



SHSM Careers

in many industries:

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



in many careers:

- Phy Ed. Teacher
- Recreation Director
- Child & Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy

Specialist High Skills Major Health & Wellness

Ste. Anne High School



SHSM is for you if...

you are interested in one or more of:

- Earning valuable sector skills
- Graduating with a special designation
- Enhancing health through active living

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

Or...

if you are planning to:

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



SHSM - HEALTH & WELLNESS: STE. ANNE

For more information, contact Student Services
Phone: 519 727-8908

Website: <http://mail.wecdsb.on.ca/sta>



Student success is the mandate of the new Specialist High Skills Major

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

Health & Wellness Focus at Ste. Anne

Explore exciting physical & character development methods

Including, but not limited to:

- Leadership development
- Exercise science
- Personal physical fitness



Get valuable experience through partnerships with:

- Sector professionals (ie. in health care areas, personal fitness and sports associations)
- Other forward thinking leadership and business members.

“Learning together in faith and 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 and wellness sector.

What skills and certifications will I learn?

Earn seven of these compulsory and additional certifications:

- Standard First Aid and CPR
- WHMIS Certification
- Infection Control
- Leadership Training
- Safe Food Handling
- High Ropes Relay Certificate (Leadership)
- National Coaching Certification Program - Level 1 Theory

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 min. of 2 courses (by pathway).	PPL3O	Health & Physical Education	PPL3O	Health & Physical Education	PPL3O	Health & Physical Education
	PAF3O	Personal & Fitness Activities	PAF3O	Personal & Fitness Activities	PAF3O	Personal & Fitness Activities
	HRF3O	World Religion	HRF3M	World Religion	HRF3O	World Religion
	SVN3E	Environmental Science	SVN3E		SVN3E	
	PAD3O	Outdoor Activities	SCH3U	Chemistry	PAD3O	Outdoor Activities
	SBI3C	Biology	SBI3U	Biology		
	ATC3M	Dance	ATC3M	Dance		
	PPZ3O	Health for Life	SPH3U	Physics		
<i>Grade 11 Religion is always automatically included as part of your SHSM for all pathways</i>						
Grade 12 Majors Choose a min. of 2 courses (by pathway).	PPL4O	Health & Physical Education	PSE4U	Exercise Science	PPL4O	Health & Physical Education
	PAF4O	Personal & Fitness Activities	SBI4U	Biology	PAF4O	Personal/Fitness Activities
	SCH4C	Chemistry	SCH4U	Chemistry		
	SPH4C	Physics	SPH4U	Physics		
	ATC4M	Dance	ATC4M	Dance		
	PLF4C	Recreation & Fitness Leadership	HSB4U	Challenges & Changes in Society		
	HFA4M	Food & Nutrition				

Co-operative Education

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