





## Rick Stanley, Principal

École Ross Sheppard High School welcomes you to an incredible learning environment where its offerings are more than just a school. The staff, students, and community of Ross Sheppard High School share a rich history of high values to promote excellence. The pride, tradition, and pursuit of excellence at Ross Sheppard High School are certainly reasons for such great success in the areas of academics and the overall culture of the school.

We value the great work that is being done, and are thankful for being able to share this school opportunity with our community. There is much gratitude to have for all of the success. Our inclusive and diverse school celebrates with you, and is proud to introduce you to the culture and spirit of WE ARE SHEP!

A.S.L.

"Shep is such a welcoming family that it has become a home away from home."

- Sabrina, Shep Student















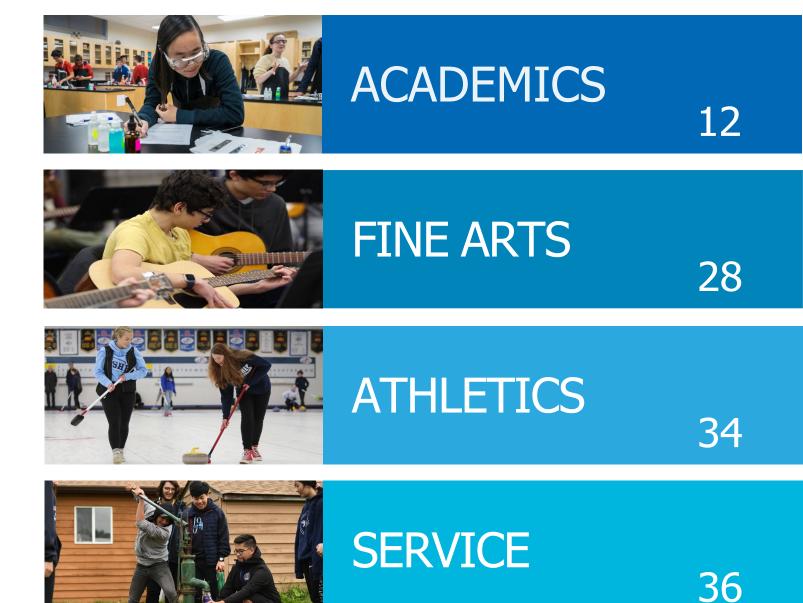












"One of the best things about Shep are the people that I socialize with each day. From teachers to fellow classmates, everyone is very supportive." - Aidan, *Shep Student* 

# École Ross Sheppard High School

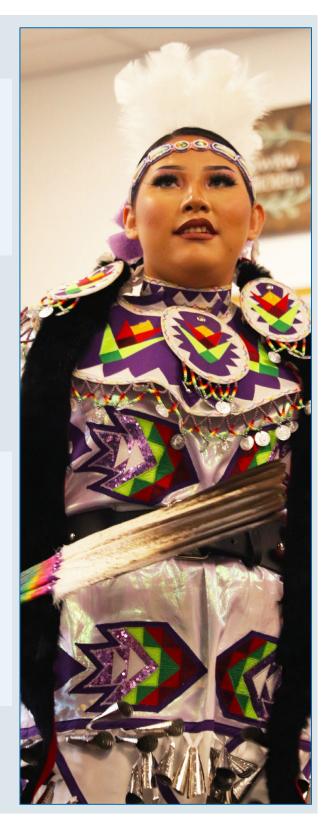
# About Us

The staff at École Ross Sheppard High School are committed to serving and meeting the needs of our students. Through genuine engagement, care, and attention, our school community epitomize the culture and spirit of WE ARE SHEP!

# Treaty 6 Acknowledgement

École Ross Sheppard High School acknowledges that we are on Treaty 6 Territory, a traditional meeting grounds, gathering place, and travelling route to the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux.

We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.



## At SHEP We Believe In ...



#### **RelationSHEP**

We bring our best each day; we support each other and are respectful.



**PartnerSHEP** We embrace challenge and celebrate success together.



**MentorSHEP** We support each other to be confident, successful learners in our quest for excellence.



**LeaderSHEP** We are collaborators, inquirers, innovators, communicators, and critical thinkers. We take ownership of our learning and conduct.



**ScholarSHEP** We are present and prepared. We are dedicated and committed to our learning.

#### "If better is possible, then good is not enough." - Benjamin Franklin

# **Supporting Student Success**

Supports for success are available to all students as they enter the doors of Ross Sheppard High School. The Connect Hub and our Indigenous Student Centre, kikinaw, are welcoming, dynamic spaces connected to one of the school's unique outdoor courtyards. mâmâwatowin, a second courtyard dedicated to Mother Earth, features a water feature, 30-foot tipi, outdoor classroom, and pathway that winds through vegetation from Treaty 6, 7, and 8. Located within the main office, is our Student Success Coach. Collectively, these safe spaces and support teams provide students with opportunities to make connections with caring adults in the building and meet their individual and diverse needs.

# **Connect Hub**

Our Connect Hub team is motivated and committed to supporting students; working alongside them to create customized learning opportunities on their journey to high school completion.





"Everyone in the Hub is just so nice and they can literally help you with anything ... both academically and emotionally." - Julie, *Shep Student* 

#### **Supports and Offerings**

- Independent courses offered through LearnWrite modules and in-house courses
- Team of teachers and educational assistants offering academic support
- Customized individual learning opportunities
- Top Up Program
- Homework Club with tutors available every day after school

## kikinaw **PP**°

Our Indigenous Student Centre, kikinaw, which means "Our Home" in Cree, was blessed by Elder Kirk Buffalo in 2021. Here, programs are developed to educate our students and community on various aspects of Indigenous culture, and the importance of truth and reconciliation. kikinaw hosts programs, workshops, and celebrations for students to grow and learn in a safe space where they can ask questions, make mistakes, and actively engage in learning opportunities.

#### kikinaw Offerings

- · Cultural opportunities and ceremonies
- · Customized scheduling for academics
- Transition support for post-secondary
- · Workshops, beading circles, and sweats
- Indigenous Leadership Program
- Access to community resources
- Land-based teachings



"I love going into this room because it is a welcoming, positive, and safe space. Everyone is treated with respect and cared for." - Destiny, Shep Student

Building connections, fostering positive relationships, and supporting student success is the foundation of our work together at Ross Sheppard High School.



Our Student Success Coach engages in dialogue with students, teachers, and families to support student achievement, retention, and attendance. Our Coach also connects with community partners and businesses to assist students within our school community. Our Student Success Coach is around to ensure all students feel safe and supported at school.

## **Student Services**

#### Shep students take academics seriously and it pays off.



Student Services is the support hub of Ross Sheppard High School; everyone is welcome. Our team is involved in helping students choose courses that support high school completion as well as providing assistance in many areas of high school life. From planning for the future to supporting students on personal matters, our team provides students with the resources and tools to support them on their high school journey.



#### **Planning for Future**

- Career planning
- University exploration
- Graduation requirements
- Competitive average information
- Alberta Education credit validation

#### **Supports for Students**

- Tutoring
- Academics
- Mental health support
- Peer relationship support
- Family relationship support

## **Career Pathways**

Career Pathways fosters growth and success for every student by supporting their journey through high school completion and beyond and enhances their educational experience through communication, engagement, and partnerships.



#### **Career Pathways**

Our Career Pathways Coordinator engages students to begin thinking about their plans beyond high school. Our Coordinator supports students in creating their MyPass and MyBlueprint accounts to enable students to be actively engaged in determining their future directions. The Coordinator also creates opportunities for students to learn about possible career options available through speakers and Career Day events throughout the year.

#### **Registered Apprenticeship Program (RAP)**

RAP is an excellent way to get a start in a career or explore the trades. With more than 50 registered trades in Alberta, there is something for everyone. A student choosing RAP will earn an excellent wage and up to 40 credits towards their high school diploma. There is an upcoming shortage in many skilled trades and, as a result, future job prospects are excellent! Students who complete RAP can finish the first year of their apprenticeship and be well on their way towards a journeyperson ticket.





#### **Work Experience**

Work Experience provides students with opportunities to explore Career Pathways, gain valuable work experience, and earn while they learn. Students can earn credits towards their High School Diploma and qualify for scholarships while exploring career opportunities. Students can earn up to 30 credits in Work Experience over the course of their high school career.

## ACADEMICS

Let us start with the basics: Core academic subjects are the foundation of our students' high school program. Ross Sheppard's outstanding teachers help students get the most out of their core courses.



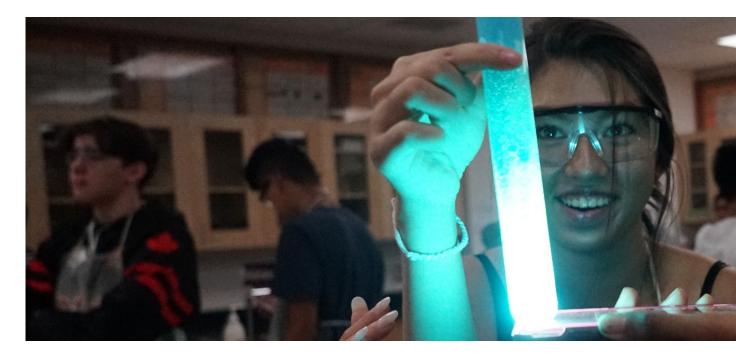
## Academics



At Ross Sheppard, we strive for excellence in academics. Through multiple educational paths, our students are provided with opportunities for success in a safe and engaging environment. Ross Sheppard has a rich history of successful graduates. We are proud of our alumni who have excelled in the past and we are excited about our current Thunderbirds' bright futures.



## Academics





#### English

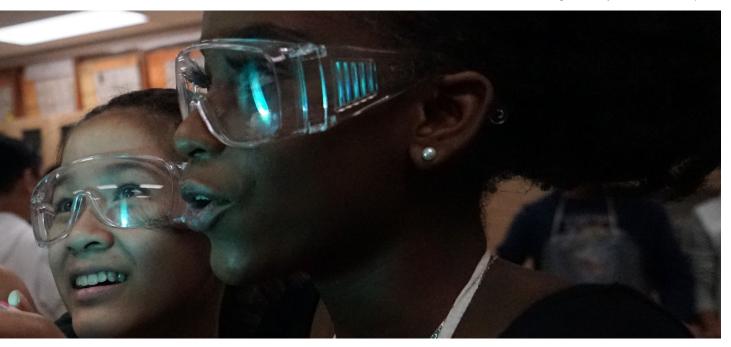
Students engage with various approaches to teaching and learning in the six strands of the English Language Arts curriculum. Opportunities exist for students to deepen their understanding, engage in critical analysis, and appreciate a variety of voices in literature through supportive, interactive classes. Learning is enhanced through representation and experiential learning. Various speaking activities provide a platform for increased skill in communication. Creative Writing, an optional course, provides possibilities for aspiring young authors to further their passion.



#### Math

The Mathematics curriculum is designed to provide students with a strong foundational knowledge of mathematical concepts, processes, and strategies. Ross Sheppard offers a variety of course levels, up to and including calculus, to ensure that students are both challenged and supported in their achievement. Opportunities are available to become involved in national and international math contests and competitions. Ross Sheppard is proud to host the annual Totem Torus Math event, a competition which draws student teams from across the province. "Shep gives you so many opportunities to achieve so many great things. Trust yourself and aim high."

- Carly, Shep Student





#### **Sciences**

Science classes at Ross Sheppard ignite curiosity and prepare students for real-world experiences, post-secondary education, and life-long careers in science. We offer a wide range of science courses, including Biology, Chemistry, Physics, International Baccalaureate programs, General Science, and Forensics. The dedicated science teachers at Ross Sheppard bring science alive for students with engaging activities and field trips that include connections to Alberta's ecological landscape, Alberta's industries, and current scientific research.



#### **Social Studies**

Social Studies fosters students' development to become citizens who are responsible, effective, and have a global mindset. Students will have the opportunity to deepen their understanding of the world through participating in a broad range of Social Studies courses, including the International Baccalaureate Programme. Psychology, Legal Studies, and Aboriginal Studies are optional courses that can supplement students' Social Studies learning.

# **Physical Education (PE)**



#### Physical Education 10/20/30

In PE 10/20/30 at Ross Sheppard, students will enjoy being physically active while meeting new classmates and friends. PE 10 is a requirement for high school graduation. Off-campus activities that our PE students will have the opportunity to participate in include curling, snorkeling, scuba diving, fencing, squash, bowling, and cycling.

#### Sports Medicine 15/25/35

Sports Medicine is perfect for anyone interested in athletics or a future career in health care. Students gain knowledge related to the care, prevention, and rehabilitation of athletic injuries. Students spend time in various athletic settings outside the classroom and work directly with Ross Sheppard's athletics teams alongside a certified Athletic Therapist.





#### **Outdoor Education 15/25/35**

Outdoor Education programs provide students with opportunities to explore and engage in the outdoor environment. Students will develop skills in outdoor cooking, canoeing, mountain biking, rock climbing, snowshoeing, and archery. They will gain valuable knowledge of the outdoors and take an in-depth look at environmental stewardship and ecotourism in a fun, interactive environment. "As a parent, I am glad my daughter was able to take Sports Medicine at Ross Sheppard. She enjoyed it and it has had such a positive impact on her high school experience." - Branna-Lee, *Shep Parent* 

#### Sports Performance 15/25/35

Sports Performance is designed for students to improve physical skills, fitness, and athletic performance. Students will demonstrate proper training principles and acquire knowledge related to nutrition, sport psychology, goal setting, and leadership. This course is perfect for anyone looking to become a better athlete or simply wanting to improve their general fitness.

#### Physical Education 10/20/30 (Soccer)

PE 10/20/30 (Soccer) is a course for students interested in improving in a variety of sports, with a specific focus on soccer. Students learn and demonstrate high-level principles of soccer, as well as acquire knowledge about nutrition, sports psychology, player positions, goal setting, and the general art of the sport. This course is perfect for anyone with a love for physical activity and a passion for soccer.

#### Yoga 15/25/35

Our yoga program offers students a break from their busy day while learning the fundamentals of stretching and mindfulness. In our yoga studio, Ross Sheppard's certified instructor will demonstrate and facilitate the learning of yoga poses and sequences, supporting students as they work at their own pace. All students are welcome in this course and yoga mats are provided.







## **Global Languages**

Ross Sheppard students travel around the world and experience language and culture without ever leaving their classrooms. Students can choose from a variety of language courses and programs to suit their needs and interests. All of our Global Languages courses are also offered at the IB level (Ab Initio or SL).

Chinese Language and Culture 10-3Y, 20-3Y, 30-3Y

This course stream is offered to students who are beginners to learning Mandarin and introduces them to the basics of Chinese language, and elements of Chinese culture. Students with no previous background in the language are welcome.

#### French as a Second Language 10-9Y, 20-9Y, 30-9Y

This course stream is offered to students who completed FSL 9 in junior high. Students will continue the language learning journey, deepening their communicative skills and their confidence in using the French language, while exploring cultures of La Francophonie.

#### Spanish Language and Culture 10-3Y, 20-3Y, 30-3Y

This course stream is a three-year program for students with no previous Spanish instruction. Students with previous Spanish language experience wishing to continue their Spanish learning in this program will be assisted with placement in the correct course of the series.







## Language Programs

We are fortunate to offer two Alternative Language Programs at École Ross Sheppard High School: the Chinese Bilingual Program and the French Immersion Program. Students can continue their language journey from Kindergarten to Grade 12, delve deeper into the nuances of the languages and cultures, and have the opportunity to certify their proficiency through international credentialing.

## **Chinese Bilingual Program**

Chinese Language Arts

This language course stream is designed for students who have previous experience in learning the Chinese language. Students will expand their language abilities and cultural competence through a variety of language activities, experiences, and programming.

Ross Sheppard offers the largest Chinese Bilingual Program in Edmonton. Our program allows students the opportunity to complete their studies in IB at the HL or SL levels. As a result of our close affiliation with the Confucius Institute of Edmonton, students have opportunities to participate in cultural exchanges. Many have won scholarships to study in well-known universities throughout China.

## **French Immersion Program**

## French Language Arts (FLA)

Students can continue their immersion experience in French, one of Canada's official languages, by further exploring the Francophone world, literature, and culture. FLA supports students in their other core immersion subjects including Mathématiques, Sciences (Biologie & Chimie), and Études sociales.

# District Bilingual Certificate & DELF

French Immersion students can earn a District Bilingual Certificate by obtaining 50 credits in French Immersion courses in high school. Students in their Grade 12 year are eligible to obtain the Diplôme d'études en langue français (DELF); a diploma awarded by the National French Ministry of Education. The DELF is recognized internationally should students wish to apply for bilingual jobs or attend French universities overseas.

## **Career & Technology Studies**

#### Animation



Students in Animation approach work from both a technical and artistic stance. Using industrystandard animation programs such as Adobe Animate, Premiere Pro, Audition, and Photoshop, students bring their illustrations to life, explore multiple animation methods, and enhance their professional skill sets. During the course, students learn to create 2D short animated projects and films.

#### Applied Graphic Arts



Applied Graphic Arts provides students the opportunity to develop an understanding of visual communication using modern industry-standard software. Students create both digital and material graphic design artworks using their understanding of elements of art, principles of design, and contemporary and historical design.

#### **Audio**



Audio provides students with an opportunity to develop a theoretical and practical understanding of the fundamentals of sound engineering. Using industry-standard software, such as Ableton Live Suite, students create their own sound scapes, beats, and musical compositions. This cutting-edge course allows students to develop professional and artistic skill sets in the audio production industry.



#### Cosmetology



Embark on an exciting journey into the world of Cosmetology. In this hands-on class, students will gain skills in heat styling, wet styling, braiding, up-dos, hair cutting, colouring, extensions, perming, and more. This class offers apprenticeship training credits, making it an engaging and valuable training program with practical applications.

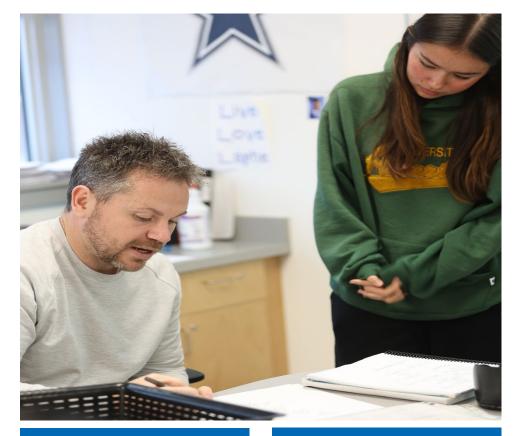
#### Design Studies



Design Studies teaches students to think like a designer while learning skills and processes needed for a variety of career pathways such as architecture, engineering, interior design, and industrial design. Students learn to use computer software and modelling techniques that allow them to turn their own ideas into a design. Computer Science & Robotics



In this course, students will have the opportunity to design and build robots that can interact and respond to stimuli. Students will learn computer programming as well as mechanical and electrical aspects of design. This program will challenge students' critical-thinking skills and imagination and foster their creative potential.



#### Entrepreneurship



Take ownership of your future by harnessing your creativity, conceptualizing your ideas, and turning those ideas into reality. In partnership with the University of Alberta and local business CEOs, learn to manage, develop, and present your ideas and set up the framework for your very own small business.

#### **Esthetics**



Explore the world of spas with makeup application, manicures, pedicures, facial and theatrical makeup, hair removal, gel nails, eyelashes, extensions, and more. Learn various techniques about long hair design, braiding and twisting. A practical and useful program with real-world applications in a state-of-the-art salon classroom.

# Fashion Studies



Students in Fashion Studies will have the opportunity to learn and expand on their knowledge of the fashion industry. The competencies developed through this course focus on skills such as planning, practice, and design in the construction of their fashion projects.

"It was so much fun. Finance gave us an opportunity to learn how to manage and spend our money." - Noma, *Shep Student* 

#### Film & Media Art



Students in Film and Media Art study the technical and artistic aspects of filmmaking. They create short films and media art projects using lighting, sound, composition skills, editing, and visual effects. Students have access to professional equipment and software, such as Adobe Premiere Pro, Audition, and After Effects.

#### Financial Management



Financial Management courses provide opportunities for students to gain relevant skills to become financially literate in today's world. Students will sharpen their entrepreneurial skills, manage and balance their personal and business cash flow, and learn to build their own investment portfolios.

#### **Food Studies**



Food Studies students develop, utilize, and implement the knowledge and skills related to the many aspects of food. Students will not only learn cooking, baking, and preparation techniques, but they will also explore nutrition, safety and sanitation, foods and traditions from around the world, and food ecology.



"I am so happy I took photography. I am a different person now as I see the world in new ways. I never thought about this before taking the course."

#### Information Processing



Information Processing is a course that teaches students how to utilize the Microsoft Office suite of programs. Students use Access for databases, Excel for spreadsheets, PowerPoint for presentations, and Word for word processing to solve real-world problems with professional-looking outcomes. Students taking this course will be prepared for entry-level positions in the business world.

#### ShepTV



ShepTV (Video) is an after-school course through which students provide daily announcements to the whole school. Students choose which day of the week they will attend and may also choose one of three unique rolls: media, anchor or editor. Learning takes place in a very hands-on way. Each day the studio is set up, anchors are filmed, and students work with clubs and groups to create special content. - Raisa, Shep Student



#### Photography



Photography is an investigation into how students perceive and interpret their world. From camera operation to editing, students create images that inspire. Students learn camera basics, image editing, and use of off-camera flash on their way to becoming competent and proficient photographers.

#### Web Design



Students who participate in Web Design will study the latest innovations in design techniques. They will learn to build creative and functional websites. The skills required to create interactive computer-based projects that include sound, graphics, text, animations, and video will be developed throughout the course.

#### Yearbook



Yearbook is a course that focuses on the art of publication. Students will develop writing and photography skills while working in a collaborative team setting on the school's yearbook. Experience the breadth and depth of Ross Sheppard culture from a unique perspective.

# International Baccalaureate (IB)



#### The IB Programme:

- supports cross-curricular exploration.
- offers intellectually challenging classes, with an international focus.
- fosters global citizenship.
- promotes engagement in the arts.
- offers language acquisition in three languages.
- allows for choice of course and options.
- supports students in transitioning to University.

# At SHEP, IB Learners are ...



#### **Inquirers and Thinkers**

Students develop their natural curiosity and they exercise initiative in applying critical-thinking skills to recognize and approach complex problems and make reasoned, ethical decisions.



#### **Balanced and Reflective**

Students understand the importance of intellectual, physical, and emotional balance to achieve personal wellbeing for themselves and others. They give thoughtful consideration to their own learning experience.



#### **Principled and Caring**

Students show respect for individuals, groups, and communities, acting with integrity and honesty, while embodying a sense of justice. They show empathy, compassion, and respect for the feelings of others. These students strive for life-long personal growth and learning and to make a positive difference in the world.



#### **Communicators and Risk-Takers**

Students understand and express ideas creatively and with confidence. They are able to work effectively and in collaboration with others. They approach the unfamiliar with courage and forethought and have the independence of spirit to explore new roles, ideas, and strategies.



#### **Knowledgeable and Open-Minded**

Students explore concepts, ideas, and issues that have local and global significance. They understand and appreciate their own cultures and personal histories and are open to the perspectives, values, and traditions of other individuals and communities.

# **Inclusive Learning**

#### **Special Education Programming**

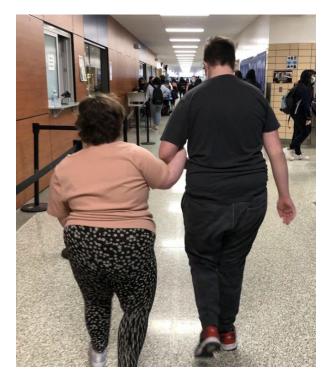
Every student is unique with different strengths and challenges. We offer a range of environments to support all students in their learning and to help nurture their emotional, mental, and physical well-being.

#### Interactions

Interactions programming supports students with autism spectrum disorder (ASD). The goal of the Interactions program is to improve communication, social interaction, and behaviour while developing academic skills.

The program provides structured environments with regular routines, smaller classes for more targeted instruction, and plenty of visual aids, concrete examples, and hands-on activities to support student growth and success.





#### **Community Learning Skills (CLS)**

Community Learning Skills programming supports students who have moderate cognitive delays in most or all developmental areas.

The CLS program is designed to develop functional life skills in a community-based setting. The program provides a structured framework to enable students to improve their communication skills and social behavior, increase their self-esteem, and develop age-appropriate behaviors as they prepare to transition to adulthood.

#### English Language Learners (ELL)

Ross Sheppard's ELL program is designed to support students who are new to Canada. Students are placed in the appropriate ELL level where they practice their English language skills in reading, writing, speaking, and listening at a pace that allows for success at their ability level.

We meet the students where they are and create solid foundations in the English language using technology and scaffolding to help students grow and succeed.



#### Knowledge and Employability (K&E)

The K&E courses provide opportunities for students to complete high school with a Certificate of High School Achievement or transition to completing their High School Diploma requirements with extra support.

In this program, we strive to meet the needs of our students in a variety of ways and we ensure that the appropriate adaptations or modifications are made to coursework to ensure that students are successful in their high school education. Our goal is to develop our students' entrepreneurial spirit and help them to discover their passion and potential future plans.



### **FINE ARTS**

Students explore and appreciate the world around them through a variety of media. Students create works of art that are the products of their experiences.



# **Fine Arts**

# At Ross Sheppard, students can choose from 16 Fine Arts course options that meet the interests, needs, and abilities of all students.



"The arts provide a safe place for students to express themselves without judgement." - Tzumara, Shep Student

## The aims of the Fine Arts Program at Ross Sheppard are to enable

#### students to:

- enjoy lifelong engagement with the arts.
- become informed, reflective, and critical practitioners in the arts.
- understand the dynamic and changing nature of the arts.
- explore and value the diversity of the arts across time, place, and cultures.
- express ideas with confidence and competence.
- develop perceptual and analytical skills.

"I believe music is an international language that connects all of us." - Robert, *Shep Student* 



"Given the incredible atmosphere I have been offered a plethora of experiences that allow me to express my artistic tongue."

- Sumaya, Shep Student

## Music



#### Concert Band 10/20/30

This program features two large ensembles in the traditional wind band format; the Grade 10 Concert Band and the Grade 11/12 Concert Band. Students will develop their skills in music theory and ear training. Students then apply those skills in the rehearsal of challenging repertoires using rhythm, note accuracy, tone production, articulation, dynamics, phrasing, and other elements.

#### Jazz Band 10/20/30

Students can further develop their musical skills in a traditional big band setting, incorporating the unique jazz skill of improvisation (spontaneous composition and performance of musical passages). The repertoire features a variety of styles including swing, rock, and Latin music.







#### Guitar 15/25/35

In this course, students can learn instrumental technique, musical concepts, and theory applied to classical, contemporary, world, and modern musical forms. Guitar 15 is considered an introductory course that requires no prior experience. Studying guitar extends the creative avenues available for students to learn how to express themselves musically and make meaning from listening to music.

#### Choral Music 10/20/30

In this course, students work together to explore many elements of singing including a variety of genres and styles (including jazz and pop), cultures, and historical periods of music. Students grow as singers through sight-reading activities, developing performance etiquette, performances, vocal health, vocal production, and the interpretation of music. No experience necessary for choral music 10.



#### Rock Band 15/25/35

In this course, students will use their knowledge and experience on a musical instrument to create and perform music. While performing rock music will be a focus, students will also perform and explore other styles of music through listening and research. Instruments such as guitar, bass, drums, and vocals will be addressed in this class.

#### Drum Line 10/20/30

Ross Sheppard's percussion ensemble is one of only a few offered at the high school level. It features an exciting mix of marching snare drums, tenor drums, bass drums of various sizes, and crash cymbals.

## Visual Arts



"Shep has a very friendly learning environment. Whether it be friends or teachers, you'll find help in your studies at every corner."

#### Art 10/20/30

Art 10/20/30 includes the exploration of drawing, painting, sculpting, printmaking, and digital printmaking. Whether you want to try something new or follow your passion into the world of fine art, design, and architecture, this is the course for you.





#### IB Art 10/20/30

IB Art is a thought-provoking course in which students develop the skills and techniques of art-making practices, with an emphasis on exploring and comparing visual arts from different cultural contexts. Students become criticallyinformed makers and consumers of visual culture.

#### Ceramics 15/25/35

Ceramics uses clay to create objects for both form and function. It teaches students how to create both utilitarian objects (cups, bowls, plates, and vases) as well as contemporary sculpture. Students will learn the techniques of throwing on a pottery wheel and hand building with clay and explore pinch and coil techniques, slab building, and surface design.





#### Painting 15/25/35

In this course, students will be challenged to develop specific technical abilities in both traditional and nontraditional painting. They will be encouraged to create and express visual ideas unique to their personal experience and cultural context. This challenge will require students to work in a rich variety of means and materials in order to extend their repertoire of visual experiences.

# **Performing Arts**



#### Drama 10/20/30

Ross Sheppard's Drama program offers an exploration of ensemble through movement, speech, improvisation, acting, directing, playwrighting, technical theatre, and theatre studies. Students will be given opportunities to develop competency and an appreciation for theatre as a process and art form.

#### **Technical Theatre 15/25/35**

Technical theatre is for students interested in working backstage on a production. Students join the technical team for the autumn play (Advanced Acting) and/or the spring musical (Musical Theatre). Components of study include costume, lighting, makeup, management (business/house/stage), properties, set, and sound.





#### Advanced Acting 15/25/35

This is a production-based ensemble course that includes participation in the creation and performing aspects of a major autumn play. There is a strong emphasis on ensemble, characterization, rehearsal discipline, movement, and voice.

#### Musical Theatre 15/25/35

Musical theatre is a production-based course that includes participation in the performing aspects of a musical. There is a strong emphasis on ensemble, characterization, rehearsal discipline, movement, choreography, and voice.





#### **Improvisational Theatre 15/25/35**

Students in Improvisational Theatre will learn the skills required to perform on the spot. This class is an ensemblebased course which explores character, story, theme, and staging in relation to spontaneous performances. Students will have the opportunity to attend improvisation festivals, workshops, and local competitions.



## ATHLETICS

With a strong history of linking athletic development with our many championship-calibre teams, Ross Sheppard is the place to be involved in athletics.



# **Athletics**

At Ross Sheppard, we respect school, sport, and competition. Through hard work, discipline, and a desire to learn and improve, Ross Sheppard Athletes seek to find success in both sport and life.

#### **The SHEP Advantage**

- 18 different sports and 28 teams
- Over 1000 student athletes
- Multiple City and Provincial Championship teams
- A full-time Strength and Conditioning Coach



#### FALL

Golf X-Countr SEPT SEPT - OC	y Girls Flag Foo T SEPT-OCT		
Ileyball Swimmir PT - NOV SEPT - DE		5 5	

To encourage active lifestyles, a variety of individual and team intramural activities take place in the gyms at lunch throughout the year. Students of all ability levels are invited to participate.



WINTER	SPRING		
CurlingWrestlingOCT - FEBOCT - MAR	Handball Rugby Boys Flag MAR - MAY MAR - JUN Football		
BadmintonBasketballIndoor SoccerFEB - MAYNOV - MARNOV - MAR	Track & FieldSoccerSlo-PitchMAR - JUNAPR - JUNMAY - JUN		



# SERVICE

Ross Sheppard fosters and mentors students in leadership and social responsibility. Students are involved in school spirit events and are encouraged to participate in service to the community.



SERVICE

## "The most worthwhile thing is to try to put happiness into the lives of others." - Robert Baden-Powell

#### Leadership 15/25/35

Leadership is an inclusive 5-credit program which combines immersion in school culture and service with the enjoyment of creating lasting memories throughout high school. Leadership promotes the Thunderbird spirit and the WE ARE SHEP culture. Our Leadership students transform the school into a second home for students. Throughout the year, students facilitate numerous large-scale events: Shep Rally, Shep's Got Talent, Winter Fest, and more! Students engage in targeted lessons to build a variety of leadership skills including team-building, event planning and promotion, and public speaking. Our Leadership program promotes the development of students with a charitable spirit and a mindset of global citizenship. We hope to see you around, because #weareshep!



#### Whatever your interests, Ross Sheppard has clubs for you.

- Badminton Club
- Black Students' Association
- Book Club
- Chess Club
- Chinese Traditional
  Dance
- Chinese Lion
  Dance
- Chinese Yo-Yo
  Club

- Consent Awareness Committee
- Dance Club
- Dungeons & Dragons
- Gaming Club
- Gender-Sexuality Alliance
- High School Model United Nations

- Hispanic Students'
  Alliance
- Interact Club
- Interfaith
- K-Pop Dance Club
- Knitting Club
- Krown Dance Crew
- Math Club
- Pokeman Club
- Project Green

- · Reach for the Top
- Robotics
  Club
- Shep Asian Alliance
- Shep IB Committee
- Social Justice
- Speak Up Shep
- STEAM Club

## Get in Touch



#### **Our Administration Team**



Principal **Rick Stanley** Rick.Stanley@epsb.ca



Assistant Principal Greg Boras Greg.Boras@epsb.ca



DH of Student Services **Gina Chan** Gina.Chan@epsb.ca



Assistant Principal **David Case** David.Case@epsb.ca



Counsellor **Robyn Ferguson** Robyn.Ferguson@epsb.ca



Assistant Principal Laurie Ingram-Dabgotra Laurie.lngram-Dabgotra@epsb.ca



Counsellor Christine McGowan Christine.McGowan@epsb.ca



Assistant Principal Joel Stephens Joel.Stephens@epsb.ca



Counsellor Scott Nytchay Scott.Nytchay@epsb.ca



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Making the move to high school 2024-25 High School Guide



