

- 1. Journey to Success
- 2. Choices of successful students and Inner voices.
- 3. Differences between High school and Post-secondary
- 4. High School cafeteria menu.
- 5. Community hour information and tracking form
- 6. Sports information
- 7. Social Media contact information

Contact:

Sanna Humphreys H.BSc, B.Ed., OCT.
Student services at Geraldton Composite High school
807-854-0130 ext. 226
shumphreys@sgdsb.on.ca

ACCESS SCHOOL WEBSITE:

www.gchs.ca>parents>Grade 8 parent information for this and other info.



The Successful Student:

- ★ *Has a positive attitude*
- ★ *Attends class*
- ★ *Is on time*
- ★ *Asks for help from the teacher
and makes appointments with them*
- ★ *Completes and submits
assignments on time*
- ★ *Keeps on trying!*

CHOICES OF SUCCESSFUL STUDENTS

SUCCESSFUL STUDENTS...	STRUGGLING STUDENTS...
1. ...accept PERSONAL RESPONSIBILITY , seeing themselves as the primary cause of their outcomes and experiences.	1. ...see themselves as victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. ...discover SELF-MOTIVATION , finding purpose in their lives by discovering personally meaningful goals and dreams.	2. ...have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of purpose in their lives.
3. ...master SELF-MANAGEMENT , consistently planning and taking purposeful actions in pursuit of their goals and dreams.	3. ...seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. ...employ INTERDEPENDENCE , building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).	4. ...are solitary, seldom requesting, even rejecting, offers of assistance from those who could help.
5. ...gain SELF-AWARENESS , consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. ...make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. ...adopt LIFE-LONG LEARNING , finding valuable lessons and wisdom in nearly every experience they have.	6. ...resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. ...develop EMOTIONAL INTELLIGENCE , effectively managing their emotions and the emotions of others in support of their goals and dreams.	7. ...live at the mercy of strong emotions such as anger, sadness, anxiety, or a need for instant gratification.
8. ... BELIEVE IN THEMSELVES , seeing themselves as capable, lovable and unconditionally worthy human beings.	8. ...doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

INNER VOICES

The world of self-criticism on the one side and judgment toward others on the other side is a major part of the dance of life. —Hal Stone, Ph.D. & Sidra Stone, Ph.D., Clinical Psychologists

The critical inner voice is defined as a well-integrated pattern of negative thoughts toward one's self and others that is at the root of an individual's maladaptive behavior. —Lisa Firestone, Ph.D., Clinical Psychologist

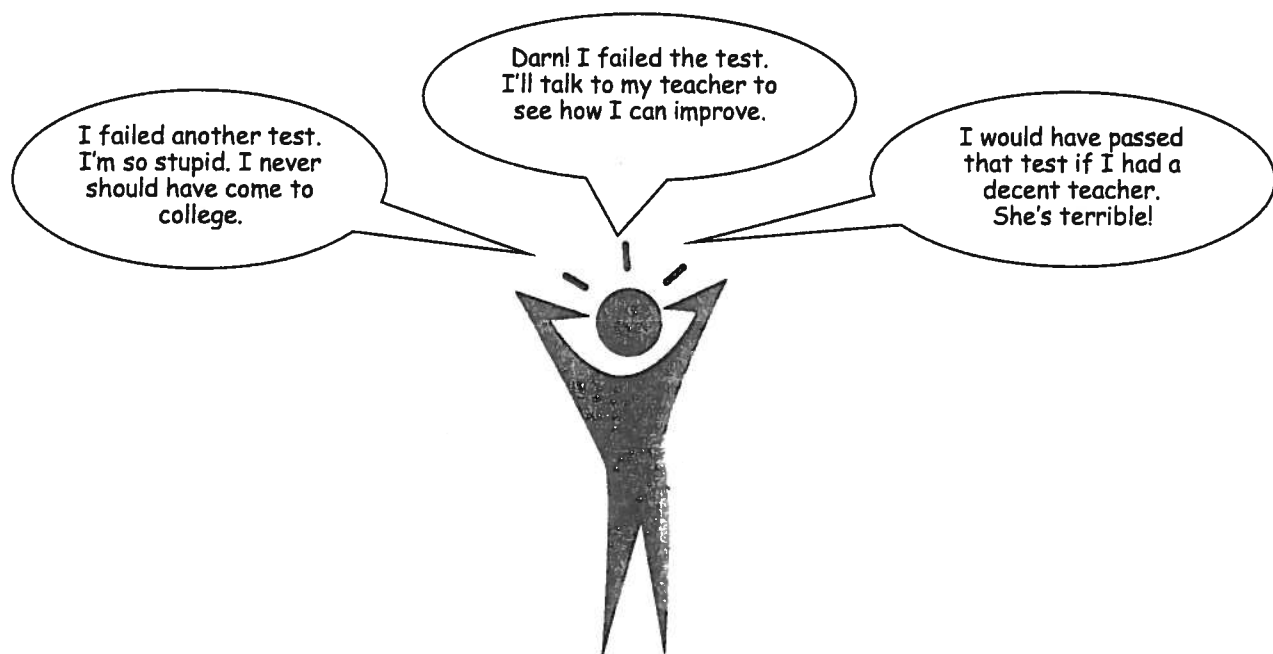
VICTIM VOICES

INNER CRITIC: The Inner Critic judges us. It blames us, complains about us, demeans us. This voice often sounds like a recording of critical parents and other judgmental adults we have known. Its positive intention seems to be protecting us from attack from the outside. Through constant self-criticism, the Inner Critic hopes to perfect our actions, thoughts, and feelings to meet the approval of others and thus avoid their displeasure and possible punishment.

INNER DEFENDER: The Inner Defender judges others. It blames others, complains about them, demeans them. This voice often sounds much like a scared, confused little child backed into a dangerous corner. Its positive intention seems to be fending off criticism and punishment from powerful others. As such, the Inner Defender becomes a master of the preemptive strike.

CREATOR VOICE

INNER GUIDE: The Inner Guide offers an objective and wise perspective about ourselves and others. It neither demeans nor attacks. Instead, the Inner Guide observes the events in a Creator's life, asking simply: *Am I on course or off course? If I'm off course, how can I best get back on course?* Our Inner Guides tell us the absolute truth (as best we can know it at that moment), allowing us to be more fully conscious of the world, other people, and especially ourselves.



**WHEN LIFE COMES CALLING, WITH WHICH INNER VOICE WILL I RESPOND?
IT'S MY CHOICE.**

Differences Between High School and Post-Secondary

Unlike high school, college and university students have much more responsibility for their academic success. Therefore, having a clear understanding of the differences between high school and post-secondary is essential.

High School	College and University
High school may provide "modified programs" to help students of all levels succeed.	Programs are <i>not</i> modified; you must demonstrate the required level of skill in order to pass.
Teachers will remind you of incomplete work or missing assignments.	Professors will not usually remind you of missing assignments and you will receive a failing mark.
Teachers will remind you of assignment due dates and tests.	You are responsible for handing assignments in on time by checking the course outline and syllabus for due dates.
Teachers will approach you if they believe you need assistance.	Professors are usually open and approachable, but most expect you to initiate contact if you need assistance.
Teachers follow a textbook and structure lessons to help you understand the material in the textbook.	Professors may not always follow the textbook and will expect you to use the class lectures to relate to the textbook readings.
Teachers often write information on the board for you to copy into your notes.	Professors may lecture non-stop, expecting you to identify important points for your notes.
Teachers will inform you of what they expect you to learn from the assigned readings.	It is up to you to read and understand the assigned readings without direction from the instructor.
Studying time outside class is usually only 2 hours per week and is mostly last-minute test preparation.	For each hour <i>in</i> class, you should spend 2-3 hours studying/preparing <i>outside</i> class.
Teachers will re-arrange test and assignment dates to avoid conflict with school events.	Professors schedule tests and assignments without regard to other courses or activities.
Teachers give tests often and usually on small amounts of material.	Testing is usually infrequent and may be cumulative.
Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you.	Mastery is often seen as the ability to apply what you have learned to new situations and problems.
You may graduate if you have passed all required classes with a grade of 50% or higher.	You may graduate only if your average in classes meets the departmental standard (ie. 60%-70% may be a pass in some faculties).

Cafeteria Menu

(Prices & menu selection subject to change in September)

BREAKFAST	PRICE	FEATURED SPECIALS	PRICE
Thick Toast	3.00	Chicken Burgers	4.00
Thin Toast	2.50	Chicken Burger Plate	6.00
Muffins	1.00	Nacho's (small)	4.50
Yogurt Parfait	3.00	Nacho's (large)	5.00
		Nacho's (xlarge)	6.00
SALADS		Nacho Salad	5.50
Cesar (small)	3.00	Pizza – pep & cheese	5.00
Cesar (large)	4.00	Pizza – all dressed	5.50
Veggie Plate	4.00	Pizza Fingers	1.75
Fruit Salad	3.00	Sloppy Joes (small)	4.00
Small Salad	4.00	Sloppy Joes (large)	5.00
Combo Salad	5.50	Macaroni Dinner (small)	4.00
		Macaroni Dinner (large)	5.00
SANDWICHES – brown bread only		Spaghetti (small)	4.00
Egg Salad	3.50	Spaghetti	5.50
Turkey	3.75	Lasagna	6.00
Turkey Salad	3.75	Shepherd Pie	5.50
Ham & Cheese	3.75	Meatballs with Rice	6.00
Roast Beef	4.00	Fried Rice (small)	4.00
Bologna	3.50	Fried Rice (large)	4.50
		Hot Beef Sandwich	6.00
Western	4.00	Chicken Dinner	5.50
Grilled Cheese	3.00 or 2 for 5.00	Perogies (small)	4.00
		Perogies (large)	5.00
BEVERAGES		Chinese Noodles (small)	4.00
Water	1.25	Chinese Noodles (large)	5.00
Hot Chocolate	1.50	H & G Chicken	6.00
Tea or Coffee	1.50	BBQ Rib Subs	3.75
Canned Juices	1.25	Assorted Subs	3.75
V-8 Juice	1.50	Pizza Subs	3.75
V-8 Fruit Drinks	2.25	Beef Subs	4.00
Milk	1.50 (200ml) 2.00 (500ml)	Pull Pork	4.00
		Chili (small)	4.50
SIDE DISHES		Chili (large)	5.50
French Fries (small)	3.50	Wraps	5.00
French Fries (large)	4.00	MISCELLANEOUS	
Poutine Style (small)	4.00	Rice Krispies Cake	1.00
Poutine Style (large)	4.75	Soup	3.00 sm/3.50 lg
		Cake	2.00
		Cookies	.75 or 2 for 1.25
		Pastry	2.00
		Halls	1.75
		Beef Jerky or Hot Rods	1.50

Geraldton Composite High School

Your Community Involvement

Information for Grade 9 Students and Parents

Every student is required to complete 40 hours of community involvement in order to complete the high school program and graduation requirements.

This has been added as a formal requirement to encourage students to develop awareness and understanding of civic responsibility, to increase awareness of the role they play and the contribution they can make in supporting and strengthening their communities, and to develop a positive image and greater sense of identity in their community.

**Increases
student
positive
self-image!**

Community Involvement....

- Is a graduation requirement;
- Is a commitment of a minimum of 40 hours, starting after grade 8 graduation with completion prior to high school graduation;
- Is a set of student-directed activities;
- Activities where students do not receive pay;
- Activities where students do not replace paid workers;
- Is something many students already do!

**Where
students
choose
their own
activities!**

**Can develop into
career and job
opportunities!**

Inside...
...more details about the activities
...information for parents

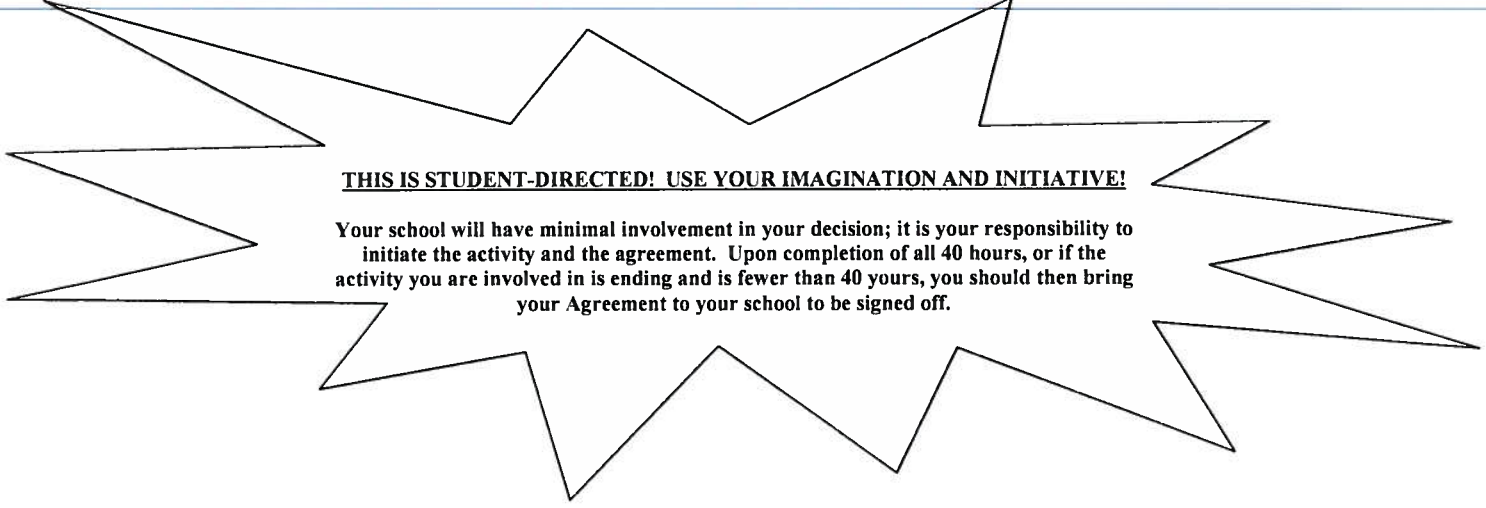


Getting Started...

When you begin to plan, think about activities in your community, school, or with an individual which would meet the criteria. Some ideas are listed below but use your imagination. The list is endless.

Contact local volunteer organizations for current activities and special events where assistance will be required, or

- ✓ Public Institutions
- ✓ Regional or Local Government
- ✓ Private Enterprise
- ✓ Volunteer activities through your school
- ✓ Service Clubs
- ✓ Local Library and Information Centres for a list of agencies in our community



THIS IS STUDENT-DIRECTED! USE YOUR IMAGINATION AND INITIATIVE!

Your school will have minimal involvement in your decision; it is your responsibility to initiate the activity and the agreement. Upon completion of all 40 hours, or if the activity you are involved in is ending and is fewer than 40 hours, you should then bring your Agreement to your school to be signed off.



Parent Information

Your support of your child's Community Involvement activities is an important part of the success of this venture. Review and discuss the expectations of the mandatory Community Involvement diploma requirement. Help plan the kinds of activities that best suit your child's interests and abilities. Young people need to be made aware of situations that they may encounter. In selecting appropriate activities, the following should be considered:

- ✓ Health and Safety
- ✓ Hazardous Materials or substances
- ✓ Harassment
- ✓ Age-appropriate activities
- ✓ Location of activity activities that require a police check



When...?

Community Involvement Activities can take place:

- ✓ After school
- ✓ At lunch
- ✓ During spares
- ✓ During school holidays
- ✓ During the summer



These activities are non-paid and out-of-class time, and not part of a course (and must not be court-ordered). Simply being a member of a committee, club or organization is not eligible.

This list contains examples of acceptable activities that are eligible for Community Involvement. Other activities not on this list may be eligible.

Community

Fundraising:

- Canvassing, walk-a-thons, special events and sales

Sports / recreation:

- Coaching, Special Olympics, pool assistant, figure skating, hockey

Community Events & Projects:

- Helping to organize the winter carnival, summer fairs, Meals on Wheels, 4H activities, seasonal events, Humane Society

Participating in Environmental Projects:

- Recycling program, community clean-up, planting

Seniors' residence Assistance:

- Serving snacks, helping with crafts, visiting, reading, bingo

Committees:

- Advisory board, neighbourhood associations, regional associations, school committees, recreation committee

Cultural & Religious Activities:

- Playing music, library, museums, and heritage site volunteer activities
- Babysitting, youth activities, children's programs, special events, clerical tasks

Children & Youth Programs:

- After school programs, Winter Break programs, summer playgrounds and camps, child care centers

School – Non-Credit Extracurricular

- Organizing and assisting with school activities
- Grade 9 welcome, Students' Council, school art show, yearbook
- Special events authorized by Student Services/Principal

Activities to assist in Our Community, but not limited to:

- Helping seniors shop
- Shoveling snow / Cutting grass
- Reading buddies
- Chronic care visits
- Preparing web pages
- Community Library / Tutoring, literacy
- Legions – bingos, fundraisers, special events
- Crime Stoppers / O.P.P. – bike safety, wash cars
- Fire Department – Fire Safety Week
- Cancer Society / Heart & Stroke



Activities Not Eligible

These are examples of the types of activities that are not eligible...

- Co-operative education requirements, any portion of a course, job shadowing, or work experience
- Activities that take place during the time allotted for instructional program during the school day
- Activities in mining or logging environment when students are under 16 years of age
- Activities that take place in a mill or factory if the student is under 15 years of age
- Activities that involve the operation of a vehicle
- Activities that involve the administration of medication or medical procedures to other persons
- Activities that include the handling of hazardous materials or substances
- Activities your parents would normally require you to do at home
- Court ordered activities

**LIABILITY INSURANCE COERAGE FOR THE
GERADLTON COMPOSITE HIGH SCHOOL
INVOLVEMENT PROGRAM**

Superior- Greenstone district School Board is pleased to advise our Community Sponsors that students who are performing volunteer work for your organizations are protected by the school board's liability insurance while they are performing their forty hours of community involvement service. Community sponsors are also protected by the board's liability insurance for claims that arise out of our students' volunteer activities for your organizations.

For example, if a student, in the course of his/her volunteer duties, causes damage or injures a third party, and these results in a law suit against the student and the community sponsor, the board's insurance will protect both the student and the community sponsor.

Community sponsors will be responsible for ensuring that their liability insurance will protect them for their involvement in this program. As with other programs, such as "Take Our Kids to Work", the school board's insurance does not provide coverage for the negligence of the community sponsors.

Community sponsors should also be aware that, like job shadowing and other similar work-experience programs, students do not have accident insurance, nor Workplace safety Insurance coverage through the school board. It is recommended that students involved in the program purchase Student Accident Insurance. The school board expects the community sponsors to ensure that student volunteers are provided with safety instructions, and are trained and supervised to ensure a safe and mutually beneficial volunteer experience.

The list of eligible and ineligible activities in included in this Information Document provided by the school.

Please pick up the
Completion of Community Involvement Activity
form from the main office of
Geraldton Composite High School.

SUPERIOR-GREENSTONE DISTRICT SCHOOL BOARD - GERALDTON COMPOSITE HIGH SCHOOL

Completion of Community Involvement Activities

Student (please print)	Principal Mr. A. Luomala
School Geraldton Composite High School 500 Second St. W., Box 909 Geraldton, ON P0T 1M0	Telephone (807) 854-0130

You may start accumulation of the mandatory 40 hours at any time once you have graduated from grade 8 (example: July/August). Please submit this form to the school's main office as soon as each activity is completed and pick up a new form for your next activity.

Activity	Number of Hours	Date of Completion	Location	Telephone	Supervisor's Name (Please Print)	Signature

Total Hours Completed _____

Student's Signature _____ Date _____
Parent's Signature _____ Date _____

For office use only Hours have been noted on the student's OST.
Signature of School Principal _____ Date _____

Geraldton Composite High School Athletics

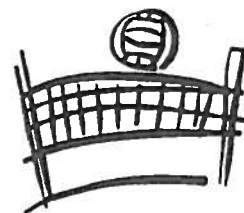
Students who participate in extracurricular sports activities are expected to take pride in representing the school and are expected to be good ambassadors. Playing on a team is a privilege, not a right.

Expectations of the athlete:

- ✓ Good attendance
- ✓ Good attitude – in class, out of class, on the court, and at practices
- ✓ Consistent effort in all classes
- ✓ Respect – for all staff, players, coaches, and officials

Sports available:

- ✓ Cross country running – September
- ✓ Golf – September
- ✓ Boys volleyball – September - November
- ✓ Girls basketball – September - November
- ✓ Boys basketball – December - January
- ✓ Girls volleyball – December - January
- ✓ Curling – February - March (may begin earlier)
- ✓ Badminton – March - April
- ✓ Hockey- March & April
- ✓ Soccer – April - May
- ✓ Track and Field – April - May



Costs: Student is responsible for paying these fees

- ✓ \$20.00 bus fee
- ✓ Food and overnight lodging – will vary depending on the sport



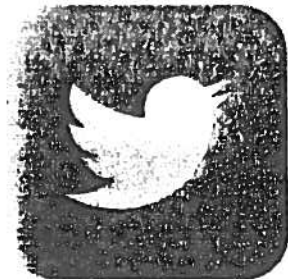
GET SOCIAL!

GCHS is on Social Media



Like GCHS on Facebook:
www.facebook.com/gchsknights

Follow GCHS on Twitter:
[@G_CHS](https://twitter.com/G_CHS)



- Bus Information
- Announcements
- Contests
- Pictures
- Sports Updates
- Reminders

Samples of work for grade 9 available on the school website:

www.gchs.ca/parents/Grade8

*Textbook page samples from a variety of subjects

Sample assignments for:

*English

*Geography

*Math

*Science

Geraldton Composite High School

Box 909 500 2nd Street West Geraldton, ON P0T 1M0



STUDENT SERVICES

ACADEMIC ADVISING

- ⇒ Timetabling- course selection & changes/ e-learning, alternative ed., Cooperative ed., specialist high skills major, Ontario youth apprenticeship program, dual credits
- ⇒ Pathway planning
- ⇒ Student success strategies

CAREER PLANNING

- ⇒ Using Career Cruising computerized program
- ⇒ Post secondary awareness

COUNSELLING

- ⇒ Career/ student success focused
- ⇒ Crisis intervention
- ⇒ Referrals to Community agencies— Dilico, NOSP, John Howard Society, Greenstone Family Health Team etc.

FINANCIAL INFORMATION

- ⇒ OSAP information
- ⇒ Local scholarships, awards and bursaries applications
- ⇒ Awareness of entrance awards and other educational funds

TRANSITION PLANNING

- ⇒ Orientation to high school
- ⇒ Graduation ceremony
- ⇒ Post secondary pathways
- ⇒ Registration to high school, college, university

WORKSHOPS

- ⇒ Careers
- ⇒ Wellness/cultural topics
- ⇒ workplace, apprenticeships, college, University information
- ⇒ Job search/ skills
- ⇒ Financial planning

Contact: Sanna Humphreys
H.Bsc., B.Ed., OCT.
Phone: 807-854-0130 ext. 226 Fax: 807-854-2014
E-mail: shumphreys@sgdsb.on.ca



John Howard Society District of Thunder Bay Aboriginal Youth Support

Diversion programs, supportive Aboriginal skills like beading and making things with hide. Ceremonial dances and celebrations like Aboriginal Day Pow Wow Dancing, Regalia making and field trips.

Access to cultural activities, smudging, drumming, Aboriginal teachings, arts & crafts, medicine picking.

Work- Shops:

Streetwolf- (a program for youth ages 13 and up).
Kanawayhitowin- Taking Care of Each Other's Spirit.
Kizhaay- Violence Against Aboriginal Women.

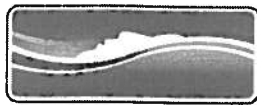
Stay in school initiatives, elder involvement, assistance with filling out applications for housing, educational assistance, court procedure assistance, one on one supportive counselling.

Program Coordinator Erica Cormier

Located at Geraldton Composite High School

500 2nd Street West

Phone 807-854-2798



NORTH OF
SUPERIOR
COUNSELLING PROGRAMS

Programmes de Counselling
Nord du Supérieur

info@nosp.on.ca
www.nosp.on.ca

16 Front St., P.O. Box 670
Nipigon, ON P0T 2J0

T: 1-877-895-NOSP (6677)

Geraldton

P.O. Box 1089
423 Main St. Unit 3
Geraldton, ON P0T 1M0

Longlac

P.O. Box 610
121 Forestry Rd.
Longlac, ON P0T 2A0

Nipigon

P.O. Box 670
16 Front St.
Nipigon, ON P0T 2J0

Manitouwadge

P.O. Box 207
1 Health Care Cres.
Manitouwadge, ON P0T 2C0

Marathon

P.O. Box 849
51 Peninsula Rd.
Marathon, ON P0T 2E0

Armstrong

P.O. Box 362
111 Queen St.
Armstrong, ON P0T 1A0

Terrace Bay

P.O. Box 309
9 Selkirk Ave.
Terrace Bay, ON P0T 2W0

Community Wellness Programs for
Individuals & Families since 1983

Programmes de bien-être
communautaire pour individus et
familles depuis 1983

Healthy People
Resilient Families
Vibrant Communities

North of Superior Counselling Programs (NOSP) Information Sheet

North of Superior Counselling Programs (NOSP) is a community-based mental health and addiction Agency that provides services across the lifespan. NOSP has seven (7) offices across the District of Thunder Bay in the communities of Manitouwadge, Marathon, Terrace Bay, Nipigon, Armstrong and Greenstone (Geraldton/Longlac). NOSP services are free of charge.

Referral Process

Adults, children/youth, families and other service providers can access NOSP services by the following methods:

- Walk-in
- Phone or fax
- Mail in
- Access Network (1-855-486-5037)

What We Offer

Services across the lifespan:

- Infant, child, and youth Mental Health/Addiction Services (0-18)
- Adult Mental Health/Addiction Services (18+)
- Intensive Clinical Intervention/Support
- Senior Volunteer In Service Program (SVIS)
- Walk In Clinic, Brief Services
- Adult Housing Support Program

NOSP Service Focus

Specialized services, case management, intensive clinical intervention, clinical assessment, clinical/addiction counselling, intervention/treatment planning, harm reduction, brief services (short-term evidence-based programming that 'targets' specific issues such as anxiety, depression, bullying). NOSP is not a mobile crisis response service – however, we do respond to referrals of clients in crisis.

Confidentiality Policies

Anything discussed between a client and their counsellor is private and confidential within the Agency. Clients entering into service are required to be entered into an information database. This system is confidential and access is limited to authorized staff.

Other Services Include, but not limited to:

- Public presentations
- Parenting programs
- Consultation to local service providers, agencies and schools
- Access to specialized services (i.e. psychiatry)

NOSP has a vested interest in District-based services. We look forward to continuing our commitment to explore innovative partnerships, collaborations and models that best support **healthy people, resilient families and vibrant communities** across the District of Thunder Bay.





Greenstone Family Health Team

510 Hogarth Ave W., P. O. Box 988 Geraldton, ON P0T 1M0
Tel: 807.854.0051 Fax: 807.854.2773 Email: contact@gfht.ca Website: www.gfht.ca

Social Work Services

Social workers provide the majority of counselling and psychotherapy services in Ontario. Social workers help people resolve a variety of issues that affect their daily lives through:

- Identifying and understanding sources of stress or difficulty
- Developing coping skills and finding effective solutions
- Providing counseling and psychotherapy education
- Creating linkages with additional resources when necessary

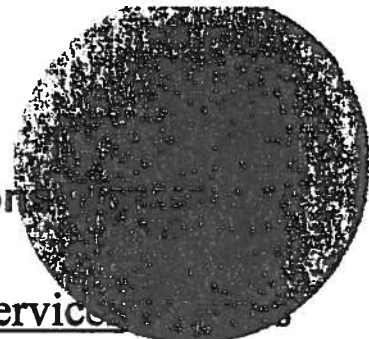
Are you, or someone you know, struggling with:

*Appointments
available in
Longlac and
Geraldton.
Please call for
information.*

- Depression?
- Anxiety?
- Stress
- Relationship issues?
- Grief and loss?
- Sexual identity?
- Substance abuse?
- Health Issues?
- Lifestyle change?
- Life cycle change?
- School/Workplace issues?
- Goal setting?
- A new medical diagnosis?
- Parenting challenges?
- Coping with daily life?
- Caregiver stress?
- Anger?

If so, call 854-0051 to book a confidential appointment.

Community Mental Health and Addictions



Dilico's District Mental Health and Addictions Services
Counselling and case management services to assist children, adults
and families dealing with mental health issues, substance abuse and the
challenges of daily life.

Your new Community Mental Health and Addictions worker provides
services primarily to Aboriginal children 0 to 18 years of age and their
families. Workers are equipped with skills, information and resources
to assist clients with anger issues, depression, grief and loss,
bullying and suicide

Dilico – Main Office

200 Anemki Place
Fort William First Nation
Thunder Bay, ON P7J 1L6
Phone: (807) 623-8511
Toll-Free: 1-800-465-3985

Dilico – Adult Residential Treatment Centre

120 Carp River Road
Fort William First Nation
Thunder Bay, ON P7J 1K1
Phone: (807) 623-7963

Dilico District Offices

Armstrong District Office

111 Queen Street
P.O. Box 306
Armstrong, ON P0T 1A0
Phone: (807) 583-2013
Toll-Free: 1-800-668-3023

Longlac District Office

121 Forestry Road, #2
P.O. Box 509
Longlac ON P0T 2A0
Phone: (807) 876-2267
Toll-Free: 1-800-465-0957

Marathon District Office

2 Ontario Street, Unit 10
P.O. Box 1679
Marathon, ON P0T 2E0
Phone: (807) 229-8910
Toll-Free: 1-800-465-5306

Mobert Sub-Office

* Please Contact the
Marathon District Office

Nipigon District Office

112 Fourth Street
Nipigon, ON P0T 2J0
Phone: (807) 887-2514
Toll-Free: 1-800-361-7019