

GRADE 10

# Start strong. Stay connected. See Success.

*Your people, routines, supports and next steps for a successful year.*

ASK EARLY

SHOW UP

KEEP GOING



# What you need to know

A quick map of the people, expectations and habits that help Grade 10 students thrive.

**01 Meet your team**

**02 Wellness + FSLC**

**03 Academic  
Advisors**

**04 Cell phones**

**05 Connect time**

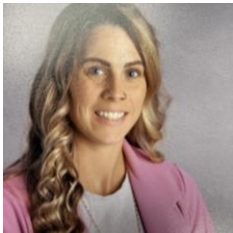
**06 YDC support**

**07 Success  
essentials**

## MEET YOUR GRADE 10 TEAM

# Know your people

Start with any trusted adult. This team can help connect you to the right support.



**Robyn McClure**

**VICE PRINCIPAL**  
Grade 10

School support and  
next steps at FCHS



**Paige Bowman**

**ACADEMIC ADVISOR**

Grade 10 last names  
A–K



**Grace Davidson**

**ACADEMIC ADVISOR**

Grade 10 last names L–  
Z



**Erin Martens Walsh**

**Family School Liaison  
Counsellor**

Wellness and family-  
school support



**Amy Snyder**

**YDC**  
(Youth Development  
Coach)

All grade levels  
Wellness and  
Social/Emotional  
Support



**Cavell Burley**

**LEARNING COACH**

Learning plans and  
academic support

## CELL PHONES- School and Government Policy

# Powered down. Stored. Ready to learn.

The routine is simple and designed to protect learning time.

**9:00**

**POWER DOWN  
+ STORE  
(In class or in  
backpack)**

### Use is allowed during:

- Morning break 10:20–10:30
- Lunch 11:50–12:35
- Afternoon break 2:00–2:10
- Before + after school

**Hall pass: leave your phone behind and do not use it.**

## WELLNESS - FSLC

# You do not have to handle everything alone

Reaching out early is a strength.

### When to connect

Stress or anxiety  
Friendship or family concerns  
Grief, conflict or feeling overwhelmed  
Attendance connected to well-being

### What support can look like

A private check-in  
Help naming the next step  
Connection to school or community supports  
A plan to re-enter learning

### How to begin

Speak with a trusted adult  
Ask to connect with Wellness or FSLC  
If it feels urgent, tell an adult right away

## SELF-ADVOCACY

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**Speak up early. Ask for what you need.**

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Ask questions when you are confused.

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Reach out before a challenge becomes overwhelming.

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Let someone know if you are struggling academically or personally.

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Use the supports around you: teachers, advisors, FSLC, YDC, Learning Coach, and administration.

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Remember: asking for help is a strength, not a weakness.

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**The most successful Grade 10 students are not the ones who never need help.  
They are the ones who know when to ask for it.**

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## YDC SUPPORT

# A coach for the next step

Youth Development Coaches can help with academic and social-emotional needs.

### You might connect about

- Getting back on track
- Problem-solving a barrier
- Building routines and confidence
- Finding the right school support
- Community Connections

### A YDC may help you

- Break a challenge into steps
- Make a practical plan
- Check in on progress
- Connect with the wider support team

### Start here

- Tell a teacher or trusted adult
- Ask which support fits best
- Be honest about what is getting in the way

## ACADEMIC ADVISORS

# Make a plan before a problem grows

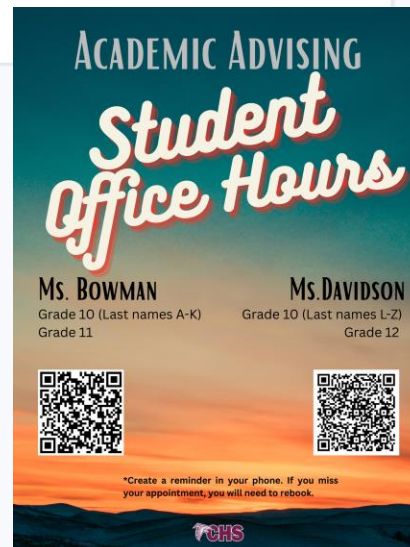
Questions about courses, pathways, careers, post secondary, or timetable changes belong with the right advisor.

## Grade 10 • Last names A–K

PAIGE BOWMAN  
Also supports Grade 11

## Grade 10 • Last names L–Z

GRACE DAVIDSON  
Also supports Grade 12



## CONNECT TIME- 8:30 am to 9:00am

# Use the time with purpose

Reset, organize and strengthen your connection to school.

1

### ARRIVE

Be present and ready.

2

### CHECK

Review deadlines,  
attendance and messages.

3

### ACT

Finish a priority or ask for  
support.

4

### CONNECT

Build a relationship with a  
trusted adult.

Leave Connect Time knowing your next best step.

## SUCCESS ESSENTIALS

# The small things are the big things

Grade 10 success is built through consistent habits, not perfect days. The jump from grade 9 is HARD!!

**SHOW UP**

Attend, arrive on time and re-enter quickly after an absence.

**CHECK IN**

Use Outlook and course spaces. Know what is due.

**ASK EARLY**

A small question today can prevent a bigger problem tomorrow.

**DO THE NEXT THING**

Choose one priority and begin.

**BE KIND + SAFE**

Your choices shape the learning environment.

**RESET**

A tough class or day does not define your year.

# Use the support ladder

1

## PAUSE

What happened? What do I need?

2

## TELL

Teacher, Connect teacher or trusted adult

3

## CONNECT

Advisor, Wellness/FSLC, YDC, Learning Coach or Admin

4

## PLAN

Agree on one next step and check-back time

GRADE 10 2026-2027

**Know your people.  
Build your routines.  
Ask before you are stuck.**

What is one action you will take this week?

**START WITH ONE STEP**