



MIND AGENDA 2026-27

STUDENT CONTRACT

While MIND High School fosters a spirit of independence and autonomy, it is nevertheless a school with a set structure and expectations.

Class attendance, including seminar series, workshops, field trips, and community outreach programs are compulsory. Students will participate in class discussions, presentations, and group work. Group work consists of peer reviews and edits within the class and across grade levels. All assignments and projects are mandatory. Teachers may penalize or refuse late work.

The possession, distribution and/or use of illicit substances on school property is prohibited.

The Principal, Head Teacher and teaching staff will review the case of any student with unsatisfactory attendance, work, or behaviour. The student may be asked to leave the school if it is determined that MIND is not the appropriate educational setting to achieve success.

CODE OF CONDUCT

EMPATHIZE·EXPLORE·INNOVATE·COLLABORATE

Respect Others

- Treat everyone with kindness and understanding. Listen actively to others' perspectives and show compassion. Take ownership of your actions and their impact on others. Take care of school property and resources. Create a positive and productive atmosphere for learning and growth.

Work Together

- Engage in teamwork and value the contributions of all group members. Share knowledge and support each other to achieve common goals. Manage your time and commitments effectively.

Stay Curious

- Maintain a passion for learning and a desire to discover new things. Ask questions and seek knowledge beyond the classroom. Embrace new ideas and different cultures. Seek to understand and appreciate diverse viewpoints and experiences.

Innovate Solutions

- Approach problems with a solution-oriented mindset. Use creativity and critical thinking to develop new ideas and approaches. Strive for personal and academic growth by thinking creatively and challenging the status quo. Don't be afraid to take risks in your learning.

Participate and Communicate Actively

- Engage fully in all school activities and discussions. Contribute your unique insights and be willing to learn from others. Practice active listening and be open to constructive feedback.

Promote a Positive Culture

- Encourage a culture of positivity and inclusivity. Celebrate the successes of others and work together to overcome challenges. Offer help and encouragement to classmates. Foster a supportive environment where everyone feels valued and included. Encourage a culture of trust and mutual respect within the school community.

This code of conduct aims to foster a school environment where empathy, exploration, innovation, and collaboration are integral to students' daily interactions and academic pursuits.

LOGISTICS

SCHOOL DAY

- We operate on a Monday to Friday schedule.
- Classes start at 9:00 am and generally run until 4:00 pm.
- On Fridays classes end at 2:00 pm for everyone. From 2:00 to 3:00, students must make up missed work or attend tutorials.
- The last Wednesday of every month is Community Profiles day. Afternoon classes will be replaced by the profile activities.
- To ensure the continued safety of all, students may not share the door code with friends, parents or former students.

LUNCH

- The lunch hour runs from 12:00 to 1:00 pm for everyone.
- Though we do not have a cafeteria, we are located close to many cafes, restaurants and grocery stores. Students who leave the school during lunch are required to take a lunch pass from the office.
- We have a fridge and a microwave that students may use for lunches brought from home.

PHYSICAL EDUCATION

- On Wednesdays, all students are required to participate in one of the Phys. Ed. options from 3:00 to 4:00 pm.
- Options will vary, but generally include a walk up the mountain (an urban hike in the winter), a yoga class, and pick-up sports in the gym.

CELL PHONE USE

- In keeping with MEQ law, MIND teachers reserve the right to request that cell phones not be brought into the classroom.
- In cases where cell phones are needed for classwork, they must be used responsibly. Noncompliance will result in the cell phone being stored in the office for the remainder of the day.

DRESS CODE

- Students are asked to wear clothing that is appropriate for the setting and activities for the day. As is customary at MIND, teachers will have conversations with students not adhering to the dress code.

DISCIPLINE

- The school does not believe in one-size-fits-all consequences. Any student found to be disrespecting the code of conduct will face logical consequences commensurate with their (mis)behaviour, and in accordance with the MIND Anti-Bullying & Anti-Violence Plan which can be found on our school website.

SMART GOALS

cheat sheet

S - Specific

Clearly define your goal. Be specific about what you want to achieve.

Example: "I want to improve my math grade from a B to an A- by the end of the semester."

M - Measurable

Set criteria to measure your progress and success.

Example: "I will track my test scores each week to see if I'm making progress towards my goal."

A - Achievable

Ensure that your goal is realistic and within reach.

Example: "I will dedicate 30 minutes every day to practicing drawing and experimenting with different techniques."

R - Relevant

Make sure your goal aligns with your values, priorities, and long-term objectives.

Example: "Improving my writing skills will help me express myself better and prepare for college or a creative career."

T - Time-Bound

Set a deadline for achieving your goal to create a sense of urgency.

Example: "I will have completed four chapter reviews and improved my quiz scores by the end of the month."

ADDITIONAL TIPS

- Break your goal into smaller, manageable tasks.
- Stay motivated by tracking your progress and celebrating small victories.
- Be flexible and adjust your plan if needed.

STUDY TIPS

CREATE A STUDY SCHEDULE

- o Plan ahead: Break down your study material into manageable chunks and allocate specific times for each subject. Stick to your schedule to avoid last-minute cramming.
- o Prioritize: Focus on the subjects or topics you find most challenging first, and allocate more time to them.

USE ACTIVE LEARNING TECHNIQUES

- o Engage with the material: Summarize information in your own words, create flashcards, and teach the material to someone else. Active learning helps reinforce your understanding and retention.
- o Practice retrieval: Regularly test yourself on the material instead of just rereading it. Practice exams and quizzes are excellent tools.

STAY ORGANIZED

- o Keep notes tidy: Organize your notes, handouts, and assignments by subject. Use folders or digital tools to keep everything in one place.
- o Highlight key points: Use different colours or symbols to highlight important concepts, dates, and formulas for quick reference.

TAKE CARE OF YOUR HEALTH

- o Sleep well: Ensure you get enough sleep, especially before exam days. A well-rested mind performs better.
- o Eat nutritiously: Eat balanced meals and stay hydrated. Avoid excessive caffeine and sugary snacks that can lead to energy crashes.
- o Exercise regularly: Physical activity can reduce stress and improve concentration.

CREATE A CONDUCIVE STUDY ENVIRONMENT

- o Minimize distractions: Find a quiet place to study, free from distractions like phones, social media, and TV.
- o Have the right tools: Ensure you have all the necessary supplies, such as textbooks, notebooks, pens, and a calculator, readily available.

EXAMS

Secondary 1, 2 and 3: all exams are local and/or EMSB

Secondary 4: MEQ exams in History, Math and Science; local/EMSB exams

Secondary 5: MEQ exams in English Language Arts and French Second Language; local/EMSB exams

GRADUATION: CREDIT REQUIREMENTS

In order to obtain their High School Leaving Certificate, each student needs a combined 54 credits (or more) in Secondary 4 and 5.

At least 20 of them must be from secondary 5 courses.

Counted in these are all mandatory courses as well as electives. Note that even though POP is a Sec 3 course, the credits you get from passing it count towards graduation.

On the following page, you have a checklist of all courses offered at MIND. This will give you a quick view of your credit count.

REMEMBER

Your guidance counsellor is there to help you plan your education after high school.

CREDIT COUNT

cheat sheet

54 credits

Sec 4

sec 5 (≥ 20)

SUBJECT CREDITS			SUBJECT CREDITS		
ELA	6		ELA	6	
FSL	4		FSL	4	
HISTORY	4		SN MATH 506	6	
SN MATH 426	6		CST MATH 504	4	
CST MATH 414	4		CONTEMPORARY WORLD & FINANCE	4	
SCIENCE	6		CCQ	2	
EST	6		CHEMISTRY	4	
ENTREPRENEURSHIP	4		PHYSICS	4	
ART	2		POP CULTURE & MEDIA	4	
CCQ	2		ASIAN STUDIES/ STUDY SKILLS	2	
PHYS ED	2		GERMAN	4	
POP	4		ART	4	
TOTAL	SEC 4	SEC 5	PHYS ED	2	

STAY CONNECTED

Do you know how to check your EMSB Email?

You'll need to check your mail through the EMSB ePortal.

1. Go to emsb.qc.ca.
2. Click on ePortal (top right hand side).
3. Click on MyWebmail.
4. You will be prompted to sign in.

Do you know how to see your Assignments on Google classroom?

Make sure you add yourself to all of the Google Classrooms.

1. Once you've signed in to Google Classroom, go to the correct course.
2. Click on Classwork.
3. Click on View my Work.
4. You will be shown a list of all of your assignments for that course.

You can also see the comments your teacher has made on your assignment.

Do you know how to Email your Teachers?

Go to the "Our Staff" page on the school website:
www.mindhighschool.com/our-staff.

How do you Make sure you Get the latest announcements?

The MIND community Google Classroom is where you'll get info about activities and field trips, as well as any announcements and news to the whole school. Check it every day so that you do not miss anything.

Add yourself to the classroom now: [svkvhbto](#)

It's also a good idea to turn your Classroom notifications on.

DIGITAL HYGIENE

cheat sheet

HERE ARE SOME TIPS ON HOW TO FIND YOUR FILES EASILY

- Choose file names that clearly describe the content. E.g., Mythology Essay or Cosmology Project. Aim for concise file names that convey the essential information without being too long.
- If you're working on multiple versions of a file, indicate the version in the file name (e.g., "v1", "v2", "final").
- Organize your folders to store related files together. This may be by subject for your school-related files.
- Periodically review your files, delete unnecessary ones, and reorganize as needed to maintain an efficient file system.

BEST PRACTICE AT SCHOOL

- Use your EMSB email for all school-related communication.
- It is best to retain the EMSB password you were given. Remember that HelpDesk cannot help you if you change your password and forget it.
- It is your responsibility to make sure you save your work and back it up.
- Respect copyright and intellectual property. When working on projects, make sure you use images that are licensed for your purposes.
- Verify your sources before including them in an assignment or project. Use reputable sources, and double-check when you are not sure.

BEST PRACTICE EVERYWHERE

- Be careful what you share and with whom.
- Make sure your privacy settings are adjusted to ensure your safety.
- Respect others' privacy. Do not share anything you do not have permission to.
- Be mindful about how you communicate online.
- Ask for guidance when you need it.

CALENDAR

TERM DATES

Term 1 - September 1 to November 6

Term 2 - November 8 to February 5

Term 3 - February 8 to June 23

PROFILE WEDNESDAYS

On the last Wednesday of the month, the afternoons will consist in seminars, workshops, field trips and/or community activities. As guest speaker schedules and venue availability will vary, these cannot be scheduled ahead of time. You are asked to keep an eye on Google Classroom and your email to stay informed.

JUILLET/JULY 2026								AOÛT/AUGUST 2026								SEPTEMBRE/SEPTEMBER 2026							
D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S	
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D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S	
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JANVIER/JANUARY 2027								FÉVRIER/FEBRUARY 2027								MARS/MARCH 2027							
D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S		D/S	L/M	M/T	M/W	J/T	F/V	S/S	
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31																							
AVRIL/APRIL 2027								MAI/MAY 2027								JUIN/JUNE 2027							
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○	Holiday/Congés	📅	Report Card
◇	March Break/Relâche scolaire	🕒	End of Term
★	Meet the Teacher/Curriculum Night	👤	Parent-Teacher Interviews
■	MIND Professional Days / Journées pédagogiques école secondaire MIND		
■	Fixed Professional Days-School Board / Journées pédagogiques fixes-Commission scolaire		

