

Merĥba Καλωσόρισμα kalosórisma
 Witamy **Welkom** 欢迎 **Üdvözöljök**
Welcome Biraemo 欢迎 **Bem vinda** Benvenuto **Wilkomme** **Merĥba** **Welcome**
 Hoan Nghênh **Bienvenida** **Bienvenue** **Merĥba** Salve **환영** **Wilkomme**

Passport to Excellence

Üdvözöljök Добро пожаловат **환영** **Welkom** Καλωσόρισμα kalosórisma
 Herzlich Willkommen **Biraemo** **Bienvenue** **Welkom** Добро пожаловат **Üdvözöljök** **Welkom**
Bienvenue **Welkom** Добредојде **Salve** **Üdvözöljök** **Bienvenido** **환영**
Wilkomme **Merĥba** **Welcome** **Bienvenue**
 Καλωσόρισμα kalosórisma **bem vinda**

Handbook for International Students





PASSPORT TO EXCELLENCE: INTERNATIONAL EDUCATION

Passport to Excellence is a unique program for international students that is focused on academics, community and Canadian culture.



ABOUT THE DURHAM CATHOLIC DISTRICT SCHOOL BOARD

The Durham Catholic District School Board shares a sense of community among families, educators and parishes, and is committed to integrating the teachings of the Gospel with quality educational programs that guide students in their journeys to meeting the Ontario Catholic Graduate Expectations. Located less than a 60-minute drive from Toronto (Canada's largest city), the Board currently serves approximately 21,000 students in Oshawa, Whitby, Ajax, Pickering, and the townships of Uxbridge, Scugog and Brock.

SCHOOLS

38 Elementary Schools (12 offer French Immersion)

7 Secondary Schools (3 offer French Immersion)

6 Alternative and Adult Continuing Education Sites

90% Graduation Rate (2015)

182 Students Enrolled in English as a Second Language programs (2015)



*"This is a really good place to study English. I have made many friends, and am seeing what it is like to be a real Canadian."
– Charolette, China (Graduate attending McMaster University in Hamilton, Ontario)*



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WELCOME TO THE DURHAM CATHOLIC DISTRICT SCHOOL BOARD

We are excited to welcome you to our Passport to Excellence: International Education program and to Durham Region. This handbook is designed to help you prepare for attending school in Canada and living in Durham Region. It covers a wealth of information under what we believe are the three most important areas of focus that will help you to succeed in the program:

- Academics
- Community
- Canadian Culture

It is our goal to help all international students have a safe, caring and positive experience, and we are eager to help with your academic success, as well as your community and cultural involvement. We are excited to have you stay in Canada, learn about our culture, and get to know our friendly staff and students. Your homestay parents and teachers are also here to assist you, and we hope that you will always reach out to share your experiences, and ask for help when needed.

We look forward to your educational experience in the Durham Catholic District School Board.

Best wishes for a wonderful educational journey in Canada.

The Passport to Excellence Team



PASSPORT TO EXCELLENCE IN ACADEMICS

Education in Canada

When you move to Canada, you will notice that some things are different from the education system in your home country. As you learn about your new education system, remember that you will have support from your teachers, and it is important that you ask questions.



"I am learning English very quickly because of the teachers and others in my class." – Lorine, Switzerland

EDUCATION IN CANADA

Welcome Day and School Orientation Sessions

Before you begin school, you will be invited to attend a Welcome Day where you will be formally welcomed by Passport to Excellence staff and current international students. At this event, you will have an opportunity to learn about what to expect when you attend our schools and ask questions. You will also have a chance to get to know other international students already enrolled in the program, and those who are entering for the first time.

All international students will have the opportunity to participate in a school orientation session before they start school in Durham Region where they will receive the resources they need to begin their academic experience.

Preparing for School and Life in Canada

A series of dates have been scheduled to help you prepare for school and life in Canada. Dates are available online at www.dcdsb.ca/internationaleducation for the following sessions which all international students should plan to attend:

- Head Start Program (literacy and numeracy for incoming Grade 9 students)
- Literacy Assessment
- Numeracy Assessment
- NOW (Newcomer Orientation Week) High School SWIS (Settlement Workers in Schools) Program
- WIN (Welcome and Information for Newcomers) Elementary SWIS Program
- Elementary Student Orientation at School
- High School Welcome Day
- School Orientation



How to Register for Classes

International students who study in the Durham Catholic District School Board will be contacted by the Passport to Excellence vice-principal about scheduling a Language and Math assessment. After the assessments are complete, elementary students will be scheduled to meet with school staff. High school students will have a scheduled appointment with a guidance counsellor who will help them choose their courses. Students must bring the required registration documents with them when they register at the school.

Required registration documents include:

- a valid study permit
- verification of age
- immunization record
- proof of medical insurance
- the Durham Region address where the student will be living
- most recent transcripts
- notarized custodian document



For more information about the registration process, visit www.dcdsb.ca/internationaleducation

Preparing for a New School Year

- Be prepared with school supplies for the first day of school. You will need binders, lined paper, writing utensils, math kits, scientific calculator, and storage items including a backpack, lunch bag and food containers.
- High school students will need to purchase their school uniforms.
- If you have a cell phone, purchase a phone plan so it will work in Canada. The Durham Catholic District School Board will provide information for phone plans during your time in Canada.
- Check to see that your bank account is accessible in Canada.
- Prepare for all four seasons including spring, summer, fall and winter. Winter clothing includes a winter coat, hat, gloves and winter boots. Colder weather usually begins in October, and by December our grounds may be covered in snow.
- Medical insurance should be purchased before you arrive in Canada (see page 26).



"I really recommend this school a lot. It is a wonderful new experience learning here." – Diego, Mexico

EDUCATION IN CANADA

Going to School in Canada

- Students are encouraged to ask questions to gain a better understanding of class content and to expand thinking. Students are active participants in the learning process.
- The relationship between teachers and students may seem less formal than in some other countries. You will find that teachers will engage in casual conversation with students, and it is acceptable to ask your teachers for help when you need it.
- In Canadian classrooms, group work is an important part of learning. It helps students learn about teamwork, tolerance and compromise. Collaborative learning is included in the assessment and evaluation of your class mark.
- Teachers will often use discussions as a part of teaching and learning. Students are encouraged to participate in class discussions, and to develop their opinions and ideas related to new knowledge and thinking.
- Students' marks include not only their knowledge of content, but also how they are able to analyze and solve problems, and determine conclusions. Teachers will evaluate students by asking them how they arrived at their final answer.

After-School Academic Support

- After-school tutoring by a qualified teacher is available for all international students in the Durham Catholic District School Board.
- International Education Language Testing System (IELTS) preparation classes are available for students who plan to write an IELTS exam.

Contact the Passport to Excellence program coordinator for more information about after-school tutoring or IELTS preparation classes. Contact information can be found at www.dcdsb.ca/internationaleducation



Tips for Academic Success

- Always ask questions if you don't understand something about the lesson or assignment. Teachers expect students to ask questions as lessons are being taught and as students work on assignments. If you stay quiet, the teacher will think that you understand the task. Don't be afraid to ask your teacher for help.
- Teachers will record attendance and document students as late if they do not go to class at the expected time. If you are not able to attend class, notify the school in advance and explain the reason. It is also important to talk to your teacher when you return to class, so that you can complete any missed work.
- Hand in assignments on the day that they are due. If you are not able to complete the assignment on time, talk with your teacher before it is due. If you miss a deadline, it is important to speak with your teacher to discuss your options.
- Final marks are based on assignments, presentations, discussions, group work, tests, exams or final independent study projects. Class work is worth 70% of your overall mark and the final 30% includes an exam or a final independent study project.
- Your academic success will depend upon your ability to attend class and manage your time. Organize your time so that you can complete your school/homework assignments and practice English.
- Remember that it is also important for you to balance your schedule to include relaxation and time for friends.

"School is good. People are very helpful."
– Liz, China





PLANNING FOR UNIVERSITY OR COLLEGE

- Going to university or college is an important next step after high school. International students who would like to attend a university or college in Canada will have support during the planning process from a guidance counsellor.
- International students will have an opportunity to participate in planned visits to university and college campuses in Durham Region and Toronto area, and speak to university and college staff about programs and admission requirements.
- The Durham Catholic District School Board works with its post-secondary partners for international students who are interested in continuing their studies in Canada after graduating from a Durham Catholic high school. Students graduating from our schools may be offered pre-admission to select post-secondary programs, pending final acceptance that is based on student grades and other admission criteria.

For information about Ontario universities, visit www.electronicinfo.ca/universities

For information about Ontario colleges, visit www.ontariocolleges.ca/home

ONTARIO SECONDARY SCHOOL DIPLOMA (OSSD) REQUIREMENTS

18 Compulsory Credits

Students must earn the following compulsory credits to obtain the Ontario Secondary School Diploma

- 4 Credits in English (1 per grade) *
- 4 Credits in Religion (1 per grade)
- 3 Credits in Mathematics (1 credit in grade 11 or 12)
- 2 Credits in Science
- 1 Credit in Canadian History
- 1 Credit in Canadian Geography
- 1 Credit in the Arts
- 1 Credit in Health and Physical Education
- 1 Credit in French as a Second Language
- .5 Credit in Career Studies
- .5 Credit in Civics

Additional requirements students must complete:

- 12 optional credits****
- 40 hours of community involvement activities
- The provincial literacy requirement

Additional Credits

Plus 1 credit from each of the following groups:

Group 1

- 1 • English or French as a Second Language**
 - A Native Language
 - A Classical or International Language
 - Social Sciences and the Humanities
 - Canadian and World Studies
 - Guidance and Career Education
 - Cooperative Education***

Group 2

- 1 • Health and Physical Education
 - The Arts
 - Business Studies
 - French as a Second Language**
 - Cooperative Education***

Group 3

- 1 • Science (Grade 11 or 12)
 - Technological Education
 - French as a Second Language**
 - Computer Studies
 - Cooperative Education***

* A maximum of 3 credits in English as a Second Language (ESL) or English Literacy Development (ELD) may be counted towards the 4 compulsory credits in English, but the fourth must be a credit earned for a Grade 12 compulsory English course.

** In groups 1, 2 and 3, a maximum of 2 credits in French as a Second Language can count as compulsory credits, one from group 1 and one from either group 2 or group 3.

*** A maximum of 2 credits in Cooperative Education can count as compulsory credits.

****The optional 12 credits may include up to 4 credits earned through approved dual credit courses.

Source: www.edu.gov.on.ca/extra/eng/ppm/graduate.html

EDUCATION IN CANADA



ROLES OF SCHOOL STAFF

Administration

Principal: The principal is the primary leader in the school community. He or she oversees the students, staff and programming that takes place in the school.

Vice-Principal: The vice-principal assists the principal in running the daily operations of the school. He or she often supports student well-being and discipline.

School Staff

Chaplains: Provide support for students in their faith journeys and can help them understand more about school liturgies and Masses, retreats and faith-based events in the school.

Classroom Teachers: Provide support for student learning and achievement. Students can speak to their teachers when they need help.

English as a Second Language (ESL) Teachers: Help students learn English in ESL classes, and provide strategies for success in other classes.

Guidance Counsellors: Assist with academic counselling, planning student timetables, post-secondary planning and applying to university or college.

Program Support Teachers and Educational Assistants: Help students who require additional assistance in the classroom.

School Custodians: Maintain the school as a clean and safe learning environment.

Secretaries: Assist in registering students in school. They are also responsible for the school's office work, attendance and answering phone calls.

Social Workers/Child and Youth Counsellors: Support student mental health and well-being through counselling and group activities.

Student Success Teachers: Assist with student academic, social and emotional needs.

Support Staff: Assist with lunch supervision, school events and activities, and individual student support.

Teacher-Librarians: Assist students in locating resources for the purpose of their studies. The teacher-librarian can guide students through finding information in books, online, newspapers, videos, and other sources.



SCHOOL EXPECTATIONS FOR STUDENTS

Religion: Our schools are part of a faith-based system, in which the teachings of the Gospel are incorporated into daily lessons through all subject areas. We also work in partnership with our local parishes, providing opportunities for students and families to participate in regular Masses, prayer services and liturgies.

High School Classes: Students will begin each semester with four courses. If you find that you are struggling with the course material, you can meet with a guidance counsellor to discuss school supports and possibly, a revised timetable. Note that a revised timetable will require permission from a parent/guardian and the Passport to Excellence program coordinator.

Elementary School Classes: Elementary students typically spend the instructional day with the same teacher. A different teacher may come in to teach French, Music, Art or Health and Physical Education.

Report Cards and Parent-Teacher Conferences: Elementary students will receive three report cards for the school year, advising of their progress. High school students will receive four report cards — two for each semester — including a mid-term report card and a final report card. Students, their host families, and all custodians are invited to discuss student progress and marks at any time with the classroom teacher. They will also be invited to parent-teacher conferences that are held at the school.

Attendance in School: Academic success is dependent upon regular attendance in all classes. If you are to be absent or miss a class for any reason, your host family or custodian is expected to call the school to provide a reason for your absence. If a student is consistently absent without consent, consequences could include loss of credits and suspension from school.



Code of Conduct: Each school has a Code of Conduct policy on the school website and/or school agenda that you will receive during your school orientation. It is important to ask questions during the school discussion about this policy which is based on expectations from the Ontario Ministry of Education. For more information, visit www.edu.gov.on.ca/eng/safeschools/code.html

International Students and their parents/guardians will receive written warning for misbehaviour, missing classes without consent or failing courses. Students who do not follow the school's Code of Conduct may be asked to leave the program without reimbursement if they do not show signs of improvement.

EDUCATION IN CANADA



TECHNOLOGY

21st Century Learning Commons

We want to ensure that the digital revolution that has taken place in every aspect of our lives is reflected in our classrooms, and in our teaching and learning models. By creating spaces that integrate technology with learning, and encourage collaboration, we can help to effectively develop the critical thinking skills that students need to be successful.

The 21st Century Learning Commons is a hub for learning that everyone in the school can use to access state-of-the-art technology in order to inspire deep learning. In this multi-functional space, students and teachers can work on building knowledge together in an interesting and engaging way that optimizes the use of technology.

Bring Your Own Device (BYOD)

You can bring your own electronic device to school for educational purposes. You are expected to use devices responsibly, and only with the permission and direction of teachers or other staff. Students are required to use the school's wireless network, which can be accessed at no cost while at school. If you are bringing your own device to school, be sure to protect it with a secure password and purchase a protective case.

LEARNING TO SPEAK ENGLISH

Communication for English Language Learners

To support you in improving your English while attending school in Canada, our schools offer English as a Second Language (ESL) support classes that are designed to help students become proficient in English.

International students are assessed for their language and mathematical abilities. If results show that you have a strong foundation in English, you are placed in regular English classes. If you need to develop your skills in reading, writing, speaking or listening, you are placed in an ESL class to help you become more proficient. Our ESL teachers are skilled at establishing excellent rapport with students and they typically enjoy learning English in this environment.





English Conversations

Coming to Canada will help you become more confident in speaking English. Learning a new language becomes easier with practice, and your host family and school community can help you. If you want to improve your English, use your experiences to practice. Here are some suggestions:

Speak English in events that include other members of the family:

- Play cards and board games
- Look at family photo albums and videos
- Plan holidays and weekend excursions

Speak English with one person in as many daily activities as possible:

- Conversations, especially at dinner
- Setting the table, meal preparation, and gathering
- Accompany your host family on errands
- Watch television programs that promote conversation and sharing of ideas
- Exercising with others (walking, swimming, aerobics)

Other helpful tips:

- Speak English at all times
- Listen to the expressions your hosts use in English, make sure you understand them, and try to use them too
- Buy a foreign language-English dictionary
- Join school clubs, activities or sport teams
- Practice English as part of the normal household routine
- Attend school trips
- Get involved or volunteer in community activities outside of school

"I really enjoyed going to Wonderland, Downtown Toronto, shopping and learning ESL in the summer camp." – Ammie, China



PASSPORT TO EXCELLENCE IN THE COMMUNITY

Your Community

Your new community of friends, teachers and other service providers is waiting for you. When you arrive in Durham Region, it is important to become familiar with your surroundings and all of the wonderful community-building experiences that are available.



"Studying here is great because there are other international students and you are not the only different one. There is a lot of multiculturalism and this gives you an opportunity to learn about other countries." – Jorge, Mexico

YOUR COMMUNITY

COMMUNITIES IN DURHAM REGION

Elementary and high schools in the Durham Catholic District School Board are located within Durham Region. With its beautiful parks, beaches and outdoor recreation, it is home to a culturally diverse community with many different hobbies, interests and vocations. The Region has college and university campuses, business and investment opportunities, and provides excellent services and medical facilities for its residents. It also has a thriving creative community where international students can experience the best that Canadian culture has to offer. Less than a 60-minute drive from Toronto (Canada's largest city), Durham Region also provides excellent transportation and access to even more universities and colleges, cultural, academic and employment opportunities.

Durham Region, one of Canada's growing economic communities, is made up of the cities of Oshawa and Pickering; the towns of Ajax and Whitby; the municipality of Clarington; and the townships of Brock, Scugog and Uxbridge. It has one of the fastest growing populations in Canada, with approximately 660,765 residents in 2015 and a forecasted population of around one million by 2031.

International students in the Durham Catholic District School Board will have the opportunity to live in a Region that welcomes and supports newcomers to Canada. Durham Region is actively building international partnerships, and is growing and thriving economically. For more information about Durham Region and tourism, visit www.durham.ca.



Source: <http://image.durham.ca/yourDurhamMap>

SETTLEMENT WORKERS IN SCHOOLS (SWIS) PROGRAM

What is SWIS?

SWIS Durham is a school-based program that provides information and referral services to assist new families and students in many ways including the following:

- Assisting newcomers as they integrate into their local school community
- Linking newcomers with social and cultural services
- Assist newcomers with accessing school and community resources

How does SWIS work?

Each school is assigned a school settlement worker. With the cooperation of the school, the settlement worker contacts newcomer parents and youth to provide them with settlement/school information and refer them to other community services. The settlement worker in your school is part of a multilingual team and can help to access services in many languages.

For more information, visit www.cdcd.org/swis



"The people here are so kind." – Sabrina, Mexico

YOUR COMMUNITY

COMMUNITY EVENTS AND EXCURSIONS

International students in the Durham Catholic District School Board will be given opportunities to participate in planned excursions that will allow them to experience Canadian arts and culture, sports, festivals and community events together with friends and staff. For example, students will participate in the Durham Region Film Festival (www.investdurham.ca/filmfestival) and many other events where they can meet new Canadian friends, learn English and become a part of our Canadian community.

Other community events and excursions that international students are encouraged to participate in include:

- Welcome Day
- Wellness Day and Apple Picking
- Norwood Fair
- SWIS Workshops for Students
- Annual Christmas Tree Lighting and Events
- University of Ontario Institute of Technology Open House
- Durham College Open House
- University Pathways Day
- College Pathways Day
- University Fair at the Metro Toronto Convention Centre
- College Fair at Exhibition Place
- Other events to be announced by staff

Event dates are available online at www.dcdsb.ca/internationaleducation



School Masses and Liturgies

School Masses, liturgies and religious retreats take place regularly. Students are also invited to become active members of their local parish.

BE A PART OF YOUR SCHOOL COMMUNITY

When you arrive in Canada, it is important to give yourself time to adjust to your new community in Durham Region and in your school. Staff and students are there to help so don't be afraid to connect with the people in your school.

When you feel ready, getting involved in school activities, clubs, sports and fun events is an important part of adapting to a new culture and community. Every school will have their own unique sports programs, clubs and school events. Some of the clubs and events that your school might offer are listed below.



Academic Clubs

- Academic Placement Calculus
- Academic Placement English
- MakerSpace
- Math Contests
- OSSLT Preparation
- Robotics
- STEM (Science, Technology, Engineering and Mathematics)
- Skills Ontario
- Studio Art
- Yearbook Club



Sports

- Badminton / Tennis
- Baseball / Softball
- Basketball
- Cross-Country Running / Track
- Curling
- Field Hockey / Ice Hockey
- Football / Rugby
- Golf
- Lacrosse
- Soccer
- Swimming
- Volleyball and more



Extra-Curricular Clubs

- Art Club
- Breakfast Club / Lunch Bunch
- Canadian Food for Children
- Chaplaincy
- Chess Club
- Drama Club
- Eco Club
- Harry Potter Club
- Knit Happens
- Liturgical Choir
- Debating Team
- Development and Peace
- Empowerment Through Positivity
- French Club
- Japanese Anime Club
- Jazz Band
- Mock Trial Team
- Peer Retreat Leaders
- School Reach
- Poetry Club
- Stomping Out Stigma
- Student Council
- Table Tennis
- Tech Team
- TED Ed Club
- Weight Training
- White Pine Reading Club
- World Affairs Club
- Writing Club



Events

- Arts
- Black History Month
- Blood Donor Clinic
- Culture and Volunteerism Banquet
- Dominican Experience
- Drama Productions
- Famine Relief
- High School Information Night
- Leadership
- Multicultural Night
- Prom
- Religion Retreats
- Remembrance Day
- School Masses and Liturgies
- Skilled Trade Symposium
- Terry Fox Run
- Toy Drive
- University and College Fairs

YOUR COMMUNITY

BUSING INFORMATION

School staff will help you with information about busing. Eligibility to travel by bus to and from school with our partners at Durham Transportation Services (DSTS) is based on the distance between the school and residence. The distance is 3.2 km for high school students and 1.6 km for elementary students. For more information, visit www.dsts.on.ca or call 1-800-240-6943 or 905-666-6395.

Public transportation is also available, offering student fares at a reduced price:

Durham Transit: www.durhamregiontransit.com

GO Transit: www.gotransit.com

Via Rail: www.viarail.ca



HOMESTAY

Muskoka Language International

The Durham Catholic District School Board works closely with Muskoka Language International (MLI) to support international students with safe, caring and friendly accommodation. For more information about Muskoka Language International, visit www.mliesl.com

Living Arrangements

You are required to live with a family while you are in Canada. It is preferable that the host family you stay with is English-speaking. This will allow you to receive help with your English. Living with a family provides you with a welcoming environment and the support necessary to be successful in school.

Tips for a Successful Homestay Experience

It is important to enter into the homestay experience with a positive attitude and an open mind. Canada is likely very different from your home country, therefore this is a great opportunity to embrace the Canadian lifestyle and meet the unique people who call this country their home. Your host family will be a great resource and eager to help as you adapt to their family and to Canada.

Becoming Familiar with Your Canadian Home

During the tour of the home, make sure the host shows you where all of the important rooms and items are placed. They will show you which bedroom you will be staying in and which bathroom you should use. If you are unsure how to use a specific item, such as the toilet, shower, cooking appliances or electronic devices, make sure you ask. Also, ask your host for a tour of your new neighbourhood. Some important locations to include in the tour are:

- Directions to and from school
- Local attractions, parks or recreation facilities
- Common places (library, bank, grocery store)
- Public transportation routes

Life in a Canadian Home

The family that you will be staying with will have certain household and family rules to be respected and followed. Rules typically include things such as limits on television time, what time it is appropriate to come home in the evening, when friends are allowed to visit, where to eat food in the house and so on. Upon your arrival, a family meeting is suggested to go over the household rules and guidelines. In addition to household rules, be sure to note provincial laws for students under the age of majority:

- No smoking (and no purchasing cigarettes) — under age 18
- No drinking alcoholic drinks — under age 19

The host family will treat you like a member of their family. As a family member, you will be expected to do assigned chores such as keeping your room clean, helping with meal preparation, washing dishes and doing your own laundry.

Laundry: If families ask that you do your own laundry, it is recommended that you ask for proper instruction on using the appliances and work out a schedule.



Bedrooms: The bedroom that you will be staying in will have a window, bed and bedding, dresser, desk, chair, lamp, closet, light and a nearby smoke detector. You are responsible for keeping your room clean.

Bathrooms: Please leave the bathroom clean after using it. You will likely be sharing the bathroom with at least one other family member. Hot water does run out, so be considerate of how long you are showering.

Telephone and Internet: Make sure you know how to use the telephones in the house. If an emergency arises and you need help right away, dial “911” and you will be connected with an operator who will be able to send the police, fire truck and/or ambulance. If you are calling your home country, collect calls or calling cards are recommended.

Internet services will vary among families. Be sure to ask about how to access Wi-Fi and Internet service.



YOUR COMMUNITY

GETTING TO KNOW YOUR CANADIAN FAMILY

It is our hope for you to get along well with your host family but should problems arise, we ask that you communicate your concerns with the hosts immediately with the goal of finding a solution to solve the problem.

If the problem is not solved, we ask that you connect with the vice-principal of the Passport to Excellence program. Our goal is your safety, health and happiness. We will work with you and the host family to listen to one another's thoughts and feelings. If the problems cannot be resolved, we may seek arrangements for a new host family.

Meals

Canadian families typically eat three main meals a day.

1. **Breakfast:** On weekdays, breakfast is often a quick and light meal such as cereal, toast or a muffin. On weekends, some families often have a larger sit down breakfast, which might include orange juice, eggs, bacon, pancakes or waffles with maple syrup. This is a guideline and varies among households.



2. **Lunch:** Lunch is eaten in the middle of the day at around 12:00 p.m. It might include items such as a soup, salad or a sandwich/wrap and drink. Students bring a packed lunch to school. Secondary schools have a cafeteria where there is the option to purchase lunch.

3. **Dinner:** Dinner is typically the largest meal in the day and for some families, it is an opportunity to sit together, eat and talk about their day. Find out what time dinner is scheduled at your household and be sure to communicate if you will be late.

MEDICAL INFORMATION

Medical Insurance: All students are required to have purchased medical insurance prior to their arrival in Canada. The Durham Catholic District School Board requires international students to purchase insurance from INGLE International*:

www.ingleinternational.com/en/travel-insurance/international-students

*Students who purchase insurance from INGLE International will also be able to access INGLE's Enhanced Student Assistance Program (ESAP) that provides a mental health support phone number to immediately connect students to counsellor support at any time of the day or evening. Counsellors can speak to the student in the student's first language.



Medical Clinics: There are many walk-in medical clinics in Durham Region.

For a list of all clinics, visit www.durhamregion.com/community-story/5324355-durham-region-walk-in-urgent-care-clinics

HIGH SCHOOL UNIFORMS

Our high schools require students to wear a uniform while attending school. This is part of our community culture and is an important part of the school's identity. McCarthy | Beatties is our only uniform provider. Each school has their own uniform policy which is outlined in the student agenda and will be discussed during registration. Uniforms are available to purchase online or in person.



Online

- **Step 1:** Visit www.rjmccarthy.com (register)
- **Step 2:** Select "Shop Now"
- **Step 3:** Create an account
- **Step 4:** Type in your schools name

Store Address:

700 Finley Avenue

Unit 14, Ajax, Ontario L1S 3Z2

OUR HIGH SCHOOLS



All Saints Catholic Secondary School

3001 Country Lane, Whitby

Main Office: 905-666-7753 | Attendance: 844-288-7628

Guidance: 905-666-8591

Website: <http://allsaints.dcdsb.ca>



Archbishop Denis O'Connor Catholic High School

80 Mandrake Street, Ajax

Main Office: 905-427-6667 | Attendance: 844-288-7628

Guidance: 905.427.6667 ext. 5408

Website: <http://docchs.dcdsb.ca>



Father Leo J. Austin Catholic Secondary School

1020 Dryden Blvd., Whitby

Main Office: 905-666-2010 | Attendance: 844-288-7628

Guidance: 905-666-2010

Website: <http://austin.dcdsb.ca>

YOUR COMMUNITY



Monsignor Paul Dwyer Catholic High School

700 Stevenson Road North, Oshawa
Main Office: 905-723-5255 | Attendance: 844-288-7628
Guidance: 905-723-5255, ext. 2
Website: <http://pauldwyer.dcdsb.ca>



St. Mary Catholic Secondary School

1918 Whites Road Pickering
Main Office: 905-420-7166 | Attendance: 844-288-7628
Guidance: 905-420-7166
Website: <http://stmary.dcdsb.ca>



Monsignor John Pereyema Catholic Secondary School

316 Conant Street, Oshawa
Main Office: 905-432-8470 | Attendance: 844-288-7628
Guidance: 905-432-8470
Website: <http://jpereyema.dcdsb.ca>



Notre Dame Catholic Secondary School

1375 Harwood Ave N, Ajax
Main Office: 905-686-4300 | Attendance: 844-288-7628
Guidance: 905-686-8516
Website: <http://notredame.dcdsb.ca>

OUR ELEMENTARY SCHOOLS

AJAX, BEAVERTON, PICKERING, UXBRIDGE

St. Mary CSS Family of Schools

Father Fénelon Catholic School
795 Eyer Drive, Pickering
T: 905-839-5409 | F: 905-420-9906
E: FatherFenelonCS@dcdsb.ca

Holy Family Catholic School

720 Simcoe Street, Beaverton
T: 705-426-2961 | F: 705-426-9793
E: HolyFamilyCS@dcdsb.ca

St. Elizabeth Seton Catholic School

490 Strouds Lane, Pickering
T: 905-839-0005 | F: 905-420-3133
E: StElizabethSetonCS@dcdsb.ca

St. Isaac Jogues Catholic School

1166 Finch Avenue, Pickering
T: 905-839-1844 | F: 905-839-4677
E: StIsaacJoguesCS@dcdsb.ca

St. Joseph Catholic School — Uxbridge

25 Quaker Village Drive, Uxbridge
T: 905-852-6242 | F: 905-852-0371
E: StJosephUxbridgeCS@dcdsb.ca

St. Monica Catholic School

275 Twyn Rivers Drive, Pickering
T: 905-509-6691 | F: 905-509-5933
E: StMonicaCS@dcdsb.ca

St. Wilfrid Catholic School

2360 Southcott Road, Pickering
T: 905-427-6225 | F: 905-427-1561
E: StWilfridCS@dcdsb.ca

Notre Dame CSS Family of Schools**St. André Bessette Catholic School**

60 Seggar Avenue, Ajax
T: 905-619-8021 | F: 905-619-1366
E: StAndreBessetteCS@dcdsb.ca

St. Teresa of Calcutta Catholic School

15 Fishlock Street, Ajax
T: 905-426-7065 | F: 905-426-6960
E: StTeresaofCalcuttaCS@dcdsb.ca

St. Catherine of Siena Catholic School

15 Bennett Avenue, Ajax
T: 905-427-6105 | F: 905-427-7531
E: StCatherineofSienaCS@dcdsb.ca

St. Josephine Bakhita Catholic School

51 Williamson Drive East, Ajax
T: 905-686-5324 | F: 905-686-2430
E: StJosephineBakhitaCS@dcdsb.ca

St. Patrick Catholic School

280 Delaney Drive, Ajax
T: 905-427-2866 | F: 905-427-5855
E: StPatrickCS@dcdsb.ca

Archbishop Denis O'Connor Family of Schools**St. Bernadette Catholic School**

41 Bayly Street East, Ajax
T: 905-683-0571 | F: 905-683-6468
E: StBernadetteCS@dcdsb.ca

St. Francis de Sales Catholic School

72 Church Street South, Ajax
T: 905-683-3320 | F: 905-683-7387
E: StFrancisdeSalesCS@dcdsb.ca

St. James Catholic School

10 Clover Ridge Drive West, Ajax
T: 905-427-3327 | F: 905-427-0723
E: StJamesCS@dcdsb.ca

St. Jude Catholic School

68 Coles Avenue, Ajax
T: 905-428-9304 | F: 905-428-0931
E: StJudeCS@dcdsb.ca

BROOKLIN, WHITBY**All Saints CSS Family of Schools****St. John Paul II Catholic School**

160 Cachet Boulevard, Brooklin
T: 905-655-2291 | F: 905-655-9616
E: StJohnPaulIIICS@dcdsb.ca

St. Bridget Catholic School

200 Carnwith Drive West, Brooklin
T: 905-655-1875 | F: 905-655-1890
E: StBridgetCS@dcdsb.ca

St. John the Evangelist Catholic School

1103 Giffard Street, Whitby
T: 905-668-4011 | F: 905-668-9401
E: StJohntheEvangelistCS@dcdsb.ca

St. Leo Catholic School

120 Watford Street, Brooklin
T: 905-655-3852 | F: 905-655-5079
E: StLeoCS@dcdsb.ca

St. Luke the Evangelist Catholic School

55 Twin Streams Road, Whitby
T: 905-665-5828 | F: 905-665-5016
E: StLuketheEvangelistCS@dcdsb.ca

St. Marguerite d'Youville Catholic School

250 Michael Boulevard, Whitby
T: 905-666-9301 | F: 905-666-9565
E: StMargueriteD'YouvilleCS@dcdsb.ca

YOUR COMMUNITY

Father Leo J. Austin CSS Family of Schools

St. Bernard Catholic School

1000 Dryden Boulevard, Whitby
T: 905-668-3772 | F: 905-668-6466
E: StBernardCS@dcdsb.ca

St. Mark the Evangelist Catholic School

95 Waller Street, Whitby
T: 905-721-2460 | F: 905-721-1265
E: StMarktheEvangelistCS@dcdsb.ca

St. Matthew the Evangelist Catholic School

60 Willowbrook Drive, Whitby
T: 905-430-8597 | F: 905-430-4989
E: StMatthewtheEvangelistCS@dcdsb.ca

St. Paul Catholic School

200 Garrard Road, Whitby
T: 905-728-7011 | F: 905-728-1613
E: StPaulCS@dcdsb.ca

St. Theresa Catholic School

173 Crawforth Street, Whitby
T: 905-668-8261 | F: 905-668-9477
E: StTheresaCS@dcdsb.ca

OSHAWA, PORT PERRY

Monsignor Paul Dwyer CHS Family of Schools

Father Joseph Venini Catholic School

120 Glovers Road, Oshawa
T: 905-723-2421 | F: 905-723-5943
E: FatherJosephVeniniCS@dcdsb.ca

Good Shepherd Catholic School

1650 Reach Street, Port Perry
T: 905-985-0153 | F: 905-985-1057
E: GoodShepherdCS@dcdsb.ca

Sir Albert Love Catholic School

425 Wilson Road North, Oshawa
T: 905-728-3971 | F: 905-728-1703
E: SirAlbertLoveCS@dcdsb.ca

St. Christopher Catholic School

431 Annapolis Avenue, Oshawa
T: 905-725-7672 | F: 905-725-3361
E: StChristopherCS@dcdsb.ca

St. John Bosco Catholic School

1600 Clearbrook Drive, Oshawa
T: 905-743-6223 | F: 905-743-6224
E: StJohnBoscoCS@dcdsb.ca

St. Joseph Catholic School — Oshawa

1200 Summerwood Heights, Oshawa
T: 905-725-6751 | F: 905-725-0577
E: StJosephOshawaCS@dcdsb.ca

St. Kateri Tekakwitha Catholic School

1425 Coldstream Drive, Oshawa
T: 905-571-1969 | F: 905-571-6434
E: StKateriTekakwithaCS@dcdsb.ca

Monsignor John Pereyma CSS Family of Schools

St. John XXIII Catholic School

195 Athabasca Street, Oshawa
T: 905-723-1991 | F: 905-723-5071
E: StJohnXXIIICS@dcdsb.ca

Monsignor Philip Coffey Catholic School

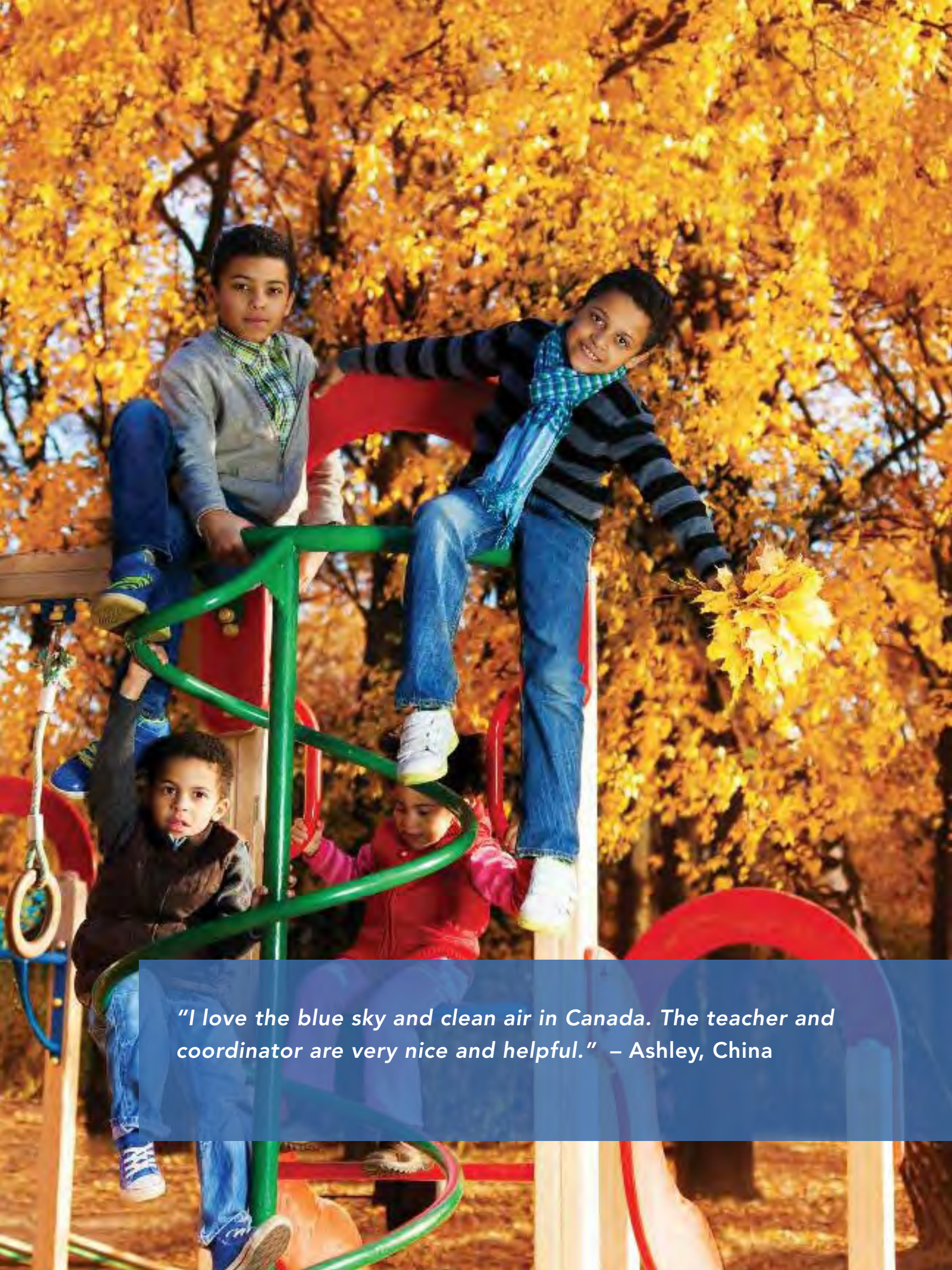
1324 Oxford Street, Oshawa
T: 905-723-4241 | F: 905-723-9521
E: MonsignorPhilipCoffeyCS@dcdsb.ca

St. Hedwig Catholic School

421 Olive Avenue, Oshawa
T: 905-728-5521 | F: 905-728-9565
E: StHedwigCS@dcdsb.ca

St. Thomas Aquinas Catholic School

400 Pacific Avenue, Oshawa
T: 905-723-1921 | F: 905-723-1721
E: StThomasAquinasCS@dcdsb.ca



"I love the blue sky and clean air in Canada. The teacher and coordinator are very nice and helpful." – Ashley, China



PASSPORT TO EXCELLENCE IN CANADIAN CULTURE

Durham Region

Less than a 60-minute drive from Toronto, Durham Region has many attractions and experiences in the spring, summer, winter and fall seasons. From maple syrup festivals in the spring, and live music or food festivals in the summer, to fall fairs, snow sports and ice fishing in the winter, Durham Region has many Canadian cultural experiences for international students.



"I like buffet at Mandarin (restaurant), swimming and playing badminton together." - Eric, China

DURHAM REGION

The School Year

Classes begin in September on the first Tuesday after Labour Day, and end in June. Evening courses and summer school programs are also available. A complete school year calendar is available at www.dcdsb.ca.

Canadian Holidays and Celebrations

Day	Date	Description of Events
Labour Day	First Monday in September	Labour Day is a public holiday to campaign for worker's rights. It is also a day to celebrate the social and economic achievements of Canadian workers.
Thanksgiving	Second Monday in October	Thanksgiving is a day of giving thanks for the blessing of the harvest. It is typically celebrated by having a festive meal, which could include a turkey dinner and pumpkin pie for dessert.
Halloween	October 31	Halloween is celebrated by dressing up in costumes and children go door to door collecting candy. Many families decorate their homes by carving pumpkins and put out spooky decorations
Remembrance Day	November 11	Remembrance Day commemorates those who died in armed conflicts, particularly in and since World War I. To show respect for those who have lost their lives or fought in war, many people wear a poppy on this day.
Christmas Day	December 25	Christmas celebrates the birth of Jesus. The time of waiting and preparing for the birth is known as Advent. Christmas Day is typically celebrated with gift giving and getting together with family.
Family Day	Third Monday in February	Family Day is a public holiday in Ontario. It is a day to spend with members of your family. Some families choose to spend the day skating, skiing or other winter activities.
Good Friday	The Friday before Easter Sunday	Good Friday is a holiday commemorating the crucifixion of Jesus Christ.
Easter Sunday	The first Sunday following the full moon of spring	A Day to celebrate Jesus Christ's rising from the dead. Some customs include decorating Easter eggs and having Easter egg hunts. Typically, Easter is spent with family.
Victoria Day	The Monday preceding May 25	A celebration of Queen Victoria's birthday. In Canada, many people choose to spend the weekend at a cottage or planting their gardens.
Canada Day	July 1	This is the day that Canada became a nation. It is often celebrated with fireworks.

Canadian Cultural Experiences

Experiencing a new culture can be a rich learning opportunity. We provide planned activities to help students get together and learn about Canadian culture, meet new Canadian friends and practice English.

For a list of cultural and pathways events visit www.dcdsb.ca/internationaleducation

Things to do and Places to Visit in Durham Region:

- Art Galleries
- Arts, Music and Film Festivals
- Beaches
- Churches
- Concerts
- Conservation Areas
- Farms
- Fishing
- Golf Courses
- Hiking Trails
- Hockey Arenas
- Hotels
- Live Theatre
- Markets
- Movie Theatres
- Museums
- Parks
- Public Swimming Pools
- Parades
- Racetracks
- Recreational Facilities
- Restaurants
- Shopping
- Specialty Shops
- Sports
- Transportation Services
- Treetop Trekking
- Tennis Courts
- Zip Lining
- Zoological Parks

For details about culture and tourism in Durham Region, along with a listing of events, visit www.durhamregion.ca/tourism

“Learning to speak English can open up many doors for international students through high school, post-secondary and beyond.” – Passport to Excellence Administration





DURHAM CATHOLIC DISTRICT SCHOOL BOARD

Passport to Excellence: International Education 

Durham Catholic District School Board

PASSPORT TO EXCELLENCE:

INTERNATIONAL EDUCATION PROGRAM

650 Rossland Road West

Oshawa, Ontario, Canada L1J 7C4

Tel: 905-576-6150 or toll free 1-877-482-0722 ext. 22285

Fax: 905-683-9436

E-mail: international.education@dcdsb.ca

www.dcdsb.ca/internationaleducation

 **@durhamcatholic**

 **@dcdsbinternationaleducation**