

SHSM is for you if...

you are interested in one or more of:

- Earning valuable sector skills
- Graduating with a special designation
- Making connections in the health care sector

Or...

if you are planning to:

- Go to University
- Go to College
- Become an Apprentice
- Go to the Work World



Employers say...
"You're hired!"

SHSM Careers

in many industries:

- Emergency Response
- Health Care
- Recreation
- Education
- Sports Facilities
- Training
- Wellness
- Business



in many careers:

- Child & Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy
- Teaching
- Recreational Director
- Nursing
- Dentistry
- Registered Massage Therapist



SHSM Health and Wellness

F.J. Brennan Catholic High School

For more information contact Student Services

519-945-2351

<https://sites.google.com/a/catholicboard.ca/fjbrennan-portal/>

Specialist High Skills Major **Health & Wellness**

**F.J. Brennan Catholic
High School SHSM**



- *Customized High School Experience*
- *Ministry of Education Red Seal*
- *Advanced Employer Standing*
- *Valuable Practical Experience*
- *Industry Recognized Certifications*



**Student Success is the mandate of the
Specialist High Skills Major**

Health & Wellness focus at E.J. Brennan

Explore exciting health care skills

Including but not limited to:

- Physical, mental, and emotional health strategies
- Advance training in health related techniques
- Infection control



Get valuable experience through partnerships with:

- Sector professionals (ie. in health care areas)
- Other forward thinking leadership and business community members

*"Building communities of
faith, hope & service."*

When can I start my SHSM?

The SHSM is open to all students. Entry should occur prior to a student's grade 11 year, with special emphasis on scheduling a two credit co-operative placement in the health care sector.



WINDSOR-ESSEX CATHOLIC
DISTRICT SCHOOL BOARD

What skills & certifications will I earn?

Earn these compulsory and additional certifications:

- Standard First Aid
- WHMIS Certification
- Safe Food Handling
- CPR Level C
- Infection Control
- Customer Service
- Leadership Skills
- Portfolio Development

What courses do I need?

Whether you are going to University, College, the World of Work or becoming an Apprentice, there is a course choice for you. Refer to the pathway chart below to help you select courses that are right for you.

Course Choices	POST SECONDARY PATHWAYS FOR SHSM		
	College or Apprenticeship	University	Workplace
Grade 11 Majors Choose a minimum of 2 courses (by pathway).	SBI3C Biology	SBI3U Biology	SVN3E Environmental Science
	HSP3C Psych Sociology, Anthro	SPH3U Physics	HRF3O World Religions
	HPC3O Raising Healthy Children	SCH3U Chemistry	GPP3O Leadership
Grade 12 Majors Choose a minimum of 2 courses (by pathway).	SCH4C Chemistry	SCH4U Chemistry	PAF4O Fitness
	HHS4C Families In Canada	HSB4U Challenge and Change in Society	PPL4O Healthy Active Living Education
	HFA4C Nutrition and Health	SBI4U Biology	

**Co-operative
Education**

All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op