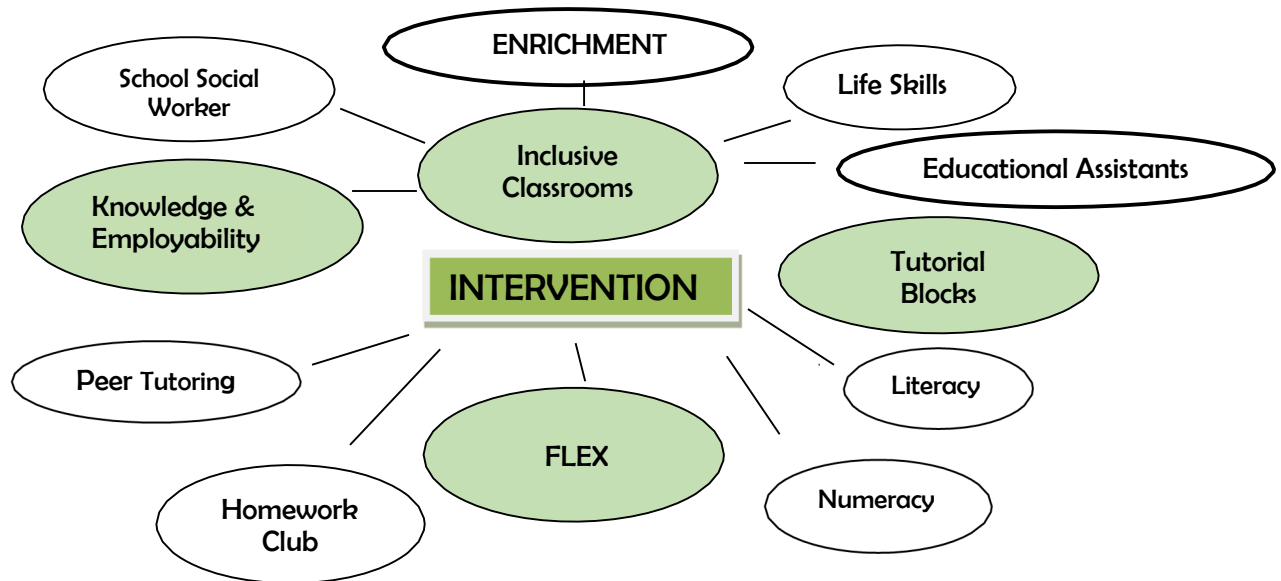
Attendance Guidelines

PSC expects that all students will attend class regularly and will be on time for all of their classes. If a student is away from school for any reason, it is the **student's responsibility** to have his/her parent or guardian phone the school on or before the day of the absence. This option is available to parents 24 hours a day at 403-785-0741 or 403-783-4411 and press 8.

Any absence that has not been excused by a parent or guardian will be considered an **unexcused absence**.



INTERVENTION PROGRAMMING



Intervention is programming that is modified for students who have learning differences, physical or developmental disabilities, mental health needs, or any other factors which can affect their success at school. At PSC, we believe that all children can learn and reach their full potential if they are given the opportunity, effective teaching, and appropriate resources. Founded on this belief, students at PSC have access to a range of learning experiences and environments. Please contact our office if you require any additional information.

INCLUSIVE EDUCATION

At PSC we believe that students with cognitive delays should be part of age-appropriate general education classes as much as possible. All students have access to the full range of appropriate learning experiences and environments. These students:

- Are a member of an age-appropriate education class with support.
- Progresses through the grades according to the same pattern as students without special needs.
- March at graduation at the average age at which other classmates without disabilities graduate.
- Receives a Certificate of Achievement when discharged from special programming.
- Supplied with supports (ie. accommodations and adaptations) as necessary.
- Included in classes, courses, clubs, and extracurricular activities.
- Included in regular programming as much as possible, especially in terms of options or PhysEd courses.
- Name is on all class lists, list of groups put on the board, job lists, advisor program, etc.
- Participates in classroom and school routines, school plays, field trips and community

COLLABORATIVE RESPONSE AND ALERT TEAMS

Staff come together regularly to create cohesive responses to student challenges:

- Behavior Planning
- Academic coordination
- Academic support
- Monitoring and tracking behavior and attendance
- Appropriate timetabling
- Social issues support
- Regular communication between home and school
- Academic testing and a liaison for specialized service

SCHOOL FEES

Instructional Course Fees are due and payable at the end of September and again mid-Mar. Course fees are non-refundable. While we prefer using the online RYCOR program (through the PowerSchool Parent Portal), fees can be paid using cash, cheque, debit card, Visa/MasterCard.

PLEASE NOTE:

Students will not be allowed to participate in extra-curricular activities and fieldtrips until all fees have been paid or arrangements for payment have been made (students may be able to volunteer for school duties as a way to pay sports/extracurricular fees).

If there is difficulty in paying fees, please communicate with the school to create a payment plan.

TECHNOLOGY REQUIREMENT

Students at Ponoka Secondary Campus make extensive use of technology in their course work and everyday lives. **Students are encouraged to have an internet capable device which would be capable of working with the Google platform.**

Technology will be used for instruction every day. Student work will be accessed through their personal Google account via the internet. Students will also be able to access their digital files from any other computer at home by logging into their online account. Students will be able to collaborate with their classmates and teachers and all work saved to their account will be accessible to them throughout their grade 12 year anywhere, as long as they have an internet connection.



Students may bring in their personally owned devices. Examples of these would include an iPad, Netbooks, and Laptop. Google Apps will be a key part of instruction and learning and students will be expected to use this platform. Please ensure devices are able to run “Chrome” web browser.

HOMEWORK

- Expect regular homework from your child.
- It's possible to “study smarter, not harder”. Students who have difficulties with study skills can get help from their teachers and through Enrichment time.
- We see school as being a student's “job”. Be sure that any after school work does not interfere with their number one job!
- Students always have work to do. If all assignments are completed and well done, there is always studying that can be done.
- If you have any concerns, please discuss them with the student's advisor or teachers.

**HOMEWORK CLUB IS AVAILABLE TO ALL
STUDENTS EVERY WEDNESDAY, FROM
3:30 P.M. TO 5:00 P.M.**

ASSESSMENT

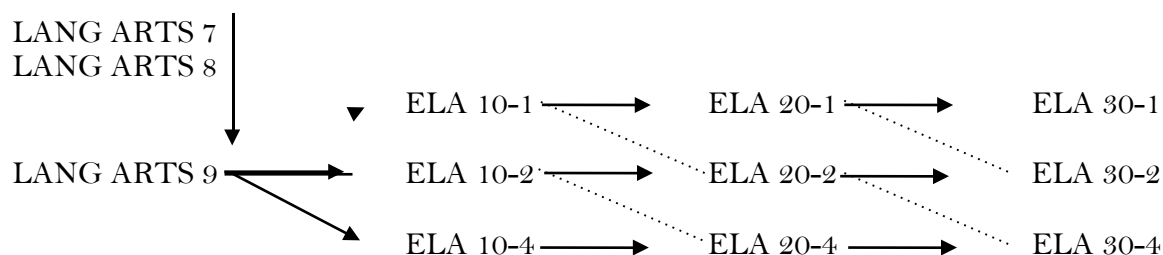
Your child's learning is assessed using a variety of tools and strategies within the classroom. The different assessment methods tell you and your child's teachers about your child's strengths, the areas in which they might grow and how well your child is doing throughout their courses. Your child's teachers can then change or refine their teaching plans to ensure that learning activities better meet the needs of your child. At the end of each course, your child is assessed and their achievement is reported so that you know if they have achieved the expected learning outcomes for their grade. Parents/guardians play an integral role in your child's education by providing the encouragement and support he or she needs to succeed.



Ponoka Secondary Campus uses the PowerSchool Portal which is secure web-based student management system designed to strengthen communication between the school and home. This online portal is

accessible anywhere anytime. Parents & students can log in to see their overall grade, assignment scores, attendance, schedules, school bulletins, registration, pay school fees and make purchases from the school directly from their portal account. Login information is provided to parents/guardians/students at the beginning of your child's education at PSC and remains the same throughout your child's school career.

ENGLISH LANGUAGE ARTS



The mission of PSC English is to create a learning community that fosters an appreciation of the necessity of clear, effective communication in all facets of life. In doing so, this community will guide learners in their analysis and creation of a wide variety of texts, placing a high value on excellence and recognition of an individual's own choices and thought processes.

Language Arts 7

Grade 7 students extend their understanding by finding different ways to express ideas, such as through magazine ads or brochures. They analyze how story lines progress, considering settings and characters and make notes using headings, subheadings or symbols. Students will develop and learn;

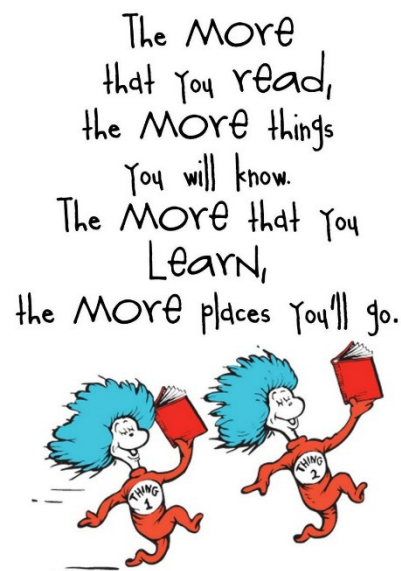
- To comprehend various kinds of texts;
- To communicate clearly;
- To manage ideas and information
- To explore thoughts and ideas
- To respect and support others.

Language Arts 8

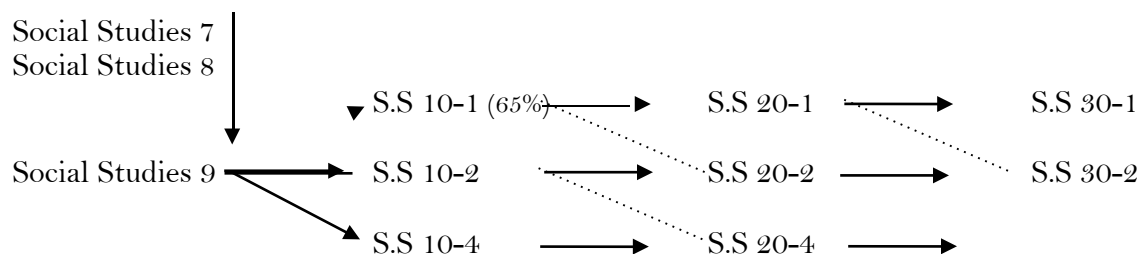
Students will create their own texts, including oral, print and visual texts, as they develop listening and speaking, reading and writing, viewing and representing and inquiry and research skills. Students will also continue from Grade 7 Language Arts to develop and learn the above five skills sets.

Language Arts 9

This course builds on the learning skills developed in Language Arts 7 & 8 and further develops students' skills in the six language arts: reading, writing, speaking, listening, viewing, and representing. The course promotes active student participation in a balanced program; however, there is an emphasis on organization of ideas and critical thinking skills in preparation for more advanced high school English courses.



SOCIAL STUDIES

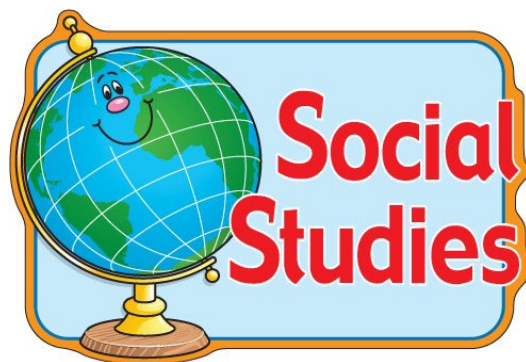


Social Studies 7

The student will explore the people and events that led to Canadian Confederation, and the major changes in Canadian life since then that have shaped citizenship and identify in our diverse society.

Social Studies 8

Contact between societies that view the world in different ways has shaped our world. Through inquiry, the student will reflect on his/her own worldview and assess the influence that the past has on the present. By examining historical examples drawn from Japan, Renaissance Europe and Spanish and Aztec societies, the student will better understand how contact between societies can lead to change.



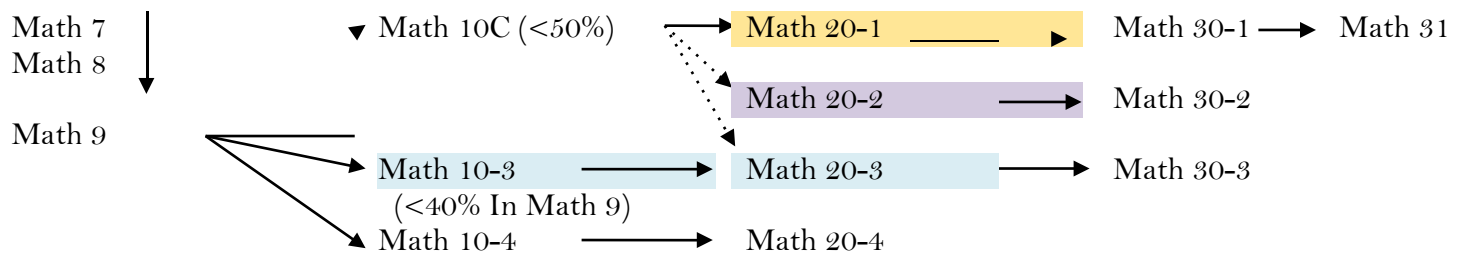
Social Studies 9

In Grade 9 Social Studies, you will encounter issues that have impacts on citizenship and identity. Issues present opportunities and challenges for building a society in which all Canadians belong, and in which everyone has a good quality of life. Opportunities and challenges arise because people in Canada respond to issues differently, based on their individual and collective identities. This year, you will explore how responding to issues affects your quality of life. You will also explore how it involves perspectives of groups, points of view of individuals, and rights. The issues at the center of your investigation will come from two key issues:

- Issues for Canadians: Governance & Rights
- Issues for Canadians: Economic Systems in Canada & the USA



MATHEMATICS



Math 7

Students will connect numbers and shapes to their everyday life and continue to explore ways to solve problems.

They'll use tables, graphs, equations and words to explain number patterns that they observe around them. Students will also create personal strategies to add and subtract fractions and integers.



Math 8

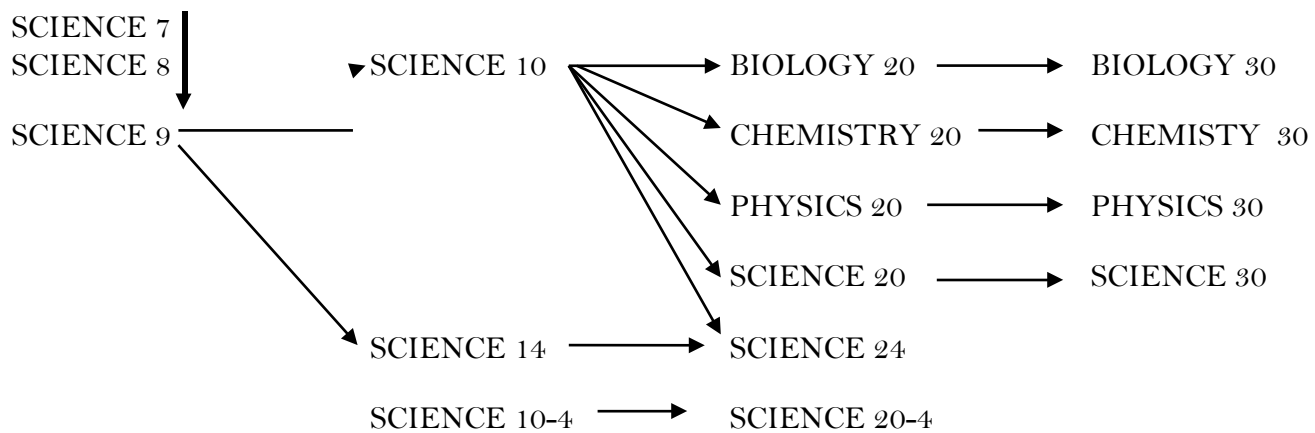
Students will solve a range of mathematical problems involving elements like surface area, volume, the Pythagorean theorem, per cents, ratios and rates. It is important that they continue to use their own strategies to multiply and divide fractions and integers. Students model and solve algebraic equations, and they connect numbers and shapes to their everyday lives.

Math 9

- Numbers (Square Roots, Exponents)
- Patterns and Equations
- Polynomials
- Trigonometry
- Geometry
- Transformations
- Data Analysis & Probability



SCIENCES



Science 7

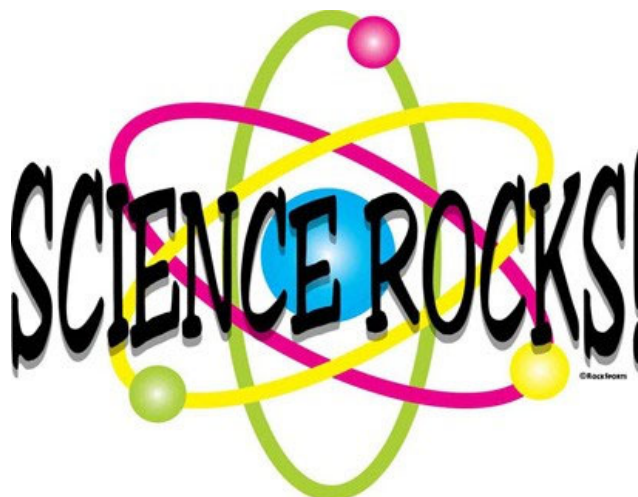
Students will begin the study of energy, matter and forces and analyze and communicate understandings of Earth and its ecosystems. Grade 7 science focuses on the science and technology related knowledge and skills your child needs in order to solve problems and make decisions about social and environmental issues.

Science 8

Students use science vocabulary as they investigate machines and the human body. They experiment with liquids and gases to interpret their uses in everyday situations, and they learn how light travels through different materials and how vision works.

Science 9

Science 9 covers 5 major topics which will prepare students for Science 10 and also give them a brief sample of the topics covered in biology, chemistry and physics at the gr. 11 level. Successful completion of this course will prepare students for Science 10.

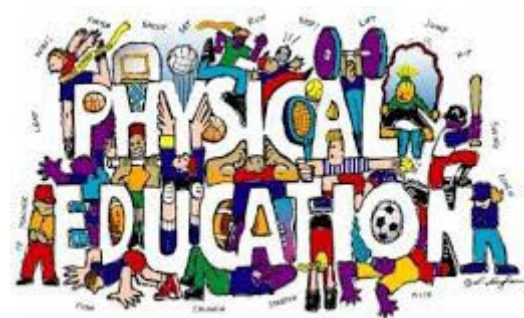


PHYSICAL EDUCATION

Ponoka Secondary Campus physical education develops lifelong skills, attitudes and personal characteristics which will set them up for successful healthy living lifestyles.

Through a wide variety of on and off campus activities students will focus and be assessed on the following outcomes:

- A) Developing skills and strategies
- B) Having cardiovascular and functional fitness
- C) Showing sportsmanship and fair play
- D) Cooperating and being on task
- E) Including and supporting others
- F) Being trustworthy and responsible
- G) Being punctual and prepared
- H) Demonstrating hard work and being tenacious
- I) Challenging self and improving



Students will be assessed on a 10-point scale:

- 1-2 At risk of not meeting outcomes
- 3-4 Needs to change actions, behavior, attitude or get help to get better
- 5-6 Successfully performing at the level expected
- 7-8 Performing at a level slightly better than expected
- 9-10 Far exceeds what is expected and is doing exceptional

Physical Education 7-10 is mandatory and is needed to meet graduation requirements.

Please note * Students are required to change into appropriate gym strip as well as need indoor running shoes. Any injuries which require non-participation lasting longer than 3 classes require a medical note

Grade 7, 8 & 9 students will also have a Health and Life component incorporated into the PhysEd Program. Students will become aware that they need to show more responsibility in their grooming, organization, study habits and relationships with others. More than ever, students will see who they are and what they believe. They will begin to understand what it means to keep good relationships and make choices that help them a long way into the future.

JUNIOR HIGH OPTIONS

Alberta Education has implemented Career & Technology Foundation courses to students in Grades 7 – 9 that allows students to explore their interests and passions to gain experience with the Career & Technology Studies during their high school career.

Through CTF, students explore their interests and passions as they learn about various career possibilities and occupational areas. Challenges or tasks provide students with an opportunity to develop critical thinking, collaboration and communication skills. Hands-on learning helps students develop skills and knowledge and use technologies associated with various occupational areas.

The following is a list of CTF courses that have approved to be offered at PSC for the upcoming school year. In addition, to core subjects (Math, Language Arts, Social Studies, Science and Physical Education), Jr High students will be offered **FOUR (4)** CTF options in our school year.

Grade 7, 8, and 9 students ARE REQUIRED TO have a full time school program.

- Please be aware that the school reserves the right to cancel any of the CTF courses offered due to limited enrollment.
- Not all options will be available every year.
- Grade 9's will have access to more CTS style options.

| | |
|-------------------------------------|--|
| Art 1 | Learn basic drawing skills and techniques through a variety of drawing and painting media. Students will create several 2D pieces of art as well as one 3D sculpture. |
| Art 2 | Build on your skills and techniques gained in Art 1 through the creation of several 2D pieces and one 3D sculpture. Projects and media differ from those completed in Art 1 as well as increase in size and scope. |
| Computers 1 | This course is designed to give you experience exploring and playing with many digital skills, apps, and website design. In this course you will be given many mini projects to choose from including green screen technology, photography, basic block coding, digital design, video production, google tools and apps, programming, we video, animation, stop motion video, minecraft for education and beyond. You will be required to create your first digital portfolio to save and showcase your projects. You will need this portfolio for communication technology 2 to build onto. |
| Computers 2 | After exploring the digital world of communication in communication technology 1, you will choose to work in depth with one of more digital communication tools of your choice. The choices of projects range from video production, photography, coding, digital design, google tools and apps, programming, animation, stop motion videos and beyond. You will continue to build your digital portfolio in this course. You can take your digital design portfolio to high school communication and technology courses. |
| Music 1 | Introduction to music in a group with some basic piano and ukulele skills. |
| Music 2 | Students will further develop their basic piano and ukulele skills and will be introduced to more complex rhythms and fingerpicking. |
| Tourism: Home & Abroad 1 | In this course we will explore the world! Through research, documentaries, world news, and personal travel experience, we will dive into the world of travel and tourism. We cover topics like how to travel on a budget, what types of jobs are available in tourism, safe countries and unsafe countries to visit, student exchange possibilities, humanitarian trips, volunteer vacations, benefits of being a good host (air bnb)and much more. |
| Tourism: Home & Abroad 2 | Take your tourism knowledge to the next level. We will discuss historical travel, traveling to learn about history, travel with a purpose, and the impact the travel industry has on our environment. There will be guest speakers and small projects. |
| Model House Building 1 | Design your dream house! Using computers research and design, build a model house that would make all your dreams come true! You're only limits are your imagination...and if the house will stand up! |
| Model House Building 2 | Use "sticks and stones" to create an accurate scale and design home of the future. Explore alternative power sources such as solar and heating systems to make your house completely self sufficient |

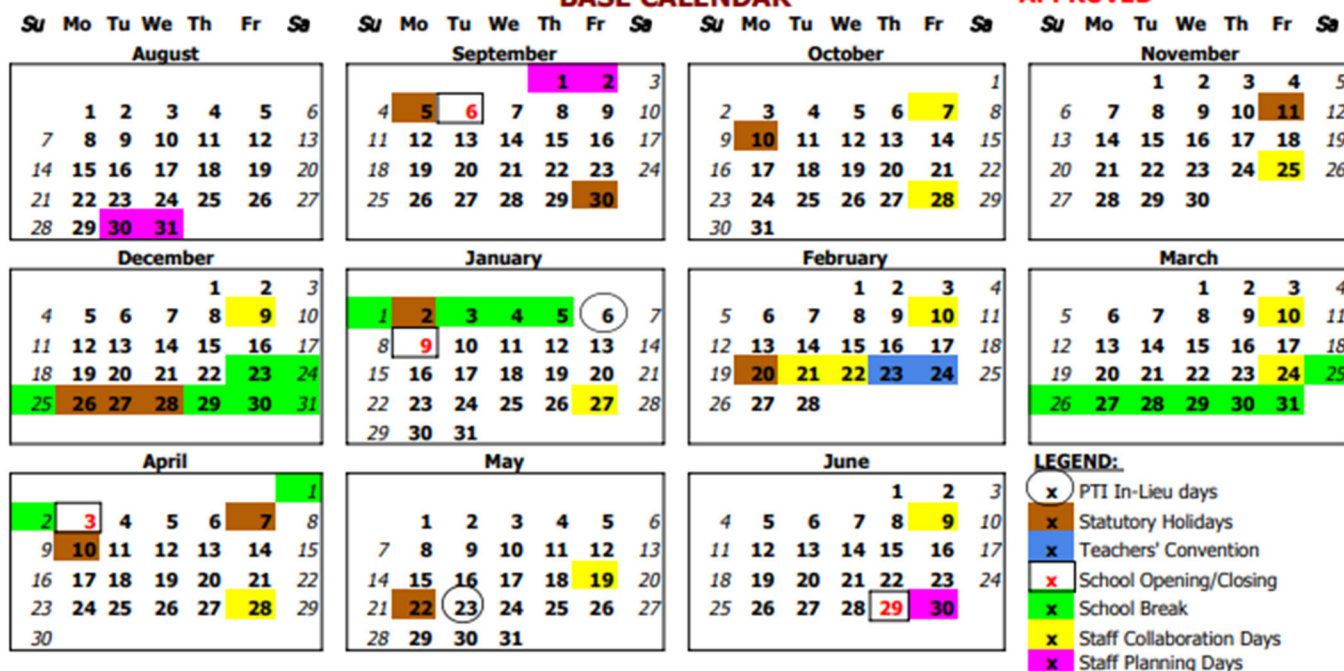
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| Digital Art 1 | This course will explore the art of basic video production. Students will learn the basics of video camera work and develop storyboards as they plan to create their own short video productions. There will be a combination of individual and group projects that the students will be required to complete. |
| Digital Art 2 | Students will explore the art of digital photography and photo editing! This course is an introduction to capturing well composed digital photos, editing various aspects of your photos, and technical basics of your digital camera. |
| Drama 1 | The primary objectives for drama are to enhance student confidence and imagination through active expression. Students will explore character, creativity, through acting games, and script work. We will work on scenes and short plays in this course. |
| Drama 2 | In this class, students will build upon previously learned skills to portray more compelling characters and complex scenes. Students will focus on realistic acting, commanding audience attention, and developing a stage presence. We will work on a short play in this course. |
| Flight 1 | This course will apply and test the many principles at work for aircraft and rocket applications. Projects will include gliders; propeller powered balsa aircraft as well as air and bottle rockets. |
| Flight 2 | This option will further challenge students in more intricate aircraft and rocket designs as well as hot air balloon and kites. |
| Foods 1 | This option is an introduction to the kitchen and food safety practices. Students will become familiar and confident working as a team and preparing basic recipes. |
| Foods 2 | Students will build on the basic skills they have learned in Foods 1 and try out more complex recipes. When finished this option they will have a skill set that prepares them for Foods 10. |
| Cosmetology 1 | History of hair, hair through the ages, and how to do anyone's hair so it looks awesome. Students get an opportunity to make their own skin care products, essential oil blends and learn how to use them every day. We will learn basic hair skills and makeup application nail painting and massage. As well as other dimensions of health and healing for self. |
| Cosmetology 2 | Take it to the next level. Learn some skills for competing in Skills Canada, do some basic coloring and cutting. This class offers the opportunity for an insider look at the industry (potential field trips!) Students will also get an opportunity to make their own skin care products, essential oil blends and learn how to use them every day. We will learn basic hair skills and makeup application nail painting and massage. As well as other dimensions of health and healing for self. medicine wheel, circle talk time etc. |
| Metal 1 | Students will be covering hand tool use, project planning, measurement and layout, some power tool use, and safety in the metals lab. Students will be completing a number of projects from a variety of different metalworking areas, including sheet metal, bar and tubular stock, machining and soldering/brazing. Previous Industrial Arts experience helpful, but not necessary. |
| Metal 2 | Students will be completing a number of projects from a variety of different welding and metal work areas. Students will learn general shop safety, hand tool use, power tool use, project planning, measurement and layout. Students will also learn welding safety and basic procedures in Stick (SMAW), MIG (GMAW), and Oxyacetylene welding/brazing. Students may also be introduced to forging and/or foundry basics as well |
| Native Art 1 | This option class will introduce students to a number of different art forms common to our aboriginal history. Activities will include wood burning, wood carving, sand art, soap carving and introductory beading. |
| Native Art 2 | This option will further our exploration into aboriginal art. Beading and leather work will be the main focus. |
| Passion for Fashion 1 | Learn to be more confident! Discover your fashion style! Appreciate your natural beauty! Experiment and learn how to use beauty products. |
| Passion for Fashion 2 | In this option students will further their exploration of the world of fashion and the development of their own personal style. They will have opportunity to create hands on fashion projects and take a close look at the fashion industry. |
| Alternative Health & Fitness 1 & 2 | Ever wonder what you could take instead of an Aspirin? Learn how to use natural foods and oils to maintain good health, try the oriental exercise of Tae Bo and Tai Chi, as well as learn how to set up your own fitness program, decrease your stress through yoga as well as many other personal directed health and wellness activities. Learn about chiropractic, physiotherapy, acupuncture as well as other non-traditional methods for maintaining good health. Put together and use newly learned knowledge to develop a fitness program that suits YOU and then put your health and fitness first! |

| | |
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| Plastics 1 | This option will introduce students to the world of working with acrylic plastic. Activities will include the design and manufacture of rings, a jewelry box and ornamental figures. |
| Plastics 2 | More challenging plastic projects await students in the option. Some of the projects will include cell phone stands, single dimensional images and three dimensional designs. |
| Sculpture 1 | Students will learn basic clay hand building techniques, paper mâché, plaster and wire sculpture techniques through the creation of several 3D pieces of art. |
| Transportation Tech 1 | This option has a focus on the design, engineering and construction processes that take place to bring an automobile to life. Students will construct and race co2 powered dragsters and air cars. |
| Transportation Tech 2 | This option will continue to challenge students in the design and construction of co2 powered model vehicles. Students will construct and test custom cruisers (hot rods) and/or formula one cars. |
| Outdoor Ed 1 & 2 | Learn how to start a fire without a lighter, map your way through an unfamiliar city, use morse code to communicate without wifi as well as prepare your very own survival kit! We will teach you how to build a survival shelter, how to get water, learn about foods you can eat, learn how to use a compass as well as some basic military tactics to keep you and your friends safe! |
| Sports Performance | Take charge of your ability to plan and carry out physical fitness. In this option, you will learn about how your muscles work together to keep you healthy. How to plan healthy, safe, fun workouts and then carry out those plans. |
| Wood Working 1 | Learn how to use basic wood tools and develop an understanding of different types of wood to create projects. Students can make a tool box and cutting board or lazy susan. |
| Wood Working 2 | Students can advance to woodworking with stationary shop tools to learn precision and joinery to make an x-puzzle and keepsake box. |

WOLF CREEK PUBLIC SCHOOLS 2022 - 2023 School Year

BASE CALENDAR

APPROVED



| 2022 - 2023 PSC - GRADE 7-9 SCHEDULE | |
|---|--|
| 8:40 - 9:20 (40 min) | Block 1 |
| 9:20 - 10:00 (40 min) | Block 2 |
| 10:00 - 10:30 (30 min) | LSA - Lifeskills and Attitude (Mon-Thurs) Teacher Advisor (Friday) |
| 10:30 - 10:40 (10 min) | Wellness Break |
| 10:40 - 11:20 (40 min) | Block 3 |
| 11:20 - 12:00 (40 min) | Block 4 |
| 12:00 - 12:40 (40 min) | L U N C H |
| 12:40 - 1:20 (40 min) | Block 5 |
| 1:20 - 2:00 (40 min) | Block 6 |
| 2:00 - 2:05 (5 min) | Wellness Break |
| 2:05 - 2:45 (40 min) | Block 7 |
| 2:45 - 3:25 (40 min) | Block 8 |

| 2022 - 2023 PSC - GRADE 10-12 SCHEDULE | |
|---|------------------|
| 8:40 - 10:00 (80 min) | Block 1 |
| 10:00 - 10:30 (30 min) | FLEX (TA Friday) |
| 10:30 - 10:40 (10 min) | Wellness Break |
| 10:40 - 12:00 (80 min) | Block 2 |
| 12:00 - 12:40 (40 min) | L U N C H |
| 12:40 - 2:00 (80 min) | Block 3 |
| 2:00 - 2:05 (5 min) | Wellness Break |
| 2:05 - 3:25 (80 min) | Block 4 |

EXECUTIVE FUNCTIONING

Keys to Success

Organization

Designing and maintaining a system to keep track of materials



Time Management

Having an accurate understanding of time in order to work efficiently



Task Initiation

Independently starting a task and being able to overcome procrastination



Attention

Being able to focus on a person or task for a given period of time



Metacognition

Being aware of what you know and what you don't know to help you learn best



Self-Control

Being able to stop and think in order to control your words and actions



Flexibility

The ability to adapt to new situations and deal with change



Planning

Creating a roadmap for completing a task or goal



Perseverance

Sticking with a task and not giving up, even when it is challenging



Working Memory

Holding information in our minds while working with it

