

Graduation Transitions - a mandatory 4 credit course (INFO SHEET)

For graduates of 2017: In order to graduate, students must complete the five Graduation Transition Requirements.

1. 30 hours of Work Experience

In grade 11 or 12 students must complete a minimum of 30 hours of work experience to graduate. Students can receive credit for:

- a. *paid work
- b. *volunteer work
- c. work experience arranged by a career preparation advisor
*some restrictions apply

Enroll in the Career Preparation/90 Hours Work Experience and this **will** complete the 30 hour minimum (elective course).

See Mrs. Dato or Ms. Wispinski in Rm 313 for information about Work Experience.

2. Healthy Living Plan

Completed by participating and passing the PE 10 Health Unit. Any student who is new to the district, or who did not pass the PE 10 Health Unit must complete the Healthy Living Plan nutrition assignment found on the Moscrop Website or in room 313. It must be submitted to Mrs. Dato for credit.

3. Daily Physical Activity (“DPA”) Requirement -Completed in **grades 10 and 11 and 12**: Minimum of 150 minutes moderate to vigorous physical activity weekly. In

grade 12, DPA will be submitted once that year in May 2017. Forms can be picked up from room 313. Be sure to plan and participate in physical activity and track it on a calendar.

If students are enrolled in a PE, Dance or Weight Training course at Moscrop, and are **attending, participating and passing**, the course teacher will grant the student DPA credit. If credit is denied, the student must use the DPA verification form.

DPA that is overdue from previous years will not be accepted. Students will be responsible for completing one “I” assignment per term missing. Assignments are provided by Mrs. Dato.

4. Graduation Transition Guide—this is an assignment that details the student’s plans for the year immediately following high school & an exploration of their possible future. Students learn how to plan what they are going to do and how they are going to make it happen. The plan is started during Planning 10 and revised and revisited in grade 12. All grade 12 students must submit their completed Graduation Transition Guide to Mrs. Dato in Rm 313 by the January due date.

5. Student-Led Interviews will take place in April of a student’s grade 12 year. Every grade 12 student will take part in a 10-15 minute interview where they present their Transition guide, talk about their plans for the future and their accomplishments over the last three years. Students can begin preparing by collecting evidence of the things they are proud of as they will bring 2-3 items to showcase their skills and accomplishments.

Students are granted an RM (Requirements Met) at the end of their Grade 12 year, and 4 credits towards graduation.

Pin this to your bulletin board in your bedroom, to help you keep track of what you have completed.

GRADUATION TRANSITIONS REQUIREMENTS AT A GLANCE:

➤ 4 mandatory credits for doing the following:

✓ Check off what you've completed:

30 Hours of Work Experience (between the summer before Gr 11 and ideally by January of Grade 12 year)

Healthy Living Plan (completed in PE 10 Health or by assignment)

DPA: 150 minutes/week of logged & verified Physical Activity in

Grade 10: Reported in Term 1, 2 and 3

Grade 11: Reported in Term 1, 2 and 3

Grade 12: Reported in May 2017 for the whole year & verified by a parent

2016/17 DPA due date:

May 31, 2017

Transition Guide (due mid-January of grade 12 year) (Deadline= January 23/24 2017)

Student-Led Interview (April of Grade 12 year) (Date= April 12, 2017)

More information can be found on the Moscrop website