



PRSS Guidance Office

- Ms. Cowan (Head of Guidance)
- Ms. Younger
- Ms. Koscieljew (Guidance Secretary)



Pine Ridge Secondary School
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www.PineRidgeSecondarySchool.ca

Facebook: PineRidgeSecondarySchool

Twitter : @PineRidgeSS

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Pine Ridge Secondary School's

Guidance Services



Services Provided

Choosing Courses

Community Contacts

Individual Pathway Planning (IPP)

- Education and career/life planning

Educational Planning

- option selections
- college and university planning
- night school and summer school registration

Career Planning

- workforce information
- apprenticeships
- volunteering

Student Success

- credit recovery
- alternate education options
- student success monitoring

Confidential Counselling

- personal
- academic
- career

Support Services

- referrals to other agencies
- social workers
- psychologists

Student Records

- Ontario Student Record (OSR)
- Transcripts, diplomas

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

- 4 credits in English
- 3 credits in mathematics
- 2 credits in science
- 1 credit in Canadian history
- 1 credit in Canadian geography
- 1 credit in arts
- 1 credit in health and physical education
- 1 credit in French as a second language
- 0.5 credit in career studies
- 0.5 credit in civics

Plus one credit from each of the following groups:

- English, Another Language, Social Sciences, Canadian and World Studies, or Cooperative Education
- Physical Education, The Arts, Business Studies, or Cooperative Education
- Science, Technological Education, or Cooperative Education

In addition to the compulsory credits, students must complete:

- 12 optional credits
- 40 hours community service
- the Grade 10 literacy test

Addiction Services	905-683-5950
Alcoholics Anonymous	1-800-921-3555
Autism Ontario	1-866-495-4680
Bereaved Families	1-800-969-6904
Big Brothers / Sisters	905-831-3777
Children's Aid Society	905-433-1551
Community Legal Clinic	1-888-297-2202
Continuing Education	1-800-408-9619
Crimestoppers	1-800-222-TIPS
Deaf Services	905-579-3328
Denise House	1-800-263-3725
Distress Centre Durham	1-800-452-0688
Eating Disorder Info	1-866-633-4220
Epilepsy Durham	905-571-2099
Girls Incorporated	1-877-447-5795
Housing	905-686-1278
Information Durham	1-866-463-6910
Kid's Help Phone	1-800-668-6868
Mental Health	1-877-767-9642
Police (Durham)	1-888-579-1520
Pregnancy Support	1-800-841-2729
Public Health	1-800-841-2729
Rape Crisis Centre	905-668-9200
Red Cross	1-866-723-2933
Rose of Durham	289-385-1160
Rouge Valley Health	905-683-2320
School Board (Durham)	1-800-265-3968
Sexual Health Clinic	905-420-8781
Transit (Durham)	1-866-247-0055
Transit (GO)	1-888-438-6646
Unemployed Help Centre	905-579-1821
United Way	905-686-0606
Youth Centre	905-428-1212