

# Tonight's Presentation

1. Introduction
2. The Hatching of High School
3. "Normal" Northern
4. School Council's role
5. Where to get help
6. Where to get information
7. How to feel connected
8. A mindset for managing this year
9. Questions & answers

# The “Hatching” of Highschool

How is high school different from elementary school?

How can I help my child transition smoothly?

What changes will happen between 9-12?

What to watch for as they develop?

# How is Highschool different from Elementary School

1. Independence
2. New school, bigger school, more kids
3. Larger workload, larger classes
4. Schedules
5. Behaviour, peer pressure, more responsibility
6. Stress, peer and academic (grades count now!)
7. Career choice pressure
8. Parent Involvement
9. Self Advocacy
10. Need lots of sleep!!!!

# How to help your child transition smoothly

1. Go to the orientation and tour the school
2. Discuss course selection with your student
3. Meet with teachers early
4. Set up a study routine
5. Create a good study environment
6. Explore extracurricular activities
7. Support your student to make social connections
8. Be open to new friendships
9. Encourage self-advocacy
10. Get some sleep!!!!

# Celebrate their growth

What changes will happen between 9-12?

What to watch for as they develop?

# “Normal” Northern

What is the “normal” culture?

1. Inclusivity
2. Diversity
3. Creativity
4. Spirit

What are typical activities for students to participate in?

Extracurriculars and clubs, Club Fair, Fashion Show, Musical, UWay week, Walk-on Sports

What are typical activities for parents to attend?

Information night, Parent/teacher interviews

# School Council contacts

[nsscouncil.com](http://nsscouncil.com)

[nss.school.council@gmail.com](mailto:nss.school.council@gmail.com)

[northernldcommittee@gmail.com](mailto:northernldcommittee@gmail.com)

[northerngifted@gmail.com](mailto:northerngifted@gmail.com)

# Important People

Principal- [adam.marshall@tdsb.on.ca](mailto:adam.marshall@tdsb.on.ca)

Vice Principals (by last name)-

Eric Halling - (A-G) - [eric.halling@tdsb.on.ca](mailto:eric.halling@tdsb.on.ca)

Jessica Pearson - (H-O) - [jessica.pearson@tdsb.on.ca](mailto:jessica.pearson@tdsb.on.ca)

Tiffany Peel - (P-Z) - [tiffany.peel@tdsb.on.ca](mailto:tiffany.peel@tdsb.on.ca)

Guidance (by last name)-

Melanie Stassis – A, S, U-Z - [melanie.stassis@tdsb.on.ca](mailto:melanie.stassis@tdsb.on.ca)

Leslie Usin-Rojas – B-E, I, T - [leslie.usin-rojas@tdsb.on.ca](mailto:leslie.usin-rojas@tdsb.on.ca)

Jennifer MacPhee – F-H, K, L - [jennifer.macphee@tdsb.on.ca](mailto:jennifer.macphee@tdsb.on.ca)

Andrew Primmer – J, M-R - [andrew.primmer@tdsb.on.ca](mailto:andrew.primmer@tdsb.on.ca)



# Connecting to Guidance

Make an appointment: <https://guidanceinterview.com/s/nss/>

Sign-up for your Google Classroom (with your student's TDSB email):

Grade 9 Google Classroom link: **kmv6fcz**

Grade 10 Google Classroom link: **twdxca6**

Grade 11 Google Classroom link: **hfg74ws**

Grade 12 Google Classroom link: **u565fkg**

# Special Needs

**Amanda Kearney**- Assistant Curriculum Leader, Special Education-  
[amanda.kearney@tdsb.on.ca](mailto:amanda.kearney@tdsb.on.ca)

**Monique Cipollone**- Assistant Curriculum Leader, Gifted Special Education-  
[monique.cipollone@tdsb.on.ca](mailto:monique.cipollone@tdsb.on.ca)

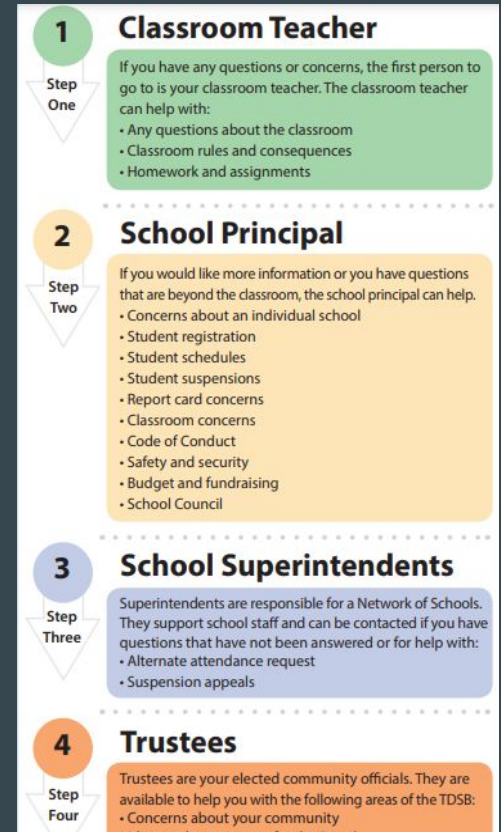
**April Vibert**- Student Success- [april.vibert@tdsb.on.ca](mailto:april.vibert@tdsb.on.ca)

**Dale Callender**- Lumenus, Rm 312A - [dale.callender@lumenus.ca](mailto:dale.callender@lumenus.ca)

Tel: Confidential direct line- 416-489-9586

This is a chart showing where to direct concerns.

At Northern, all concerns listed under School Principal (except Budget and School Council) should first be directed to Vice-Principals.



# TDSB Contacts

**TDSB Trustee, Ward 11: Rachel Chernos Lin**

Website: <https://www.tdsb.on.ca/ward11/>

Email: [Rachel.ChernosLin@tdsb.on.ca](mailto:Rachel.ChernosLin@tdsb.on.ca)

Sign up to receive her newsletter or to write her to ask questions, express concerns, etc.

She also holds a monthly coffee with parents in her ward (next one Oct 13 at 9:30) to share news from the Board and hear concerns from the community.

**TDSB Ward 11 PIAC representative: Janice Barnett**

# Information

Adam's weekly email bulletin: [judy.forgione@tdsb.on.ca](mailto:judy.forgione@tdsb.on.ca)

School Council email updates: [nss.school.council@gmail.com](mailto:nss.school.council@gmail.com)

TDSB Northern website: <https://schoolweb.tdsb.on.ca/northernss/>

School Council website: [nsscouncil.com](http://nsscouncil.com)

Ask Adam

# Getting Connected

School Council meetings: Oct 14, November 24, January 13, Feb 23, April 6, May 18

GAC (Gifted Advisory Committee): October 5, 20

ARC (Academic Resource Committee): TBA

School Council Committees (wellness, outreach, education, green, grad, fundraising)

Speakers

School Council Socials

Do not go into this school year with 2019 goals.  
This is 2020. Have 2020 goals.

Safety.  
Connection.  
Mental Wellness.  
Physical Health.  
Maintain relationships.

Emily W. King, PhD.

**Q and A**