



# **GEORGE MCDOUGALL HIGH SCHOOL**

**GRADE 10 ORIENTATION NIGHT**

# WELCOME TO HIGH SCHOOL



- ❖ Graduation Requirements
- ❖ Regular Attendance and Punctuality
- ❖ Completing Assessments
- ❖ Ongoing Reassessment
- ❖ Course Acceleration and Spares
- ❖ Advocating for yourself
- ❖ Engaging in “Future Ready” opportunities
- ❖ Resources and Support
- ❖ Off Campus Programming- Building Futures, Mechanics, RAP, Green Certificate
- ❖ Global Hockey
- ❖ Extracurricular Activities
- ❖ School Council
- ❖ Ride Of the Mustang
- ❖ Q and A/Closing

# GRADUATION REQUIREMENTS

- All students in Alberta are required to graduate with a total of 100 credits
- **English Language Arts:** Completion of English 30-1 or 30-2.
- **Social Studies:** Completion of Social Studies 30-1 or 30-2.
- **Mathematics:** Completion of a 20-level math course (e.g., Math 20-1, 20-2, or 20-3).
- **Science:** Completion of a 20-level science course (e.g., Biology 20, Chemistry 20, Physics 20, Science 20, or Science 24).
- **Physical Education:** Completion of Physical Education 10 (minimum 3 credits).
- **Career and Life Management (CALM):** Completion of CALM (minimum 3 credits).
- **Additional Credits:**
  - At least 10 credits in any combination from Career and Technology Studies (CTS), Fine Arts, Second Languages, Physical Education 20/30, Knowledge and Employability courses, or Registered Apprenticeship Program (RAP) courses.
  - At least 10 credits in 30-level courses (in addition to English and Social Studies), which may include advanced CTS courses, Work Experience, RAP, or Green Certificate courses.

# REGULAR ATTENDANCE AND PUNCTUALITY



- Why it is important to be present and on time.
- Regular attendance impacts learning and grades.
- There are several strategies for developing good habits:
  - ❖ Getting enough sleep, eating well, regular exercise, minimizing screen time.
  - ❖ Help students develop effective morning routines by teaching them how to prepare for the next day (e.g., packing bags, choosing outfits, and setting alarms the night before).
  - ❖ Encourage mindfulness in the morning to energize and focus them.
  - ❖ Have students pair with punctual role models who can encourage and support with timely attendance
  - ❖ Working on time management and procrastination



# COMPLETING ASSESSMENTS



- ❖ Assessments help identify what you've mastered and where you might need extra support, acting like a map for your academic growth.
- ❖ Completing assessments sharpens problem-solving, time management, and critical thinking skills—abilities that extend far beyond school.
- ❖ Assessments are stepping stones to prepare you for bigger milestones, like exams, projects, and real-world tasks.
- ❖ Strong performance on assessments can unlock opportunities like scholarships, advanced classes, or extracurricular programs.
- ❖ Completing assessments teaches responsibility and accountability, traits that are respected in every aspect of life.
- ❖ Completing assessments minimizes stress just knowing that you are focused and prepared.

# ONGOING REASSESSMENT



## ❖ Less Stress, More Success

- Instead of cramming or stressing at the end of the semester, you get multiple chances to improve your understanding and grades throughout the term.

## ❖ Learn as You Go

- Ongoing reassessment helps you focus on actually learning the material, not just memorizing it for a test. It's all about building your knowledge step by step. **A**
- **Safety Net for Mistakes**
- Made a mistake or had a rough day? No problem! Reassessments give you chances to learn from those mistakes and show what you're really capable of.

## ❖ Stay on Track

- Regular reassessments help you know where you stand. They give you and your teachers a chance to adjust your learning plan if needed, so you're always moving forward.
- ❖ **Reassessment occurs at the end of each unit. Please see teachers' course outline for specific details.**

# COURSE ACCELERATION/SPARES

Grade 10 - grade 10 students are not permitted to accelerate any courses. All grade 10 students are required to carry a full academic load.

- Grade 11- Students in grade 11 are permitted to accelerate one course in their grade 11 year.

If a student chooses to take a class in summer school that is a parent's prerogative.

- Grade 11 students may receive one spare if they complete a minimum of 47 credits in their grade 10 year.



# ADVOCATING FOR YOURSELF



- **Speak up for your needs** – Teachers and school staff can't read your mind! If you're struggling with something or need help, let them know. This ensures you get the support you deserve.  
**Build confidence** – When you stand up for yourself, you gain confidence. It's a skill that helps not just in school, but in life as well.
- **Take control of your learning** – By asking questions and seeking clarity, you can understand your subjects better. Advocating for yourself makes you an active participant in your education.  
**Solve problems early** – If something's bothering you—like a tough assignment or a misunderstanding—advocating for yourself can resolve issues before they grow bigger.
- **Prepare for the future** – Knowing how to explain what you need and why is a life skill. Whether it's in college, a job, or your personal life, self-advocacy will always help you succeed.



# ENGAGING IN FUTURE READY OPPORTUNITIES



- **Explore career options** – Lunch and Learns are a great way to discover different jobs and career paths. You might find something you didn't even know existed but totally love!
- **Career exploration days** – Imagine visiting businesses, colleges, or trade schools to see what different jobs are really like. It's a great way to figure out what sparks your interest. Our school does organize some of this.
- **Job shadowing** – Spend a day with someone who has a job you're curious about. You'll get an insider look at what their job is like and see if it could be a good fit for you.
- **Volunteering** – Volunteering is a win-win. You help others, and at the same time, you build teamwork, leadership, and organizational skills. Plus, you might discover new passions along the way.
- **Mentorship programs** – Having a mentor is like having a personal coach for your future. They'll give you advice, answer your questions, and share their career journey with you.

# OFF CAMPUS PROGRAMMING



**Building Futures-** A unique program for **Grade 10** students that combines academic learning with hands-on experience in home construction, fostering practical skills and teamwork.

**Mechanics-** Provides students with foundational knowledge and hands-on training in automotive mechanics, preparing them for careers in the automotive industry(**Grades 10-12**).

**RAP(Registered Apprenticeship Program)-** Allows high school students to begin an apprenticeship in a trade while earning credits toward their diploma, blending education with real-world work experience(**Grades 11-12**).

**Work Experience-** You can gain credits while you work in high school, or through volunteerism. You can earn up to 15 credits toward your high school diploma(**Starting in grade 10**).

**Green Certificate-** Offers agricultural training in areas like animal husbandry, crop production, and more, enabling students to gain industry-recognized certification. You can earn 16 credits at the 30 level toward your high school diploma(**Starting in grade 10**)

**Please see your School Counsellor for information regarding the application process.**

# RESOURCES AND SUPPORT



**Your Teachers** – They're here to help you succeed. Whether you have questions, need extra help, or just want advice, don't hesitate to ask them. They've got your back!

- **School Counsellors** – Need help planning your courses, thinking about your career, or just someone to chat with. The counsellors are here for you, whether it's academics, your future, or life in general. We have 2 full time guidance counsellors.
- **Learning Supports** – If you ever need help with learning challenges, don't stress! We've got resources to make sure you have what you need to succeed. We have 2 learning support teachers.

**Clubs and Sports** – Being part of a club or team is a fun way to meet people, develop your skills, and make your high school experience unforgettable.

- **Mental Health Supports** – If you're feeling stressed or overwhelmed, don't worry—you're not alone. We have counselors and programs to support your mental health. Never hesitate to reach out.

**Peer Support** – Sometimes the best advice comes from your fellow Mustangs. Don't be afraid to ask your classmates for tips or ideas—they've been where you are!



# RESOURCES AND SUPPORT



- Summer School
- Small group healthy relationships
- Breakfast/Lunch Program
- Power school **\*\*Very important \*\***
- Google Classroom
- Extended Leave Form
- Parent teacher conferences
- Read Mr. Bloxham's weekly newsletter!



# GLOBAL HOCKEY

- Global Sports academy is a hockey program (both male and female) in partnership with RVS and Global Sports academy group
- Application to the program is required and can be found via the global sports academy website. Additional fees apply to this program.
- The program allows motivated and passionate student-athletes an avenue to pursue their academic and athletic goals in a unique and integrated setting
- The hockey program has a state-of-the-art curriculum delivered by industry leaders in athletics, leadership and academic training modules, all in partnership with GMHS and Summit Trails teachers.
- Further information regarding the program please go to our website.



# EXTRA-CURRICULAR

- Getting involved in the school extra curriculums allow students and teachers a different perspective outside the academic world
- Involvement can help you meet new friends, feel included, expand your interests, have fun, hone new skills, create a network, and improve overall student success



# EXTRA CURRICULAR ACTIVITIES

- BADMINTON
- CRICKET CLUB
- CROSS COUNTRY
- CURLING
- D&D
- E-SPORTS
- GUITAR CLUB
- NEW YORK TRIP 2026
- FOOTBALL
- GOLF
- INDIGENOUS CLUB
- BASKETBALL
- VOLLEYBALL
- PRINCIPAL'S ADVISORY COUNCIL
- RIDE OF THE MUSTANG
- SAGA (GSA)
- TRACK AND FIELD
- SOCCER
- YEARBOOK



# SCHOOL COUNCIL

- When Families are informed and involved in their children's school, it has a positive impact on their children's attitude and performance.
- Family awareness and interest in their children's learning and school activities models the importance of school that leads to positive results for their children.
- Family involvement can have a positive impact on students' academic performance at all grade levels
- School council meetings occur once per month of each month in the GMHS LEARNING COMMONS. Dates TBD for 2025-26. All families are welcome and we would love to have you join us!





# RIDE OF THE MUSTANG

- In 2011, a student within our school was diagnosed with cancer which sparked the inaugural Ride of the Mustang bike-a-thon: an event where teams work in shifts to ride stationary bikes over a period of two days.
- To that end, students and staff are now busy organizing our 15th annual Ride of the Mustang event to be held April 15 to April 17, 2025. All funds raised through this student led initiative will be donated to the Alberta Children's Hospital Foundation.
- To donate, please visit [School Cash](#) online.



# QUESTIONS? THANK YOU!



- We'd love to hear from you!
- <https://mcdougall.rockyview.ab.ca/>
- Follow us on twitter @GMHSMustangs and Instagram @gmhs\_mustangs

Only 6 Semesters to go prior to Graduation!!!!