

**Reach out to youth considering an occupation in the health care field!**

## **Health and Wellness in Ontario Secondary Schools**

### ***Specialist High Skills Major***

Therapeutic Touch® lends itself well to the exploration and discussion of complementary therapies within health care education.

Many secondary schools have courses in health and wellness, preparing students for post-secondary studies in various health care fields, such as doctor, nurse, personal support worker, paramedic, fire services and others.

Some schools offer a **Specialist High Skills Major (SHSM)** program, a concentration of courses and out-of-school experiences with a Health and Wellness focus.

On the school board websites listed below by Ministry of Education regions you will easily find links to schools in your area. Note that these change from year to year.

Information about schools offering the Specialist High Skills Major program in Health and Wellness can usually be found under headings such as *Programs* or *Pathways* or by typing 'SHSM' into the school board *Search* box. Note: not all schools or school boards currently offer Specialist High Skills Major programs, but new programs are being added each year.

The following pages are organized by *region* and *city* (of the local school board office/s and include the website link to the school board home page. Be sure to consider public, Catholic, and French boards.

If you are having any challenges navigating the school board websites, or have questions about the Specialist High Skills Major program, contact Jim Metson at [metsonj347@gmail.com](mailto:metsonj347@gmail.com) .

Please note that the schools listed may change. Each year some are added and some schools no longer offer the Specialist High Skills Major for Health and Wellness.

## North Region

Fort Frances	Northwest Catholic District School Board <a href="http://www.tncdsb.on.ca">www.tncdsb.on.ca</a>
Fort Frances	Rainy River District School Board <a href="http://www.rrdsb.com">http://www.rrdsb.com</a>
Kenora	Keewatin-Patricia District School Board <a href="http://www.kpdsb.on.ca">http://www.kpdsb.on.ca</a>
Kenora	Kenora Catholic District School Board <a href="http://www.kcdsb.on.ca">http://www.kcdsb.on.ca</a>
Marathon	Superior-Greenstone District School Board <a href="http://www.sgdsb.on.ca">http://www.sgdsb.on.ca</a>
Moose Factory	Moose Factory Island District School Area Board <a href="https://mfidsab.ca/mfidsab/">https://mfidsab.ca/mfidsab/</a>
Moosonee	Moosonee District School Area Board <a href="http://midsab.ca">midsab.ca</a>
North Bay	Conseil scolaire de district catholique Franco-Nord <a href="https://www.franco-nord.ca">https://www.franco-nord.ca</a>
North Bay	Conseil scolaire public du Nord-Est de l'Ontario <a href="http://www.cspne.ca">www.cspne.ca</a>
North Bay	Near North District School Board <a href="http://www.nearnorthschools.ca">http://www.nearnorthschools.ca</a>
North Bay	Nipissing-Parry Sound Catholic District School Board <a href="http://www.npsc.ca">www.npsc.ca</a>
Sault Ste Marie	Algoma District School Board <a href="http://www.adsb.on.ca">http://www.adsb.on.ca</a>
Sault Ste Marie	Huron-Superior Catholic District School Board <a href="http://www.hscdsb.on.ca">http://www.hscdsb.on.ca</a>
Sudbury	Conseil scolaire de district catholique du Nouvel-Ontario <a href="http://www.nouvelon.ca">www.nouvelon.ca</a>
Sudbury	Conseil scolaire public du Grand Nord de l'Ontario <a href="http://www.cspgno.ca">http://www.cspgno.ca</a>
Sudbury	Rainbow District School Board <a href="http://www.rainbowschools.ca">http://www.rainbowschools.ca</a>
Sudbury	Sudbury Catholic District School Board <a href="http://www.scdsb.edu.on.ca">http://www.scdsb.edu.on.ca</a>
Terrace Bay	Superior North Catholic District School Board <a href="http://www.sncdsb.on.ca">http://www.sncdsb.on.ca</a>
Thunder Bay	Conseil scolaire de district catholique des Aurores boreales <a href="http://www.csdcab.on.ca">www.csdcab.on.ca</a>
Thunder Bay	Lakehead District School Board <a href="http://www.lakeheadschoools.ca">http://www.lakeheadschoools.ca</a>
Thunder Bay	Thunder Bay Catholic District School Board <a href="http://www.tbcschools.ca">http://www.tbcschools.ca</a>
Timmins	Conseil scolaire de district catholique des Grandes Rivieres <a href="http://www.cscdgr.on.ca">http://www.cscdgr.on.ca</a>
Timmins	District School Board Ontario North East <a href="http://www.dsb1.ca">http://www.dsb1.ca</a>
Timmins	Northeastern Catholic District School Board

## Eastern Region

Belleville	Hastings & Prince Edward District School Board <a href="http://www.hpedsb.on.ca">http://www.hpedsb.on.ca</a>
Brockville	Upper Canada District School Board <a href="http://www.ucdsb.on.ca">http://www.ucdsb.on.ca</a>
Kingston	Limestone District School Board <a href="http://www.limestone.on.ca">http://www.limestone.on.ca</a>
Napanee	Algonquin and Lakeshore Catholic District School Board <a href="http://www.alcdsb.on.ca">http://www.alcdsb.on.ca</a>
Nepean	Ottawa Catholic School Board <a href="http://www.ocsb.ca">http://www.ocsb.ca</a>
Nepean	Ottawa-Carleton District School Board <a href="http://www.ocdsb.ca">http://www.ocdsb.ca</a>
Oshawa	Campbell Children's School Authority <a href="https://campbellchildrensschool.ca/">https://campbellchildrensschool.ca/</a>
Ottawa	CHEO School Authority <a href="https://www.cheo.on.ca/en/clinics-services-programs/school.aspx">https://www.cheo.on.ca/en/clinics-services-programs/school.aspx</a>
Pembroke	Renfrew County Catholic District School Board <a href="http://www.rccdsb.edu.on.ca">http://www.rccdsb.edu.on.ca</a>
Pembroke	Renfrew County District School Board <a href="http://www.renfrew.edu.on.ca">http://www.renfrew.edu.on.ca</a>
Peterborough	Peterborough Victoria Northumberland and Clarington Catholic District School Board <a href="http://www.pvnccdsb.on.ca">http://www.pvnccdsb.on.ca</a>
Peterborough	Kawartha Pine Ridge District School Board <a href="http://www.kprschoools.ca">http://www.kprschoools.ca</a>
Whitby	Durham District School Board <a href="http://www.ddsbc.ca">www.ddsbc.ca</a>

## Toronto Region

North York	Conseil scolaire Viamonde <a href="http://www.csviamonde.ca">http://www.csviamonde.ca</a>
Toronto	Bloorview School Authority <a href="http://www.bloorviewschool.ca">www.bloorviewschool.ca</a>
Toronto	Conseil scolaire catholique MonAvenir <a href="http://www.cscmonavenir.ca">http://www.cscmonavenir.ca</a>
Toronto	Toronto Catholic District School Board <a href="http://www.tcdsb.org">http://www.tcdsb.org</a>
Toronto	Toronto District School Board <a href="http://www.tdsb.on.ca">http://www.tdsb.on.ca</a>

## West Region

Brantford	Brant Haldimand Norfolk Catholic District School Board <a href="http://www.bhncdsb.ca">http://www.bhncdsb.ca</a>
Brantford	Grand Erie District School Board <a href="http://www.granderie.ca">www.granderie.ca</a>
Chesley	Bluewater District School Board <a href="http://www.bwdsb.on.ca">http://www.bwdsb.on.ca</a>
Dublin	Huron Perth Catholic District School Board <a href="http://www.huronperthcatholic.ca">www.huronperthcatholic.ca</a>
Guelph	Upper Grand District School Board <a href="https://www.ugdsb.ca">https://www.ugdsb.ca</a>
Guelph	Wellington Catholic District School Board <a href="http://www.wellingtoncdsb.ca">www.wellingtoncdsb.ca</a>
Hamilton	Hamilton-Wentworth Catholic District School Board <a href="http://www.hwcdsb.ca/">http://www.hwcdsb.ca/</a>
Hamilton	Hamilton-Wentworth District School Board <a href="http://www.hwdsb.on.ca">http://www.hwdsb.on.ca</a>
Hanover	Bruce-Grey Catholic District School Board <a href="http://www.bgcdsb.org">http://www.bgcdsb.org</a>
Kitchener	Waterloo Catholic District School Board <a href="http://www.wcdsb.ca">http://www.wcdsb.ca</a>
Kitchener	Waterloo Region District School Board <a href="http://www.wrdsb.on.ca">www.wrdsb.on.ca</a>
London	London District Catholic School Board <a href="http://ldcsb.on.ca">http://ldcsb.on.ca</a>
London	Thames Valley District School Board <a href="http://www.tvdsb.on.ca">http://www.tvdsb.on.ca</a>
Seaforth	Avon Maitland District School Board <a href="https://amdsb.ca">https://amdsb.ca</a>
St Catharines	District School Board of Niagara <a href="http://www.dsbni.org">http://www.dsbni.org</a>
St Catharines	Niagara Peninsula Children's Centre School Authority <a href="http://www.npcc.on.ca">www.npcc.on.ca</a>
Sarnia	Lambton Kent District School Board <a href="http://www.lkdsb.net">http://www.lkdsb.net</a>
Wallaceburg	St Clair Catholic District School Board <a href="http://www.st-clair.net">http://www.st-clair.net</a>
Waterloo	KidsAbility Education Authority <a href="http://www.kidsability.ca">www.kidsability.ca</a>
Welland	Niagara Catholic District School Board <a href="http://www.niagaracatholic.ca">http://www.niagaracatholic.ca</a>
Windsor	Conseil scolaire catholique Providence <a href="http://www.cscProvidence.ca">www.cscProvidence.ca</a>
Windsor	Greater Essex County District School Board <a href="http://www.publicboard.ca">http://www.publicboard.ca</a>
Windsor	John McGivney Children's Centre School Authority <a href="http://school.jmccentre.ca">http://school.jmccentre.ca</a>

Windsor Windsor-Essex Catholic District School Board  
<http://www.wecdsb.on.ca>

## Central Region

Aurora York Catholic District School Board  
<http://www.ycdsb.ca>

Aurora York Region District School Board  
<http://www.yrdsb.ca>

Barrie Simcoe Muskoka Catholic District School Board  
<http://www.smcdsb.on.ca>

Burlington Halton Catholic District School Board  
[hcdsb.org](http://www.hcdsb.org)

Burlington Halton District School Board  
<http://www.hdsb.ca/>

Lindsay Trillium Lakelands District School Board  
<http://www.tldsb.ca>

Midhurst Simcoe County District School Board  
<http://www.scdsb.on.ca>

Milton Provincial and Demonstration Schools  
<https://pdsbnet.ca>

Mississauga Dufferin-Peel Catholic District School Board  
<http://www.dpdsb.org>

Mississauga Peel District School Board  
<http://www.peelschools.org>

Penetanguishene Penetanguishene Protestant Separate School Board  
<https://www.pssbp.ca>

February 2023