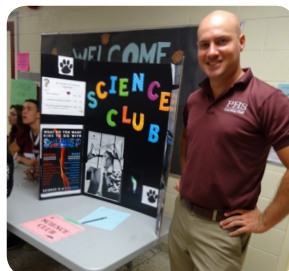
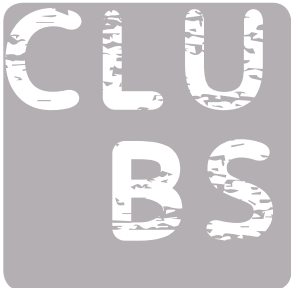




PRESTON

HIGH SCHOOL

550 ROSE STREET
CAMBRIDGE, ONTARIO N3H 2E6
519-653-2367
PHS.WRDSB.CA



INSIDE

about PHS
events
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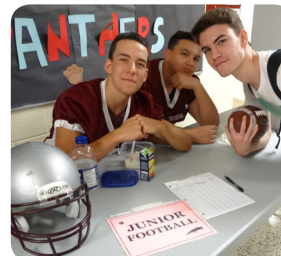
PHS: A COMMUNITY SCHOOL 2 THAT MAKES A DIFFERENCE

ABOUT OUR SCHOOL

Welcome to Panther Country! Preston High School is a community school that offers prospective students a rigorous academic program, as well as a rich extracurricular life. Students will be supported in creating an individual pathway through Preston's academic program that will align with postsecondary goals. Preston High School offers several specialty programs, including a strong Cooperative Education program, a Specialist High Skills Major Certification in Sports, and the Enhanced program. As well, we are proud of our Developmental Education and Life Skills programs offered to meet the diverse needs of each learner.

Opened in 1934, Preston High School has a rich family tradition, proudly guiding several generations of grandparents, parents, aunts, uncles, and children in their journey to graduation. As one of the mid-sized high schools in the Waterloo Region, Panthers feel the same strong sense of belonging in our tight-knit community as they would at a smaller school. However, Panthers will also find many opportunities for their talents to flourish in a school that offers as wide a range of events, activities, clubs and teams as students would find at a larger school. As one of the oldest schools in this region, Preston High School fosters a strong sense of tradition and Panther pride that students carry with them everywhere they go, even after graduation, as embodied by our school motto, "Aeterna Non Caduca", which translates to: Things that last, never perish".

In the words of Lucas Haddaway, former Student Council Co-President and class of 2016 Alumni, when it comes to school spirit, "Panther Pride cannot be matched". We are excited to see the amazing contribution you will add to the landscape of Panther Country!



STUDENT LIFE GET INVOLVED

3

EVENTS ACTIVITIES AND CLUBS

Student life at Preston High School is about more than academics. The wide variety of clubs and activities at Preston offers students the chance to pursue their interests, while meeting new people, and honing their leadership and teamwork skills. With such a wide array of clubs and activities from which to choose, PHS students can take risks and aim for new goals in a safe and supportive environment. We encourage students to be an active part of co-curricular life at Preston High School, to make the most of their high school years!

EVENTS & ACTIVITIES FALL

Grade 9 Dance

Thanksgiving Food Drive

Movember and Wax4Stax fundraiser

Academic Awards

Commencement

Halloween Dance

WINTER

Cake Auction

Semi-Formal Dance

Seniors' Holiday Dinner

Grade 8 Open House

SPRING

Athletic Awards Banquet

Grad Prom

Moga

Fashion Show

Change Drive Fundraiser

YEAR ROUND

Spirit Assemblies

Intramural Athletic Activities

CLUBS

A/V Club

Athletic Council

Book Club

DECA

Electric Car Race Club

Enviro Club

Federal Provincial Simulation Club

Global Issues/Outreach Club

Math Club

Outdoors Club

Panther Prowl Newspaper

Prom Committee

Radio Club

Reach for the Top

Videogame Club

Science Club

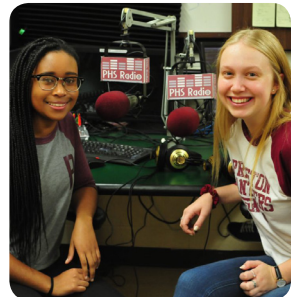
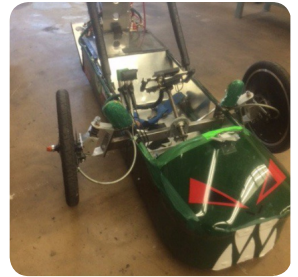
Student Activities Council (SAC)

Triathlon Club

Ultimate Frisbee Club

Writers' Club

Yoga Club



See phs.wrdsb.ca for more information about clubs and activities and the staff sponsors. Also, visit the annual Extracurricular Fair in the first week of September at PHS to meet the staff members and students involved in student life at Preston!

EXCELLENCE IN THE ARTS

THE ARTS

Perform! Act! Sing! Create! Musicians, actors, singers and artists will find many opportunities to refine their talents both as part of classroom curriculum and as part of their extracurricular life.

Musicians can practice their craft as a member of one of Preston's bands or choirs, and then have their talents showcased at Sounds of the Season, Harmony, Rock the Yard, Musicfest, and Open Stage Fridays.

Dramatic types can grace the stage as part of a main stage production, like the Sears Drama Festival, the Tri-City Improv Games, Synergy, and the Grade 12 One Act Showcase. Open Stage Fridays are a fun, less formal way for actors to practice their craft.

Students interested in the Visual Arts will also find many chances to shine at PHS. Join the Art Club and participate in Open Studio lunches in the Art Room. Use your talents as part of charity art sales, set design for main stage productions, and other special events, like the Cambridge Sidewalk Art Festival. The artistic and photographic talents of our students are put on display as part of the Homer Watson Gallery Show, the Cambridge Mayor's Celebration of the Arts, the KWAG Expressions Show, and the Langs Connectivity Show.

Participation in the Arts Council, Drama Council or Music Council gives artists of all varieties the chance to take on a leadership role and build their resumes as part of Preston's art community.



ARTS SUCCESSES

- Recent two-time competitors at MusicFest Nationals - achieved Gold Standing for Senior Band, Silver Standing for Concert Choir
- Gold Award winning Jazz Band at Kiwanis Music Festival (2016)
- Silver Award winning Intermediate Band at Kiwanis Music Festival (2016)
- Henry's Canadian Secondary School Photography Competition: Overall Best School Photography (2016)
- TriCity Improv Games Finalists & three-time National Finalist in Canadian Improv Games Award & Award winning Sears Drama Festival Productions



Bryna Madden, Photographer

STUDENT LIFE GET CREATIVE

EVENTS AND ACTIVITIES

Sears Drama Festival
Canadian Improv Games
Synergy Arts Showcase
Grade 12 One-Act Showcase
Open Stage Fridays
Drama's Annual Halloween Spook Night
Harmony Spring Show
Sounds of the Season Winter Show
Rock the Yard
Open Studio (Tuesdays and Thursdays)
Homer Watson Gallery Show
Cambridge Mayor's Celebration of the Arts
KWAG Expressions Show
Langs Community Connectivity Show
Annual Art Awards Banquet
Annual Arts Retreat
New York Trip (every other year)

CLUBS

Preston Drama Council
Preston Improv Team & Club
Music Council
Intermediate Band
Senior Band
Jazz Band
Concert Choir
Art Council
Art Club



PANTHER ATHLETICS

SKILLS LEARNED

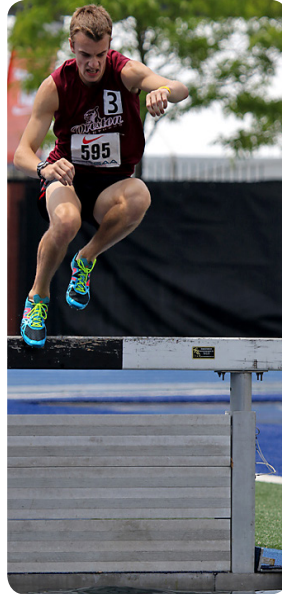
Playing sports helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers and adults.

Playing sports enables you to create friendships you otherwise might not have formed. Sports bring teens together from different grades, feeder schools and backgrounds. Many times, the friendships you create in athletics remain intact even when you are not playing sports.

Providing wisdom and encouragement, coaches are good role models. The teacher-coach-athlete relationship that you develop is a very important one. Positive coaching helps to bring the team together, and gives players the right tools to push themselves academically and physically.

Participating in sports improves your health in many ways. To be a good athlete, you must take care of yourself. This gets you thinking about what to eat and how to treat your body to achieve peak performance levels.

Participating in sports can actually have a positive impact on school. Sports force you to organize your time so that you can both go to practice and finish your homework. The key is finding a balance. If you can learn to organize your time then you can succeed in both. Participating in sports helps build leadership skills. Sports teams give you an opportunity to surround yourself with competitive people and role models, allowing you to learn from them both.



DEDICATED COACHES

PHS coaches fully believe in the value of physical literacy and the role that it plays in the development of healthy future adults. They have a passion for activity and want that passion to be passed on to young Panthers who want to learn and benefit from participation in sport. High School coaches are also teachers, so they really try to educate and instill positive character traits including integrity, teamwork, respect, and goal-setting, while coaching & developing athletic talent. They coach their team to become even stronger athletes and better people BOTH on and off the court. They are supportive and encouraging and want to see you succeed, which doesn't always mean a win. They will push you in a good way so that you reach your highest potential. But, coaches also like to have a LOT of fun!



STUDENT LIFE GET ACTIVE

BENEFITS OF TEAM PLAY

Athletics are an integral part of student life allowing students to interact and connect with each other outside of the classroom. Being a part of a club or team can make you feel included, like you belong somewhere; you can rely on your team and coaches when you need help. Being involved in sports gives you something to look forward to at the end of the day, and creates friendships and relationships that can last a lifetime.

PHS has an outstanding sports reputation in the county and outside of the WRDSB/WCSSAA. Everyone knows the PRESTON PANTHERS! Maybe it's because of our "eat em RAW" saying, awesome maroon and grey school colours or our incredible Captain Preston mascot. PHS has a ton of school spirit and we pride ourselves coming from a school with class and humility.

Many students who transfer in say, "We are like a small family that looks out for one another. I felt welcome and part of something and found friends quickly"

-PHS Student



FALL SPORTS

Girls Basketball
Cross Country
Field Hockey
Football
Golf
Boys Volleyball

SPRING SPORTS

Boys and Girls Rugby
Boys and Girls Soccer
Boys Slo Pitch
Girls Softball
Track and Field
Jr. and Sr. Tennis
Triathlon Club
Ultimate Frisbee Club

WINTER SPORTS

Boys Basketball
Badminton
Curling
Boys and Girls Hockey
Girls Volleyball
Wrestling

YEAR ROUND

Cheer Team
Intramural athletic activities are offered at lunch

PHS OPPORTUNITIES

ENHANCED PROGRAM

We offer an exciting and distinctive approach to learning which focuses on academic diversity and excellence in all areas of student life.

In Grades 9 and 10, we emphasize:

- Problem solving
- Communication
- Critical Thinking
- Leadership
- Citizenship

These transferable skills will be advanced through work done in each of the Enhanced core subjects of French, English, Math, Science, Geography, and History.

With like-minded students, you will:

- Compete in Math contests
- Achieve proficiency in French language
- Interact with leaders in the scientific community
- Lead extra-curricular initiatives
- Collaborate with the greater PHS community



APPLICATIONS FOR THE PHS
ENHANCED PROGRAM CAN BE
FOUND ON OUR PHS WEBSITE:

PHS.WRDSB.CA



ADVANCED PLACEMENT

Do you want to...

- gain the edge in university preparation?
- stand out in the university selection process?
- broaden your intellectual horizons?

...then you want to consider the AP program at Preston!

The Advanced Placement program is an internationally recognized standard of academics. AP courses are considered equal to first-year university courses in rigor. They are a good way to find out what level of performance will be required at university. Some universities may grant a first year credit; all universities are interested in candidates with AP on their applications.

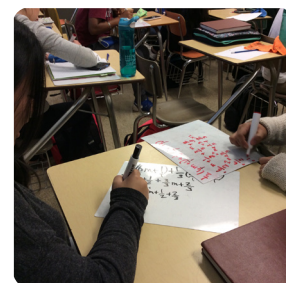
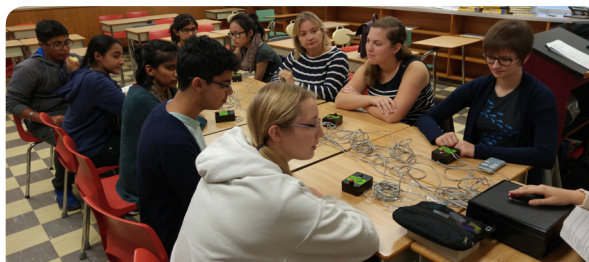
Our flexible model at PHS for Advanced Placement allows you to prepare for and write the AP exam of your choice from a list of 38 topics. Your topic may match one of your credits, where the curriculum is similar to the exam preparation material, or you can explore a completely different area. You review the on-line course material and study at your own pace, consulting with your teacher-mentor as you require. Your teacher-mentor may be selected from someone on staff, or from the community.



FURTHER INFORMATION CAN BE
FOUND ON THE PHS WEBSITE &
VISIT THESE WEBSITES:

AP.CA

APCENTRAL.COLLEGEBOARD.COM





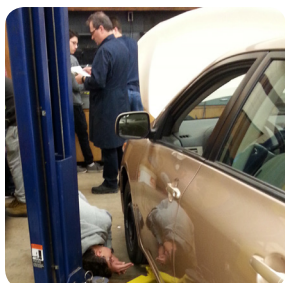
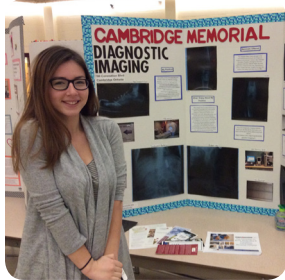
SPECIALIST HIGH SKILLS MAJOR IN SPORTS

Do you love being active, participating in sport or coaching others? Are you interested in physiotherapy, athletic therapy or sports medicine? Do you want to talk sports with others, perhaps broadcast sports? If you answered yes to any of the above, the Sports SHSM is for you!



The PHS Specialist High Skills Major in Sports lets students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD). Students receive the SHSM seal on their diploma when they:

- complete a specific bundle of 8-10 courses in the Sports Sector
- earn valuable industry certifications including first aid and CPR qualifications, with support from Ministry funding
- gain important skills on the job through Co-operative Education placements



COOP EDUCATION & OYAP

COOPERATIVE EDUCATION

Why not 'Test Drive' a Career? Coop students have the opportunity to experience hands-on learning, see the relevance of their classroom learning, develop the essential skills and habits required in the workplace, and gain valuable work experience to help build a resume for postsecondary programs and future employment.

It is a program that allows students to apply two coop credits towards their compulsory high school graduation requirements with no limit on earning optional coop credits.

OYAP (Ontario Youth Apprenticeship Program)

OYAP allows students to get a head start in their pathway plan by being able to count some coop hours towards the total hours needed to become a licensed apprentice. Students are registered with the Ministry of Training Colleges and Universities to aid them on their journey. See a Coop Teacher for more details.



MLB Atlanta Braves
Scott Thorman

CFL Montreal Alouettes
Chris Ackie

1500m Olympic Runner
Nathan Brannan

U-18 Team Canada Hockey
Shelby Wood

OFSAA & Jr. National Track
Maddie Ghazarian



COURSE SELECTIONS

10

COMPULSORY COURSES

Students must take all **five** compulsory credits in Grade 9. Specific course descriptions of compulsory courses can be read in the course calendar supplement given out in the course selection packages.

GEOGRAPHY

This course explores the distinct and evolving character of Canada using a variety of frameworks including natural, human, economic and global. Reasons this country works so well and problems still to be solved, are examined.

CGC1DI ~ Grade 9 Academic

CGC1PI ~ Grade 9 Applied

CGC1DW ~ Grade 9 Enhanced

ENGLISH

This course focuses on oral communication, reading, writing, and language skills that students need for success for their individual pathway plan of college, university, apprenticeship and work.

ENG1DI ~ Grade 9 Academic

ENG1PI ~ Grade 9 Applied

ENG1DW ~ Grade 9 Enhanced

FRENCH

This course provides opportunities for students to communicate and interact in French with increasing independence, with a focus on familiar topics related to their daily lives.

FSF1DI ~ Grade 9 Academic

FSF1PI ~ Grade 9 Applied

FSF1DW ~ Grade 9 Enhanced

MATHEMATICS

This course enables students to develop an understanding of mathematical concepts related to algebra, analytic geometry, linear relationships, measurement and problem solving.

MPM1DI ~ Grade 9 Academic

MFM1PI ~ Grade 9 Applied

MPM2DW ~ Grade 9 Enhanced

SCIENCE

This course enables students to develop their understanding of basic concepts in biology, chemistry, earth and space science, and physics, and to relate science to technology, society, and the environment.

SNC1DI ~ Grade 9 Academic

SNC1PI ~ Grade 9 Applied

SNC1DW ~ Grade 9 Enhanced

ELECTIVE COURSES

Grade 9 students are encouraged to pick **three** of the following courses (all offered at the open level):

THE ARTS

DRAMA (ADA 10I)

In this course students will create, practice and perform a variety of dramatic forms and techniques such as tableau, role play, improvisations and children's plays. This course will assist students in gaining more confidence as well as a love for performance.

INSTRUMENTAL MUSIC (AMI 10I)

Band – Experienced

This course emphasizes the performance of music at a level that strikes a balance between challenge and skill and is aimed at developing technique, sensitivity and imagination. Students will participate in creative activities that will teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use. Students will perform as a class and in small groups while progressing towards a solo performance. This course is for students with a minimum of one full year of study on a band instrument.

INSTRUMENTAL MUSIC (AMI 10X)

Band – Beginner

This course is designed for students who do not currently play a band instrument. Students will learn to play a band instrument in a class setting. This course focuses on music/band for beginners and emphasizes the performance of music at a level aimed at developing technique, sensitivity and imagination. Students will participate in creative activities that teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use. Students will perform as a class and in small groups while progressing towards a solo performance.

VOCAL MUSIC (AMV 10I)

This course emphasizes the performance of music at a level that strikes a balance between challenge and skill and is aimed at developing technique, sensitivity and imagination. Students will participate in creative activities that teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use. Students will perform as a class and in small groups while progressing towards a solo performance.



ARTS (CONTINUED)

VISUAL ARTS (AVI 10I)

Interested in a future in animation, architecture, interior or fashion design? Start working on the skills that will lead to a great portfolio. You will be studying the basics of design through exposure to a variety of techniques in drawing, painting, printmaking and sculpture. You will carve a self-portrait for the printing press, mold clay for the kiln, hand cut stickers for your new chromebook and more.

CRAFTS (AWA 10I)

An introduction Artisan course with a focus on the Crafts movement and "useful art". Tools and techniques will be introduced in the various mediums of ceramics, paper mache, collage, jewellery making, carving, painting and drawing.

BUSINESS

INFORMATION AND COMMUNICATION TECHNOLOGY IN BUSINESS (BTT 10I)

This is a 'hands on' full computer course. Expand your computer and information technology skills by using Google Apps, MS Office software such as Word, Excel, PowerPoint, Publisher, website design, and Photoshop. Throughout the course, there is an emphasis on digital literacy, effective electronic research and communication skills, and digital citizenship.

INTRO TO BUSINESS (BBI 10I)

This course introduces students to the world of business including Financial Literacy, Entrepreneurship, Accounting, Economics, Ethics, Human Resources, Marketing, and Information Technology. Stock market and business competitions included focus on developing business knowledge and skills students will need in their everyday lives.

SPECIAL EDUCATION

LEARNING STRATEGIES (GLE 10I)

This course is designed for Grade 9 students who need to develop their independent learning skills. Specific attention will be placed on understanding the brain and how it can be affected by injury, nutrition and other factors; understanding learning disabilities and how classroom strategies can help students cope with them; developing key literacy and numeracy skills; and developing organizational, test-taking and study skills. (IEP required)

HEALTH & PHYSICAL EDUCATION

HEALTHY AND ACTIVE LIVING FEMALES (PPL 10X) MALES (PPL 10Y)

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote life-long, healthy, active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and injury-prevention strategies.

Students will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs and will participate in activities designed to develop goal setting, communication and social skills.

TECHNOLOGICAL STUDIES

EXPLORING COMPUTER TECH

Computer Engineering Emphasis (TEJ 10I)

Have you thought you might want to be an Engineer or do something with computers? If you have, this course will interest you. There are 3 learning units: Computer Engineering, Technological Design and Communications Technology. You will learn the skills allowing you to design, program and build exciting projects such as a maglev car, a robot, animations and vinyl graphics. This course will prepare you for the related courses at the Grade 10 level.

EXPLORING TECHNOLOGIES

Auto, Wood & Metal Shop Emphasis (TIJ 10I)

If you like working on cars or building projects, this course is for you. In the Auto Shop you will learn how to perform basic vehicle service operations and inspections. In the Manufacturing Shop you will learn how to operate machines such as lathes and perform simple welding operations. In the Construction Shop you will learn basic woodworking operations and fundamental home repair skills such as drywall and plumbing.



OSSD REQUIREMENTS & PANTHER SUPPORTS

12



ONTARIO SECONDARY SCHOOL DIPLOMA

30 CREDITS TOTAL ARE REQUIRED

Grade 9 and 10 students require a minimum of eight courses per year.

Compulsory - 18 Credits

4 English (1 per grade)

3 Mathematics (one in grade 11 or 12)

2 Science

1 French

1 Canadian Geography

1 Canadian History

1 Arts

(Drama, Instrumental or Vocal Music, Guitar, Visual Arts, Photography, Crafts)

1 Health & Physical Education

0.5 Civics (grade 10)

0.5 Career Studies (grade 10)

Group 1 (1 of the following):

An additional credit in English, or French as a second language, or a Native language, or a classical or an international language, or social sciences and the humanities, or Canadian and world studies, or guidance and career education, or cooperative education

Group 2 (1 of the following):

An additional credit in health and physical education, or the arts, or business studies, or French as a second language or cooperative education

Group 3 (1 of the following):

An additional credit in science (Grade 11 or 12,) or technological education, or French as a second language, or computer studies, or cooperative education

Optional - 12 Credits

The following are also required to graduate:

Successful completion of the Grade 10 Ontario Secondary School Literacy Test (OSSLT)

40 hours of community service

PHS CARES

At Preston: We care about each other, ourselves, our community and our world.

We believe in and demonstrate:

Love

Caring

Respect

Responsibility

Loyalty

Determination

Honesty

Trust

Self-worth

SCHOOL RESOURCES

LEARNING RESOURCE CENTRE

The Learning Resource Centre (LRC) is open to students who have Individual Education Plans (IEPs) in place, resulting either from a formal IPRC process or from teacher identification of student needs in specific subject areas.

Special education resource teachers are available to provide support throughout the school day. Students have access to assistive technologies and an alternative learning environment.

GUIDANCE CAREER & COMMUNITY RESOURCES

Make an appointment to see your guidance counsellor twice a year to review graduation requirements, career interests and to explore an individual pathway plan through PHS and beyond.

YOUTH WORKER & SOCIAL WORKER

Supports are offered to students as they deal with the ups and downs of life during high school.

SCHOOL NURSE

A school nurse is available to see students once a week in the afternoon in the Guidance Office.



HOW TO READ A COURSE CODE

Each secondary school course is represented by a six character code.

Understanding this code can tell you a great deal about the course.

This course is offered by the mathematics department.

This course is offered at the academic level.

M P M 1 D I

The name of this course is Principles in Mathematics.

This is a grade 9 course. 1= grade 9; 2= grade 10; 3= grade 11; 4= grade 12

D - Academic
P - Applied
O - Open
C - College
M - College/ University
U - University