

**Delta Secondary  
School**



**STUDENT HANDBOOK  
2017-2018**

Delta Secondary School  
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**This agenda belongs to:**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ PHONE \_\_\_\_\_



## **Delta Secondary School**

**Mr.K. Graham, Principal  
Mr. J. Thomas, Vice-Principal  
Ms. S. Sykes, Vice Principal**

**BOARD / SCHOOL  
VISION, MISSION AND COMMITMENTS**

**HAMILTON WENTWORTH DISTRICT SCHOOL BOARD**

**OUR VISION:** All students achieving their full potential

**OUR MISSION:** Providing relevant, responsive education so that each student becomes a life-long learner and contributing citizen in a diverse world.

**OUR VALUES:** Four core values govern our actions and decisions in ensuring the effectiveness of our mission and the realization of our vision:

***Respect, Creativity, Excellence, Citizenship.***

**DELTA SECONDARY SCHOOL**

**OUR VISION:** At Delta, all students and staff will reach their potential as life-long learners in a safe and supportive environment.

**OUR MISSION:** Through a challenging and relevant curriculum, we will educate learners of all abilities to become vibrant, open-minded, contributing members of our society.

**OUR COMMITMENTS:** The four core values of our School Board govern our actions and decisions in ensuring the effectiveness of our mission and the realization of our vision through ***Respect, Creativity, Excellence and Citizenship.***

## **Delta Secondary School** **Commitment Statements**

The following seven commitment statements were crafted by the entire Delta Secondary School Community. They govern the everyday actions and decisions of all individuals with respect to school-related matters.

- We commit to operate under the guideline of mutual respect.
- We commit to appropriate deportment and attire.
- We commit to engage in activities both in and out of school that promote a positive image of Delta.
- We commit to fair and consistent role modeling, abiding by and enforcing Ministry, Board and school policies and procedures.
- We commit to keep our school clean and green.
- We commit to engage in innovative instructional practices that can develop the skills needed to succeed in the 21<sup>st</sup> century and to make a difference in our world.
- We commit to build effective in-school and out-of-school partnerships to assist and support the growth and well-being of the Delta community.

## BELL SCHEDULE FOR 2017-2018

### REGULAR DAY SCHEDULE

#### DAY ONE (Odd Days - e.g. September 9)

<b>Period One</b>	8:50 am - 10:05 am
<b>Break</b>	10:05 am - 10:15 am
<b>Period Two</b>	10:15 am - 11:30 am
<b>Lunch</b>	11:30 am - 12:20 pm
<b>Period Three</b>	12:20 pm - 1:35 pm
<b>Break</b>	1:35 pm - 1:45 pm
<b>Period Four</b>	1:45 pm - 3:00 pm

**Please note the following: On a Day Two schedule, Morning and Afternoon classes are reversed.**

#### DAY TWO (Even Days - e.g. September 8)

<b>Period Two</b>	8:50 am - 10:05 am
<b>Break</b>	10:05 am - 10:15 am
<b>Period One</b>	10:15 am - 11:30 am
<b>Lunch</b>	11:30 am - 12:20 pm
<b>Period Four</b>	12:20 pm - 1:35 pm
<b>Break</b>	1:35 pm - 1:45 pm
<b>Period Three</b>	1:45 pm - 3:00 pm



SEMESTER TWO			SEMESTER TWO, CONTINUED		
<b>FEBRUARY</b>			<b>MAY</b>		
	1	P.D. Day		3	<b>Cabinet Meeting</b>
	8	<b>Cabinet Meeting</b>		16	School Council 7 p.m. Library
	15	<b>School Photo Day</b>		18	Staff Meeting
	19	Family Day		22	Victoria Day (Holiday)
	19-23	<b>Book Grad Photos on-line</b>			
	21	School Council			
<b>MARCH</b>	1	<b>Cabinet Meeting</b>	<b>JUNE</b>		
	2	P.D. Day		7	Cabinet Meeting
	23	<b>Staff Meeting Parent/Teacher Night</b>		20	School Council Meeting
	30	<b>Good Friday</b>		20	Last Day of Instruction
		21-27		<b>Examination Days</b>	
		28		<b>GRADUATION CEREMONY – 4:00 PM</b>	
		29		<b>P.D Day</b>	
<b>APRIL</b>	2	Easter Monday			
	5	Cabinet Meeting			
	10	OSSLT			
	11	International Day of Pink			
	18	School Council			
	20	Staff Meeting			

## JOIN IN!

### **Committees & Clubs**

*Student Council*  
*Guitar Ensemble Club*  
*Environment Club*  
*Stage Crew*  
*Pi-Day Committee*  
*Orienteering*  
*Positive Space Club*  
*Drama Club / Improv. Club*  
*Music Club (vocal, strings, guitar, band)*  
*Healthy Action Team (H.A.T.)*

### **Athletics**

*Girls' Athletic Council*  
*Boys' Athletic Council*  
*Football (contact, touch)*  
*Track & Field / Field Hockey*  
*Water Polo / Tennis/ Curling*  
*Basketball / Volleyball*  
*Baseball / Soccer / Badminton*  
*Hockey / Golf*  
*Ultimate Frisbee*

## **SCHOOL SERVICES**

### ***SCHOOL COUNCIL***

The purpose of the school council is to act as a liaison between the school and the community. School issues are raised and discussed. The School Council meets on a monthly basis (please see the Important Dates calendar). All parents are welcome to attend.

### ***STUDENT SERVICES***

Counselors are available to assist students with educational and career planning as well as with personal problems. Counsellors are assigned alphabetically by last name. Appointments can be made with the Student Services Secretary before school, after school, at lunch and at break. Please visit the Career Computer Centre in Student Services.

### ***RESOURCE ROOM***

The Resource Staff gives assistance to students requiring academic help, social and emotional support and differentiated programming.

### ***CO-OPERATIVE EDUCATION***

Co-operative education combines classroom instruction with practical work in the community. The work experience is monitored and evaluated by teachers and employers so that students may earn credits toward their graduation diploma.

### ***LIBRARY RESOURCE CENTRE***

The library provides resources for class assignments, recreational reading, access to computers, laptops, and the internet. Teacher librarians are available to assist students and classes with research skills and finding information. The teacher librarian also coordinates all student computer account login information.

### ***PUBLIC HEALTH NURSE***

The school nurse is available to discuss health related issues. Please go to Student Services for details.

### ***SOCIAL WORKER***

The Hamilton-Wentworth District School Board employs Social Workers who work with school staff and students to assist students who are experiencing problems. One of their major focuses is under age non-attenders. Their services are available by referral through Administration and Student Services.





**YOUR FRIENDS  
YOUR SCHOOL  
YOUR CALL!**

TO ANONYMOUSLY REPORT THEFTS, HARASSMENTS, BULLYING,  
ASSAULTS, DRUGS AND WEAPON VIOLATIONS THAT OCCUR ON  
SCHOOL PROPERTY OR IN THE COMMUNITY  
CALL

**1-800-222-8477 (TIPS)**

[www.crimestoppershamilton.com](http://www.crimestoppershamilton.com)

**\$\$YOU CAN BE ELIGIBLE FOR A CASH REWARD\$\$**

**AND ...**

**School safety  
starts with YOU**

...Get help or share  
anonymous tips on  
bullying & crime –  
just text or call:  
**905-963-0066**  
(Standard text  
messaging rates  
apply)



**Download the free  
TipOff App**

If you have  
questions, contact  
your school principal.  
Web chat also  
available at  
[www.hwdsb.on.ca/  
schools/tipoff](http://www.hwdsb.on.ca/schools/tipoff)

## **ROLES AND RESPONSIBILITIES**

*(as outlined in the Education Act and the Ontario Schools Code of Conduct)*

**Principals, under the direction of their school board, take a leadership role in the daily operation of a school. They provide this leadership by:**

- demonstrating care and commitment to academic excellence and a safe teaching and learning environment;
- holding everyone, under their authority, accountable for their behaviour and actions;
- communicating regularly and meaningfully with all members of their school community.

**Teachers and School staff, under the leadership of their Principals, maintain order in the school and are expected to hold everyone to the highest standard of respectful and responsible behaviour. As role models, staff uphold these high standards when they:**

- help students work to their full potential and develop their self-worth;
- communicate regularly and meaningfully with parents;
- maintain consistent standards of behaviour for all students;
- demonstrate respect for all students, staff and parents;
- prepare students for the full responsibilities of citizenship.

**Students are to be treated with respect and dignity. In return, they must demonstrate respect for themselves, for others and for the responsibilities of citizenship through acceptable behaviour.**

**Respect and responsibility are demonstrated when a student:**

- comes to school prepared, on time and ready to learn;
- shows respect for themselves, for others and for those in authority;
- has his/her photograph taken and filed electronically through the Main Office (for safety and security reasons, there are no exceptions);
- refrains from bringing anything to school that may compromise the safety of others;
- follows the established rules and takes responsibility for his or her own actions.

## ***ROLES AND RESPONSIBILITIES cont'd***

**School Boards provide direction to their schools that ensure opportunity, excellence and accountability in the education system.**

- develop policies that set out how their schools will implement and enforce the Provincial Code of Conduct and all other rules that they develop as related to the provincial standards for respect, civility, responsible citizenship and physical safety;
- seek input from school councils and review these policies regularly with students, staff, parents or guardians, volunteers and the community;
- establish a process that clearly communicates the Provincial Code of Conduct to all parents, students and staff in a manner that ensures their commitment and support;
- ensure an effective intervention strategy and response to all infractions related to the standards for respect, civility, responsible citizenship and physical safety;
- provide opportunities for all staff to acquire the knowledge, skills and attitudes necessary to develop and maintain academic excellence and safe learning and teaching environments.

**Parents play an important role in the education of their children and have a responsibility to support the efforts of school staff in maintaining a safe and respectful learning environment for all students. Parents fulfill this responsibility when they:**

- show an active interest in their child's school work and progress;
- communicate regularly with the school;
- help their child be neat, appropriately dressed and prepared for school;
- ensure that their child attends school regularly and on time;
- promptly report to the school their child's absence or late arrival;
- become familiar with the Code of Conduct and school rules;
- encourage and assist their child in following the rules of behaviour;
- assist school staff in dealing with disciplinary issues.

**Police and community members are essential partners in making our schools and communities safer.** Community members need to support and respect the rules of their local schools. Police investigate incidents in accordance with the protocol developed with the local school board. These protocols are based on a provincial model developed by the Ministry of the Solicitor General and the Ministry of Education.

## ***SUSPENSION OF STUDENTS***

As of February 2008, Bill 212 amended the Education Act, with regard to suspensions and expulsions, to support a progressive discipline approach. Furthermore, the principles of Restorative Justice will be employed wherever appropriate to foster a culture of understanding.

A principal shall suspend a student if he or she believes that the student has engaged in any of the following activities while at school, at a school-related activity, or in any other circumstances where engaging in the activity will have an impact on school climate:

### **SUSPENSIONS**

Circumstances in which a student may be suspended include:

- act injurious to physical/mental well-being
- act injurious to positive tone of the school
- activity in violation of the policy of the board
- being under the influence of alcohol
- bullying
- committing an act of vandalism/extensive damage
- persistent opposition to authority
- possessing/using alcohol or illegal drugs
- swearing at a person in a position of authority
- uttering a threat/bodily harm on another person
- violation of the code of conduct
- Any other infraction established by Board policy pursuant to s.307(1).

### **\*PLEASE NOTE:**

**Drug Diversion Program:** This program reflects the spirit of the Youth Criminal Justice Act, in that it offers an opportunity for support programs for youth involved with drugs. The police will determine the eligibility for this program. The Principal may decide to reduce the suspension for first time drug offenders who complete the program.

## ***EXPULSION OF STUDENTS***

**Policy Statement:** It is the Policy of the Hamilton-Wentworth District School Board that expulsion of students shall be in accordance with the appropriate provisions of the Education Act, as amended by the Safe Schools Act, 2009, and the regulations, other relevant legislation and the operating procedures outlined.

### **Expulsion:**

*The Education Act stipulates that a student is subject to expulsion for a minimum of 21 school days, while he or she is at school or engaged in school related activities, if the student commits an infraction for which mandatory expulsion is the consequence, subject to mitigating factors as set out in the Education Act.*

### **Mandatory Expulsion:**

Circumstances in which a student may be suspended and referred to the Board for consideration of an expulsion include:

- Activity in violation of the policy of the board
- Committing robbery
- Committing sexual assault
- Extensive damage to the property of the board
- Giving alcohol to a minor
- Pattern of behaviour injurious to the learning environment
- Physical assault/bodily harm requiring medical attention
- Possessing a weapon
- Presence constituting an unacceptable risk
- Serious violation of the code of conduct
- Trafficking in weapons or in illegal drugs
- Using a weapon to cause or to threaten bodily harm

## **CODE OF STUDENT BEHAVIOUR**

The following guidelines for appropriate student behavior were established jointly by staff, students and parents, in accordance with The Hamilton-Wentworth District School Board policy, and reflect the Delta Secondary School philosophy of openness and mutual respect. They are intended to ensure the well-being and security of everyone in our school.

**\*BASIC TO THESE GUIDELINES IS THE PREMISE THAT EACH STUDENT HAS THE RIGHT TO A CHOSEN EDUCATION WITHOUT HINDRANCE OR DISRUPTION AS WELL AS A CORRESPONDING RESPONSIBILITY NOT TO DENY THIS RIGHT TO ANY OTHER STUDENT. CONSEQUENCES DEPEND ON THE SAFE SCHOOLS ACT, PREVIOUS INCIDENTS AND ON THE SEVERITY OF THE BEHAVIOUR. ALL STEPS MAY NOT BE TAKEN. (SEE SUSPENSION AND EXPLUSION OF STUDENTS ON PREVIOUS PAGES)**

**OBJECTIONABLE BEHAVIOUR IN ANY SCHOOL-RELATED EVENT CAN RESULT IN BANNING THE STUDENT FROM FUTURE EXTRA AND CO-CURRICULAR ACTIVITIES AND EVENTS (such as, but not limited to, dances, sporting events and trips)**

<b>REGULAR ATTENDANCE</b> Expected Behaviour	Students will attend school regularly and attend all classes when in school.
Co-Instructional Activities	Students are encouraged to participate in the wide variety of activities offered in this school. Therefore, students involved in such activities may be exempted from the above regulations provided that students: <ol style="list-style-type: none"> <li>1. At all times inform the teacher of their pending absence as soon as possible.</li> <li>2. Demonstrate to the teachers involved that they have quickly caught up on all work.</li> <li>3. Satisfactorily complete all assignments. If a student is considered to be "at risk", the classroom teacher may request a vice-principal to arrange a meeting with the student/teacher/ sports administrator to discuss the student's continuing involvement in the co-instructional program.</li> </ol>
Reasons For Expected Behaviour	<ul style="list-style-type: none"> <li>• Absenteeism adversely affects progress of the individual, and of the class as well, and may result in the loss of credits.</li> <li>• Parents are vitally interested in academic success and therefore in attendance at school.</li> <li>• Ontario Regulation 298 requires students to attend classes punctually and regularly.</li> </ul>

## CODE OF STUDENT BEHAVIOUR-CONT'D

<p><b>REGULAR ATTENDANCE</b> Consequences of frequent Unexplained Absences</p> <p>Consequences of Skipped Classes</p>	<ul style="list-style-type: none"> <li>• If attendance is unacceptable to the teacher/department, alternate course work may be assigned.</li> <li>• Removal from teams or activities.</li> <li>• Loss of credit.</li> <li>• Removal from school.</li> </ul> <p><b>Teachers and Administrators will exercise discretion in implementing the following consequences. "Skips" will be dealt with as follows:</b></p> <ol style="list-style-type: none"> <li>1. Students will sign-in at the Main Office with explanations for their absence.</li> <li>2. Students who accrue a defined number of unexplained absences will receive progressive interventions and eventually discipline if the behavior does not change.</li> <li>3. Continued unexplained absences in any class may result in a 3 day suspension for truancy and/or removal from the course and/or school roll.</li> <li>4. More than 15 consecutive days of absences will result in a social work referral or removal from the course or from the school roll.</li> <li>5. Senior students who abuse attendance and punctuality will lose their sign out privileges or be removed from the course or courses.</li> </ol> <p><b>Please refer to POLICIES AND PROCEDURES for full details of our Attendance Policy.</b></p>
<p><b>PUNCTUALITY</b> Expected Behaviour</p> <p>Reasons For Expected Behaviour</p> <p>Consequences</p>	<p>Students will be on time for every class.</p> <ul style="list-style-type: none"> <li>• Shows consideration for other people.</li> <li>• Lateness inconveniences the teacher and the class and causes unnecessary additional work for the office staff.</li> <li>• Punctuality is a habit, which will be expected on the job and in personal relationships.</li> </ul> <ol style="list-style-type: none"> <li>1. Teachers will use their discretion and assign detentions and/or call home as needed.</li> <li>2. Teachers will refer students to the office as required for progressive discipline.</li> <li>3. If a student misses a detention or refuses to serve a detention assigned by a teacher, a suspension from school may occur.</li> </ol>
<p><b>COMPLETION OF WORK AND ASSIGNMENTS</b> Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• Students will complete all work within the allotted time.</li> <li>• Tests will be taken at the allotted time and date.</li> <li>• Absences from tests and assignments must be validated by a parental note or phone call on the morning of the test day. Please ask the secretary to inform the teacher your child is ill and missing a test.</li> </ul>

## **CODE OF STUDENT BEHAVIOUR**

<p><b>COMPLETION OF WORK AND ASSIGNMENTS</b> Reasons For Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• It is essential to complete all assigned work if you are to be successful in school.</li> <li>• Ontario Education Law Regulation 298 requires students to be diligent in their attempts to master studies, to exercise self-discipline and to accept such discipline as would be exercised by a kind, firm and judicious parent.</li> <li>• Assignments must be handed in on the assigned date. Students who know that they will be absent for an assignment must notify the teacher and make arrangements to hand in the assignment on time, in advance or at a mutually agreed upon date.</li> </ul>
<p>Consequences</p>	<ol style="list-style-type: none"> <li>1. Teacher/student conference.</li> <li>2. Make up assignment/test.</li> <li>3. Parent contact.</li> <li>4. If a student is considered to be “at risk”, the classroom teacher may request a Vice-Principal to arrange a meeting with the student/teacher/ sports administrator to discuss the student’s continuing involvement in any co-instructional programs.</li> <li>5. Zero does not apply unless the student has not demonstrated particular overall expectations by reporting time. Credit Recovery is discretionary.</li> </ol>
<p><b>ACADEMIC HONESTY</b> Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• Students will use all of the resources available to develop their own thinking skills.</li> <li>• Appropriate references to all resources used will be made, particularly when other authors' words are incorporated into students' texts. Plagiarism is a serious offence.</li> <li>• The use of unauthorized memory aids, including electronic devices such as cell phones, MP3 players, etc., or resources in tests and examinations is strictly prohibited.</li> <li>• Honesty is a fundamental value of our community.</li> <li>• The library in the school and libraries in the community have many resources to offer; however, copyright laws must be observed and plagiarizing avoided.</li> </ul>
<p>Reasons For Expected Behaviour</p>	
<p>Consequences</p>	<p>When evidence of student learning involves cheating or plagiarism, the evidence provided is not considered and the expectations are identified as missing or not yet achieved. In initial instances, teachers inform administration and use appropriate strategies for students to demonstrate achievement and the expectations. Subsequent incidents of academic dishonesty are reported to administration and treated as infractions of the code of conduct. Ultimately a mark of zero may be applied after other interventions have not changed behavior.</p>



## **CODE OF STUDENT BEHAVIOUR**

<p><b>RESPECT FOR PROPERTY</b> Expected Behaviour</p> <p>Reasons For Expected Behaviour</p> <p>Consequences</p>	<ul style="list-style-type: none"> <li>• Students will treat the school grounds, the school building and everything in the school with respect. Therefore, vandalism and littering are unacceptable.</li> <li>• Students are expected to report any known violation confidentially to the office.</li> <li>• Failure to report a known crime makes students accessories after the fact.</li> <li>• Ontario Education Law Regulation 298 requires students to show respect for school property.</li> <li>• We all like to live in a clean environment. The financial burden diverts monies from program areas.</li> </ul> <ol style="list-style-type: none"> <li>1. Community Service.</li> <li>2. Parent contact.</li> <li>3. Payment for repair or replacement.</li> <li>4. Suspension and/or Expulsion.</li> <li>5. Involvement of The Hamilton-Wentworth Regional Police.</li> </ol>
<p><b>Smoking</b> Expected Behaviour</p> <p>Reasons For Expected Behaviour</p> <p>Consequences</p>	<p>No one will smoke anywhere on school property. At all times, students will adhere to The Smoke-Free Ontario Act.</p> <ul style="list-style-type: none"> <li>• Bill 199 bans smoking on school property anywhere, by anyone, at any time.</li> <li>• Smoking causes irreparable damage to personal health and the environment, which adversely affects attendance and punctuality and creates a negative stereotype of the user.</li> <li>• Please be aware that this now includes the use of eCigarettes and all tobacco products.</li> </ul> <ol style="list-style-type: none"> <li>1. Warning and Community Service and/or detentions.</li> <li>2. Suspension - Three days or longer.</li> <li>3. Fine, issued by Hamilton Tobacco Enforcement Officers.</li> </ol>
<p><b>RESPECT FOR THE LAW</b> Expected Behaviour</p> <p>Reasons For Expected Behaviour</p> <p>Consequences</p>	<p>Students will follow the laws of the municipality, the province and the country.</p> <ul style="list-style-type: none"> <li>• All societies have a set of laws which its members must follow.</li> <li>• Attending school does not exempt students from the laws of the land.</li> <li>• Those who break the law, e.g. involvement in theft, improper use of fire alarms, arson, vehicle misuse, etc. will be dealt with by the police department.</li> </ul> <ol style="list-style-type: none"> <li>1. Parent contact.</li> <li>2. Suspension and/or Expulsion.</li> <li>3. Involvement of The Hamilton-Wentworth Regional Police.</li> </ol>

<p><b>CODE OF STUDENT BEHAVIOUR- CONT'D</b>  <b>RESPECT FOR TEACHERS, STAFF, STUDENTS AND SELF</b></p>	<ul style="list-style-type: none"> <li>• Students will comply with the school rules and the associated expectations.</li> <li>• Students will be courteous in all interactions with teachers, staff, students and guests.</li> <li>• For a Safe School Environment, <b>students must identify themselves to staff by giving their FULL NAME and report to the office when requested.</b> Failure to do so <b>will</b> result in a suspension.</li> </ul>
<p>Expected Behaviour</p>	<p>As a requirement of registration, all students must have their photograph taken and filed electronically through the Main Office. For safety and security reasons, there are no exceptions.</p> <ul style="list-style-type: none"> <li>• Students will <b>NOT</b> verbally, or in written form, emotionally or physically abuse or discriminate against any person for any reasons including: race, culture, religion, gender, language, disability, sexual orientation or any other attributes.</li> <li>• Students are forbidden (by Law) to use and/or possess alcohol, cigarettes, illicit drugs, and weapons on the school property.</li> <li>• Students are expected to adhere to consequences assigned by teachers and/or administration that are a result of our school's progressive discipline policy.</li> <li>• The school rules are based on regulations in the Education Act, which set out requirements for expected academic and social behaviour with the school environment.</li> <li>• The school rules are set in place to provide a welcoming environment; this allows access to an education for all.</li> <li>• The Ontario Education Act Regulation 298 requires students to be courteous and considerate of all teachers, staff and fellow students.</li> </ul>
<p>Reasons For Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• The Harassment Policy of The Hamilton-Wentworth District School Board protects both students and employees of the Board from harassment of any kind.</li> <li>• The Safe Schools Act mandates reasons for suspensions and expulsions.</li> <li>• Alcohol, cigarettes, illicit drugs, and weapon use and/or possession in the school are against the law.</li> </ul>
<p>Consequences</p>	<ol style="list-style-type: none"> <li>1. Parent or guardian contact and/or interview.</li> <li>2. Detention.</li> <li>3. Suspension and/or Expulsion.</li> <li>4. Involvement of The Hamilton-Wentworth Regional Police.</li> <li>5. Apology-oral and/or written and other acceptable reparations through Restorative Justice practices.</li> </ol>

## **CODE OF STUDENT BEHAVIOUR**

<p><b>LOCKERS</b></p> <p>Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• All students <b>MUST</b> have their own locker. Coats are not to be brought to class.</li> <li>• Students will use their assigned locker and be responsible to keep it clean and <u>clear it out by the final exam day in June.</u></li> <li>• The school bears no responsibility for lost or stolen items.</li> <li>• Do not bring valuables to school.</li> <li>• Students will not write graffiti on or in lockers.</li> </ul>
<p>Reasons For Expected Behaviour</p>	<ul style="list-style-type: none"> <li>• Each student needs a place to keep coats, texts, notes, uniforms, etc. on a daily basis.</li> <li>• For everyone's safety, we need to know the individual assigned to each locker.</li> <li>• We need to assist in keeping the school clean.</li> </ul>
<p>Consequences</p>	<ol style="list-style-type: none"> <li>1. Locker damage is associated with vandalism consequences.</li> <li>2. Students will do community service detentions including the washing of lockers.</li> <li>3. The school is not responsible for items left in lockers at the end of June.</li> </ol>
<p><b>NOTE: Please be aware that lockers are the property of the school and may be accessed at any time by school authorities.</b></p>	

## ***CODE OF CONDUCT / DISCIPLINE POLICY*** **From HWDSB Code of Conduct**

The Code of Conduct establishes standards of behaviour that are consistent with the Provincial Code of Conduct and apply to all members of the school community. The Code of Conduct promotes respect within the learning and teaching environment, and sets clear Board and school standards of behaviour.

The Hamilton-Wentworth District School Board believes that all individuals attending on Board or school property, on school buses, or at school-related events or activities, should be treated with dignity and respect.

The Code of Conduct promotes a positive school climate which is a contributing factor to a safe and orderly environment. It also supports the Hamilton-Wentworth District School Board's commitment to Character Education.

### **Definition of School Climate**

School climate may be defined as the sum total of all of the personal relationships within a school. These relationships must be founded in mutual acceptance, inclusion, respect, responsibility, and civility, and must be modeled by all.

## **KEY LEADERSHIP ROLES & RESPONSIBILITIES**

### **Principal Roles and Responsibilities**

*Principals will hold everyone to the highest standard of respectful/responsible behaviour and will take a daily leadership role in the school by:*

- i. demonstrating care and commitment to academic excellence in a safe teaching and learning environment;
- ii. holding everyone, under their authority, accountable for their behaviour and actions;
- iii. empowering students to be positive leaders in their school and community;

- iv. communicating regularly and meaningfully with all members of their school community;
- v. modeling respect, responsibility, and civility and ensuring these are taught as part of the curriculum;
- vi. maintaining consistent standards of behaviour for all students; and
- vii. modeling the character attributes of the Hamilton-Wentworth District School Board.

**Teacher and Staff Roles and Responsibilities**

*Teachers and school staff will hold everyone to the highest standard of respectful/responsible behaviour by:*

- i. helping students work to their full potential and self-worth;
- ii. empowering students to be leaders in class, school, and community;
- iii. communicating regularly and meaningfully with parents;
- iv. maintaining consistent standards of behaviour for all students;
- v. demonstrating respect for all members of the school community;
- vi. preparing students for the full responsibilities of citizenship; and
- vii. modeling the character attributes of the Hamilton-Wentworth District School Board.

**Student Roles and Responsibilities**

*Students demonstrate respect and responsibility when they:*

- i. come to school prepared, on time, and ready to learn;
- ii. show respect for themselves, others and those in authority;
- iii. have their photographs taken and filed electronically through the Main Office (for safety and security reasons, there are no exceptions);
- iv. refrain from bringing anything to school that may compromise the safety of self or others;
- v. demonstrate responsibility for actions or behaviour off school property or outside of the school day that would have an impact on the school climate;
- vi. follow the established rules and take responsibility for their own actions;
- vii. model the character attributes of the Hamilton-Wentworth District School Board; and
- viii. demonstrate appropriate participation in the civic life of the community.

## **CODE OF CONDUCT / DISCIPLINE POLICY**

### **Parent Roles and Responsibilities**

*Parents support a safe and respectful learning environment when they:*

- i. show an active interest in their child's school work and progress;
- ii. communicate regularly with the school;
- iii. help their child be neat, appropriately dressed and prepared for school;
- iv. ensure that their child attends school regularly and on time;
- v. promptly report to the school their child's absence or late arrival;
- vi. become familiar with the Code of Conduct and school rules;
- vii. encourage and assist their child in following the rules of behaviour; and
- viii. assist school staff in dealing with disciplinary issues involved their child.

***All of the HWDSB Safe School Policies are available from the school Principal and on the HWDSB website at [www.hwdsb.on.ca](http://www.hwdsb.on.ca)***

### **HWDSB Personal Electronic Device Policy and Policy Directive (PEDs Policy)**

*The HWDSB has approved the Personal Electronic Devices Policy and Policy Directives, which acknowledges the importance of technology in our schools, and also outlines expectations for staff and students regarding the use of PEDs. The full policy is available at [www.hwdsb.on.ca](http://www.hwdsb.on.ca).*

For quick reference, the information below outlines the use of PEDs in the teaching/learning environment, and the responsibility for these devices.

## **Learning & Teaching Environments in Schools**

*The use of some technology has also brought challenges related to safety, privacy, and disruption in our schools. The Board recognizes that unacceptable use of technology can be disruptive and intrusive in the classroom instruction and interfere in the day-to-day operations of the school. As well, academic integrity can be compromised through the inappropriate use of technology.*

*The HWDSB expects that **all persons** in school can support a positive teaching and learning environment by adhering to the following expectations:*

- Personal electronic devices must be in silent mode in instructional areas during the instructional periods, and are not to be used in the classroom setting by students or staff
- Teachers may, however, allow music (eg. MP3) to be used to accommodate learning styles of students
- Personal electronic devices are not allowed in examination rooms or areas
- The use of personal electronic devices should reflect expectations in HWDSB policies: eg. Code of Conduct, Respectful Working and Learning Environments, Bullying Prevention and Intervention, Equity Policy, Harassment Policy
- The use of personal electronic devices in the school setting should reflect the Board's core commitments of respect, integrity, and accountability
- **Teachers may confiscate, and securely store, personal electronic devices until the end of the school day if the devices are being used inappropriately. If inappropriate use continues, then the school's Code of Conduct applies.**

### **Responsibility for Personal Electronic Devices:**

- Anyone carrying a personal electronic device on to Board premises, including school buses, or at Board sponsored events, will comply with all of the requirements of this policy and associated procedures
- The secure storage of these devices is the sole responsibility of the owner/user;

**Responsibility for Personal Electronic Devices:**

- The HWDSB does not accept responsibility for lost or stolen personal electronic devices; students bring the devices to school at their own risk
- During the school day the use of cell phones, text messaging, and electronic devices is restricted in instructional areas.
- During classroom instruction, all cell phones and electronic devices must be in silent mode and secured out of sight.
- Students and staff must have their phones in silent mode at all times in the instructional times/areas.
- Cell phones may not be used by staff for personal use while on supervision duties.
- Cell phones may only be used outside of classroom time in designated areas (eg. foyer) as defined by the Principal.
- Staff whose cell phones are related to their work, eg. custodial staff, managers, etc, may have the cell phones on if they are not in the instructional setting.
- Volunteers may have a cell phone on in silent mode however, they must step outside the classroom to answer/return calls.
- Staff in the classroom who are required to have a cell phone to facilitate emergency outgoing calls should verify daily that their phones work in these classrooms.
- Teachers may give permission for these devices to be used by students within the school setting for school-related events.
- The electronic transmission, or posting of photographic images of a person, or persons on school property, at school events, and during school activities and/or hours, is prohibited without the permission of the person or persons being photographed, the Principal or designate, and where the student is below the age of 18 years, the consent of the parent/guardian.
- Personal electronic devices may not be taken into examination rooms.
- The Principal may authorize use of these devices on certain occasions, eg. to photograph or video a graduation.



## **POLICIES AND PROCEDURES**

**ADVERTISEMENTS:** **NO** advertisements shall be placed in the school, on school property or distributed to the pupils on school property, without consent from administration.

**ASSEMBLIES:** During the course of the school year, there will be a number of assemblies to provide students with learning experiences on a wide variety of topics. Special time schedules will be used to accommodate these programs. While in the auditorium, you will be courteous and respectful to all participants in the assembly program. Hats will be removed and backpacks left outside the Auditorium.

### **ASSESSMENT AND EVALUATION POLICY:**

Your success in school depends, to a great degree, on the learning skills that you acquired. For this reason, report cards will include an assessment by your teacher of your competency of the following Learning Skills: **Responsibility, Organization, Independent Work, Collaboration, Initiative and Self-Regulation.**

### **Achievement of the Curriculum Expectations:**

- ❖ 70% of the grade will be based on assessments and evaluations conducted throughout the course.
- ❖ 30% of the grade will be based on a final evaluation in the form of an examination, performance, essay and/or other method of evaluation suitable to the course content and administered towards the end of the course.

### **Late/Missed Assignments:**

A sense of good time management is essential to academic success. It is your responsibility to complete assignments both with care and on time. Teachers will discuss the necessity of reasonable timelines and deadlines with you. If you know of an obstacle that will prevent you from submitting work on time, approach your teacher to arrange an earlier submission date or to negotiate a contract for an alternate assignment and extension.

NOTE: a personal vacation is NOT considered a reasonable excuse for missing assignments. Again, make arrangements with your teachers ahead of time to accommodate such circumstances. **NO PERMISSION WILL BE GIVEN TO MISS EXAMS FOR THE PURPOSE OF A PERSONAL VACATION** (*barring exceptional circumstances as determined by the Principal*)

A reasonable range of time is provided within which teachers will accept assignments. If an assignment is missed, any or all of the following consequences may result:

- ❖ contract for make-up assignment – the work must still be done to meet expectations for the credit;
- ❖ parent contact;
- ❖ out of class follow-up;
- ❖ if a pattern of behavior is established by the teacher and/or administration, students may lose the opportunity to submit work and will receive a zero.

## **POLICIES AND PROCEDURES cont'd**

### **ATTENDANCE:**

Please follow these attendance routines:

#### **FULL DAY ABSENCE: *You DO NOT need an ADMIT SLIP IF:***

- a) Your parent has contacted the school regarding this absence or,
- b) You have been excused by the office or,
- c) You are on a field trip or school activity sponsored by a teacher.

**LATE ARRIVING/EARLY LEAVING:** If you have an appointment or unavoidable circumstance that requires that you arrive at school late or leave early, you must bring a note to the office to get an **ADMIT SLIP** or **EXCUSE SLIP**. Notes must be processed in the office before school. In place of a note, the school will accept a phone call from your parent. If you have an emergency or become ill at school, you must report to the office to be excused. If you have been excused and return to school before the end of the school day, you must be readmitted by the office. ***If your late is not for an acceptable reason (for example, slept in or took too long a break) you go straight to class and the teacher will mark you late; the late policy, under the Code of Student Behaviour, then applies.***

### **UNEXPLAINED ABSENCES:**

1. No student is allowed in any class without a parental note explaining a previous day's unexplained absence.
2. If a student has an unexplained absence, they are to report to the office for an admit slip before class. At that time, they must present a note from a parent/guardian.  
If a note is not received, the student will receive numerous interventions to resolve the unexplained absences and the behaviours that created them in concert with parents/guardians.
3. Persistent truancy may result in removal from the course and/or from the school roll.

### **CAFETERIA:**

Cafeteria service is available during regular school days. **ALL** food is to be eaten only in the cafeteria or outside the school building. Leave your eating area clean. There will be no eating or drinking in the halls.

### **COMPUTER USE AND PROCEDURES:**

Students are responsible for remembering their **School Connect** and **O365** account logins and passwords. Do not share your password with others. If you forget your login or password, please speak with your Teacher or the Librarian.

Student School Connect accounts have limited storage space. Student files are purged each summer. Students should save files they wish to maintain externally before the end of each school year.

## Policies and Procedures cont'd

All students are to complete and return the "Internet Use and Photo Consent Agreement" to the school. Students are required to adhere to this policy to maintain their computer privileges.

Students should check their O365 e-mail regularly. Students may check their email account on any device given this platform is web-based. Please note that the following are expectations of HWDSB devices:

- The use of unauthorized software (including games) is not permitted.
- Students must only use their own network and email accounts.
- Users will not publish, post, or display inflammatory, inaccurate, abusive, obscene, profane, sexually oriented, threatening, racially offensive, sexist, or illegal material.
- Users will not send or receive offensive messages or pictures from any source.
- Users will not transmit, download, or print information, files, or software violating copyright laws.
- Users will not post messages and attribute them to others.
- Violation of Network Guidelines may result in forfeiture of Network use at the school.

### DRESS CODE:

Department at school is a reflection of respect for the building and everyone in it. The Dress Code as outlined below is designed to provide a safe and respectful learning environment for all students. **Proper Department refers to wearing clothing that is neither revealing nor obscene.** To ensure this, the following guidelines will govern the expectations of dress at Delta Secondary School:

- All clothing - tops and bottoms, including shorts will **NOT** be worn in a revealing way. Specifically, tops and bottoms are to "meet" so as not to expose the midriff area. As a rule of thumb: tops should reveal the face, neck and arms; bottoms should be at or on waist and no shorter than fingertip length when standing straight with arms down naturally at the side.
- Undergarments are not to be exposed in any way.
- Undershirts are not acceptable outer clothing items.
- The term "revealing" will be defined at the discretion of the adults in the building and will be non-negotiable once a decision is made.
- It is expected that any article of clothing worn by students be clean and in acceptable condition. Students finding difficulty maintaining the dress code will have access to supports including the Walk-in Closet.
- Clothing or accessories with violent, gang-related, hate-related, racist, sexist or homophobic statements, images or overtones are not permitted. Clothing or

accessories advertising drugs, alcohol, weapons, tobacco or sex are not permitted.

- Chains and pointed metal-studded accessories are not allowed.
- Bandanas and kerchiefs are prohibited at all times - this includes wearing them as an accessory.
- Jackets and other items are to be left in lockers.
- Book bags and backpacks may be brought to the class at the discretion of the teacher.
- Students involved in specialty areas such as Physical Education, Tech. or Science must follow the rules of dress for Health and Safety as outlined by the department's expectations.
- Physical Education students must wear a white or gray t-shirt and red shorts. These items may be purchased anywhere, but they are available for purchase from the Phys. Ed. Department or through the uniform supplier.

#### **Non-compliance with the Dress Code Requirements**

- Students not wearing appropriate attire MAY be sent home to retrieve it. Parents will be contacted.
- Students not adhering to dress code requirements will be given a progression of consequences, including detentions and suspensions.
- In accordance with our Commitment Statements – NO adult will endure an argument regarding appropriate department. Questions of appropriate attire will be taken up with the Principal & Vice-Principals.

## ***POLICIES AND PROCEDURES cont'd***

### **HEALTH AND SAFETY DURING A HEAT EVENT:**

A heat event occurs when the forecast calls for one or more days with a 40 or higher humidex reading. The City of Hamilton Public Health Department monitors weather forecasts closely and notifies the media and community partners of a heat event.

Once HWDSB has been notified of a heat event, information will be posted on our website and the following precautionary steps will be taken for students:

- Limit physical outdoor activities
- Ensure access to water
- Close drapes and blinds
- Move pupils through cooler areas of the school
- Monitor students for symptoms of heat stress

For more information, or steps you can take to reduce risks during heat events, please visit the following websites:

#### **City of Hamilton**

[www.hamilton.ca/healthandsocialservices/publichealth](http://www.hamilton.ca/healthandsocialservices/publichealth)

<http://bit.ly/nB4ZQp>

#### **Health Canada**

<http://www.hc-sc.gc.ca/ewh-semt/climat/index-eng.php>

### **EXAM SNOW DAY POLICY:**

- a) Students should bring home all their texts and notebooks for all their subjects before the first exam date.
- b) If there is a “**SNOW DAY**” (an announcement on the radio of official school cancellation by the Board due to weather conditions), the cancelled exams will be written on the next scheduled exam day. All other exams will be moved forward by **ONE** day.

### **EMERGENCY PROCEDURES:**

#### **FIRE ALARMS:**

Fire Alarms are for use in the case of a fire only. Should the fire alarm be activated, students must do the following:

- a) exit the building by the main or alternate route indicated on the Fire Exit Sign placed in each room.
- b) follow the teacher's instructions and leadership. Remain as a class with the teacher, as attendance must be taken when outside. Students must return to their class when permission to enter the building has been given.
- c) move at least 20 meters from the building.
- d) even if the alarm silences, please remain outside until you hear the bell to indicate that it is safe to re-enter the building.

**LOCKDOWN:**

A lockdown is defined by police as the restriction of movement during the time of a potentially serious violent incident that would endanger the lives of students and staff. Lockdown procedures must be practiced 2 times per school year.

**Procedure:** The Principal (or Designate) will:

- Announce: **“GO INTO LOCKDOWN”** – this phrase will repeat.
- Stay in Lockdown until notified otherwise
- Follow directives of the police

**If students and staff are inside the school and threat is internal or external:**

- An announcement will be made: “GO INTO LOCKDOWN”
- Go to the closest room and close the door. If safety permits, lock the door
- Turn off the lights
- Get down out of sight from doors and windows
- Attendance will be taken
- Remain out of sight until further directions are given
- Students and staff should continue to follow lockdown procedures until a P.A. announcement is made directing them to discontinue the lockdown and resume regular school procedures.

**In the event the fire bell rings, the following shall occur:**

- a) If there is no smell of smoke or fire in the immediate area, stay in your classrooms.
- b) If there is the smell of smoke or fire, attempt to seal the bottom of the classroom from the inside (eg. with wet paper towels, coats, etc.) and wait for further directions from police or fire department.

**If students and staff are outside the school and the threat is internal or external:**

- **If Threat is External** - staff and students enter the building as quickly as possible and get down in a safe location. Attendance will be taken.
- **If Threat is Internal** - staff and students should get down in a safe location as designated in their Emergency Response Plan. Remain at the safe location until directed otherwise. Attendance will be taken.

**HALLWAYS:** All students at Delta are required to be in class and out of the halls during class time. The only students allowed to be in the hallways during instructional time are those students who have permission from their teacher or other responsible adult in the building. Students out of class and without a pass will be directed immediately to the office. Students on spare should be in the library or cafeteria.

**MEDICAL HEALTH CONCERNS:** Any student who has life threatening medical/health issues (Anaphylaxis, Diabetes, severe allergies, etc.) must inform the office **IMMEDIATELY.**

**MISSED EVALUATIONS:** Absence from an evaluation is only acceptable if supported by a doctor's certificate. In the case of an exceptional family circumstance, the Principal will decide the acceptability of the absence. It is an expectation that all students write final exams. Missed exams supported by a doctor's note or Principal approval will be rescheduled for a later date. A mark of zero will be assigned for missed exams. Pending a doctor's note and the writing of the exam, the mark will be updated.

**PERSONAL VACATIONS ARE NOT REASONABLE EXCUSES TO MISS AN EXAM/EVALUATION. DOING SO WILL RESULT IN A MARK OF "0" ON THE EXAM. EXAM SCHEDULES ARE PUBLISHED MONTHS IN ADVANCE. DO NOT SCHEDULE PERSONAL VACATIONS DURING EXAMS.**

**SMOKING:** The Smoke-Free Ontario Act states that it is against the law to sell, buy for, or give any tobacco products to anyone under 19. Anyone caught selling, buying for, or giving tobacco products to anyone under 19, can be charged. This applies on and off school property. To sell, buy for, or give cigarettes (even one) to anyone under 19 can result in a fine of **\$305.00**. The maximum fine for supplying someone under the age of 19 with tobacco products is **\$5,000.00**.

**What are the consequences of breaking the law?**

If the person who has broken the law is 16 or older, they may receive a ticket or be summoned to appear in court by a Tobacco Enforcement Officer from your local public health agency.

If the person is under 16, a Tobacco Enforcement Officer may issue a summons to appear in court and their parents will be notified.

**If you have any questions you can contact:**

- City of Hamilton Tobacco Hotline 905-540-5566 **or**
- [http://www.mhp.gov.on.ca/english/health/smoke\\_free/legislation.asp](http://www.mhp.gov.on.ca/english/health/smoke_free/legislation.asp).

**TEXTBOOK PROCEDURE:**

All textbooks will be distributed by the subject class teacher. The procedure will be as follows:

1. Teachers will distribute the book(s) to the students, the student will sign for the book on a subject class list. When dropping a class, the books are to be returned to the subject class teacher.

1. Students are responsible for their own textbooks. The number in your textbook must correspond with the teacher's subject class list. If it does not, we have no choice but to charge you for the book.

## ***Diploma Requirements for the Ontario Secondary School Diploma (OSSD)***

- require a total of 30 credits
- 40 hours of community involvement activities
- successful completion of the provincial secondary school reading and writing test (EQAO)

**The following eighteen (18) compulsory credits need to be included in the thirty (30):**

- 4 English (1 credit per grade)
- 1 French
- 3 Math (at least 1 credit in Grade 11 or 12)
- 2 Science
- 1 Canadian History
- 1 Canadian Geography
- 1 Arts
- 1 Health & Physical Education
- .5 Civics
- .5 Career Studies
  
- 1 additional credit in English, **or** a third language, **or** social sciences and the humanities, **or** Canadian and world studies, **or** guidance and career education, **or** cooperative education\*
- 1 additional credit in health and physical education, **or** the arts, **or** business studies, **or** cooperative education\*
- 1 additional credit in science (Gr. 11 or 12), **or** technological education, **or** cooperative education\* (Gr. 9 -12)

**\* A maximum of 2 credits in cooperative education can count as compulsory credits.**



## HWDSB Honour Criteria

Grade 9	Grade10	Grade11	Grade 12
<b>80% in 7 courses taken from HWDSB course offerings during the school year.</b>	<b>80% in 7 courses taken from HWDSB course offerings during the school year.</b>	<b>80% in 6 courses taken from HWDSB course offerings during the school year.</b>	<b>80% in 6 senior division courses taken from HWDSB course offerings during the school year.</b>

In order to qualify for an Honour award, students must take courses that are offered from HWDSB during the school year. Night school courses will qualify (students require permission from the Principal to take a night school course). Courses taken from other Boards or institutions do not qualify. Summer school courses do not qualify.

Ontario Scholar Requirements:	480	=	80%
6 credits (480 marks)	477	=	79.5%

Gr. 12 U, M, C, E or O courses awarded as a GRADUATE or POST-GRADUATE qualifying courses may be completed over more than 1 year any course shall be multiplied by its credit value (i.e. CO-OP mark will count 2X)

### **REQUIREMENTS FOR POTENTIAL VALEDICTORIANS**

Students who are nominated for valedictorian must meet the following criteria:

- Have at least a 70% average in their graduating year
- Be involved in extra-curricular activities (school or community)
- Have no behaviour issues – no suspensions on record
- Have no attendance or punctuality problems
- Have at least 40 community involvement hours completed and on record with the school
- Be a full-time student Be willing and available to make a two minute speech to the graduating class explaining why you would be an excellent valedictorian

## ***Student Services Information***

### **Full-Time Students**

- A full-time student must be enrolled in 3 courses each semester
- Gr. 9 and 10 students must take 8 courses per year
- Gr. 11 and 12 students may take a study period if they have 20 credits

Students who stop attending a class without officially dropping the course through Student Services may risk withdrawal from Delta.

### **Full Disclosure**

A list of all Grade 11 and 12 courses attempted by a student will appear on the Ontario Student Transcript. Courses repeated for upgrading will show, in addition to the original course. One credit will be earned.

***Delta's Student Services Department and school web site both contain detailed information about Apprenticeships, College, University, and Career options.***

**Please refer to the Agenda and School Calendar for dates regarding:**

- Last day to change courses
- College Application deadlines
- University Application deadlines
- Full Disclosure dates

### **Academic Excellence at Delta**

Delta has a tradition of academic excellence. Students are recognized throughout the school year, as well as at award ceremonies and graduation.

**Honours: 80% average**

### **Student Appointments**

Student Services (Guidance, Learning Resource & Co-op) offers students a variety of services. Students are encouraged to make an appointment with a counselor if they seek assistance with academics, educational planning, personal concerns, career planning, and links to outside community resources. Students should book appointments with a counselor before school, during break, lunch, or after school. Students should not be excused from class to make an appointment.

### **Financial Assistance**

Students whose success at school is at risk because of financial difficulties may be eligible for a small amount of financial assistance. There are certain restrictions and students must see their counselor for applications and assistance.

### **Other Credit Earning Opportunities**

A student may take new credit courses or upgrade courses through Night School, Summer School, or E-Learning if he/she is eligible. A student requires the permission of a Guidance Counselor or the Principal to take these courses. Please see Student Services for more information.

## **YOUTH MENTAL HEALTH**

### **1 in 5 youth struggles with mental health problems.**

What is Mental Health?

Mental health is having a balance in life.

Mental health problems often begin in childhood.

Early treatment may help prevent life-long mental illnesses.

#### **Warning Signs:**

Upset or crying more often

Increased anger and irritability

Sleeping more or less than usual

Eating more or less than usual

Loss of interest in favourite activities, for example team sports, hanging out with friends

Having trouble focusing

No energy or motivation

No interest in appearance

Increased alcohol or drug use

Skipping school

#### **Helpful Websites**

[www.mindyourmind.ca](http://www.mindyourmind.ca)

[www.kidshelphone.ca](http://www.kidshelphone.ca)

[www.youthnethamilton.ca](http://www.youthnethamilton.ca)

[www.ay.on.ca](http://www.ay.on.ca)

[www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)

[www.coasthamilton.ca](http://www.coasthamilton.ca)

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#### **Where to Get Help**

If in crisis, call the youth **COAST** (Crisis Outreach and Support Team) program

905-972-8338

**Contact Hamilton** - access to children and youth mental health services 905-570-8888

**Alternatives for Youth** - drug, alcohol & tobacco related services

905-527-4469

**Children's Mental Health Outreach Program** 905-667-7476

Public Health Services

**NOTES**