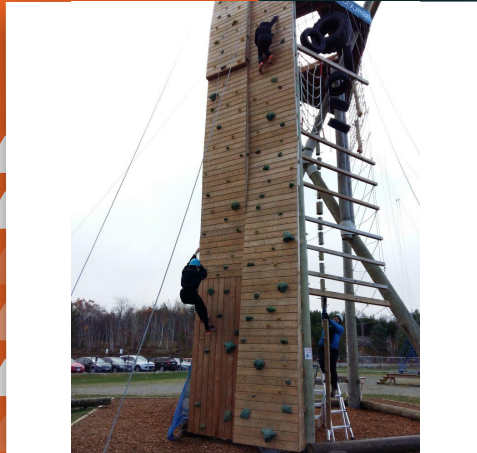


Annual Trips

SHAL

Sport and Healthy Active Living

Leadership Challenges



Students as Leaders





*Maximizing human potential in
Academics, Sports and Leadership*



What is the
SHAL
program?

Cultural Experiences



GOALS

FEATURES

BENEFITS



Teamwork



Physical Challenges

What does the SHAL Program timetable look like?

Community Based Programming -

- Grade 9 SHAL: Full Year Physical Education/Introduction to Business (PPL100/BBI200)
- Grade 10 SHAL: Full Year Physical Education/Leadership (PPL200/PLF4C0)
- 1 Food/Nutrition based course: (HFN200 or HFC3M0 or HFA4U0)
- 2 additional physical education classes from the following:
 - Fitness (PAF300)
 - Healthy Active Living (PPL300, PPL400)
 - Health for Life (PPZ300)
 - Yoga (PAI30F)
 - Hockey, Basketball, Volleyball ((PAL300, PAL400)
 - Outdoor Education (PAD300, PAD400)
 - Kinesiology (PSK4U0)
- Any 3 of the following:

Lasalle Secondary School Sport & Healthy Active Living Program Grade 9 Timetable (Sample)

Period	Semester 1	Semester 2
1	English	Math
2	Science	Geography*
Lunch		
3	French*	Elective**
4	Physical Education*/Introduction to Business (Full Year)	

***Geography, Physical Education*, French*, and Food & Nutrition** (elective) will count towards the Bilingual Certificate for Immersion students**

**** SHAL students will have the choice of 1 elective (either a course in the Arts or Technology or Food & Nutrition (French Immersion)**

Note: It is recommended that French Immersion students choose the Food & Nutrition elective in grade 9 which will count towards both their Bilingual Certificate and their SHAL Certificate.

French Immersion and English classes

Business/Canadian & World Studies	Science & Technology	Social Sciences
-Marketing (BMI3C0) -Entrepreneurship (BDI3C0) -Accounting (BAF3M0, BAT4M0) -Business Leadership (BOH4M0) -International Business (BBB4M0) -Law (CLU3M0/CLN4U0) -Canadian & World Issues (CGW4U0) -Cooperative Education (COOP)	-Biology (SBI3U0, SBI4U0) -Chemistry (SCH3U0, SCH4U0) -Physics (SPH3U0, SPH4U0) -Environmental Science (SVN3M0) -Health Sciences (SNC4M0) -Technological Design (TDJ3M/4M0) -Construction Engineering Technology (TCJ3C/4C)	-Anthropology, Psychology, Sociology (HSP3M0) -Gender Studies (HSG3M0) -Families in Canada (HHS4U0) -Human Development Throughout the Lifespan (HHG4M0) -Food & Culture (HFC3M0) -Nutrition & Health (HFA4U0)

EXPOSURE

Sport Specific Training



Acrobatic Training



First Class Facilities



Sports Experiences



Australia and New Zealand 2018



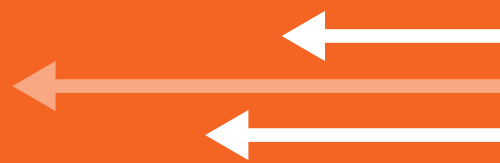
International
Adventures

International Travel and Sports Experiences





Leadership - Sports
Tournaments



Development
of Leadership



Experiential Learning - MLSE Conference



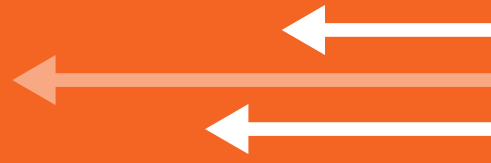
Leadership - Event
Management



Kia
Ora



International Culture -
Maori Immersion School
Visit



Life as a SHAL
student

Family Experience



Professional
Sports
Exposure



Applications & Admissions

Elite, Provincial,
National Level
Athlete



Commitment to sport

Academic Average



Character

Interview



Click on the link below to apply to the SHAL program

ONLINE SHAL APPLICATION FOR 2021-22

You can also click on the following links for more information about the program and the application process.



SHAL Application 2021-
22



SHAL Information
Booklet 2021-22

Lasalle SHAL
Program
Application Forms

What do I Include in my application?

Application Checklist:

- Student information (Part 1A)
- Student/Parent Declaration (Part 1B)
- Teacher/Coach Reference (sealed and signed along seal) (Part 1C)
- Grade 7 Report Card (please submit Grade 8 report on receipt of it)
- SHAL Course Selection Sheet
- Head shot photo of applicant



Zac Vanier



Driving Career

Cassyrá Walia



Student Testimonials

Ryan Marcotte



Ryan in the news
Ryan Article

Kara Passi



MacKenzie Roberts



Karly Hellstrom



Kent Soccer
Kent T&F

Who can I contact if I
have more questions?

Program Leader
Sport and Healthy
Active Living



Mr Matt Cootes
cootesm@rainbowschools.ca

