

you are interested in one or more of:

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

if you are planning to:

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





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**

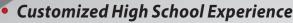


- **Recreational Director**
- Nursing
- **Dentistry**

METROPOLITAN GENER

Registered Massage Therapist





Specialist High Skills Major

Health & Wellness

F.J. Brennan Catholic

High School SHSM

- Ministry of Education Red Seal
- Advanced Employer Standing
- Valuable Practical Experience
- Industry Recognized Certifications



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/



Student Success is the mandate of the Specialist High Skills Major



Employers say... <u>"You're hired!"</u>

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



Cetvaluable 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.



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

- rn Level C
- Leadership Skills
- Portfolio Development

What course do I medf

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	POST SECONDARY PATHWAYS FOR SHSM		
Choices	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			-

Co-operative Education

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