

Current Grade 8 Students: Counselling & Course Planning for Grade 9

Ms. Jacobs(she/her)





Indigenous Acknowledgement

With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətaɬ (Tsleil-Waututh Nation).

What Do Counsellors Do?



Mental Health & Wellbeing Support

Connection to School Supports & Community Resources

Interventions and Support with Conflicts – social, academic, family/guardian

Big Feelings – Anxiety, Sadness, Grief, Loneliness

Problem Solving & Goal Setting

Course Selection

Counsellors are Student Advocates

Listen Carefully to You

Collaborative Problem-Solving

Support for Personal & Social Responsibility

Provide Coping & Stress-Management Strategies

Have a Non-Judgemental, Non-Disciplinarian Role

Provide a Safe Non-Judgmental Space



Confidentiality

I Have an Ethical and Legal Responsibility to
Maintain Your Confidentiality

I also have a Duty to Report. The limits to my Confidentiality include:

- **Potential Harm** of Yourself or Someone Else (you are hurting yourself or someone else)
- **Child Protection** from Abuse or Neglect (someone is hurting you)
- **Consent** from You to Share the Information (you give me permission to share with a trusted adult)
- **Consultation and Collaboration** with Other Professionals (like a doctor or social worker)
- **Legal Requirements** to Provide Counselling Records



How Can You Meet With Me?



Ms. Jacobs

Email me: hjacobs@vsb.bc.ca

Visit me in my office in the Counselling Suite – Room 117

Availability – During FIT, before school, lunch time, after school

Sometimes I may call you down from a class for a check-in

The Bottom Line

- Your Mental Health Matters
- It's Okay Not To Be Okay
- Kindness Counts
- It Takes Courage To Ask For Help
- You Are Not A Bother

MENTAL
HEALTH



locked in 🔒



Program Planning Grade 9 & Beyond



Graduation Credits

Graduation is Based on Credits Earned in Grades 10, 11, and 12 courses

Most Courses Are 4 Credits Each

Students Require a Total of 80 Credits to Graduate (20 courses) (Required Courses and Electives)

Students in the English program will write 3 graduation assessments

Students in the French Immersion program will write 4 graduation assessments (an additional FRIM graduation assessment (oral and written)

The English Pathway	The French Immersion Pathway
English 9	English 9
Science 9	Sciences 9*
Social Studies 9	Sciences humaines 9*
Math 9	Math 9
Physical and Health Education 9	Physical and Health Education 9
Elective 9 - often a modern language (French or Spanish)	Français langue second-immersion 9*
Elective 9	FI Environmental Studies 9*
Elective 9	Elective 9
Career Education 9 - off timetable	Career Education 9 - off timetable

REQUIRED (CORE) COURSES: these are already entered on MyEd for you – you do NOT need to pick them!

ELECTIVES: You need to enter your Elective requests on MyEd and write them on the form. Don't forget to also include your 2 alternate course choices in different areas.

Grade 9 Elective Options

ELECTIVE	CODE	ELECTIVE	CODE
Information & Communications Technologies 9	MADITo9	Visual Arts 9	MVA—09
Food Studies 9	MADFS09	Ceramics & Sculpture 9	MVA—09CR1
Metalwork 9	MADM-09	Graphic Arts 9	MVA—09GR1
Woodwork 9	MADW-09	Photography 9	MVA—09PH1
Drama 9	MDR--09	Media Arts 9	MADMA09
Concert Band 9	MMU--09	Entrepreneurship & Marketing 9	MADEMO9
Guitar 9	MMUGTo9	Computer Studies 10	MCSTU10

Info Tech 9 focuses on general principles of computing (e.g., hardware, introductory programming, digital ethics) and is assessed using the proficiency scale.

Computer Studies 10 focuses on programming (including web design and game development) and is assessed with a percentage grade.



Tips For Choosing Classes

Timetables are built based on students' choices. Please pick your elective classes carefully as changes are **rarely** possible. Remember that these are **requests** - we cannot guarantee that you will get your first choice.

Classes should be chosen based on student's interests/passions and/or post-secondary plans

Choosing classes based on friends **does not guarantee** you will be in the same class

Choosing classes based on teachers is not effective, as teachers do not have their teaching assignments yet

**We are not able to accommodate specific teacher requests at any time.
This is school Policy.**

Inclusive Education and Learning Hub Blocks (Previously Skills Blocks)

The Resource Department is now called the Inclusive Education Department

Resource Teachers are now called Inclusion Support Teachers

Skills Blocks are now called Learning Hub Blocks

You cannot choose a Learning Hub Block. You can indicate on your Course Selection sheet that you would like a Learning Hub Block, but the Inclusion Support Teachers in the Inclusive Education Dept will determine which students will be recommended for a Learning Hub Block.

NO credit will be given for a Learning Hub Block in any grade

Course Planning Guide



Where Can I Find Information about Courses?

- The 2026-2027 Course Planning Guide has detailed course descriptions & is available on the Kitsilano website.
- It is located under the Guidance and Support Tab, then under Course Planning.

MyEd Troubleshooting for Course Selection

01

Ensure that you
can log onto MyEd!

02

If you are having difficulty logging in, information is available on the Kits website under the "Families" top tab and then under "My Education BC Family Portal"

03

If, after trying the solutions on the website, you are still having difficulty, you should reach out to our main office at kitsswitchboard@vsb.bc.ca

MyEd BC Instructions for Course Selection

Login to MyEd BC family portal. There is a link on the Kitsilano website under the "Families" top tab and then under "My Education BC Family Portal." Reset your password if you have forgotten it.

To enter course requests, first select "MY INFO" on the top tab, then "REQUESTS" on the side tab. You will see specific instructions and information there about Course Selection. Please read through these carefully.

Click on the "SELECT" button and a list of courses will appear. All "Core Courses" are already entered for you. **You are only inputting your electives!** **Remember to choose 2 alternate electives!**

There will be more than 1 page of requests available to choose from. Use the forward and back arrows on the top left to move between pages. Select courses by placing a check mark next to the course(s) you want and click "Ok." When you are finished selecting your courses, click the "POST" button.

You can input and change your selections as many times as you wish between January 15 and February 6. You will NOT have access to make your own changes after February 6.

HELP AND SUPPORT

If you need help with entering courses into MyEd, please come to the Counselling Suite during FIT on either January 29th or February 3rd.

You will need to be able to login into MyEd BEFORE attending these help sessions.

Please email kitsswitchboard@vancouver.ca if you are locked out of your MyEd account.

Timeline

Between January 15th and February 6th: Students Enter Their Courses in MyEducation BC

Signed Course Planning Sheets: Handed Into Ms. Jacobs by February 6th. Place in the envelope on my office door - 117

29 Jan. and 3 Feb.

15 Jan. and 6 Feb.

2026–2027

6 Feb.

On January 29th and February 3rd during FIT: Extra Help Sessions for all Grades in the Counselling Suite

The 2026-2027 Course Planning Guide is available on the Kitsilano website with detailed course descriptions. Read them carefully and discuss your choices with your parent or guardian.

The Bottom Line

- Counsellors can help, but we cannot do the work for you – this is **your** course selection.
- You need to enter your Elective requests on MyEd and write them on the form.
- Don't forget to also include your 2 alternate course choices. If you don't select alternates, I choose for you!
- Make your selections carefully (based on your passions and interests). Course changes in September are unlikely.
- Do not pick courses based on your friends.
- No course changes for teachers or friend requests.
- **Tonight's Homework:** Make sure you can sign into MyEd



Thanks for your
attention!

hjacobs@vsb.bc.ca

PLEASE TAKE THE RIGHT FORM FOR YOU!

ENGLISH PROGRAM – GREEN FORM

FRENCH IMMERSION – BLUE FORM

