

**DUE FRIDAY DECEMBER 11TH–CAREER EDUCATION PLAN
FINAL DUE DATE–APRIL 09TH, 2010
THIS IS A COMPULSORY COURSE CREDIT FOR GRADUATION
GRAD TRANSITIONS (GT)
2009/2010–Graduation Requirement=4 credits
C O M P U L S O R Y**

Grad Transitions consists of three components:

- (a) 150 minutes of weekly physical activity/healthy living=93 hours total–grades 11 & 12**
- (b) 30 hours of volunteer/work experience**
- (c) Career Education Plan**

E X A M P L E S

A. PHYSICAL ACTIVITY

- (a) 150 minutes of weekly physical activity–PE 11/12=93 hours**
- (b) School Teams–eg. Ultimate, Badminton, Tennis, Soccer, Volleyball, Basketball, table tennis, Hockey Academy, X-Country, Alternate Sports' Days**
- (c) Community/Club Teams**
- (d) Intramurals/House System**
- (e) Terry Fox Run**
- (f) School Dances**
- (g) Yoga/Pilates**
- (h) Personal Fitness–running, swimming, hiking, Grouse Grind, fitness Centre, etc.**
- (i) Other ideas–see Mrs. Richards or Ms. Seed**

B. VOLUNTEER/WORK EXPERIENCE

- (a) 30 hours of volunteer/work experience–Leo Club, Recycling Club**
- (b) Community Centres–Strathcona Easter Carnival, Parade of the Lost Souls, etc.**
- (c) Port Metro Vancouver**
- (d) CAS**
- (e) Britannia Open House (grade 7 visit)**
- (f) Baby sitting**
- (g) Career Prep/Work Experience–Bus. Educ., School Store, ACE-IT (Mr. Or), Cooks Training–Work Experience,**
- (h) Band performances outside of class time**
- (i) Career Centre–volunteer opportunities**
- (j) PNE–Chinese New Years and working/volunteering at the PNE August Fair**
- (i) Grade 7 Sports Day**
- (j) Theatre Production–helps out with Theatre Production**
- (k) Fine Arts Performances outside of class time**
- (l) Bruins Tournament, & Christmas Craft Fair**
- (m) Other–see Charlene, Volunteer Coordinator at the Brit. Centre**

FINAL DUE APRIL 09th, 2010–FOR GRADUATION TRANSITIONS PACKAGE

C. Career Education Plan

(a) Career Education Plan

–Look in your Grad Transitions Package–See Career Education Plan.

–2009/10–Graduation Booklets will be distributed by Mrs. Richards either at an assembly or via your English classes. Your Graduation Booklet will have some valuable resources about scholarships, student loans, post secondary information, and websites. This is an excellent resource, make sure you get a Graduation Booklet.

For those students who would like to go on-line and actually view the Ministry website for Graduation Transitions:

www.bced.gov.bc.ca/graduation/grad-transitions/

(The above website will give you detailed information)

WHAT YOU NEED TO KNOW:

(a) Hand-in completed Career Education Plan to Ms. Seed–hand deliver to her.

Due: Friday December 11th, 2009.

(b) Hand in your completed Physical Activity Log and Volunteer/Work Experience Log to Ms. Seed by April 09th, 2010.

(c) See Mrs. Dhaliwal, if you have any questions about Graduation Transitions.

(d) Your work will be marked by Ms. Seed

(e) Final mark on your June report card will be “RM”–Requirements Met.

BEST WISHES AS YOU WORK TOWARD GRADUATION