

SCHOOL PAGES

SALTFLEET DISTRICT HIGH SCHOOL

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Saltfleet District High School is located in upper Stoney Creek. Known as the Storm, Saltfleet has a rich tradition of academics, athletics, and the arts. The school motto is “Ad Altiora Nitamur” - We Strive to the Highest.

SPECIALIZED AND PERSONALIZED LEARNING

Fitness and Wellness Program - The Fitness and Wellness Program is an innovative way of program delivery that differentiates fitness instruction to meet the needs of diverse learners in both elementary and secondary schools. The program uses advanced tracking equipment to monitor and report on a variety of fitness measures (e.g., heart rate, BMI). Through the frequent monitoring of these measures, students are encouraged to consistently train in their “optimal zone” in all of their endeavours ranging from traditional programs to sports specific training.

The Rugby Academy - This program emphasizes rugby fundamentals, individual skills, goal setting, rules, team concepts, fitness and healthy living and a mentoring/coaching component.

The Basketball Academy - This program emphasizes basketball fundamentals, goal setting, rules, team concepts, fitness and healthy living and it has a mentoring/coaching component.

Growing and Building Careers From the Ground Up - This program provides students with experiential learning in both construction and landscaping. See the SHSM below for further information.

SPECIALIST HIGH SKILLS MAJOR (SHSM)

Two SHSMs offered in both 1) Construction and 2) Horticulture and Landscaping will help students customize their high school experience to fit with a career interest. Students experience authentic learning opportunities to help them make informed career decisions.

Construction - Students enrolled in the SHSM Construction program participate in work experience to build homes. In the past this has included home builds with Habitat for Humanity and projects for Hamilton Waterfront Trust. Unique training opportunities include energy efficiency training and powder actuated tools, propane in construction and fork lift training, plus a range of other opportunities to prepare them for careers in this sector.

Horticulture and Landscaping - Students learn about horticulture and landscaping using authentic industry equipment in Saltfleet’s own greenhouse. To complement the learning activities with our Construction program, these students have contributed to the landscape design and construction at Habitat for Humanity and Hamilton Waterfront Trust builds. Students participate in Landscape Ontario horticultural technician training, planting and pruning training, and much more. The program is designed to help students to be successful in their chosen careers.

FOCUS COURSES

English Business Technology Yearbook

PATHWAY PROGRAMS

Hospitality and Tourism - Saltfleet offers several credit courses in Hospitality and Tourism. The program emphasizes theoretical and practical applications of quantity cooking. Students will have the opportunity to learn food preparation techniques, handle tools and equipment, experience menu planning, and learn the importance of safety and sanitation. To achieve these goals, classes will cater to various audiences. Cooperative education and apprenticeship opportunities are available for students who are interested in pursuing a career in the food and beverage industry. Students may also pursue related courses in the Family Studies program which deal with nutritional analysis, research skills in food and nutrition, Canada’s Food Guide, menu planning, and food sciences.