



Cobequid Educational Centre

Truwo

VERITAS OMNIA VINCIT
TRUTH CONQUERS ALL

Land Acknowledgement

We are standing on lands of **Mi'kma'ki**, the ancestral and unceded home of the Mi'kmaw people.

We want to say thank you to the generations of Mi'kmaw who have cared for this land and beings who call it home.

We promise to listen, to learn the truth about our history, and to work together to make things better. As people living here, we are all **Treaty People**, and we promise to follow the 'Peace and Friendship' treaties made over 300 years ago



ANS Acknowledgement

We recognize that African Nova Scotians as a distinct people with a rich and often untold history - rooted in over 400 years of resilience.

Right here in our own community, we recognize the legacies of communities of **the Marsh, the Island, and the Hill**. We want to honor their history and their future.

We acknowledge their enduring presence and invaluable impact on the cultural fabric of this province.



About CEC

At CEC, we help you grow into your best self.

Whether it's in the classroom or out in the world, we give you the tools to keep learning long after you graduate and the skills to make a real difference in Truro and beyond.



Principal's Message

On behalf of the CEC staff, I would like to extend a warm welcome to our new Grade 9 and Grade 10 students.

~ Mr. MacPherson

Interesting Facts

Our History & Community

- **The Cougar Tradition:** We've been the "Home of the Cougars" since 1970. You are joining a long-standing legacy!
- **A Big Family:** We welcome students from all over — Truro, Bible Hill, Millbrook, Salmon River, and all across Central and West Colchester.



CEC by the Numbers

CEC is one of the biggest and most exciting high schools in Nova Scotia. Here is what that looks like:

- Over 1500 students
- Nearly 100 staff members to help you
- Grades 9-12



Cecil

Your Journey

Your years at CEC will fly by!

Explore, get connected, and try new things! Most importantly, reach out for support when you need it.

Let's make the most of it!



Academic Requirements

Have questions, need support or guidance?

Find out where and how.

Extra Curricular Activities

Get involved!
CEC has a rich history of extracurricular, athletic, and artistic programs.

Support

Find out what credits you need to register, graduate and to apply for post-secondary programs.

STUDENT SERVICES

CEC is committed to addressing the diverse needs of our students, ensuring a positive educational experience where they feel valued, connected, and supported throughout their journey.



School Counsellors

Contact Student Services to book an appointment for personal, academic, post-secondary and career counselling.

Schools Plus

Designed to help youth and their families connect with supports and resources in the community in order to access services to meet their needs.

Youth Health Centre

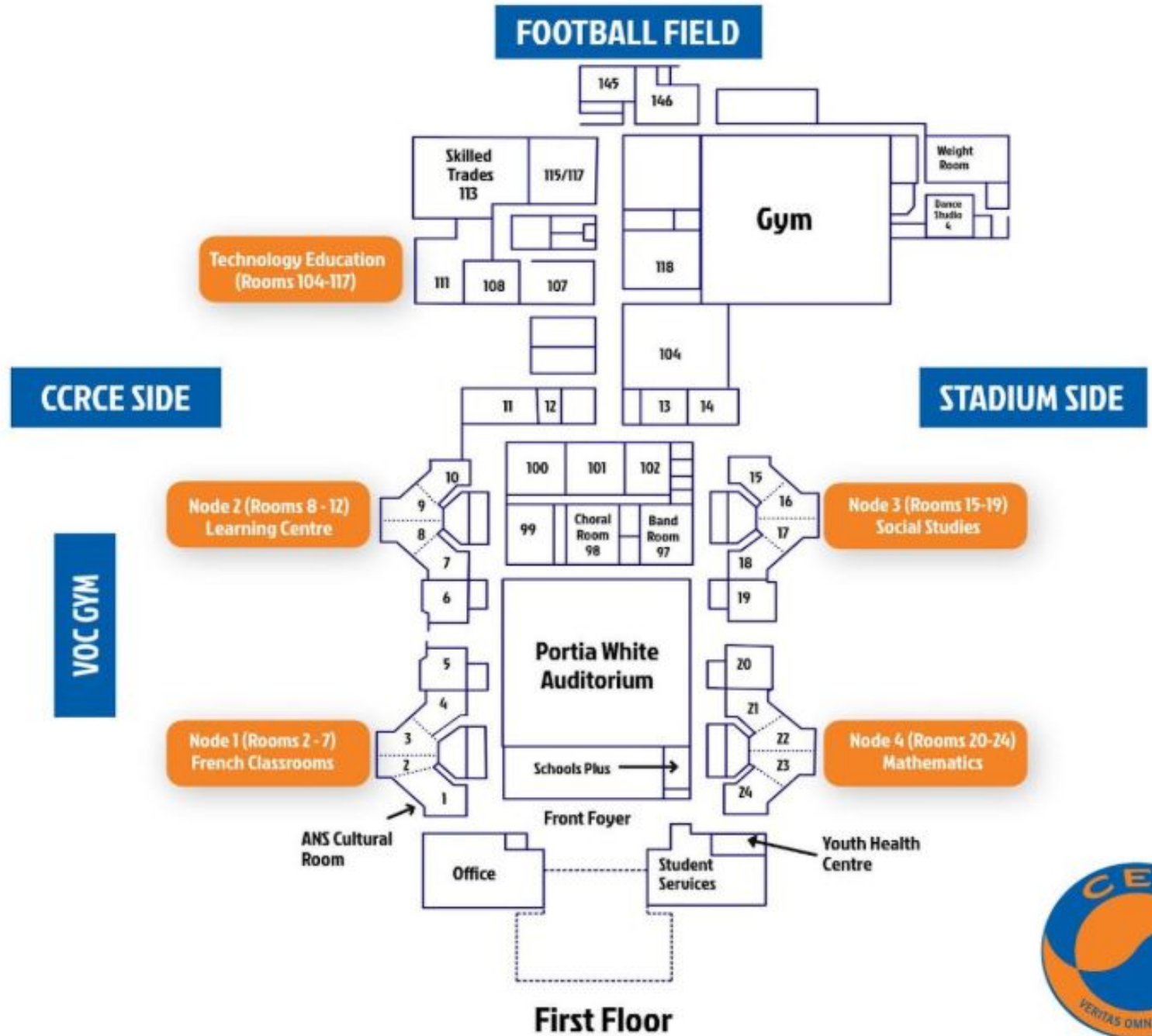
Committed to empowering youth to promote, maintain or improve their own health and wellness through healthy lifestyle choices.

School Resource Officer

Work with students, staff, parents and the community to provide a safe and secure learning environment for all.

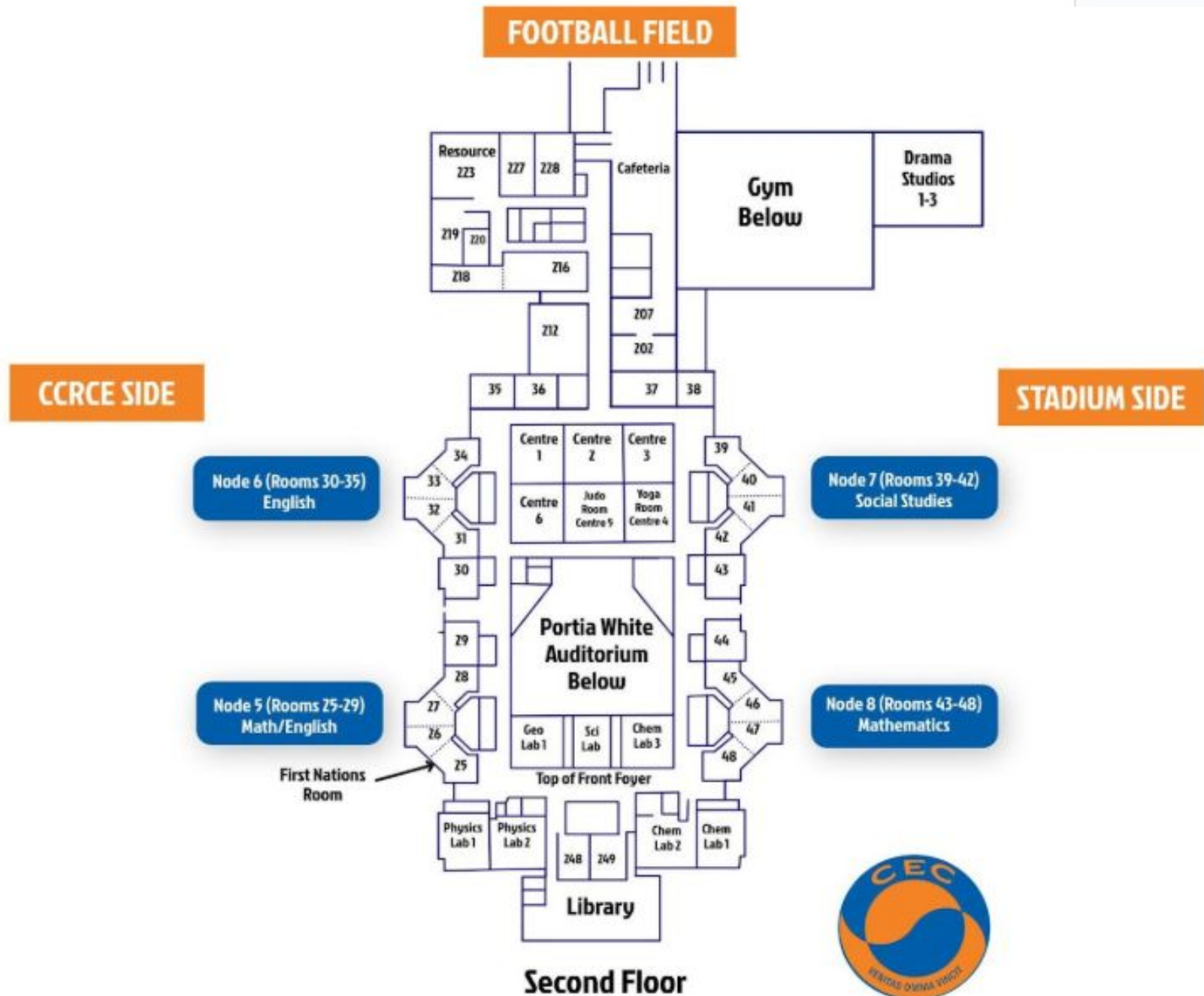
School Map

1st Floor



School Map

2nd Floor



How High School Works: Your Schedule

Transitioning to high school is a big change! Here is the breakdown of how your school year and daily routine will look:

The Semester System

Unlike middle school, which often uses three terms, high school is split into **two halves** called semesters:

- **Semester 1:** Runs from September to the end of January.
- **Semester 2:** Runs from February to the end of June.

Your Daily Routine

One of the best parts of high school is focusing on fewer subjects at once. Instead of juggling 7 or 8 classes, you only have:

- **4 Courses Daily:** Most students will be taking the same four classes every day for the entire semester.
- **75-Minute Classes:** This gives you more time for hands-on activities, labs, and getting your homework started before you even leave the room!

Bell Schedule

| Time | Day 1 (A) | Day 2 (B) | Day 3 (C) | Day 4 (D) | Day 5 (A) | Day 6 (B) | Day 7 (C) | Day 8 (D) |
|----------------|--------------------|------------|------------|------------|------------|------------|------------|------------|
| 8:50-10:05 AM | A A(1) | B B(7) | C C(10) | D D(16) | A A(3) | B B(5) | C C(12) | D D(14) |
| 10:05-10:15 AM | BREAK (10 minutes) | | | | | | | |
| 10:15-11:30 AM | B B(5) | C C(11) | D D(14) | A A(4) | B B(7) | C C(9) | D D(16) | A A(2) |
| 11:30-12:20 PM | LUNCH (50 minutes) | | | | | | | |
| 12:25-1:40 PM | C C(9) | D D(15) | A A(2) | B B(8) | C C(11) | D D(13) | A A(4) | B B(6) |
| 1:45-3:00 PM | D D(13) | A A(3) | B B(6) | C C(12) | D D(15) | A A(1) | B B(8) | C C(10) |

A DAY IN THE LIFE...

Sample Day

| | |
|---------------|----------|
| 8:50 - 10:05 | Period 1 |
| 10:05 - 10:15 | Break |
| 10:20-11:30 | Period 2 |
| 11:30-12:20 | Lunch |
| 12:25 - 1:40 | Period 3 |
| 1:45 - 3:00 | Period 4 |



Most students in Grades 10-12 will have four (4) courses per semester, but could have more. Grade 9s will have Math & English everyday, with others course rotating through the schedule.

A DAY IN THE LIFE...

Sample Grade 9 Schedule

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 |
|--------------------|-------------|----------------|-------------|-------------|---------|-------------|----------------|
| Math | French | English | Visual Arts | Math | Phys Ed | English | Science |
| Break (10 minutes) | | | | | | | |
| Phys Ed | English | Science | Math | French | English | Visual Arts | Math |
| Lunch | | | | | | | |
| English | Citizenship | Math | French | English | Science | Math | Healthy Living |
| Science | Math | Healthy Living | English | Citizenship | Math | French | English |

Lunch



11:30am -12:20pm

- CEC has a cafeteria.
- Aroma Maya is at the Cougar Dome, and
- CEP Cafe is located next door.

You are also permitted off campus during your lunch break, it is very important you are mindful to return on time for your following class.

When I grow up I wanna be...

Think Ahead:

What do you want to do after graduation?
College, University, or an Apprenticeship?

Pick Your Path:

Choose courses and difficulty levels that
actually get you where you want to go.

Work Smarter:

Pick courses that play to your strengths. Your
path is unique, so make sure your schedule
reflects your own interests, not someone else's.

Course Selection Timeline

You need
access to
your
PowerSchool
account!

January

CEC Staff visits schools

- Course Registration booklets will be provided to students

February

Family Night Information Session

- Select your program and courses by March Break (completed online at school)

April-June

Student Tours at CEC

- Comprehensive transition meetings will be held for specific, individual students

How to Register



NEW to the AREA?

Contact CEC Student Services

Phone: (902) 896-5712

Email: raumc@ccrce.ca

CEC Student Services Staff will visit each of the feeder schools in January to begin the registration process.

FEEDER Schools:

- Bible Hill Junior High
- Central Colchester Junior High
- Truro Middle School
- West Colchester Consolidated

Attendance Counts

Nova Scotia Student Attendance & Engagement Policy

Show Up on Time and Ready:

You are responsible for attending all your classes regularly and arriving on time. Being "ready to learn" means being in your seat and prepared when the bell rings.

Take Charge of Missed Work:

If you miss a class, it is your responsibility to catch up on missed work.

Protect Your Credits (Grades 10-12):

To earn a high school credit, you are expected to be present for at least **80%** of class time. If you miss 20% or more of a course, you are at risk of losing that credit entirely. (19-Class Rule)

What is a credit?

You earn a CREDIT when you ***successfully*** complete a course.

At CEC that means you need to have a final grade of 50%



What do I need to graduate?

You need a minimum of 18 credits to graduate.



Language, Communication
& Expression

Science, Mathematics
& Technology

Personal Development
& Society

Graduation Requirements

| Language, Communication & Expression | Science, Mathematics & Technology | Personal Development & Society |
|---|--|--|
| <p>3 English Language Arts one at each grade level</p> <p>1 Fine Arts <i>Visual Arts, Drama, Art Dramatique, Music, Integrated Fine Arts, Dance, or Arts Entrepreneurship</i></p> | <p>3 Mathematics one at each grade level</p> <p>2 Sciences</p> <p>1 other from Science or Technology <i>(includes second Math 10)</i></p> | <p>1 Physical Education <i>Physically Active Living 11/Mode de Vie Actif 11, Dance 11/12, Physical Education 10/11/12, Yoga 11, Exercise Science 12, Phys Ed Leadership 12, Martial Arts 11</i></p> <p>1 Canadian History <i>Mi'kmaw Studies 11, African Canadian Studies 11, or Contemporary Canadian Studies 11/ Études canadiennes contemporaines 11.</i></p> |
| <p>You will also need 5 additional elective credits</p> | | |
| | | <p>1 Global Studies</p> |

Graduation Checklist

The "Core"

(13 Required Credits)

- English 10
- English 11
- English 12

- Math 10
- Math 11
- Math 12 (or other Math credit)

- Science 10
- Science 2nd Credit
- The "Math/Science/Tech"
Wildcard (Math 10)

- Fine Arts
- Physical Education

- Canadian History
- Global Studies

The "Extras" (5 Elective Credits)

- Elective 1
- Elective 2
- Elective 3
- Elective 4
- Elective 5

Important "Power-Up" Rules:

- Don't stay in Grade 10 forever:
You can only use a **maximum of 7 Grade 10 credits** toward your total.
- **Finish Strong:** You **must** have at **least 5 Grade 12 credits** to graduate
- **Total Credits Needed: 18**

CEC Program Options

| CEP CAREER EXPLORATION PROGRAM | O2 OPTIONS & OPPORTUNITIES | CEC PRE-IB ADVANCED LEVEL COURSE | HIGH SKILLS MAJOR IN ARTS |
|---|---|---|--|
| <p>If you learn best by doing, this is for you.</p> <p>It's designed for students who are:</p> <ul style="list-style-type: none"> • ready to go directly into the workforce, • study a trade/service in college (NSCC), or • begin an apprenticeship right after graduation. | <p>3-year program that offers experiential learning with a career focus.</p> <p>Designed to prepare students for successful transitions from</p> <ul style="list-style-type: none"> • high school to work, • a career path, and/or a • post-secondary program. | <p>Higher level courses to assist students in preparing for more challenging academic courses.</p> <div data-bbox="1050 844 1470 1412" style="border: 1px solid gray; border-radius: 15px; padding: 10px; margin-top: 20px;"> <p>Think of Pre-IB courses like joining a competitive sports team. The game is the same, but the training is much more intense to get you ready for the "Big Leagues"</p> </div> | <p><u>Five components:</u></p> <ol style="list-style-type: none"> 1) Take at least three arts courses from the approved list (*one in Grade 10) 2) Complete at least one Co-op credit in an arts environment 3) Participate in community based learning opportunities 4) Complete a minimum of 6 training certificates 5) Complete a portfolio reflecting on the above experiences |
| <p>Application Required</p> | <p>Application Required</p> | | |
| <p>Max. of 32 students</p> | <p>Maximum of 20 students</p> | | |

French Options

| Core French | Integrated French | French Immersion |
|---|--|---|
| <p>Designed for students who have completed Grade 9 Core French and want to continue learning the language.</p> <p><i>*You do not need a French course to graduate with a Nova Scotia High School Certificate.</i></p> | <p>Designed for students who have completed the Grade 9 Integrated French Program.</p> <p>In order to receive an Integrated French Certificate, students MUST complete 6 courses in the Integrated French program</p> | <p>Designed for students who have completed the Grade 9 French Immersion Program.</p> <p>In order to receive the Provincial Certificate of Completion in Early or Late Immersion, students MUST complete 9 courses at the Immersion level.</p> |

Bussing



BUS INFORMATION

BUS
PLANNER



About BusPlanner

Student transportation information is available on our quick and convenient bus information system, BusPlanner. With BusPlanner, it's easy and quick to check your child's bus information. This portal is now the primary source for families to get busing information for their children. Please visit [BusPlanner Web](#) to set up an account to access your child's bus route and stop information.

If you're having trouble signing in to BusPlanner, email [Bus Planner](#).

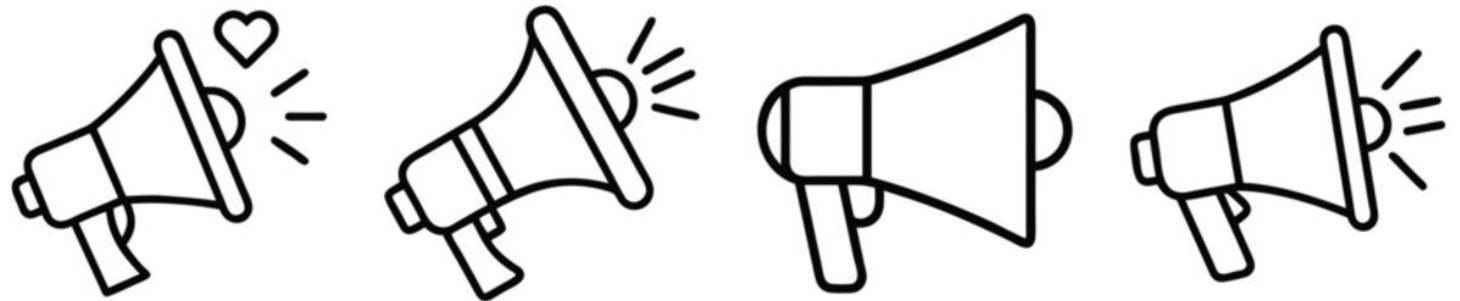
To access Bus Planner, please visit our website:

www.cec.ccrce.ca

Stay Informed

Announcements are made first thing in the morning and after lunch. It's important to tune in for important updates, lunch offerings, and bussing information.

Announcements are also available on our school website.



Rush Week

REMINDER THAT THIS WEEK
IS RUSH WEEK! MAKE SURE
TO CHECK OUT THE FOYER
AT LUNCH 🧡💙

Extra Curricular Activities

- CEC Athletics
- CEC Student Council
- CEC Music (Band & Choir)
- CEC Musical
- Mental Health Advocates
- CEC Christian Youth Committee
- Model United Nations at CEC
- Yearbook Committee
- Pantry Packers
- CEC Newspaper
- Robotics 1
- CEC Accessibility Club
- Truro Period Collective at CEC
- Art Club
- Math Club
- Donate by Design
- Teen Tutors
- Dungeons & Dragons
- Battle of the Books
- Latin Club
- Gender & Sexuality Alliance (GSA)
- Afrocentric Aspiring Leaders
- Environmental Club
- Filmography Club
- Philosophy Club
- Letters to Hope
- Debate Club
- United Cultures Club
- Techsploration
- Dance Club
- Indigenous Youth Group
- Neurodivergent Support & Education Club



first day at

CEEC

2025-2026



FIRST DAY:

Grades 9/10 go to the Portia White Auditorium - Schedules will be given out for grades 9 and 10 in the Portia White Auditorium

Grades 11/12 - schedules will be given out by teachers upstairs starting at 8:25. You can go to your first period class at normal time!

What You Need:

You are required to bring a pen/pencil and binder with loose-leaf. Your teachers will recommend what else you need for your classes

If you are taking a physical education class, you are required to have appropriate footwear and clothing

Student Fees:

Students and parents are encouraged to sign up for a SchoolCash online account to pay for student fees. You can create an account through the schoolCash Online link on the CEC website. Scroll down to "quick links". The Main Office accepts cash and cheques but doesn't accept debit payments.

There are packages available at the start of the year

- Locker & ID Package - \$30.00**
- Locker, ID & Yearbook Package- \$77**

Questions?



Thank you!