

THIS IS PANTHER COUNTRY

ACADEMICS + ACTIVITIES + ATHLETICS + ARTS



PANTHER PRIDE

Explore all that Panther Country has to offer you and see what sets Preston apart.

Find out more about your upcoming experience.



Preston High School

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A COMMUNITY SCHOOL

MAKE AN IMPACT

Preston High School is a community school that offers prospective students a rigorous academic program, as well as a rich extracurricular life. Students will be supported in creating an individual pathway through Preston's academic program that will align with their postsecondary goals. Preston High School offers unique opportunities including Advanced Placement Exams, a Specialist High Skills Major Certification in Sports or Manufacturing, or in Construction and a strong Cooperative Education program. As well, we are proud of our ACE (Alternative Continuum of Education) programming that meets the diverse needs of each learner .

Opened in 1934, Preston High School has a rich family tradition, proudly guiding several generations of grandparents, parents, aunts, uncles, and children in their journey to graduation. This sense of pride has continued with our current Panthers, sharing the same strong sense of belonging in our tight-knit community. Panthers will find many opportunities for their talents to flourish in a school that offers as wide a range of events, activities, clubs and teams as students would find at a larger school. As one of the oldest schools in this region, Preston High School fosters a strong sense of tradition and Panther pride that students carry with them everywhere they go, even after graduation, as embodied by our school motto, "Aeterna Non Caduca", which translates to: Things that last, never perish".



CREATING A SENSE OF COMMUNITY

FOUR HOUSES, ONE SCHOOL

In the fall of 2023, Preston implemented a house system for the entire school. All students were placed into one of 4 houses. These houses include students from all grades and PHS staff. We have seen them build a sense of community in the school and there is a level of excitement around the school.

Why did we implement a house system?

Students and teachers at schools where the House System has been put in place have raved about the impact it has had on the educational experience. Students have noted such things as how it has helped them to form friendships and create closer bonds with their peers. Teachers have noted how students perform at higher levels when points are assigned and their peers are cheering them on. At Preston we have already seen the positive impacts in the building and look forward to having our incoming Grade 9's join their houses next fall.

What are the House Names?

At Preston we have chosen to name our houses after Canadian landforms. These will stand the test of time, allow students to form an identity and are linked to our beautiful country. Each House has its own coat of arms which will have four identifying components on it. These will include a house colour, animal, crossed tools and a symbol that represents the landform. Each house also has a handshake or hand symbols and a house cheer that they will use at full school events.

The Four Houses are:

The Lakes: Students with the last names that start in A-E

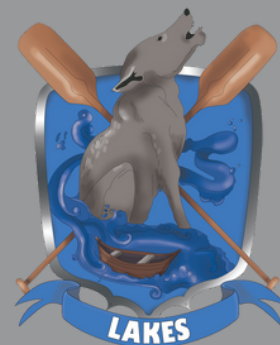
The Canadian Shield aka The Shield: Students with the last name F-K

The Tundra: Students with the last names L-P

The Rockies: Students with the last names Q-Z

HOUSE LAUNCH
VIDEO

CLICK
HERE



STUDENT LIFE

GET INVOLVED

AT PRESTON THERE ARE MANY AREAS TO GET INVOLVED. CHECK OUT WHAT INTERESTS YOU!



EVENTS, ACTIVITIES AND CLUBS

Student life at Preston High School is about more than academics. The wide variety of clubs and activities at Preston offer students the chance to pursue their interests, while meeting new people, and honing their leadership and teamwork skills. With such a wide array of clubs and activities from which to choose, PHS students can take risks and aim for new goals in a safe and supportive environment. We encourage students to be an active part of co-curricular life at Preston High School and to make the most of their high school years!

EVENTS AND ACTIVITIES

Grade 9 Night
Thanksgiving Food Drive
Harvest Bowl
Fundraisers
Academic Awards
Commencement
Homecoming Dance
Semi- Formal Dance
Seniors' Holiday Dinner
Grade 8 Open House
Athletic Awards Banquet
Arts Awards Night
Prom
MOGA
Fashion Show
Spirit Assemblies
Intramural Activities
HOUSES
and so much more!

CLUBS

A/V Club
Best Buddies
Book Club
DECA
Electric Vehicle Club
Fed Prov
French Club
GSA
Black Student Association
Muslim Student Association
Pre-Med Club
Enviromental Club
Band and Choir
Outdoor Adventure Club
Reach for the Top
Student Activities Council (SAC)
Wellness Club
Gamers Club and D'n D Club
Cricket Club
Writing Club
Cooking Club
and so many more

**FIND OUT MORE
ABOUT CLUBS HERE**

**CLICK
HERE**

THE ARTS

EXCELLENCE

Perform! Act! Sing! Create! Musicians, actors, singers and artists will find many opportunities to refine their talents both as part of course curriculum and as part of their extracurricular life.

Musicians can practice their craft as a member of one of Preston's bands or choirs, and then have their talents showcased at Sounds of the Season, Harmony, Musicfest, and Open Stage Fridays. Dramatic types can grace the stage or work behind the scenes as a student director or work on lighting, sound, costuming, make-up or set design as part of a main stage production such as a musical or a play for a local theatre festival. Students of drama also have opportunities to create original material to be performed at either the annual One Act Showcase or the vocal and drama cross-curricular Synergy showcase. Monthly Open Stage Fridays afford students an opportunity to practice and perform their craft - whether it be acting, stand-up comedy, magic, spoken word or dance.

Students interested in the Visual Arts will also find many chances to shine at PHS. Join the Art Club and participate in Open Studio lunches in the Art Room. Use your talents as part of charity art sales, set design for main stage productions, and other special events, like the Community Seniors' Dinner. The artistic and photographic talents of our students are put on display as part of the Homer Watson Gallery Show, the Cambridge Celebration of the Arts, the KWAG Expressions Show, and the Langs Connectivity Show.

Participation in the Drama, Music and Visual Arts Council gives artists of all varieties the chance to take on a leadership role and build their resumes as part of Preston's vibrant arts community.

ARTS SUCCESS

- Gold Standing for band and choirs at Musicfest Nationals and Kiwanis Music Festival
- Multiple winners at the Annual Cambridge Celebrations of the Arts
- 2- time Marion Drysdale Regional Art Award Winner
- 10-time Regional Finalists, TriCity Improve Games
- 3-time National Finalists at the Canadian Improv Games
- Multiple Award Winning Drama Festival Productions (Outstanding Overall Production, Excellence in Ensemble Work, Acting and Script Writing)



THE ARTS

GET CREATIVE

THROUGHOUT YOUR YEARS AT PRESTON THERE ARE MANY AREAS IN THE ARTS TO GET INVOLVED FROM MUSIC, DRAMA, VISUAL ARTS. TAKE TIME TO CHECK THEM ALL OUT.



EVENTS AND ACTIVITIES

Drama Festival (District, Regional)
Canadian Improv Games
Synergy Showcase
Open Stage Fridays
Drama's Annual Halloween Spook Night
Harmony Spring Concert
Sounds of the Season Winter Concert
Open Studio
Homer Watson Gallery Show
Cambridge Celebration of the Arts
KWAG Expressions Show
Langs Community Connectivity Show
Annual Art Awards Banquet
Annual Arts Retreat

CLUBS

Drama Council

Improv Club

Spoken Word Team

Music Council

Intermediate Band

Senior Band

Concert Choir

Pop Rock Group

Visual Art Council

Art Club

FIND OUT MORE ABOUT THE ARTS HERE

CLICK
HERE

ATHLETICS

SKILLS FOR A LIFETIME

Playing sports helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers and coaches.

Playing sports enables you to create friendships you otherwise might not have formed. Sports bring teens together from different grades, feeder schools and backgrounds. Many times, the friendships you create in athletics remain intact even when you are not playing sports.

Providing wisdom and encouragement, coaches are good role models. The teacher-coach-athlete relationship that you develop is a very important one. Positive coaching helps to bring the team together, and gives players the right tools to push themselves academically and physically.

Participating in sports improves your health in many ways. To be a good athlete, you must take care of yourself. This gets you thinking about what to eat and how to treat your body to achieve peak performance levels.

Participating in sports can actually have a positive impact on school. Sports force you to organize your time so that you can both go to practice and finish your homework. The key is finding a balance. If you can learn to organize your time then you can succeed in both. Participating in sports helps build leadership skills. Sports teams give you an opportunity to surround yourself with competitive people and role models, allowing you to learn from them both.



DEDICATED COACHES

PHS coaches fully believe in the value of physical literacy and the role that it plays in the development of healthy future adults. They have a passion for activity and want that passion to be passed on to young Panthers who want to learn and benefit from participation in sport.

High School coaches are also teachers, so they really try to educate and instill positive character traits including integrity, teamwork, respect, and goal-setting, while coaching & developing athletic talent. They coach their team to become even stronger athletes and better people BOTH on and off the court. They are supportive and encouraging and want to see you succeed, which doesn't always mean a win. They will push you in a good way so that you reach your highest potential. But, coaches also like to have a LOT of fun!



ATHLETICS

GET ACTIVE



FALL TEAMS

- Girls Basketball (Jr and Sr)
- Cross Country
- Girls Field Hockey
- Football (Jr and Sr)
- Golf
- Sr Tennis
- Ultimate
- Boys Volleyball (Jr and Sr)

WINTER TEAMS

- Alpine Ski Team
- Badminton
- Boys Basketball (Jr and Sr)
- Curling
- Boys Hockey
- Girls Hockey
- Girls Volleyball (Jr and Sr)
- Swimming

SPRING TEAMS

- Boys Slo Pitch
- Girls Slo Pitch
- Boys Soccer
- Girls Soccer
- Girls Rugby
- Boys Rugby
- Track and Field
- Jr. Tennis

**FIND OUT MORE
ABOUT ATHLETICS
HERE**



ACADEMICS

ENDLESS OPPORTUNITIES



ENHANCED OPPORTUNITIES

We emphasize the following 21st Century Competencies:

- Problem Solving & Critical Thinking
- Innovation & Creativity
- Learning to Learn
- Collaboration
- Communication
- Global Citizenship



Students who join the program are invited to participate throughout their high school career here at PHS. These transferable skills will be advanced through work done in a variety of enhanced activities outside of the traditional classroom.

With like-minded students, you will:

- Attend grade specific events per year
- Interact with leaders in the scientific community
- Collaborate with the greater PHS community

GRADE 9 STUDENTS WILL APPLY FOR THIS PROGRAM IN NOVEMBER OF THEIR GRADE 9 YEAR.



ADVANCED PLACEMENT

Do you want to...

- gain the edge in university preparation?
- stand out in the university selection process?
- broaden your intellectual horizons?

...then you want to consider the AP program at Preston!

The Advanced Placement Program is an internationally recognized standard of academics. Our flexible model at PHS allows you to prepare for and write the AP exam of your choice from a list of 38 topics. Your topic may match one of your PHS credits, where the curriculum is similar to the exam preparation material, or you can explore a completely different subject area. You review the on-line course material and study at your own pace, consulting with your teacher-mentor as you require. Your teacher-mentor may be selected from someone on staff, or from the wider community.

Writing an AP exam is a good way to find out what level of performance will be required at university. You will hone your organizational, time management and study skills. Based on your exam results, universities may grant a first year credit. More information can be found on our website.

ACADEMICS

AIM HIGH

SPECIALIST HIGH SKILL MAJOR IN SPORTS

CLICK
HERE

Do you love being active, participating in sport or coaching others? Are you interested in physiotherapy, athletic therapy or sports medicine? Do you want to talk sports with others, perhaps broadcast sports? If you answered yes to any of the above, the Sports SHSM is for you!

SPECIALIST HIGH SKILL MAJOR IN MANUFACTURING

CLICK
HERE

Do you love problem-solving, design, or developing your technical skills? Are you interesting in hands on learning and want some practical experience using cutting edge equipment? Are you interested in tool making, welding and engineering? If you answered yes to any of the above, the Manufacturing SHSM is for you!

SPECIALIST HIGH SKILL MAJOR IN CONSTRUCTION

CLICK
HERE

Do you thrive on solving problems, creating designs, or building technical expertise? Are you excited by the idea of hands-on learning and working with advanced tools and equipment? Are you passionate about construction, woodworking, or engineering? If any of this sparks your interest, the Construction SHSM could be the perfect fit for you!



The PHS Specialist High Skills Major Program allows students to focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD). Students receive the SHSM seal on their diploma when they:

- complete a specific bundle of 8-10 courses in the Sector
- earn valuable industry certifications including first aid and CPR qualifications, with support from Ministry funding
- gain important skills on the job through Co-op Education placements

COOPERATIVE EDUCATION & OYAP

Why not 'Test Drive' a Career? Coop students have the opportunity to experience hands-on learning, see the relevance of their classroom learning, develop the essential skills and habits required in the workplace, and gain valuable work experience to help build a resume for postsecondary programs and future employment. All SHSM are required to take coop to complete their certification.

Ontario Youth Apprenticeship Program- OYAP allows students to get a head start in their pathway plan by being able to count some coop hours towards the total hours needed to become a licensed apprentice. Students are registered with the Ministry of Training Colleges and Universities to aid them on their journey. See a Coop Teacher for more details.



**FIND OUT MORE
HERE!**

CLICK
HERE

COURSE SELECTIONS

Students take **five compulsory credits in Grade 9**. Specific course descriptions of compulsory courses can be found on the PHS Guidance website.



COMPULSORY COURSES

GEOGRAPHY



This course explores the distinct and evolving character of Canada using a variety of frameworks including natural, human, economic and global. Reasons this country works so well and problems still to be solved, are examined.
CGC1WI

ENGLISH



This course focuses on oral communication, reading, writing, and language skills that students need for success for their individual pathway plan of college, university, apprenticeship and work.
ENL1WI

FRENCH



This course provides opportunities for students to communicate and interact in French with increasing independence, with a focus on familiar topics related to their daily lives.
FSF1DI-Single Streamed

MATHEMATICS



This course enables students to develop an understanding of mathematical concepts related to algebra, analytic geometry, linear relationships, measurement and problem solving.
MTH1WI - Grade 9

SCIENCE



This course enables students to develop their understanding of basic concepts in biology, chemistry, earth and space science, and physics, and to relate science to technology, society, and the environment.
SNC1WI- Grade 9



FOR INFORMATION ABOUT THE HISTORY DEPARTMENT AND COURSES OFFERED IN FUTURE YEARS



ELECTIVE COURSES

Grade 9 students are encouraged to pick **three** of the following courses (all offered at the open level):

THE ARTS

DRAMA (ADA1OI)



Explore dramatic techniques (tableau, role play, spoken word, mime, monologue, improvisation), train on lighting and sound theatre equipment, and work collaboratively with your peers to develop your interpersonal skills. Students will develop acting and public speaking skills, boost their self-confidence and develop their self-expression and critical thinking skills in a fun, interactive welcoming environment

INSTRUMENTAL MUSIC (AMI1OI Band)



This course emphasizes the performance of music at a level that strikes a balance between challenge and skill and is aimed at developing technique, sensitivity and imagination. Students will participate in creative activities that will teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use. Students will submit individual performance videos and participate in full class performance activities.

This course is for students with a minimum of one full year of study on a concert band instrument who are able to read music.

VOCAL MUSIC (AMV1OI)

This course emphasizes the performance of music at a level that strikes a balance between challenge and skill and is aimed at developing technique, sensitivity and imagination. Students will participate in creative activities that teach them to listen with understanding. They will also learn correct musical terminology and its appropriate use. Students will perform as a class and in small groups while progressing towards solo performance. The course culminates with Synergy, a collaborative showcase of student performances.

MORE ELECTIVE COURSES ON THE NEXT PAGE

ELECTIVE COURSES

ARTS CONTINUED

VISUAL ARTS (AVI10I)

Interested in a future in animation, architecture, interior or fashion design? Start working on the skills that will lead to a great portfolio. You will be studying the basics of design through exposure to a variety of techniques in drawing, painting, printmaking and sculpture. You will carve a self-portrait for the printing press, mold clay for the kiln, hand cut stickers for your new chromebook and more.

CRAFTS (AWA10I)

An introductory Artisan course with a focus on the Crafts movement and “useful art”. Tools and techniques will be introduced in the various mediums of ceramics, paper mache, collage, carving, painting and drawing.

TECHNOLOGICAL STUDIES

COMMUNICATION TECHNOLOGY

COMMUNICATION & DESIGN & MEDIA (TGJ10I)

This exploratory course introduces students to concepts and skills in communications technology and architectural design. Course materials encompass print and graphic communications, photography, new media, animation, interior design, floor plans, 3D and scale models. Integrating communications technology and architectural design will introduce students to multiple fields of industry while using specialized software and design processes.

CONSTRUCTION TECHNOLOGY

CONSTRUCTION & DESIGN EMPHASIS (TCJ10I)

This exploratory course introduces students to concepts and skills in construction technology and architectural design. The class combines building and structure design with hands-on construction processes and equipment to produce full-size and scaled versions of students’ designs. Students will gain familiarity with CAD software and fabrication with wood and related tools.

TECHNOLOGY AND THE SKILLED TRADES AUTO & METAL SHOP EMPHASIS (TAS10I)

This exploratory course introduces students to concepts and skills while working in the manufacturing and transportation technology shops. Take home finished projects out metal, and learn to perform basic service operations and inspections on real cars.

SPECIAL EDUCATION

LEARNING STRATEGIES (GLE10I)

In this course, students with an Independent Learning Plan (IEP) learn strategies to help them become better, more independent learners. Students will learn about and try a variety of strategies that will help them with reading, writing, math, organization, time management, stress management, self-regulation and interpersonal skills. The goal is to build confidence and help students get ready for success in school, work and life.

PHYSICAL EDUCATION

HEALTHY AND ACTIVE LIVING

FEMALES (PPL 10X)/ MALES (PPL 10Y)

Students will participate in a variety of enjoyable physical activities that promote lifelong healthy active living. Activities include badminton, basketball, handball, floorball, volleyball, soccer, tennis, football, rugby, low organizational games and two health units. All students will receive CPR and AED training. Activities are designed to develop goal-setting, communication and social skills. Students will excel if they have a positive attitude, if they work hard and if they try their best.

HEALTHY AND ACTIVE LIVING

ALL GENDER OPEN (PPL10I)

This course is for students of all gender identities. While this course follows the same health units as PPL10X/Y, this course focuses on less competitive recreation and leisure concepts with an emphasis on individual activities, cooperative games and healthy active living.

BUSINESS

BUILDING THE ENTREPRENEURIAL MINDSET IN BUSINESS (BEM10I)

This “hands on” computer course introduces students to the use of information technology in a business environment. Students will learn how to use information technology in a work environment. They will perform electronic research and use common business software, including spreadsheets, word processing, desktop publishing, presentation software and web page design. Students will also explore possible future occupations in information technology.



FOR INFORMATION ABOUT THE FAMILY
STUDIES DEPARTMENT AND COURSES
OFFERED IN FUTURE YEARS

OSSD REQUIREMENTS

ONTARIO SECONDARY SCHOOL DIPLOMA

30 CREDITS TOTAL ARE REQUIRED

GRADE 9 AND 10 STUDENTS ARE REQUIRED TO TAKE EIGHT COURSES A YEAR MINIMUM.

COMPULSORY- 17 CREDITS

4 English (1 per grade)

3 Mathematics (one in grade 11 or 12)

2 Science

1 French

1 Canadian Geography

1 Canadian History

1 Arts

(Drama, instrumental music, modern music, visual arts, photography, crafts)

1 Health & Physical Education

0.5 Civics (grade 10)

0.5 Career Studies (grade 10)

1 Technology (one in grade 9 or 10)

1 credit from the following STEM related Course Group: Business Studies, Computer Course, Cooperative Education, Mathematics (in addition to the 3 compulsory credits currently required), Science (in addition to the 2 compulsory credits currently required), Technological Education (in addition to the 1 compulsory credit required)

OPTIONAL- 13 CREDITS

The following are also required to graduate:

Successful completion of the Grade 10 Ontario Secondary School Literacy Test (OSSLT)
40 hours of community involvement activities
2 Online Learning Credits
Financial Literacy Graduation Requirement (70% or higher)-integrated with Grade 10 math



PANTHER SUPPORTS



LEARNING RESOURCE CENTRE

The Learning Resource Centre (LRC) is open to students who have Individual Education Plans (IEPs) in place, resulting either from a formal IPRC process or from teacher identification of student needs in specific subject areas.

Special education resource teachers are available to provide support throughout the school day. Students have access to assistive technologies and an alternative learning environment.

STUDENT SUCCESS

The Student Success Centre (SS) is Available for students who need additional support but do not have an IEP.

GUIDANCE CAREER AND COMMUNITY RESOURCES

Make an appointment to see your guidance counsellor twice a year to review graduation requirements, career interests and to explore an individual pathway plan through PHS and beyond.



YOUTH WORKER AND SOCIAL WORKER

Supports are offered to students as they deal with the ups and downs of life during high school.

PANTHER COUNTRY

MAKE MEMORIES TO LAST A LIFETIME AT PHS



FULL GRADE 8
ORIENTATION VIDEO



41 minutes in length

GOOGLE CLASSROOM FOR
CLASS 2029

COMING IN SEPTEMBER 2025

THIS WILL HAVE ALL YOUR
IMPORTANT INFORMATION AS YOU
NAVIGATE HIGH SCHOOL AS A
PRESTON PANTHER

CATCH UP WITH
PRESTON ALUMNI
HERE

