

St. Thomas High School

Pointe-Claire, QC,

514-694-3770

www.stthomas.lbpsb.qc.ca



Dare to Dream.



Welcome!
St. Thomas
High School

an IB World school





What is a St. Thomas student?

What we offer goes beyond academics.
All St. Thomas students learn to be:

Principled
Knowledgeable
Caring
Inquirers
Risk-Takers
Reflective
Communicators
Balanced
Thinkers
Open-Minded

St Thomas students grow to become strong, successful, contributing members of society on the local, national and global stage.

"I remember how nervous I was leading up to my first day at St. Thomas, this feeling was certainly short lived. The warm and welcoming feeling when your vice-principal knows your name and greets you as you walk through the halls. The friendly and helpful senior students who ask if you need help finding your class. This, I have come to realize, is just how it is at St. Thomas."

- **Aidan Flanagan, student**

"St. Thomas High School was more than just the place where I met some of my nearest and dearest friends; it was also the place that enabled me to discover my passion and love of different cultures, travel and the sciences. The experiences I gained at St. T were my stepping stones, and have enabled me to be successful in my role as a humanitarian nurse."

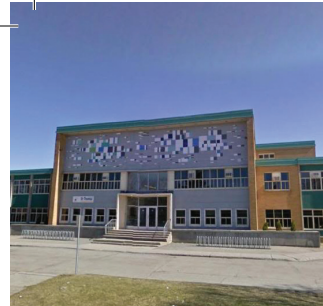
- **Brigitte Ireson-Valois, Class of 2003**

"St. Thomas gave me the support I needed to explore so many different avenues and experiences. When I decided to teach high school, the numerous educators at St. T served as models for the teacher I hope to someday become."

- **Rhys McRae-McKee, Class of 2010**

"St. Thomas is the ultimate pathway to success. It is an ocean of opportunities which prepared me to face the challenges of life, using diligence, perseverance and confidence along the way. It is a place where new encounters became lifelong relationships; a place where "I can't" became "I did". It is the place I will always call 'home'."

- **Caylah Cruickshank, Class of 2012**



What We Believe in...

School

'We are family' is certainly an applicable phrase for St. Thomas, and as such, we all contribute to in-school activities and programs that help one another. St. Thomas has a very involved Governing Board and active Home and School which support the school in every way possible. Students are involved in programs and activities that help, support and educate others.

Community

The St. Thomas 'family' is part of the West Island community and has been for years. Through groups such as Students for Change, activities that include 'Meals to Share', 'Halloween for Hunger', 'Share the Warmth' and Terry Fox and community services like our Senior Citizens' computer classes, we are contributing to the West Island through our commitment to 'give back'.

World

St. Thomas' Free the Children Club has raised enough funds to build 5 schools in under-developed countries around the world!

Haiti Partage

Did you know that a former St. Thomas teacher is an Order of Canada winner? Madame Michaelle de Verteuil founded 12 schools in les Abricots, Haiti. St. Thomas High School has adopted one of these schools and we cover the costs of teachers, texts, and student lunches with a donation of \$3,000 per year. Sec II IB students are the main source of the donations through their Business 101 projects. During the 2011/2012 school year, we raised over \$4,000 to help out with this worthwhile cause.

Cultural Exchanges

St. Thomas students have the opportunity to travel to many amazing places, helping local communities with rebuilding projects, planting indigenous and medicinal plants and instructing local children. The students live with host families and follow local customs and daily routines. In the past, we have traveled to Ecuador, Costa Rica, Peru and Morocco.

Welcome to St. Thomas High School



St. Thomas High School has been synonymous with academic excellence and community involvement for over 50 years. Our school community welcomes students and families from all over the West Island and beyond and is renowned for its focus on academics, athletics, student involvement and humanitarian concerns. We have been so successful because all who walk in our doors know our school is one where they can find other likeminded students who are interested in developing as critical thinkers and lifelong learners.

The positive energy in the building is infectious and becoming involved for our new students is a natural consequence of being surrounded by so many exciting activities and engaged students. With academics always being the priority, we are also very proud of our athletic excellence, arts programs and student life activities and events. The pride of St. Thomas is quickly evident and the enthusiasm exuded by our students is genuine.

Our dedicated staff maintains high academic standards, demands the respect of self, others,

the learning environment in and outside of the classroom, and creates exciting learning situations to help prepare our students for their personal and professional futures.

As educators, we are honoured to be part of the esteemed community of St. Thomas. We look forward to working with you in partnership towards our common goal of the success of our students as we continue to uphold the excellent reputation and traditions of St. Thomas.

I am a St. Thomas High School alumnus, class of '82 and I was extremely proud to be a St. Thomas



student and I am now extremely proud to be the principal of this school.

St. Thomas High School is a special place!

Marie-Josée Coiteux
Principal



Academic Programs

Immersion Program

The Immersion program includes the core courses of French, Histoire, Géographie and Secondary 1 Science taught ‘en Français’ as well as bilingual instruction in the arts options for Cycle 1. The IB philosophies of community citizenship and responsible behavior are also emphasized.

International Baccalaureate Organization Middle Years Program (IBMYP)

The mission of the IB program is to develop inquiring, knowledgeable and caring students who help to create a better and more peaceful world. Through 6 Global Contexts students demonstrate achievement according to subject group objectives and are assessed based on set standards of performance. St. Thomas demands high academic achievement, community service and responsible behavior from our IB students.

Quality Education: The IB Around the World

The International Baccalaureate (IB) offers quality programs of international education to

a worldwide community of schools. There are over one million students at IB schools in 147 countries.

The IB Mission

“The International Baccalaureate aims to develop inquiring, knowledgeable and caring people who help to create a better and more peaceful world through intercultural understanding and respect. The IB offers challenging programmes of international education that encourage students to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right”.

What is the Middle Years Programme?

The Middle Years Programme (MYP) is one of four programs offered by the IB. It is designed for students aged 11 to 16. MYP teachers organize the curriculum with appropriate attention to:

Teaching and learning in context

Using Global Contexts, MYP students explore human identity, global challenges and what it means to be internationally-minded.

Physical Education Department

The St. Thomas Athletics Department, home of the Knights and Zulus, is passionate about tradition and our athletes. We offer a wide variety of sports in the fall, winter, and spring seasons.

Our departments’ success allows us to grow with the different sports offered each year. We compete in GMAA and RSEQ Lac St. Louis, including a juvenile football team, we are the only English public school with a football team.

Our department is managed by a close team of dedicated teachers and coaches who make the St. Thomas Athletics Department unique.

We teach our student athletes management skills, enabling them to prioritize academic success while being on our sports teams.

For an up-to-date list of all sports offered and team schedules, please visit our website at

www.stthomasathletics.com



Athletics



Conceptual understanding

MYP students use concepts as a vehicle to inquire into issues and ideas of personal, local and global significance and examine knowledge holistically.

Approaches to learning (ATL)

Approaches to learning skills provide the foundation for independent learning and encourage students to apply their knowledge and skills in unfamiliar situations.

Service as action (Community Service)

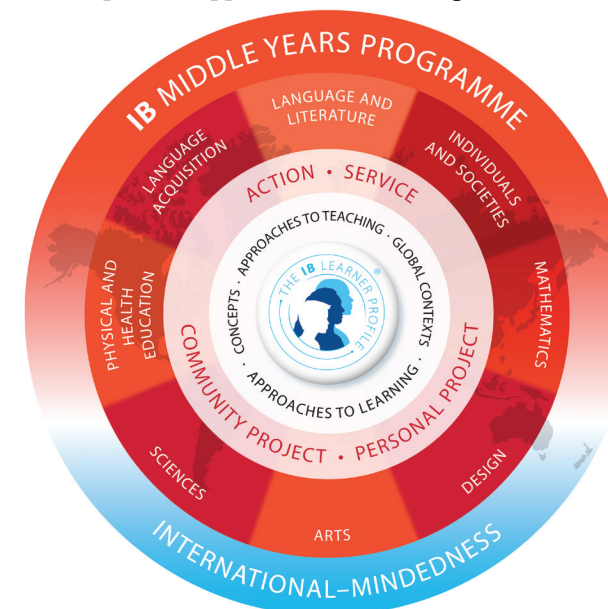
IB learners strive to be caring members of the community who demonstrate a commitment to service – making a positive difference in the lives of others.

Language and identity

MYP students are required to learn at least 2 languages. Learning to communicate in a variety of ways is fundamental to their development of intercultural understanding.

What does the curriculum contain?

The curriculum contains eight subject groups, connected together through the Global Contexts, Concepts and Approaches to Learning skills.





English & French Departments, The Learning Centre

The English Department

English department teachers encourage the love of reading. Reading texts include print text, multi-media and visual texts: in the information age, we realize that information changes quickly and we prepare students to read and teach themselves in this ever-changing world. Students are challenged with directed learning and the writing of meaningful texts, in both print and electronic form. The student-centred approach instills independence, and exceptional literacy with an analytical and critical manner.

The Learning Centre

TLC is academic and/or emotional support for students at St. Thomas. Those fortunate to have a Resource block built into their schedule benefit from working in a small group or independent setting, working on specific goals established with them, the student.

Le département de Français

Le département de français a pour mission de faire apprécier la langue française et de faire découvrir à la communauté scolaire les cultures francophones. Favoriser le dialogue et l'ouverture, développer le goût pour la lecture, créer une variété de textes et découvrir une culture par ses arts et ses artistes, telles sont entre autres les ambitions des enseignants de français de St Thomas.

Français langue d'enseignement (langue maternelle)

L'École St-Thomas offre maintenant le cours Français langue d'enseignement (langue maternelle). Une belle occasion, pour les élèves provenant des écoles francophones qui le désirent, de continuer leur cours de français dans leur langue maternelle. Les élèves pourront développer et perfectionner leur français au même niveau que leurs pairs francophones, tout au long de leur secondaire, pour ainsi obtenir, en secondaire 5, les crédits en Français langue d'enseignement.

Design Program Student Life at St. Thomas



The aims of MYP design are to encourage and enable students to:

- Develop knowledge, understanding and skills from different disciplines to design and create solutions to problems using the design cycle.
- Use and apply technology effectively as a means to access, process and communicate information, model and create solutions, and to solve problems.
- Develop an appreciation of the impact of design innovations for life, global society and environments.
- Appreciate past, present and emerging design within cultural, political, social, historical and environmental contexts.
- Develop respect for others' viewpoints and appreciate alternative solutions to problems

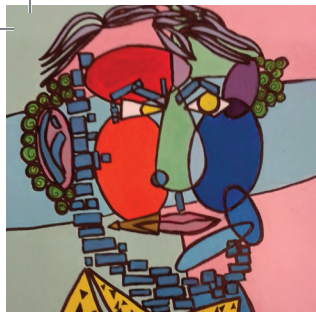
Some of the specific topics that will be explored by St. Thomas students include the following:

- Strategies and the implementation of self-management, organizational and study skills
- Coding
- Business project (integrated with Math)
- Robotics
- Participate in/ organize activities to raise awareness

Discover the wide variety of student life: clubs, activities, teams and trips offered throughout the year. Meet new friends, develop leadership skills, explore new interests and continue learning outside the classroom.

- Student Council
- Student Leadership
- Humanitarian clubs
- Arts clubs
- Ambassadors
- School spirit events and activities
- Year Book
- Robotics Club
- Debating Team
- Gay-Straight Alliance
- Stained Glass Club
- The Variety Show
- School trips, local and international...

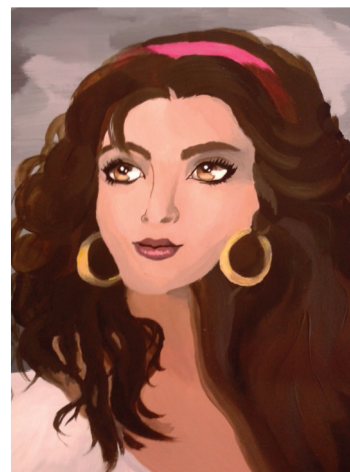
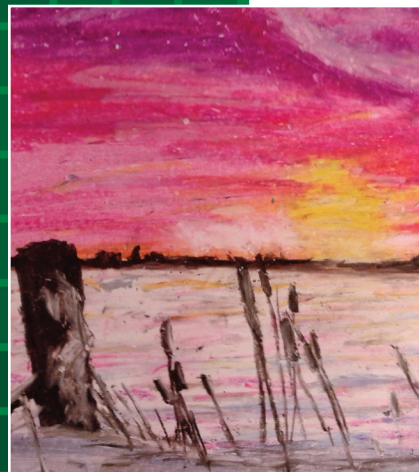
You name it, and we've got it!
If we don't, we'll help you get it started!



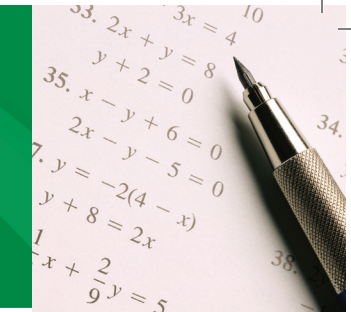
Visual Arts Program

Students will develop their artistic skills with drawing, painting and sculpting. Explore different mediums, such as water color, acrylic, pastel, clay, cardboard, plastics and metals - just to name a few. Students will also learn about different art-based careers and the academic art-streams they wish to pursue in CEGEP and University.

Occasional guest artists will visit the school and present specific workshops. As a community-oriented school we frequently enter art contests open to all high school students. Furthermore, students' artwork is regularly exhibited at community centers and galleries. Join the fun! Join in the visual arts today!



Math & Science Departments



Math Department

In the mathematics department, we encourage students to develop the skills necessary to first explore and ultimately, function with confidence in a rapidly changing world. With a focus on real world applications, we strive to instill excitement for the subject matter. They will learn how to solve complex problems using a variety of strategies and to communicate their solutions clearly.

We offer a variety of courses that place students into a level of mathematics with appropriate challenges and successes.

Science Department

The Science and Technology department at St. Thomas High School is designed to engage and challenge students. We aim to provide our students with an inquiry-based curriculum that provides opportunities to pursue and explore science through hands-on experiences.

Our department is the only one in the Lester B. Pearson School Board that offers Secondary IV students the Applied Science and Technology

Course in combination with the Science and the Environment course to prepare them for Physics and Chemistry in Secondary V.





Ethics & Social Studies Department

Ethics Department

The Ethics and Religious Culture course (ERC) provides students with an opportunity to reflect upon current issues and to develop the skills required for ethical decision-making and dialogue. The course covers Quebec's religious heritage and world religions. Guest speakers, activities and field trips related to the ethics course take place throughout the year.



Social Studies

Journey into the past to better understand your present and future!

Cycle I students will travel from prehistory all the way to the modern day. In Cycle II, they will learn more about Quebec and Canada. In grade 11, students are invited to become world citizens by studying 20th century history and current events.

Cooking & Nutrition, Drama and Music

Cooking & Nutrition

Cooking & Nutrition is offered at grade 9 and 11. The course is designed to help improve a student's comfort, knowledge and independence in the kitchen. Students learn the basics of cooking, preparation techniques, reading recipes, and food & kitchen safety. Guest chefs are invited to the class to provide further culinary insight.

Drama program

The drama program promotes personal and social development, encourages students to explore and express their identity, to experience the dramatic art and to develop awareness and appreciation for the arts. Furthermore, practical and transferable skills, such as critical thinking, expression, peer collaboration, risk-taking and self-reflection are promoted.

Topics covered in Drama Secondary 3-5:

The number of topics include: introduction to stage rules, silent and narrative performances, improvisational acting, short script productions, study of dramatic texts, monologues, musical

theatre, technical theatre production, film and multi-media, play production and field trips to experience live theatre.

Music Department

The St. Thomas Music Department offers music classes to all grades, regardless of student ability. We are pioneers in the classroom use of SmartMusic and EMedia digital technology. Our instrumental music and acoustic guitar programs promote values of creation and self-exploration. St. Thomas boasts the first DRUMLINE in the LBPSB and two award-winning Jazz bands – both open to all St Thomas students.

