



Cameron Heights Collegiate Institute

"Together as one we are committed to strengthening our caring community, to embracing diversity and to fostering life long learning."

2014-2015

Principal: Mr. R. Teed
Vice-Principals: Mr. F. Leung A - G
Ms. B. Cathcart H - O
Mr. K. O'Reilly P - Z

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**School website: <http://chc.wrdsb.on.ca>
Library website: <http://chc.wrdsb.on.ca/library>**

This agenda belongs to:

NAME _____

ADDRESS _____

CITY/TOWN _____

POSTAL CODE _____ PHONE _____

STUDENT NO. _____ HOMEROOM _____

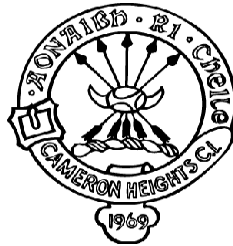


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**CAMERON HEIGHTS
COLLEGIATE INSTITUTE
2014-2015**



Regular Day		Assembly Day	
Period	Timing	Period	Timing
75 min. periods		55/60 min. periods	
1 A Attendance	8:15	1 A Attendance	8:15
1 A	8:15 9:30	1 A 1 st Assembly 1 st & 4 th floors	8:20 9:15
		1 A 2 nd Assembly 2 nd & 3 rd floors	9:20 10:15
2 B	9:35 10:50	2 B	10:20 11:20
3 LUNCH	10:50 11:50	3 LUNCH	11:20 12:20
4 D/E	11:50 1:05	4 D/E	12:20 1:20
5 E/D	1:10 2:25	5 E/D	1:25 2:25

Cameron Heights runs on a two day schedule.

Odd numbered calendar days are called DAY 1; these days have an afternoon period order of block D then E.

Even numbered calendar days are called DAY 2; these days have a “flipped” afternoon period order of block E then D.

REFERENCE INFORMATION

My Vice Principal's name is _____

My Guidance Counselor's name is _____

Semester 1 Class Schedule

Block	Course	Classroom	Teacher	Workroom Location
A				
B				
(C)Lunch				
D				
E				

My Semester II Class Schedule

Block	Course	Classroom	Teacher	Workroom Location
A				
B				
(C) Lunch				
D				
E				

Teams and Clubs I will hope to get involved with are;

Team and Club Meetings and Practices Schedule

Day	Mon.	Tues.	Wed.	Thu.	Fri.
Team/club					
Location					

Character Counts at Cameron

What we think, and believe shows in what we do and how we do it. Cameron's Golden Gaels demonstrate character through thinking with their heads, by feeling with their hearts, and by using their hands to take action to improve their community on a daily basis.

Character Profile	Learner Profile
Hope	Risk Taker
Social Responsibility	Inquirer
Co-operation	Balanced
Empathy	Caring
Respect	Open-minded
Kindness	Community-minded
Honesty	Reflective
Integrity	Principled
	Knowledgeable
	Thinker

“Together as one we are committed to strengthening our caring community, to embracing diversity and to fostering life long learning.”

I. STUDENT ACTIVITIES: How do I get involved?

STUDENT ACTIVITIES OFFICE

The Student Activities Office can be accessed from the cafeteria and is open throughout the school day for the purchase/payment of:

- Student activity cards (\$30)
- CHCI Fitness room memberships (\$35)
- Yearbooks (\$35)
- Fees associated with school sports, music ensembles, and drama. (vary with activity)
- Spirit Wear and other Cameron merchandise
- To answer any questions related to CHCI co-curricular activity offerings.



GET A CHCI SAC CARD – GET ID, GET INVOLVED

A SAC activity card, priced at \$30.00, is required for participation in all activities. Dances, clubs, merit awards, sports teams all require student cards. The cards are purchased on Photo Day in the second half of September or at any time after. The student card will include the student's name, photograph and identification number.



CHCI PARTICIPATION FEES

An additional fee will be charged for participation in each school sponsored athletic team, music, or drama ensemble. The fee is used to offset the cost of transportation, officials, uniforms and other related expenses. The participation fee is standard at all WRDSB secondary schools, however; certain activities may require additional fees at the discretion of the staff sponsor in consultation with the team or club members. If a student should need financial assistance to help with these costs they should speak to his or her coach or Vice-principal. All fees are paid in the SAC Office.



CHCI Student Activities Merit Awards

Cameron Heights Student Card holders are also eligible for S.A.C. awards. The awards are presented to grade eleven and twelve students each June at a special assembly, which honours the contributions made by students over their career at Cameron Heights. Students start collecting points as soon as you get involved in your grade 9 year. The system is explained below:

1. School Letters (Certificates)

Athletics	Activities	Academic
Gold C	Green C	Red C
1st letter - 5 points	1st letter - 6 points	1st letter -6 semesters average of 80%+
2nd letter- 8 points	2nd letter - 9 points <i>(activities points may be earned at a maximum of 3/year regardless of the number of activities involved)</i>	2nd letter – 8 semesters average of 80%+



2. Bronze "C" is the award for students holding three 1st letters.

3. The Cameron Crest is award for students holding three 2nd letters. This is the highest award and is very difficult to attain.



II.CO-CURRICULARS at CAMERON: “Go Golden Gaels!”

<p><u>AHTLETICS: Fall Teams</u> Junior Football Senior Football Field Hockey Junior Girls Basketball Senior Girls Basketball Junior Boys Volleyball Senior Boys Volleyball Cross-Country Running Senior Tennis Junior Boys Soccer Golf Athletics/Intramural Council</p>	<p><u>MUSIC</u> Chamber Choir Concert Choir JR Band SR Band JR Jazz Band SR Jazz Band</p>
<p><u>ATHLETICS: Winter Teams</u> Junior Girls Volleyball Senior Girls Volleyball Rec. Girls Volleyball Skiing – Nordic/Downhill Badminton Swimming Junior Boys Basketball Senior Boys Basketball Girls Hockey Boys Hockey Curling Wrestling</p>	<p><u>CLUBS & ACTIVITIES</u> Agents for Social Change Anime Club Ballroom Dancing Bollywood club Book Nook Chess Club/Team Creative Writing Club D-Crew Dance Team Debating Team DECA Team Drama/Improv Club EcoSchool Team Fashion/Dance Show Fed. Prov. Fitness Room Workout French Club Gaming Club Gay Straight Alliance Globe and Gael KEY Club Major Play or Musical Minecraft Club Mock Trials Club Model United Nations Club Multicultural Club Muslim Student Association Peer Tutoring Radio Club Reach for the Top Team Recycling Team Roots and Shoots Club SciFi/Fantasy Club SICA (Student International Community Association)</p>
<p><u>ATHLETICS: Spring Teams</u> Junior Tennis Girls Rugby Junior Boys Rugby Senior Boys Rugby Girls Soccer Senior Boys Soccer Track and Field</p> <p>*** New clubs are starting all the time ***</p>	<p>Skills Canada Table Tennis Club Tech Club Triathlon Club Ultimate Frisbee WAYVE</p>

SAC is always putting on great dances, spirit days and other events for CHCI students. Having a **SAC card** gets you access to those activities as well as all of these other amazing opportunities to be involved.

III. STUDENT SERVICES: How do I get help?

Counselling Appointments:



1. Fill out a blue appointment slip located in the Counselling/Guidance Office. The Office is on the Second floor, just down the corridor from the Main Office.
2. The appointment slip will be sent to your classroom teacher with the time of your appointment.
3. After your appointment, the counsellor will sign and date your slip. It will serve as an admit slip to class.

Resource and Enrichment Centre:

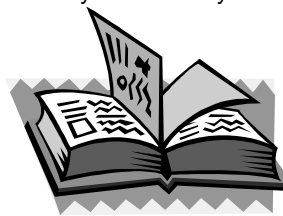
The many services offered to our students include study skills workshops, enrichment activities, remedial assistance, an orthopaedic class, life skills class, a course in learning skills. Students are encouraged to drop into the Resource Centre (rm. B306/308/310) during free time to discuss the services offered.

School Nurse

The nurse is available to do private consultations. For further information, please ask in the Guidance Office.

Library

The library is open from 8:00 a.m. to 2:50 p.m. daily. The library is available for borrowing or returning books, or obtaining information from reference books, CD-ROM and Internet. Seating at lunch hour is limited by the capacity of available seating. Students' cooperation in maintaining a quiet atmosphere in the library is expected. Students who want to do routine homework, not requiring library resources, may use the cafeteria or Peer help room at lunch (A202).



Student Success (Room 266)

Student Success is available to students requiring academic support including the following:

- Lunchtime support such as homework help, assignment completion, editing and proofreading assistance
- Access to computers for academic use only
- A quiet place to work on assignments or tests
- Academic support during class time with the consent of the classroom teacher

- Support with organization skills
- Academic coaching

The Student Success room also runs the **MARS** (Missing Assignment Recovery Support) program. Students who have not completed major assignments may be referred to MARS by their subject teacher. If you receive a MARS referral, you are expected to spend the first half of lunch on Tuesdays, Wednesdays and Thursdays in 266 until the work is completed. If you do not attend, your VP will be notified and you may receive a detention.

IV. STUDENT ACADEMICS: How do I graduate?

The Credit System and Diploma Requirements

All Ontario Secondary School Diplomas are awarded according to the Credit System. It is possible for every student to earn 8 credits in each full school year. A credit is granted after the successful completion of course work.

Subject credits are divided into compulsory and non-compulsory credits. Students must achieve 30 credits in total to receive a high school diploma. A Provincial literacy test (in grade 10) and community service requirement (40 hours) must also be met. An Ontario Secondary School certificate is available at 14 credits (this must meet specific criteria). Please see “diploma requirements” on the Ontario Ministry of Education website for more information.

CHCI IS A SEMESTERED SCHOOL

There are two semesters per school year. Therefore, a student may take four courses from September until January and four different courses from February until June. Period lengths are 75 minutes each day (except on assembly days). Students receive an interim and final report card each semester.

Student Timetables

All students receive their schedule at the start of the semester. Inappropriate course selections may be changed during the first two weeks of classes each semester. No student will be removed from a course after that time unless recommended by the student’s guidance counselor, vice-principal, or principal.



Homework

The completion of homework assignments is very important to success in school. Most courses give some homework each day or have ongoing projects that require time to work on them outside of regular school hours.

Late and Missed Assignments

Students at Cameron Heights will be responsible and complete all assigned work in a timely manner. This includes homework, process work, and readings so that you are prepared for class. Students will also be responsible to hand in assignments on their respective due dates.

Due dates are important as they:

- Teach time management skills;
- Help deter procrastination;
- Provide students with timely, useful feedback;
- Prepare students for the workforce and for post-secondary education;
- Ensure fairness to those students who meet deadlines;
- Enable teachers to meet marking timelines as per Administration.

* Please see the school website for more details.

Evaluations and Examinations

Final evaluations and examinations are scheduled in January and June and are worth 30% of the final report card grade.

ACADEMIC INTEGRITY

PLAGIARISM, PLAGIARIZE: TO STEAL AND PASS OFF AS ONE'S OWN WORK THE WORDS OR IDEAS OF ANOTHER; TO USE EXISTING WORK WITHOUT CREDITING THE SOURCE; TO COMMIT LITERACY THEFT; TO PRESENT AS NEW OR ORIGINAL AN IDEA OR WORK DERIVED FROM AN EXISTING SOURCE.

Webster's Third New International Dictionary

Students at Cameron Heights will only hand in assignments that are their own work. To plagiarize is to be dishonest with yourself, your teachers, your peers and your sources. Plagiarism is academic theft. It is also a serious breach of trust.

- Please see the school website for more details.

DO give credit to:

- ◆ Direct quotations from another source;
- ◆ An indirect or paraphrased idea taken from a source;
- ◆ Examples, Statistics, Graphs etc. ;
- ◆ Visual images, Photographs;
- ◆ Sound and Video Recordings;
- ◆ Electronic Sources, Websites, Blogs, etc.





WRDSB RESPONSIBLE USE PROCEDURE for INFORMATION, COMMUNICATION AND COLLABORATION TECHNOLOGIES: For any individual or group utilizing WRDSB technology

The following information was excerpted in part from the full RUP which is available on the CHCI website at chc.wrdsb.on.ca by clicking on: About > Student Policies > click on Responsible Use of Technology.

1. Preamble

1.1 The Responsible Use Procedure for Information, Communication, and Collaboration Technologies (RUP) outlines expectations related to the responsible use of Waterloo Region District School Board information, communication and collaboration technologies, and accompanying resources, including emergent technologies.

1.3 It is reasonable to expect that all individuals or groups who use Board technology (includes but is not limited to: staff, trustees, students, parents/guardians, federations, volunteers) understand and comply with the expectations outlined in the RUP. As a Board procedure, the RUP does not require individual or group signatures to indicate acceptance or compliance.

1.5 The Waterloo Region District School Board believes that the benefits of access to information, communication, and collaboration technologies and resources far exceed the disadvantages. Abuse of these services however, may lead to an individual's privileges being revoked. Misuse may be subject to disciplinary action and possibly civil or criminal action. Infractions of the RUP will be handled in a manner comparable to non-technology infractions that follow established Board policies and procedures related to staff conduct and student discipline.

2. Digital Citizenship

2.1 The Waterloo Region District School Board strives to model and teach the safe, legal, ethical and responsible use of information, technology and resources, and expects all users to embrace the following conditions or facets of being a digital citizen:

- respect yourself;
- protect yourself;
- respect others;
- protect others;
- respect intellectual and technological property;
- protect intellectual and technological property.

4. Responsibilities

4.5 Individual users of information, communication and collaboration technologies and resources, must guard against inappropriate, unethical and illegal activity and are responsible for:

- understanding and adhering to the Board's Character Development, Digital Citizenship and RUP goals;
- promoting the acceptable use of information, communication and collaboration technologies and resources;
- using all Board services, devices, and applications responsibly and for administrative and curricular purposes only, within the framework and standards set by the Board;
- protecting the integrity of their account usernames and passwords (includes devices such as Smartphones) – this involves changing default passwords;
- all content held within their accounts;
- protecting the integrity and safety of their content by ensuring current Board security measures and practices are followed;
- protecting equipment assigned to them from theft or damage and adhering to rules of hardware etiquette promoted by the Board;
- respecting the integrity and security of the Board's corporate (wired) network by using only approved and appropriately configured devices that are deployed by Information Technology Services.

Infractions of the RUP

5.2 Violating the RUP may result in:

- restricted network access and/or access to computer technology;
- loss of network access and/or access to computer technology;
- suspension and/or expulsion;
- civil or criminal charges.

V. CODE OF BEHAVIOUR: What is expected of me?

Cell Phones/Personal Communication Devices

WRDSB policy requires that students ensure that **cell phones and personal communication devices are turned off and are out of sight in classroom settings (except as approved by the classroom teacher for school use)**. Students who have questions about this policy, or refuse to comply, may speak to a Vice-Principal.

Smoking Policy



No smoking is allowed in the school, on the school property and in areas supervised by the school. Anyone smoking on school property can expect appropriate consequences and application of the bylaw. As good neighbours and responsible citizens, smoking is strongly discouraged across Charles Street and in front of the houses on Charles Street and Stirling Avenue.

Student Dress Code This dress code applies to both males and females.

CHCI is a very busy place from day to day, not only with students and staff, but also with visitors from the community at large. With this in mind, choices in clothing must be appropriate for this educational environment. Students deemed by staff members to be wearing inappropriate clothing may be referred to the main office where they will be asked to remedy the problem with alternative clothing. If this cannot be solved at school, they will be asked to leave and return with more suitable attire. Some examples of inappropriate attire are, but are not limited to:



- clothes that do not cover the body appropriately (very short skirts/shorts, very low-cut tops, muscle shirts, etc.),
- clothes with offensive graphics or that promote drug/alcohol use or hatred towards any group,
- clothes that can be associated with gangs in any way ("colours", bandanas, etc.).
- objects on clothing such as chains or spikes
- bare feet

Your respect for the CHCI community as a whole is greatly appreciated.

SAFE AND SECURE SCHOOLS & BULLYING POLICY

The following information was excerpted in part from the Safe and Secure Schools policy which is available on the WRDSB website at: <http://www.wrdsb.ca/schools/health-and-wellness/safe-and-secure-schools/>

The Waterloo Region DSB recognizes that providing students with an opportunity to learn and develop in a safe and respectful society is a shared responsibility in which school boards and schools play an important role. Bullying is defined as a form of repeated, persistent, aggressive behaviour that is directed at an individual(s) that is intended to cause (or should be known to cause) fear, distress and/or harm to another person's body, feelings, self-esteem, or reputation. Bullying occurs in a context where there is a real or perceived power imbalance. Schools have bullying prevention and intervention strategies that foster a positive learning and teaching environment. This supports academic achievement for all students and that helps students reach their full potential. A positive school climate is a crucial component of prevention. Bullying adversely affects a school's ability to educate its students, student's ability to learn, as well as healthy relationships and the school climate.

- Bullying will not be accepted on school property, at school-related activities, or on school buses.
- Bullying will not be accepted in any other circumstances (e.g. on-line) where engaging in bullying has a negative impact on the school climate.

4.1 Positive School Climate

A whole-school approach is utilized and a positive school climate exists when:

- a) All members of the school community feel safe and are safe, included and accepted;
- b) Healthy, inclusive relationships are promoted;
- c) All members of the school community demonstrate respect, kindness, empathy, initiative, integrity, co-operation and social responsibility;
- d) All members of the school community build relationships with one another that are free from harassment and discrimination;
- e) Open and ongoing dialogue takes place between the principal, staff, parents, community members and students;
- f) All partners are actively and positively engaged;
- g) Students are encouraged to be positive leaders and role models in the school community;
- h) Every student is inspired and given support to succeed in an environment of consistently high expectation.
- i) The learning environment, instructional materials and teaching and assessment strategies reflect the diversity of all learners;

- j) Improvement of learning outcomes is emphasized for all students;
- k) Bullying prevention and awareness raising strategies for students and staff are reinforced through curriculum; and
- l) Bully prevention and intervention strategies are reinforced for staff and students through programs addressing discrimination based on such factors as gender, race, ethnicity, faith, age, disability, sexual orientation and socio-economic disadvantage.

Bullying includes:

- Physical: Pushing, kicking, punching, shoving, and spitting
- Verbal: Teasing, verbal threats, the “look” and intimidation
- Social: Spreading rumours, hatred, and exclusion
- Sexual: Sexual harassment, unwanted attention and stalking
- Cyber: Intimidating or threatening messages by email, cell phone, internet chat rooms

If you Bully at Cameron, you can Expect:

- That your behaviour will be reported to a VP or Counselor
- That you will receive a consequence, that may include; mediation, educational programs, parental contact, a record of the incident in the Main Office, detention, suspension, expulsion or police contact, depending on the nature of the bullying.
- CHCI takes all bullying of its students, whether on or off campus, seriously.

WHAT CAN YOU DO ABOUT BULLYING?

- Don't be a bystander. Stand up. Report it! Don't Be Afraid. You are not a rat. Notifying an adult is sometimes hard to do, but it is a necessary next step.
- Who and how to report: In person or anonymously to a VP, counselor, teacher or parent.
- Keep a record of the bullying, it may be necessary to document (write down details of occurrences, keep offending emails, print Facebook pages...)
- Speak out on the behalf of others, if you witness bullying speak out, identify the behaviour as wrong or tell someone.
- If it is on the internet, do not respond to the individual, inform the Internet Service Provider, contact the Police and save the message.

Cafeteria Behaviour

All food and drink are to be consumed in the cafeteria, in the Tuck Shop area and outside the school building. Students may carry food and drink between the cafeteria and an outside door. Students consuming food outside do so with the understanding that they will not leave litter behind. Consumption of food in a classroom is not permitted [*exception: bottled water*]. Students are responsible for cleaning up their table when they leave. Garbage must be placed in the containers provided. Cafeteria privileges may be denied to uncooperative students. Common courtesy and good manners must be exhibited at all times in the cafeteria.

Bus Behaviour

The school bus is an extension of the school. Students are expected to behave appropriately on the bus. The bus driver has the authority of a teacher and must be obeyed at all times. Unacceptable behaviour will be dealt with by the driver and will be reported to a Vice-Principal.

Transportation is provided to and from school for all area students who live 3.2 km or more from the school. **Students are expected to have their bus pass with them each time they get on the bus.** Cameron Heights does not issue Kitchener Transit bus passes. If you have questions as to your eligibility for school bus transportation, call the WRDSB transportation department at 570-0300.



Enquire about the late activities bus in the Main Office or Student Activities Office.

Reporting to the Office: Students who are asked to leave a classroom shall proceed **directly** to the Office and report to an attendance secretary.

Inclement Weather-School Closings

During the fall, winter and spring of the school year, unusual or severe weather conditions can lead to a number of different situations requiring the cancellation or delay of some or all student transportation - both regular and Special Education. In the event of a school closure during the examination period, radio stations will be notified by 7:00 am and all exams will be moved ahead one day in the schedule.

SYSTEM WIDE CLOSURES:

Decisions made prior to the start of the school day, every effort will be made to ensure that media announcements commence prior to 6:15 am. Special Education transportation by bus, van or taxicab, will be included in all announcements for student transportation.

NOTE: If school buses are cancelled due to Inclement Weather, all off-campus trips including sporting events will be cancelled as well.

The following media outlets will carry Waterloo Region District School Board - Inclement Weather cancellation announcements.

MEDIA STATION	AM / FM BAND
Oldies 1090	AM band 1090
KOOL FM	FM band 105.3
CKGL AM 570	AM band 570
CHYM FM	FM band 96.7
DAVE FM	FM band 107.5
CJOY Magic FM	FM band 106.1
CKWR 98.5	FM band 98.5
HITS FM 103.5	FM band 103.5

Student Traffic and Restricted Areas

Students in halls during class time must be prepared to provide a copy of their timetable and or student ID. Students may leave the school during spare periods. Students must leave the school by 3:30 p.m. unless supervised by a teacher. As a courtesy to both students and teachers in class and for the safety of all, **entrance to all classroom areas is restricted** during all periods (except for 5 minutes at the beginning and end of a period). Students are to stay out of restricted areas until the bell rings for a change of classes. Students should not sit in the halls or on stairways since it interferes with traffic flow and is a safety issue. The cafeteria may be used for study purposes throughout the day. Students may use any room, lab, shop or gymnasium with the permission and supervision of a teacher.



Visitors

Visitors must first report to the Office to sign-in with administration. Friends and/or students from other schools may not visit the school during school hours including lunch hour.

Lockers

Each student is assigned one locker, which may not be changed without the permission of the Office. **Students may not share lockers.** The homeroom teacher will record the locker number and the combination on a list that will be kept in the Office. In this way it is possible to obtain books, etc., if a student is ill or if the locker combination is misplaced. Only school-issued type locks are to be used on school lockers. A record of locker combinations for all locks sold at this school is kept in the Office. **Students must be very careful to keep their locker combination confidential. Too many students lose items from their lockers each year because they give out their locker combination or they do not make sure that their locker is properly closed and the lock secure.** Please keep all valuables at home. The student is responsible for keeping his or her locker clean and tidy. Offensive materials are not allowed. Any damage to the locker should be reported to the Office immediately.



VI. ATTENDANCE PROCEDURES: What if I need to miss school?

Valid Absences include: appointments, parent approved family events, illness, bereavement and situations beyond your control.

- Call or present a note to the attendance secretary within 2 days of an absence to validate it.
- Sign-in if you arrive late and sign-out if you are leaving early.
- If you know you will be away ahead of time, let your teachers know.



Validating Absences by Phone: *Parents are encouraged to inform the school by telephone of their son or daughter's absence. The Attendance Office is open from 8:00 a.m. to 3:45 p.m. (578-8330). If a telephone call by a parent is made, a parental note is not necessary. The phone line is open 24 hours a day, 365 days per year.*

Late Policy

Students should be on time for all their scheduled classes. Late arrivals disturb the learning of others. Initially the subject teacher will deal with students who are late for class. The student's Vice-Principal will determine the appropriate action if the lates persist. **The school day begins at 8:15 a.m. with the playing of "O Canada" at the beginning of the day.** Each period begins at the ringing of the bell

Frequently Used Telephone Numbers

Need Someone to Listen

Kids' Help Line	1-800-668-6868
	519-745-9099
Help Line	519-742-1106
Grand River Hospital/KW Health Centre	519-742-3611
School Nurse or District Public Health	519-883-2000
Interfaith Counselling	519-743-6781
Family and Children's Service	519-576-0540
John Howard Society	519-743-6071
K-W Counselling Service	519-743-6391
K-W Hospital	519-742-3611
Intake	Ext. 2330
Lutherwood Assessment	519-744-6571

General Information

Waterloo Regional Police	519-653-7700
Community Info Centres	519-579-3000
Multicultural Centre	519-745-2531
Health Card Services	519-745-8421
Waterloo Region Legal Services	519-743-0254
Ontario Legal Aid Plan	519-743-4306
Lawyer Referral Service	1-800-268-8326
Regional Social Services	519-885-9611
Unemployment Insurance and S.I.N.	519-742-4421

Looking for Work?

Lutherwood Youth Employment	519-743-2460
Youth Employment Service	519-653-4778
Conestoga College/Futures	519-743-0260
Canada Employment Centres	519-579-1550

Emergency Housing

Females (Y.W.C.A.) Mary's Place	519-744-0120
Males (Salvation Army)	519-578-3130
Housing Registry for Youth	519-743-2460
Transitional Housing	519-578-0170

Abusive Situations/Sexual Assault

Youth Under 16	519-576-0540
Police	519-579-2211

Emergency Departments

K-W Hospital	519-742-3611
St. Mary's Hospital	519-749-6410
Community Justice Initiative's	519-744-6549
Anselma House	519-741-9184
AIDS Info	519-570-3687
Alcohol/Drug Problems	519-579-1310
Waterloo Region Detoxification Centre	519-749-4209
Alcoholic's Anonymous	519-742-6183
Alcoholic's Anonymous Teen	519-742-6921

Birth Control Info/Pregnancy Info

Family Planning Clinic	519-744-7357
Planned Parenthood	519-743-6461
U of W (Birth Control Centre)	519-885-1211
St. Monica House	519-743-0291
K-W Pregnancy Centre	519-743-2740
Birthright	519-579-3990



MATH

Problem Solving

C

- 1 Read the problem **CAREFULLY!**
- 2 What are you being asked to find?
- 3 Highlight the key information.

H

- 4 Make your let statement(s) based on what you are trying to find.
- 5 Draw a well labelled diagram if applicable.

C

- 6 Write out the relationship in the question in words and then translate into mathematics to generate an equation(s).

I

- 7 Make sure you have the same number of equations as unknowns!
- 8 Solve the problem.
- 9 Does your answer make sense?
- 10 Write an appropriate conclusion.



MATH

Common Terms

C	Expression	- sum or difference of terms - there is NO equal sign
	Equation	- sum or difference of terms - there is ONE equal sign
	Simplify	- expand AND collect like terms - must involve an EXPRESSION
H	Factor	- put an EXPRESSION or EQUATION in the form of a PRODUCT
	Evaluate	- arrive at a single NUMERIC answer
	Expand	- apply the Distributive Property
C	Solve	- determine the value of the unknown - must involve an EQUATION - may require you to FACTOR
	Calculate	- substitute into a formula and EVALUATE
I	Find	- can involve assigning an unknown to a problem or solving for the unknown
	Determine	



MATH

Exponent Laws

Algebraic

Definition

$$a^4 = a \cdot a \cdot a \cdot a$$

Laws

1. $a^m \cdot a^n = a^{m+n}$

2. $a^m \div a^n = a^{m-n}$

3. $(a^m)^n = a^{m \cdot n}$

4. $(a^m b^n)^q = a^{mq} b^{nq}$

5. $\left(\frac{a^m}{b^n}\right)^q = \frac{a^{mq}}{b^{nq}}$

6. $a^0 = 1$

7. $a^{-m} = \frac{1}{a^m}$

8. $a^{\frac{m}{n}} = \left(\sqrt[n]{a}\right)^m$

Numeric

Definition

$$3^4 = 3 \cdot 3 \cdot 3 \cdot 3 = 81$$

Laws

1. $3^2 \cdot 3^4 = 3^{2+4} = 3^6 = 729$

2. $3^5 \div 3^2 = 3^{5-2} = 3^3 = 27$

3. $(3^4)^2 = 3^{4 \cdot 2} = 3^8 = 6561$

4. $(3^4 \cdot 2^5)^6 = 3^{4 \cdot 6} \cdot 2^{5 \cdot 6} = 3^{24} \cdot 2^{30}$

5. $\left(\frac{3^4}{2^5}\right)^6 = \frac{3^{4 \cdot 6}}{2^{5 \cdot 6}} = \frac{3^{24}}{2^{30}}$

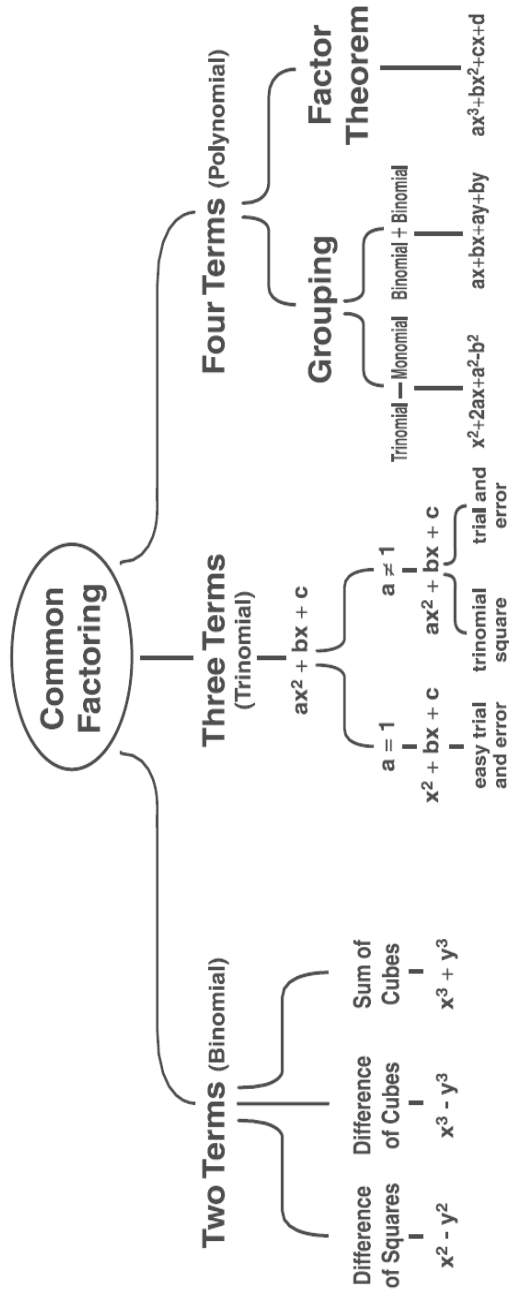
6. $3^0 = 1$

7. $3^{-2} = \frac{1}{3^2} = \frac{1}{9}$

8. $4^{\frac{3}{2}} = \left(\sqrt[2]{4}\right)^3 = 2^3 = 8$



MATH Factoring



If all this fails, then the expression is NOT factorable.