

The graphic features a light blue background with a white rectangular box in the center. The box has a thin black border and rounded corners. Inside the box, the text "SHSM" is written in a large, bold, blue font. Below it, a horizontal line separates "SHSM" from "Health & Wellness", which is also written in a bold, blue font. The background includes several decorative elements: an orange pencil eraser in the top left, a blue pen in the bottom right, and a yellow envelope in the bottom left. A white document with horizontal lines is partially visible in the top right corner.

**SHSM**

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**Health &**

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**Wellness**

# What is a SHSM?



- The SHSM is a Ministry-approved program offered to students at no cost, that helps students make successful transitions to a variety of post-secondary destinations.
- It is designed students interested in:
  - Apprenticeship
  - College
  - University studies
  - Employment in a specific sector.
- SHSM programs are open to grade 11/12 students with the completion of all components by the end of grade 12.

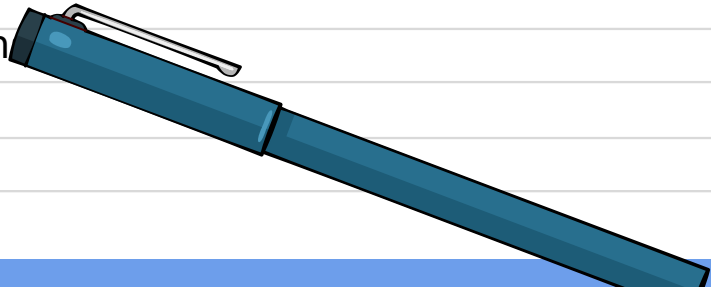
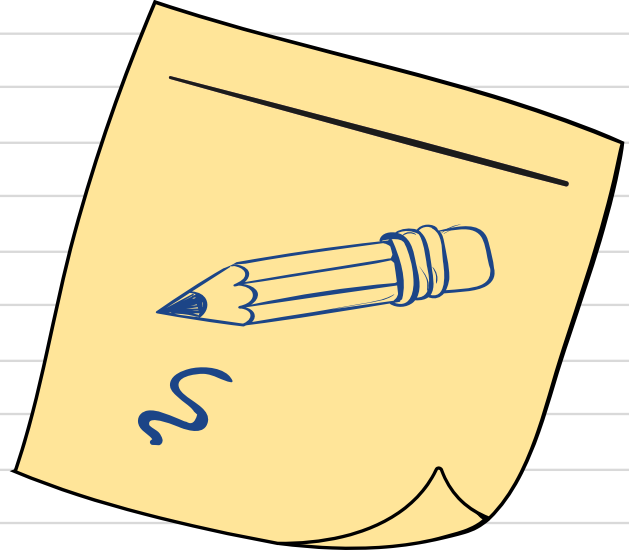
# Key Benefits

Customize your secondary school education to meet your needs

Explore career paths and post-secondary destinations

Develop specialized skillsets/knowledge/work habits for specific post-secondary destinations and/or career paths

Earn sector-recognized certification



# Required Components

## Credits

A bundle of nine credits in Grade 11 and Grade 12 which students earn

## Certifications

Free of charge training/workshops related to the industry

## Reach Ahead

Explore the field and post secondary opportunities in the Health and Wellness

## Coop

workplace experience that enables students to refine, extend and practice sector-specific knowledge and skills.

## Sector Partnered Experience

career-related sector partner and allows students to work alongside an experienced professional

# Grade 11 Courses in our Building

(select at least 1)

BDI3C1 - Entrepreneurship

GPP3O1- Leadership & Peer Support

HSP3U1- Introduction to Anthropology, Sociology & Psychology

HPC3O1- Raising Healthy Children

HRT3M1- World Religions

ICS3U1 – Computer Science

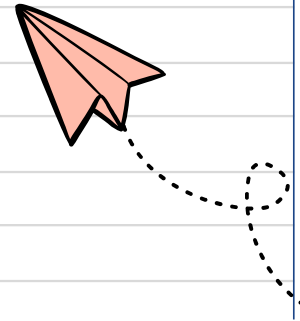
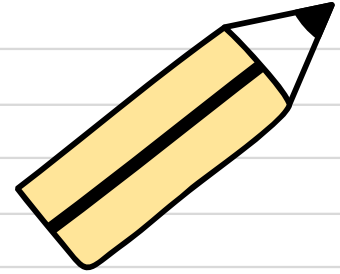
PAI3O- Racket Sports

PAF3O- Personal Fitness

PPL3O- Healthy Active Living

SBI3C/U- Biology

SCH3U1- Chemistry



# Grade 12 Courses in our Building

(select at least 1)

HFA4C/U- Nutrition and Health

HHS4U- Families in Canada

HSB4U- Challenge and Change  
in Society

HZT4U1 – Philosophy

PLF4M1 – Recreation and  
Fitness Leadership

PAF4O- Personal Fitness

PPL4O- Healthy Active Living

PSK4U-Introductory  
Kinesiology

SBI4U- Biology

SCH4C/U- Chemistry

SPH4C/U- Physics

GLE4O1 - Learning Strategies

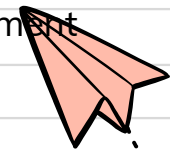
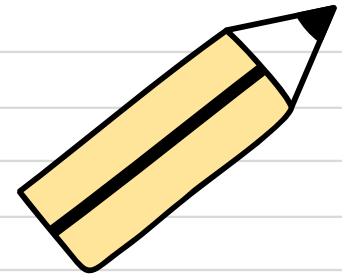
OLC4O1 - Ontario Literacy Course

ICS4U1 - Computer Science

HHG4U1 - Human Growth and Development

PAI4O1 - Racquet Sports

+ **1 Additional Social Science or Science in Grade 11-or  
12**





# Examples of Certifications

Standard First Aid

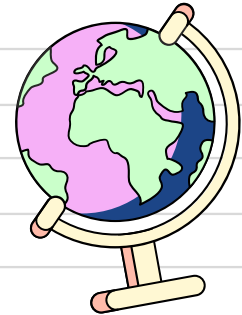
Infectious Control

CPR



Leadership Skills

Communication Skills



# Group Dynamics





# Leadership Skills



# Leadership Skills





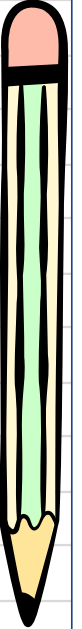
# Examples of Reach Aheads

## Seneca College

Tour the College, check out a lab in action and hear from teachers in Health and Wellness Programs

## University of Toronto - The Faculty of Kinesiology & Physical Education

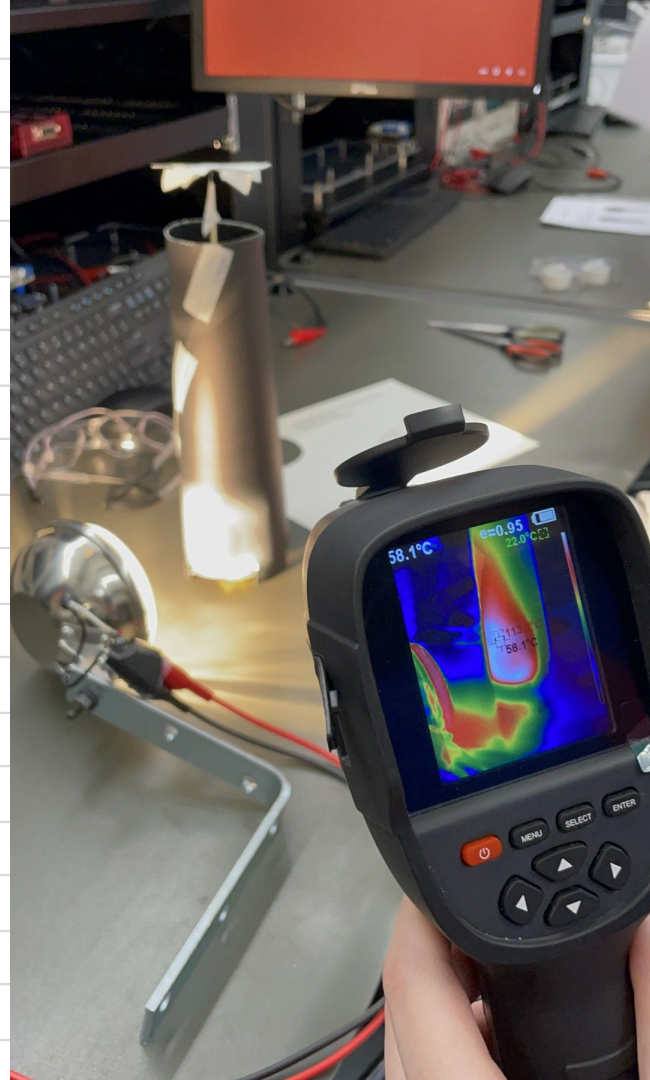
Students have access to the Athletic Centre, the Varsity Centre and the Goldring Centre for High Performance Sport where they can engage in academic and non-academic activities. Students will tour the buildings associated with the program and learn about what the faculty has to offer.



# Seneca College



# Seneca College



# Coop Placement Ideas



Sunnybrook Hospital

Funeral Home

Elementary School



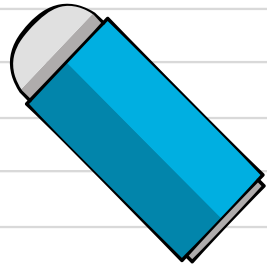
Physiotherapist  
Office

Goodlife Fitness

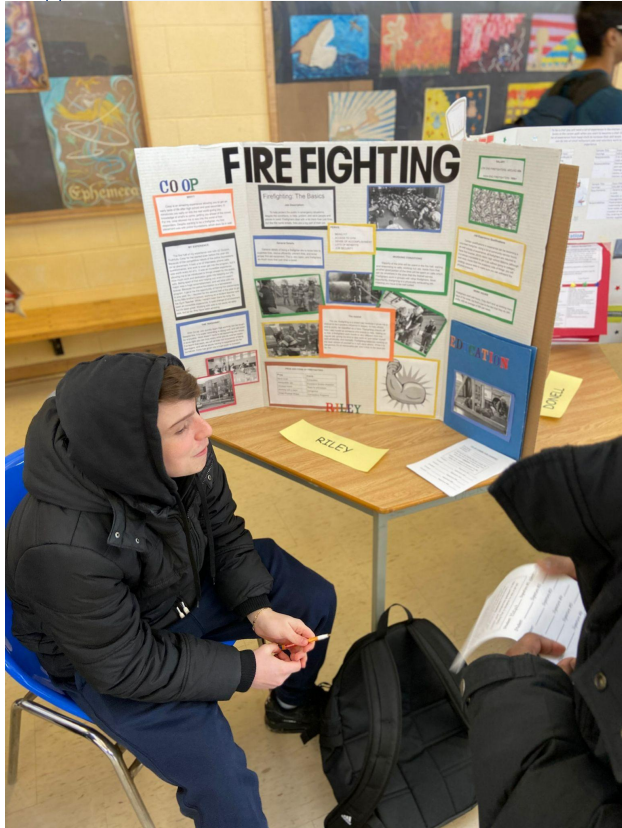
Dentist Office

Veterinary Clinic

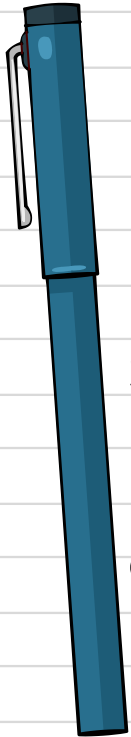
Pharmacies



# Coop Placements

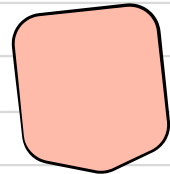


# Sector Partner Experience



## INNOVATION, CREATIVITY & ENTREPRENEURSHIP TRAINING

Students get an awesome day to connect with real people who work in their field and learn insider tips about what it takes to get the job done. Last year's students connected with a Nurse working in the field.





# Your Diploma

