

SPARKING SECONDARY SUCCESS

This Healthy Living and Individual/Small Group Activities grade 9 credit (PA10) will count as a compulsory credit for their Ontario Secondary School Diploma (OSSD). This course is rooted in self-reflection and discovery where grade 8 students will think about who they are as a learner. They will explore their strengths and interests, utilizing the My BluePrint tool to look at their pathways into secondary school and beyond. Students will develop their understanding and skills (i.e. organization, study skills) to support success in high school. They will also plan a leadership event for their elementary or intermediate school as well as assist in Recess Re-Think strategies for elementary schools.

Most of the course work will be completed asynchronously through EDSBY. This course is very flexible, and students are not required to “attend” on specific days. Students may sign into EDSBY on evenings or weekends to complete their course work. It is recommended that students spend about 2 hours on course work each week. The only time they need to attend in person is when they will participate in experiential learning days. These experiential learning days will include special guests, team building, mental health exercises, physical health exercises and will take place on the following school PD Days: January 30th, March 6th, April 17th, and June 5th. More details will be provided surrounding these experiential learning days.

COURSE OVERVIEW

Leadership

- **Project:** Students will plan and run an activity/event for their local elementary school or intermediate school
- **Mentoring:** Students will mentor grade 5 and 6 students as part of the Recess Re-Think Program

Experiential Learning

- **PD Days:** Students will participate in three in person experiential learning days scheduled on school PD Days that will include special guest, physical and mental health exercises, and team building

Well-Being Journals

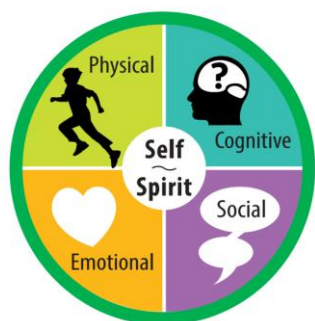
- **Physical Health, Mental Health, Nutrition, Sleep:** Students will complete logs and then reflect on the connection to their cognitive, social, emotional and physical well-being

My Blueprint

- **Pathway Planning:** Students will utilize My Blueprint tool to look at pathways into secondary school and beyond

Well-Being

- **Four Domains of Well-Being:** Students will learn about the four domains of well-being



- **Cognitive:** The development of abilities and skills such as critical thinking, problem solving, creativity, and the ability to be flexible and innovative.
- **Emotional:** This involves learning about experiencing emotions, and understanding how to recognize, manage and cope with them.
- **Social:** The development of self-awareness, including the sense of belonging, collaboration, relationships with others, and communication skills.
- **Physical:** The development of the body, impacted by physical activity, sleep patterns, healthy eating, and healthy life choices.

If you have any questions, please email sparkingsecondarysuccess@adsb.on.ca

Please complete the Sparking Secondary Success [registration form](#) by December 10th, 2025.