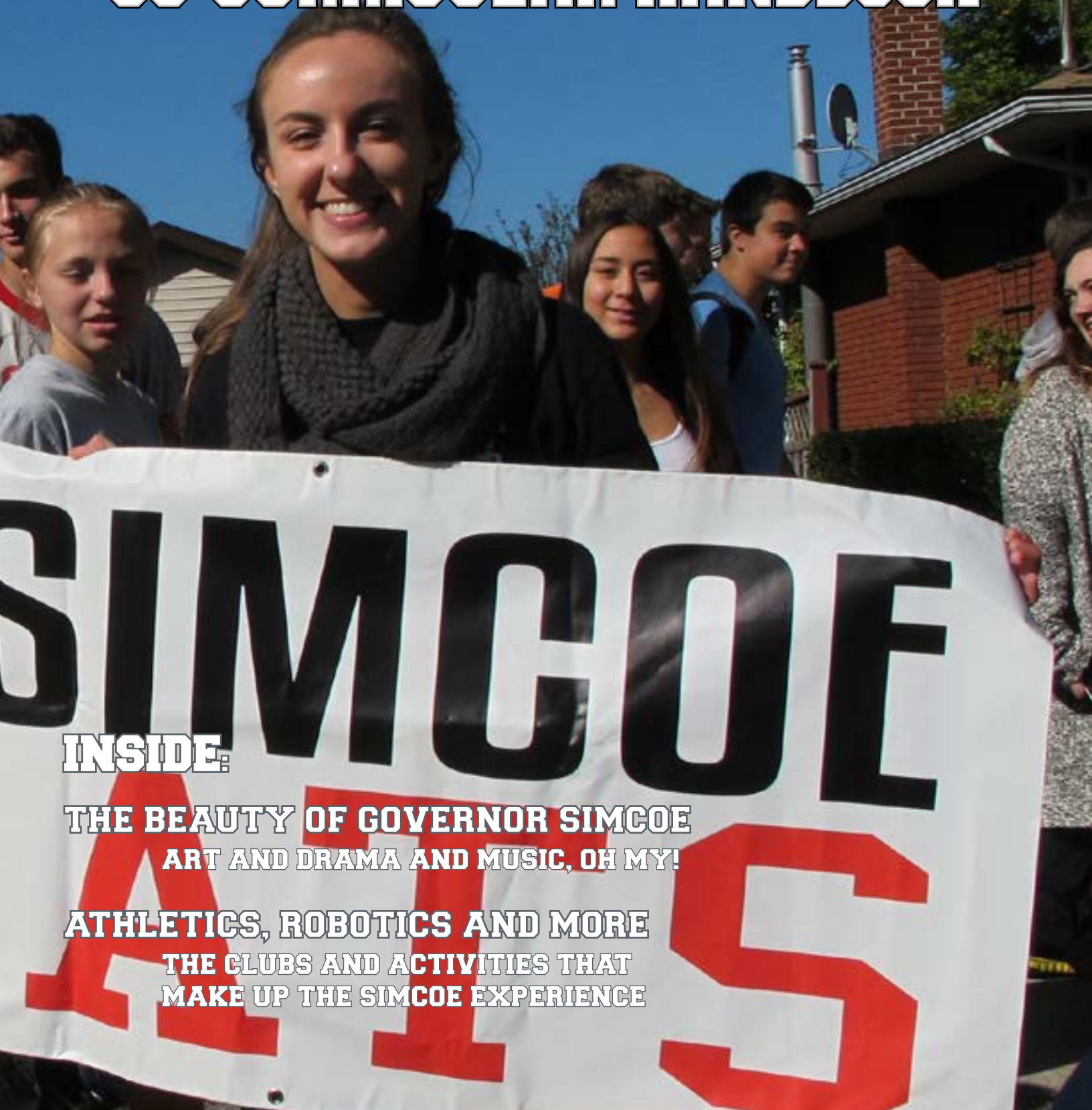


• THINKING • CREATIVITY • WELLNESS • TECHNOLOGY •

REDCOATS

CO-CURRICULAR HANDBOOK



INSIDE:

THE BEAUTY OF GOVERNOR SIMCOE

ART AND DRAMA AND MUSIC, OH MY!

ATHLETICS, ROBOTICS AND MORE

**THE CLUBS AND ACTIVITIES THAT
MAKE UP THE SIMCOE EXPERIENCE**



THE BENEFITS OF EXTRACURRICULAR ACTIVITIES

By Albert Wisco, TVO Parents

INSPIRING STUDENTS

EXTRACURRICULAR ACTIVITIES CAN help your child grow in and out of the classroom, but the key is keeping it fun.

From playing soccer, taking music lessons or belonging to a club, extracurricular activities outside the classroom can have a positive impact on children. "Children's participation in organized extracurricular

activities has been associated with positive short- and long-term outcomes," says Anne Guèvremont, the lead author on a Statistics Canada study on organized extracurricular activities. The paper drew upon US data reports that involvement

WHY ARE CO-CURRICULARS IMPORTANT @GOVERNOR SIMCOE?

in extracurricular activities has a positive impact on academic achievement and pro-social behaviours. Extracurricular activities also help reduce school drop-out rates as well as emotional and behaviour disorders.

"One of the great benefits of extracurricular activities is creating new opportunities to learn to think about themselves and to learn what they like and don't like," says Tracey Starrett, a writer and course director at York University

in human resources and communication.

Finding the right extracurricular activity is a learning experience for the entire family. "When you're child is 2, parents are probably making the choices for them. Usually, it's something that interests the parent," says Starrett, the mother of a son, 9, and a daughter, 12. "Obviously, as children get older, they'll start expressing their interests. At 4 or 5 they're going to let you know whether you chose the

activity for them and whether they like it or not."

She advises that parents try a wide variety of activities, because your kids will eventually gravitate towards

CHANGING LIVES

the things they like.

Trying different activities will also help children discover something they enjoy – even if it's an activity that may not have interested you initially.





SIMCOE
AMBASSADORS

ANIME

ART CLUB

CLUBS @GOVERNOR SIMCOE

Co-curricular activities such as clubs and the arts are vitally important parts of a student's education. Students who participate in co-instructional activities have greater opportunities to develop character, critical thinking skills, social skills, and talents. They learn first-hand the importance of teamwork, responsibility, commitment, and hard work.

Students who are involved in co-curricular activities develop a sense of belonging that builds confidence in themselves. Their participation creates a feeling of empowerment, that they can make a difference; not only in their own lives but in the lives of others was well.

SEASON: FULL YEAR

SIMCOE AMBASSADORS ARE a talented and motivated group of students who want to actively help make Governor Simcoe a better place than it already is. They regularly help out at both formal and informal school functions and act as a positive, mature, and reliable example of the ideal characteristics of members of the Simcoe family. Each year ambassadors help welcome the Grade 9 Class and make their transition to Governor Simcoe a safe, fun and welcoming one.

SEASON: FULL YEAR

THE CLUB HAS many events planned such as viewing shows and movies during lunch and even meetings after school. We will be setting up a loaning system between members to give everyone a chance to see the shows they are interested in since anime can be expensive. Keep in mind we don't just watch and discuss anime, we also read and talk about manga and Japanese culture.

SEASON: FULL YEAR

ART CLUB IS an excellent place for you to explore your creative side! Students with all levels of expertise come together to plan and execute great artwork that decorates the halls of Governor Simcoe. If you are looking to develop your skills, have fun and contribute to making Governor Simcoe a school to be proud of, Art Club is the activity for you!

Learning Time
Management and
Prioritizing

One great benefit is that students will learn about time management and prioritizing things in their life. We get very used to juggling a variety of different tasks and commitments. Our teens need to learn how to do this as well, and getting involved in these activities can give them some practice at it.

Getting involved in extracurricular activities also allows students to get involved in diverse interests. It is important for students to be very diverse in their interests. These activities allow them to explore various interests that they may have.

Getting Involved in
Diverse Interests



ART COUNCIL

BOOK CLUBS

CAPPIES

SIMCOE CHOIR

DRAMA/MUSICALS

SIMCOE JAZZ

SEASON: FULL YEAR

ARTS' COUNCIL'S MANDATE IS TO support the arts and maintain a Governor Simcoe arts' culture within the school and the community-at-large. Arts' Council celebrates everything that involves drama, music and the visual arts in our school. Simcoe's Arts' Council promotes awareness of the arts and participates collectively in all DSBN art shows, drama events, and music shows. This cohesive group is also involved in designing and decorating Governor Simcoe's Community Care Float in the annual, autumn Niagara Wine Festival Parade.

SEASON: FULL YEAR

DO YOU LOVE TO READ? The book clubs meet every Wednesday to share our love of reading. We participate in The White Pines reading program which allows us to read and discuss a selection of books. These discussions culminate in a day-long event where students get to meet some of the authors and participate in a variety of workshops. We have also begun a partnership with Heidehof Long Term Care Home where our students visit on a monthly basis to read with the residents.

SEASON: FULL YEAR

ARE YOU INTERESTED IN watching live theatre and writing reviews that may be published in the St. Catharines Standard? Then this program is for you! The Cappies is a year long program that engages students in the art of writing reviews for publication. Step in the shoes of a theatre critic and learn to critique live theatre in a professional setting. Then take part in the ability to decide who the best of the best will be (just like the Academy Awards!) at the year end Cappies Gala night. Nominees will be announced, winners will be rewarded, and trophies can be won!

SEASON: FULL YEAR

The Simcoe Choir practices weekly in the Music Room and is open to all students in grades 9-12 who love to sing! Prior singing experience is recommended. This vocal group sings a variety of styles in three part harmony and the members of this group are expected to practice regularly on their own as well as attend regular rehearsals. The choir participates regularly in various performance opportunities within the Simcoe community and within the Region. Members of the choir also have an opportunity to sing the anthem at our local Ice Dogs games. Join today!

SEASON: FULL YEAR

EVERY OTHER YEAR, SIMCOE STRIVES TO produce a fantastic main stage play or musical involving any interested and dedicated students. Rehearsals start early in the fall and our performances are in the spring. You do not need to be enrolled in drama or have any previous acting experience to be involved. You just need energy and enthusiasm! Previous productions include *Oliver*, *Little Shop of Horrors*, and our successful production of *Beauty and The Beast*!

Learn more at www.simcoedrama.webs.com

SEASON: FULL YEAR

GROOVY. This group of musicians is currently the longest running ensemble at Governor Simcoe and performs regularly throughout the year at school events and assemblies as well as events for the District School Board of Niagara and throughout the Region. This ensemble meets every Monday after school in the Music Room beginning at 2:20 and specializes in playing music from the past to the present focusing on jazz, blues, funk, latin and rock. To be a member of this ensemble you must be able to read music, be proficient on your instrument and have a passion for Music!

Learning About Long Term Commitments

Teens learn about long term commitments when they are involved in extracurricular activities. When they join they commit themselves to that activity for a period of time. If they don't hold up to their end of the deal, no doubt they'll hear about it from their peers and perhaps even teachers.

Extracurricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to something else. This is important in their growth as a person.

Making a Contribution



OPEN MIC

SEASON: FULL YEAR

Every Friday at lunch, Simcoe hosts “Open Mic in the Library”. This is a once in a week opportunity to see some talented Redcoats entertain the crowd and hone their performance skills. The most supportive audience in the world attends this event, and acts of bravery are applauded thunderously! Whether you’re a first time performer or an old hand, “Open Mic in the Library” is the place for you!

PRIDE ALLIANCE

SEASON: FULL YEAR

LGBTQ Straight Alliance THE PRIDE ALLIANCE IS A club that meets Wednesday’s at lunch and strives to ensure, that Governor Simcoe continues to be a safe and inclusive place for students. Fun activities and discussions around celebrations and challenges, within the LGBTQ community and around the world.

SIMCOE RECYCLES

SEASON: FULL YEAR

BEING ENVIRONMENTALLY CONSCIOUS HAS never been more important. By conserving power, increasing recycling and implementing other waste reduction strategies, students and schools across the DSBN have made the environment an important priority.

This initiative is organized through the Gr. 10 Careers/ Civics classes.

ROBOTICS

SEASON: FULL YEAR

IN THE SIMBOTICS PROGRAM, STUDENTS participate in two worldwide robotics competitions: FIRST Robotics Competition (FRC) and VEX Robotics Competition (VRC).

FIRST involves over 3000 teams and 40 000 students from around the world who design and build mechanical, electrical, and software components of the robots.

VEX is a year round robotics program comprised of smaller teams that each design, build, program, and compete with their own robots. This provides an opportunity for younger students to gain confidence and skills as they begin their robotics experience.

More information can be found at www.simbotics.org

SCHOOL REACH

SEASON: FULL YEAR

SCHOOL REACH IS a fun trivia game with buzzers! Questions cover a wide variety of topics from sports to history, geography to movies! We practice once a week at lunch starting in October and play in tournaments in February and March. Do you wow your friends with the amount of random knowledge that you have? Then school reach is for you!

NIAGARA DISTRICT SEARS FESTIVAL

SEASON: FULL YEAR

A YEARLY COMPETITIVE festival where the best of high school theatre is showcased. The Festival usually takes place in February, and every student is encouraged to participate in this exciting event, whether you have experience or not! In 2013, 2014, and 2016 we came home as champions and we plan on continuing the tradition in the future!

Raises Self Esteem

Being involved in school activities helps to raise self esteem. Students struggle with self esteem, and these activities are a way that they can build confidence. Everyone wants to find something that they are good at, and extracurricular activities provide them with a way that they can get involved and really shine.

Students will have the benefit of building solid relationship skills as well when they get involved in extracurricular activities. They need to get involved in social activities and learn how to appropriate act in social situations and these activities give them a chance outside of school to do this, while they are still being supervised by adults.

Building Solid Relationship Skills



SOS

SEASON: FULL YEAR

THE SIMCOE OUTREACH SOCIETY (SOS) is an opportunity for students to make a difference in their school, local community and the world. Students plan initiatives to support a wide variety of organizations and to build awareness in our school. Some initiatives have included: We Scare Hunger, We Are Silent, and Zinc Saves Lives. We have collected gifts for Christmas for Gillian's Place, backpacks for Zambia, and items for Community Care.

SPIRIT SQUAD

SEASON: FULL YEAR

The Simcoe Spirit Squad is a group of high energy, spirited students who are working hard to build a culture of school spirit and fun here at Governor Simcoe. Spirit Squad is open to all students from grade 9 through 12. Activities include buy-ins, pep rallies, spirit days, Christmas Assembly, Candygrams and more!

STUDENT SENATE

SEASON: FULL YEAR

STUDENT LEADERS COME TOGETHER TO plan and implement events and activities. Promoting school spirit is the priority of the council. By holding assemblies, seasonal promotions, and a semi-formal they hope to involve all of the student body in making Simcoe a great place to spend four years!

New students and grade nines are invited to come out to meetings in the fall.

There are many leadership conferences and opportunities for development. It is a great way to meet new people, get involved and have fun.

SIMCOE TRAVEL

SEASON: FULL YEAR

THE BATTLE OF VIMY RIDGE HAS considerable significance for Canadians. It has been a symbol of national unity, an achievement along our road to nationhood. 2017 was the 100th anniversary of the battle, a very special moment indeed. Simcoe students had the privilege of attending this historic event.

Where will we travel to next? Become a Redcoat and find out!

WATERLOO MATH

SEASON: FULL YEAR

STUDENTS IN ALL GRADES HAVE the opportunity to compete in the University of Waterloo Match Contest. Top achievers can win Governor Simcoe Certificates and University of Waterloo medals. Copies of past contests are available to students to practice prior to the contest. Our math teachers look forward to helping you to prepare for, and to participate in the contest.

YEARBOOK

SEASON: FULL YEAR

A CHANCE TO BE PART OF the creation and publication of Simcoe's yearbook. Whether your interest is graphic design, production, photography, writing, editing, fundraising, or logistics, there is a job for you! Be an integral part of creating lifetime memories for you and your fellow Redcoats!

They Let The Creative Juices Flow

Curiosity and creativity can be developed. They just need the right environment. Creativity should be nurtured the right way, using the right methods. Arts, music and writing etc. are all creative pursuits. When students participate in such things, new doors are opened. They will start doing things differently, and innovative.

Most post-secondary institutes and employers look at look at co-curricular activities that students are involved in while they are in high school. They want to see that students are involved and well rounded. The activities that teens are involved in reveal a lot about them.

Looks Great on College, University and Employment Applications



SO MANY CHOICES ... WHAT SHOULD I DO?

QUALITY OVER QUANTITY AND DO WHAT YOU LOVE

- The Golden Rule for choosing extracurricular activities: do what you love (or at least what you're interested in). Develop interests and follow your passions, whatever they are.

- Psychological research says that people who do what they enjoy are happier, healthier, usually more successful people.

- Your enthusiasm for an activity -- or lack of it -- often comes through in college, university or employment applications.

- When you complete applications, it's important to explain what you do, why it's important to you, what you have learned from it and how you will

continue it after high school.

- When choosing extracurricular activities, go for quality, not quantity: 2, 3, 4 activities or sports over a number of years.

- Develop a couple or a few interests and act on them every which way you can.

- Extracurricular activities are a major way you can show how unique and qualified you are.

- Community service involvement is useful because it demonstrates how you are interested in getting beyond just yourself.

Courtesy of Admissionpossible.Com

How To Get Started?

Whether you want to learn more about politics, public speaking or cooking, you can find an activity that will help you explore that interest. Here are some ideas for starting your search:

- Ask your friends what groups they belong to.
- Check your school's bulletin boards or website.
- Talk to your school counselor or your teachers
- Think about starting your own club or group.

How To Get Started?



SPORTS @GOVERNOR SIMCOE

Ideally, all high school students will have acquired physical literacy and fundamental skills during their elementary schooling, and they will have developed physical fitness during their middle school years. These skills and capacities are needed to participate in sport and activity at high school, and they are essential to stay active for life.

High school is an important time for teenagers to keep fit and explore opportunities in a broad range of sports and physical activities. Regular activity will help to maintain healthy body weights. It's also a chance for some to pursue excellence and achievement in sport.

Courtesy of <http://canadiansportforlife.ca/>

Competitive Spirit

Being exposed to various levels of skill and talent gives kids the opportunity to imagine what they can achieve. Pushing their limits to improve in a sport creates the desire to expect more from themselves and gain the respect of others.

BADMINTON

SEASON: SPRING
(3 Practices/Week)

THE SEASON RUNS the month of April (Pre-Zone, Zone and SOSSA). Tryouts begin after March Break.

BASEBALL (BOYS)

SEASON: SPRING
(Practices 1-2 Days/Week, 1 or 2 Games/Week)

THE BOYS BASEBALL TEAM STARTS indoor tryouts in March. The outdoor season begins at the end of April and ends the beginning of June. The team plays 7 league games, plus playoffs and may enter one tournament.

BASKETBALL (SR./JR. BOYS)

SEASON: FALL/WINTER
(Practices 4-5 Days/Week, 2 Games/Week)

THE JUNIOR/SENIOR BOYS BASKETBALL TEAM BEGINS tryouts at the end of October. The team competes in 4-5 tournaments throughout the season. By March, the team will play over 40 games.

Participating in sports help develop teamwork and leadership as kids work together to win the game.

Teamwork



BASKETBALL (JR./SR. GIRLS)

CHEERLEADING

CROSS-COUNTRY

FIELD HOCKEY

FOOTBALL

GOLF (BOYS/GIRLS)

SEASON: FALL/WINTER
(Practices 5 days a week,
2 League Games a week)

THE JUNIOR/SENIOR
GIRLS BASKETBALL
TEAM BEGINS
practices on the first day
of school. The team enters
3-4 tournaments during the
months of September and
October. By the end of the
season, the team will have
played over 40 games.

SEASON: FULL YEAR

CHEERLEADING IS AN
active, fun sport that
includes members from
grades 9-12 on the same
team. Cheerleading
builds fitness, leadership,
enthusiasm, self-esteem,
and dedication.
In the fall, activities
include participation
in the Niagara Wine
Festival Parade, cheering
at football games, and
learning the skills that
will be performed for
the rest of the year at
competitions.
Once football season
ends, competition season
begins. Our team travels
to spectacular venues
across the province,
participating in events at
the regional, provincial
and national level.

SEASON: FALL
(Practices 5 days a week,
3-4 meets)

CROSS-COUNTRY IS A
Fall sport with boys and girls
teams in three age groups:
midget, junior, and senior.
The team trains on the trails
near the school on a daily
basis from September to
late October. Individual
runners and teams have
an opportunity to qualify for
SOSSA and OFSSA based
on performance.

SEASON: FALL/WINTER
(Practices daily, 1-3
games per week)

FIELD HOCKEY IS A fall
sport that runs from the
beginning of the school
year until mid to late
October. No experience is
necessary to join the team!
Playing field hockey is a
great opportunity to meet
new friends and try a new
sport. We usually play in
1-2 tournaments during
the season including one
on turf. Hope to see you in
September!

SEASON: FALL

SIMCOE HAS A proud
tradition of winning and
helping students play at
the University and the
CFL levels. We are proud
to have alumni like Lirim
Harjallahu and Steve
Patrick call the Redcoats
their team. The aim of
Governor Simcoe Football
is to provide a venue
where young people can
learn COMMITMENT,
RESPECT and PRIDE.
The philosophy of our
teams is one of inclusion,
excellence and fun. There
is a position for everyone
in football, so come out
and become part of the
family.

SEASON: FALL
(1 Practice/Week, 3
Tournaments)

GOLF IS A team and individual
sport with a tournament
format. Approximately four
tournaments are played in
our league. Normally, Zone
and SOSSA events are held
at Twenty Valley Golf and
Country Club. Male golfers
need to score less than 100
to compete at Zone while girls
need to shoot under 120.

Confidence

Sports build belief in one's own abilities, which leads to
being more confident in everyday life.

Sports are a great way to build friendships and form new
connections, which can create a support system that
leads to future opportunities and life-long bonds.

Relationship Building



ICE HOCKEY (JR BOYS)

SEASON: SPRING

JR BOYS HOCKEY runs from mid-February to the end of March. After tryouts, the team will practice, play four exhibition games, and enter three tournaments that are held during the week.

ICE HOCKEY (SR BOYS)

SEASON: FALL/WINTER
(1 Practice/Week, 1 Game/Week)

SIMCOE OFFERS A Varsity boys' team with players from grades 9-12. Our season begins in November starting with try-outs, followed by a regular season of seven games and playoffs. Our season wraps up in February.

ICE HOCKEY (GIRLS)

SEASON: FALL/WINTER
(1 Practice/Week, 1 Game/Week)

GIRLS HOCKEY teaches fun and skill. This competitive team plays other teams in the Niagara Region. The season runs from October until March and is on ice two times per week. Come on out and enjoy this exciting program.

LACROSSE

SEASON: FALL/WINTER
(1 Practice/Week, 2 Game/Week)

ALL STUDENTS FROM grades 9-12 have the opportunity to play field lacrosse for Governor Simcoe. Practices will begin indoors in February followed by a 6-10 game regular season schedule. The Redcoats will have the opportunity to play in the Zone, SOSSA and OFSAA.

ROWING

SEASON: NOV-JUNE
(4-6 Practices/Week)

THE ROWING SEASON BEGINS IN November with land workouts. Students not participating in other sports should expect to workout 4-5 days a week until March. After the March Break, students hit the water and racing begins in early May. Rowing is open to any student who wishes to compete. Senior athletes compete at regattas throughout Canada and the U.S. Some of our athletes move on to the National Team and represent Canada internationally. Simcoe crews consistently are among the best in the country and have won more than 45 National Championships since the program's inception.

SKI AND SNOWBOARDING

SEASON: WINTER

LESS THAN TWO HOURS AWAY IN scenic New York State is the Holiday Valley Ski Resort. Governor Simcoe's Ski and Snowboard Club ride down on a coach bus once a week in the afternoon. We enjoy 7 hours of skiing or snowboarding and fun before getting back at 11pm. Rental equipment is available. Proper ID (i.e.. Passport) is a must. Weather/Exams dependent.

Sportsmanship

Through sports kids learn to respect opponents, follow rules and to play fair. Winning AND losing are just part of the game.

Students who play sports learn they are rewarded for their efforts. This often drives academic success, which leads to better college, university and career opportunities.

Success



SOCCER (BOYS)	SOCCER (GIRLS)	SOFTBALL (GIRLS)	SWIMMING	TENNIS	TRACK AND FIELD
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<p>SEASON: WINTER/SPRING (3 Practices/Week, 1 Game/Week)</p> <p>TRYOUTS AND PRACTICES BEGIN in February (indoor conditioning). There are several games followed by playoffs. The team has a chance to advance to the SOSSA and OFSAA championships.</p>	<p>SEASON: WINTER/SPRING (2 practices and 1 game per week)</p> <p>PRACTICES START after March Break, open to grades 9-12. We play 5 games plus playoffs and we participate in both indoor and outdoor tournaments.</p>	<p>SEASON: SPRING (3 Tournaments)</p> <p>PRACTICES START after March Break, and is open to girls grades 9-12. We play 5 games plus playoffs and we participate in both indoor and outdoor tournaments.</p>	<p>SEASON: WINTER</p> <p>THE GOVERNOR SIMCOE SWIM TEAM IS made up of experienced, competitive swimmers and recreational/fitness swimmers as well. Students are invited to come out and improve their strokes, have fun and compete in at least four swim meets a year. The team practices two times a week at the Kiwanis Aquatic Centre through the months of October to December, students qualifying to SOSSA and OFSSA will continue practicing until March.</p>	<p>SEASON: FALL (Sept to Oct)</p> <p>THE TENNIS TEAM AT the Zone Tournaments in September (Senior) and October (Junior). These tournaments welcome a wide variety of players from beginner to experienced players. It's a great way to get some exercise and meet some new friends right away in the school year.</p>	<p>SEASON: WINTER/SPRING (4 Practices/Week, 1 Track Meet/Week)</p> <p>THE TRACK PROGRAM AT Simcoe has grown significantly. It includes sprints, distance running, jumps, throws, as well as para and ID events. It is open to girls and boys in all age categories, and there are no cuts: all who attend practices make the team. Conditioning is year round but intensifies in the Spring in preparation for the outdoor meets, which run from late April to early June, culminating in OFSAA.</p>
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<p>Goal-Setting</p>	<p>Achieving and setting goals are a big part of sports as kids realize their hard work and discipline helps them attain skills they need to score, to win, or to finish strong.</p>	<p>Physical activity develops a strong healthy body and increases quality of life. Sports are a fun way for kids to stay active and fulfilled. They are less likely to drink alcohol, do drugs or smoke. After realizing what it's like to look good and feel great, they are more inclined to carry these habits into adulthood.</p>	<p>Healthy Lifestyle</p>
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VOLLEYBALL (JR. BOYS)

VOLLEYBALL (SR. BOYS)

VOLLEYBALL (JR. GIRLS)

VOLLEYBALL (SR. GIRLS)

WRESTLING

SEASON: FALL
(3-4 Practices/Week, 2 Games/Week)

TRYOUTS BEGIN THE first week of school in September. The focus is on player development. Team members will learn the various positions and develop their skills. The team is looking for commitment and enthusiasm. The team plays in 2-3 tournaments throughout the season. Season ends in November.

SEASON: FALL
(5 Practices/Week, 1-2 Games/Week)

THE TEAM PLAYS 8-10 games as well as 4 tournaments. This program runs daily expecting full commitment and dedication. At the senior level players build their skills and formulate more complex offensive strategies.

SEASON: FALL
(4 Practices/Week, 2 Games/Week)

GRADE 9 AND 10 GIRLS INTERESTED IN volleyball can come out to play for the junior team. Our schedule consists of three tournaments and ten league games before our playoffs. The season runs from the end of November to early March. The focus for the season is on skill development and having FUN!

SEASON: FALL
(5 Practices/Week, 2 Games/Week)

THE SENIOR GIRLS VOLLEYBALL TEAM STARTS tryouts at the end of November. The team competes in 4-5 tournaments. The season ends at the beginning of March.

SEASON: WINTER
(4-5 Practices/Week, 1 Tournament/Week)

WRESTLING PRACTICES begin the first week in November. Our first tournament is near the end of November. Wrestling is an individual sport that is for both males and females. It is for all ages, shapes, and sizes. You can have experience or none at all! Everyone is welcome to try one of the original Olympic sports. Dedication, hard work, and commitment are needed. Come on out and try this amazing sport!

Positive Thinking

Exercise elevates mood and relieves stress so that kids can channel their energy towards something positive, like improving strength and endurance.

Participating in sports helps build leadership skills. Sports teams give you an opportunity to surround yourself with competitive people and role models, and learn from them both. You can demonstrate your own leadership through team captainships and individual actions to improve your team's success.

Leadership Skills



Mind Development

Exercise has a positive impact on brain development. Additionally, sports utilize strategic thinking and math, such as learning plays and keeping score and stats.

SCHOOL PROFILE

GOVERNOR SIMCOE SECONDARY SCHOOL

Students refer to Governor Simcoe as “OUR HOUSE” as we take great pride in the people and the building that is our academic home.
Our logo references our four facets of learning.

We seek to:

Promote Intellectual Thought and Critical Thinking

Nurture Creativity

Support Our Students' Mental, Emotional And Physical Health
And Prepare Our Students For A Technological World

These four facets are contained under the roof of “OUR HOUSE” while a Redcoat Soldier stands guard, paying homage to our historical background and tradition.

Have questions? You can contact us at:

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Fax Number: 905-934-3389
Website: <http://govsimcoe.org/>

Follows Us On Twitter
[@simcoeredcoats](https://twitter.com/simcoeredcoats)

Download THE DSBN APP for iPhone,
iPad or Android on our website

NOTES



John Graves Simcoe

Fought against slavery and passed the *Act Against Slavery* in 1793 which lead to its abolition. By 1810 there were no slaves in Upper Canada. The British Empire did not follow suit until 1834.

In a letter dated 1791, the Duke of Northumberland called John Graves Simcoe "brave, humane, sensible and honest."

John Graves Simcoe

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