



Lakehead
Public
Schools

International

International Student Orientation Handbook



2025-2026

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Partners:



Canadian Association of
Public Schools - International

Association canadienne des
écoles publiques - International



OASDI
AOCSI

Ontario Association of
School Districts International
Association Ontarienne des
Conseils Scolaires - International



study**insured**[™]

My name: _____

My address: _____

My home phone number: _____

My host family cell phone numbers: _____

Other Contacts

Name: _____ Email: _____

Phone number: _____

Name: _____ Email: _____

Phone number: _____

Notes:

Welcome to the Lakehead Public Schools International Student Program.

On behalf of all the staff with Lakehead Public Schools International Program, I would like to extend a warm welcome to both new and returning International Students.

The first international students entered our program in 2015. Some come for one year or less; others have stayed for 3-4 years to achieve their OSSD and graduate. Graduates of our international student program have gone on to colleges and universities through Canada, USA, Australia, or their home countries. Over the years we have had students come from Argentina, Malaysia, China, Vietnam, South Korea, Germany, Brazil, France, and Spain! With our program growing fast we are looking forward to expanding and bringing in more students from around the world.

As a program our mission is to share the excellence of Lakehead Public Schools with the world, and to help create global connections while expanding career pathways for all students. Our international students can expect to be provided with a wide range of academic, cultural, and social activities or opportunities. You will be notified of these events throughout the year through email, text, your ESL teachers, and/or host families. These experiences will help you build friendships and memories to last a lifetime.

The entire program is proud to be able to attract scholars from all over the world such as yourself. You are joining a distinguished group of international students and if you work hard in school, participate in extracurriculars, work hard at improving your English, and build a good relationship with your homestay family, you will benefit greatly from this program!

Sincerely,



Jon-David Dowdell
International Student Coordinator
Lakehead Public Schools International



JD Dowdell
WhatsApp contact



Territorial Acknowledgement & Commitment

Lakehead District School Board is located on the traditional territory of the Ojibwe people of Fort William First Nation, signatory to the Robinson Superior Treaty of 1850. We acknowledge all of the First Nations, Metis and Inuit who reside in this territory and across our Nation; we are committed to moving forward in the spirit of reconciliation and respect for all Canadians.



Lakehead Public Schools commits to the adoption of an Indigenous Education Framework that fully commits to the spirit of Royal Commission on Aboriginal Peoples and the Truth and Reconciliation Commission of Canada, which seeks to:

- empower acts of reconciliation throughout all spheres of Canadian society,
- address the ongoing impact of colonialism on Indigenous Communities,
- engage the oppression and marginalization of Indigenous communities in Canadian society, and;
- provide culturally competent pedagogies in all aspects of education in Canada.

This Framework prioritizes the incorporation of Indigenous education throughout Lakehead Public Schools and is embodied throughout all facets of the Strategic Plan. It commits to a spirit of reconciliation, a journey requiring constant focus, energy, and commitment to collectivity and inclusion while confronting the historical and present marginalization of Indigenous peoples.

Lakehead Public Schools therefore believes that for reconciliation to be possible, Indigenous and non-Indigenous relationships must be guided by the following principles:

Relevancy

Education must be relevant and support students in building a healthy mental, physical, emotional and spiritual well-being, and prepare them to work, live, and help build Indigenous and Canadian societies. This means that Indigenous success means the success of every learner.

Respect

Respect is the key to learning, found through commitments to wisdom, love, bravery, honesty, humility, and truth. Due to longstanding misunderstandings, violence, and policies and practices in Canadian society, values of patience, listening, and generosity must guide Indigenous and non-Indigenous relationships as well as connections with the earth, water, and sky.

Relationality

The world is a relational place, with Indigenous knowledge based in the study of how living beings share gifts and build positive, sustainable relationships. These are best understood in the expressions, ceremonies, pedagogies, languages, and stories within Indigenous cultures and communities.

Responsibility

The creation of healthy and meaningful relationships between Indigenous communities and Canadians is a responsibility of all peoples. In essence, everyone and everything has a role and place in this world and are important, contributing members to a full and cyclical universe.



Lakehead
Public
Schools

INDIGENOUS EDUCATION FRAMEWORK



Relationality

Relevancy

Respect

Responsibility



2025-2026 SECONDARY

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 30	25	26	27	28	29	30

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

First Day of School for Students
Wednesday September 3, 2025

First Day of Semester 2
Friday January 30, 2026

Holidays & Breaks (Schools Closed)

Labour Day September 1, 2025
Thanksgiving Day October 13, 2025
Family Day February 16, 2026
Good Friday April 3, 2026
Easter Monday April 6, 2026
Victoria Day May 18, 2026

Winter Break
December 22, 2025 - January 2, 2026

March Break
March 16 - 20, 2026

Professional Activity Day (PA Day)

(Students do not attend school)
 Tuesday September 2, 2025
 Friday September 26, 2025
 Friday November 14, 2025
 Thursday January 29, 2026
 Friday February 27, 2026
 Friday May 1, 2026
 Friday June 26, 2026

Final Day of School for Students
Thursday June 25, 2026

Examination Periods
 January 22 - 28, 2026
 June 19 - 25, 2026

Committed to the success of every student.

lakeheadschools.ca @lakeheadschools

2025/03/3



Important Dates:

First Day of School	September 3, 2025
Labour Day Holiday	September 1, 2025
Professional Activity (PA) Day – No class	September 2, 2025 (Orientation Day)
Thanksgiving	October 13, 2025
PA Day	November 14, 2025
Winter Break	December 22 – January 2 2026
Examinations	January 22 – January 28 2026
PA Day	January 29, 2026
First Day Semester 2	January 30, 2026
Family Day	February 16, 2026
PA Day – No School	February 27, 2026
March Break	March 16 – March 20, 2026
Good Friday	April 3, 2026
Easter Monday	April 6, 2026
PA Day	May 1, 2026
Victoria Day	May 18, 2026
Examinations	June 19 – June 24, 2026
Final Day of School	June 25, 2026

International Student Program: Your Contacts

Regardless of the situation, we are always here to help. Below is a list that you can use to get answers to your questions or problems:

School:

You can talk to the International Student Coordinator, ESL coordinator, the Principal, Vice-Principal, or International Student Counsellors.

Jon-David Dowdell jondavid_dowdell@lakeheadschoos.ca **International Student Coordinator**
or international@lakeheadschoos.ca

Superior C.V.I

Mr. Workman	neil_workman@lakeheadschoos.ca	Principal
Mrs. Campbell	heather_campbell@lakeheadschoos.ca	Vice Principal
Mr. Foulds	andrew_foulds@lakeheadschoos.ca	Vice Principal
<u>Mrs. Watts</u>	karen_watt@lakeheadschoos.ca	International Student Counsellor



Westgate C.V.I

Mr. McDonnell	ryan_mcdonnell@lakeheadschoos.ca	Principal
Mrs. Mikus	jennifer_mikus@lakeheadschoos.ca	Vice Principal
Mrs. Smelow	meghan_smelow@lakeheadschoos.ca	Vice Principal
<u>Mr. Cicigoi</u>	rick_cicigoi@lakeheadschoos.ca	International Student Counsellor



Hammar skjold High School

Mr. DiBlasio	derek_diblasio@lakeheadschoos.ca	Principal
Mrs. Black	zelka_black@lakeheadschoos.ca	Vice Principal
Mrs. Johnston	sari_johnston@lakeheadschoos.ca	Vice Principal
<u>Mrs. Boban</u>	rebeccah_boban@lakeheadschoos.ca	International Student Counsellor



International Student Code of Conduct

As an International Student of the Lakehead District School Board, you must adhere to the following:

Academic Performance

1. Students will obtain satisfactory results in their courses to continue in the program. If results are not satisfactory students will be placed on academic probation and/or risk being removed from the program.
2. Students will take a full course load. If students wish to change their timetable (ie. Drop a course) they must receive approval from the ESL Coordinator, administrator, and school counselor.
3. Students will follow the rules of the school as outlined in the school agenda.
4. Students have the responsibility to share their report cards and school letters with their parents, custodian, and host family.
5. The Lakehead Public Schools International Program will provide reports to the parents/agents of students who are experiencing difficulties in our school system.

Attendance

1. Students will attend all classes on days that school is in session.
2. Students who are absent from school must notify the school.
3. The student is responsible to make up any missing work or assignments.
4. Students who cannot maintain regular attendance at school may be removed from the program.

Contacts

1. Students must provide the International Student Coordinator with a current email address and cell phone number (if available). They are expected to check for messages and respond quickly if necessary.

Homestay

1. Students will follow and respect the homestay family's rules and property. This includes showing consideration for respecting bedtime hours, visiting friends and socializing, and advising homestay parents of your whereabouts outside of school.
2. Students will adhere to the policies and guidelines provided by Canada Homestay Network. If there are any questions or concerns, please contact your custodian or International Student Coordinator.
3. Students will be treated with respect and courtesy in the homestay and will be expected to be an active member of the household.

Canadian Law

1. Students will obey Canadian Laws and regulations at all times.
2. Students will obey the terms and conditions described in their study permits as issued by Citizenship and Immigration Canada.

District Policy

1. Students are not permitted to purchase or consume alcohol or drugs, regardless of age.
2. Students are not permitted to drive, rent, or own cars while registered in the program.

Activities for the School Year

The Lakehead Public School's International Program will be offering activities throughout the year. Students and host families will receive updates and forms via email.

Proposed activities for the upcoming school year are:

- *Skiing and/or Snowboarding (Additional Fee)*
- *Hiking and Outdoor Games (No Cost)*
- *Curling (No Cost)*
- *Kingfisher Lake Day Trip (No Cost)*
- *Hockey Games (No Cost)*
- *University & College Visits (No Cost)*
- *University Basketball Games (No Cost)*
- *Bowling (No Cost)*
- *Fort William Historical Park (No Cost)*
- *Sailing on Lake Superior (Additional Fee)*
- *Snowshoeing (No Cost)*



Toronto/Niagara Falls (November)or Ottawa (March) Trip – This trip is an additional cost to the program. If interested, please see your International Student Coordinator – Jon-David Dowdell

An activity fee will depend on the type of activity and the number of students registered to participate. Fees will be determined closer to the date of activities.

If you have any ideas or suggestions on events you would like to see happen, please send an email to,

international@lakeheadschoos.ca

Communication

To ensure effective communication is happening throughout the year, any field trip forms, information sheets, and messages will typically be sent via email. It is important you give the ISP office an email address and cell phone # that you know you will check daily.

Additionally, we will be communicating with WhatsApp for day-to-day updates and last-minute inquiries! You may add Jon-David Dowdell, the International Student Coordinator with the following information:



WhatsApp:

JD Dowdell
WhatsApp contact

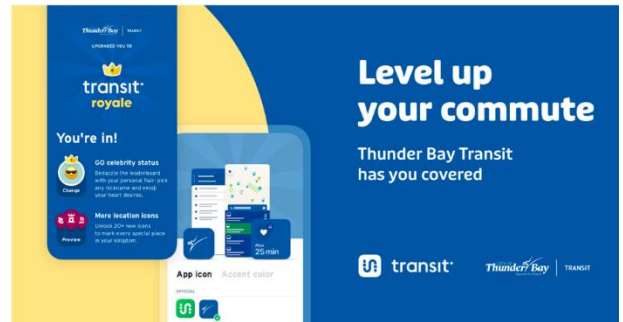


Getting Around Town

Local Travel/Transit

Thunder Bay Public Transit; for information on fares and passes go to: <https://www.thunderbay.ca/en/city-services/fares-and-passes.aspx>

For route information/bus stops you may also download the transit app - <https://www.thunderbay.ca/en/city-services/transit-app.aspx>



URide is a ride sharing app, just download and book your driver for a ride to your destination. Credit card is required – this is an alternative to taking a taxi.

Biking

- Thunder bay has extensive multi use trails that connect up much of the city. If you have a bike to use these are great ways to get around
 - Ontario law requires the use of a helmet while riding a bike
 - Must obey all traffic laws
 - Cyclists have the same rights and responsibilities of drivers
 - Lock your bike at all times. Locks can be purchased in many stores. Walmart and Canadian Tire are recommended
 - Trail map - <https://www.thunderbay.ca/en/recreation/bike-lane-and-multi-use-trail-map.aspx>

Walking

- Walking is another great way to get around the city.
- Be prepared with appropriate clothing and water
 - Winter Clothing – Jacket, hat, gloves/mitts and boots **Its not cool when you freeze!!**
 - Plan your routes

Tips

- Always plan your routes and let your homestay family know when and where you are at all times
- **Dress appropriately for the weather**
- Keep your Homestay contact information with you or one your phone.

School Life

Course Exams

All students are required to complete all assignments and exams in their courses regardless of their length of stay in our program. Exceptions may be made to this ruling for students only registered as short term (0-4 months) stays. Only the Principal and International Student Coordinator can make exceptions to these rules.



Graduation Requirements

Any student wishing to graduate from a high school program in Ontario must complete 30 credits of course work (17 compulsory credits and 13 optional credits). Additionally, students must complete 40 hours of community involvement (will be pro-rated based on length of stay) and every student must pass the **provincial literacy test**.

A student may be able to receive credits for course work done in their home country, but this must be officially approved by the schools **International Student Guidance Counsellor**. Please discuss this with your ESL teacher or International Student Guidance Counsellor and they will bring any information to administration to help you.



Read the following form for graduating for more information:

- **30 credits (17 compulsory, as listed here, and 13 optional)**
- 4 credits -English, one per grade level
- 1 credit – in a second language (French or Native Language)
- 3 credits - Mathematics, at least one in Grade 11 or 12
- 2 credits - Science
- 1 credit - Canadian Geography
- 1 credit - Canadian History
- 1 credit - Arts (dance, drama, media, music, visual arts)
- 1 credit - Health and Physical Education
- 1 credit - Technological Education
- 0.5 credit - Civics and Citizenship
- 0.5 credit - Career Studies
- 1 credit – from the STEM – related course group
 - Business studies
 - Computer studies
 - Cooperative Education
 - Mathematics (in addition to the 3 compulsory credits)
 - Science (in addition to the 2 compulsory credits)
 - Technological education (in addition to the 1 compulsory credit)

- **Successful completion of Ontario Secondary School Literacy Requirement**
- **40 hours of documented Community Involvement**

Attendance Expectations

All students in the International Program are obligated to attend school every day class is in session. You will arrive on time and be prepared to work.

You are required to bring a note from your host family anytime you are absent from school. If you are absent or late numerous times without host family awareness or approval, there may be serious consequences, such as:

- **Academic probation** and attendance/homework tracker
- **Suspension from school**
- **Removal from the program**

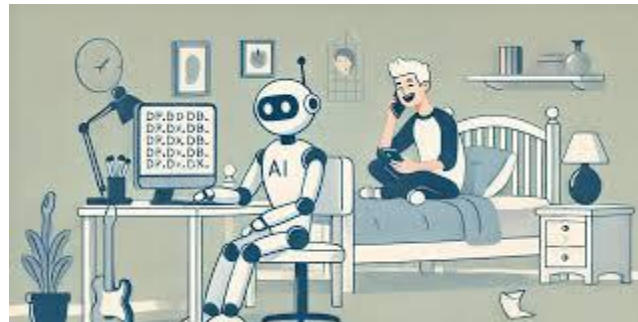
Report Cards

Our high schools will produce two report cards a semester. Students will receive this halfway through the semester and at the end of the semester. The ISP administration will also review the progress for international students in their classes and will meet throughout the semesters to discuss.

Cheating

Cheating is a form of academic dishonesty. This includes presenting, as your own work, material produced by or with the help of others, or permitting or helping others to present your work as their own. Cheating may also mean knowingly falsifying or changing information on tests without the teacher's permission.

Students are expected to use translation devices/apps only for assistance with language and not to communicate with others or search for answers.



Consequences of Cheating

Cheating is a very serious academic offence, and our schools have a zero-tolerance policy. The following are examples of disciplinary actions for cheating:

- A teacher may adjust the grade on the assignment/test or ask the student to redo the assignment/test (or a different version).
- If cheating involves a personal device, its use during school time may be restricted or result in confiscation.
- Close monitoring of the student in all classes may begin to ensure compliance with ethical behaviour.

Depending on the severity and context of the cheating, students may be removed from the course (this may affect graduation plans, validation requirements, or funding from outside sources). If the behaviour is continuously repeated, the student may be removed from the program.



Behaviour

All International students must abide by Lakehead Public School Boards rules and policies of the Code of Conduct. Each school has its Code of Conduct published and it is the student's responsibility to read and be familiar with them.

Consequences of not following the rules

If at home or school you are misbehaving, frequently absent, failing courses, or in any way behaving in a manner that is deemed unsafe or against the values and goals of being an international student, you risk the following:

- Academic Probation and attendance/homework tracker
- Suspension
- Removal from program

No refunds will be made for students expelled from the program.

Studying in Canada

In most cases it is much different from the educational and value system than schools in your own country. It is important that you begin your studies with us having an understanding of the rules and guidelines for students in Canada:

- Classes are an interactive learning space for students; the expectation is that you ask questions for clarification, challenge information, and to think outside of the box. In our education system, it is not just the answer that is important, but the decision-making process on how you got it.
- Teacher and student relationships are typically informal in Canada. It is completely acceptable to say hello to your teachers, joke with your teachers, or have friendly conversations.
- Group work is a vital part of learning in Canada. Our education system values learning cooperation, tolerance, and compromise; all important tools in working with a group. You will also be evaluated on this.
- Discussion is an important part of the learning framework as well. Students are expected to be able to discuss their ideas/opinions in order to further develop communication skills.
- Plagiarism (submitting the work/answer of another person as your own, or copying work word for word of another source) is a serious offence.



Tips for studying in Canada.

- **Ask questions** if you do not understand! Teachers expect to be questioned; if you are quiet teachers will assume that you understand.
- **Be on time for class**. If you miss a class, it is your responsibility to see the teacher and ask what you missed.
- **Classes are less structured in Canada**. You will find that you are also expected to organize your time effectively to study; balance your schoolwork, English practice, and downtime.
- **Missed assignments** - If you miss assignment deadlines or tests, speak to your teacher to see if you can have an extension.
- **Almost everything you do will count towards your final mark**. Stay focused on your goals of studying in Canada and improving your knowledge, skills, and abilities with tests, presentations, discussions, assignments, and group work.



Get involved!

The best way to learn English and make new friends is to get involved. The best ways to learn English is to practice it.

Get involved in as many sports and clubs as you can. This may seem difficult at first but like anything, practice improves the outcome.



Sports Calendar

Fall Season	
Girls	Boys
<ul style="list-style-type: none"> • Cross Country Running – Inquire asap • Basketball • Golf • Cheerleading 	<ul style="list-style-type: none"> • Football – Inquire asap • Cross Country Running – Inquire asap • Golf • Boys Volleyball
Winter Season	
Girls	Boys
<ul style="list-style-type: none"> • Cheerleading • Curling • Girls Hockey • Nordic Skiing • Volleyball • Wrestling 	<ul style="list-style-type: none"> • Basketball • Curling • Nordic Skiing • Wrestling
Spring Season	
Girls	Boys
<ul style="list-style-type: none"> • Track and Field • Tennis • Soccer • Cycling • Badminton 	<ul style="list-style-type: none"> • Track and Field • Tennis • Soccer • Cycling • Badminton

Clubs - Esports, Outdoor, Chess, Gamers, natural Helpers, Photography, Robotics, GSA and so many more!

Tip: Listen carefully to daily announcements for sports and clubs. If you want to start a club inquire with your school.

Preparing for Your Homestay

You will probably have a lot of questions about life in a Thunder Bay homestay! We have outlined some ways for you to prepare for your homestay experience below, however, if you have any questions at all feel free to reach out to your local homestay coordinator.



Contact	Cell	Email
Janice Sweitzer	807-630-0773	jswitzer@mlihomestay.com
Erin Perozak	807-629-1605	eperozak@mlihomestay.com



Contact	Cell	Email
Phyllis Danu	416-524-9044	phyllis@harmonyhomestay.com

Every host and every student is different

What our hosts have in common is that they are committed to providing a safe, caring environment for you. We choose hosts who will provide the same sort of caring environment and personal attention that they would ask a host family to provide for their own children: a comfortable, healthy and supportive home that promotes cultural understanding and provides opportunities for learning, growth, & development.

Trust in our hosts

We've met them in person and toured their homes, we've talked with them about their experiences in the world and in Canada, and we've helped them adjust to being hosts. We have also asked students like you to evaluate them. If they fail to meet our - and your—expectations, we won't work with them again. If you're not happy with your match, tell us. **We can't help you if you don't ask.**



A great experience

Your homestay experience will largely depend on your own attitude and friendliness. How can you make the most of living in Canada? By coming with an open mind, ready to embrace the ways in which Canada and the people you will meet here are different and unique.

The first few weeks living in a new country with a new family can be difficult. You may feel homesick and frustrated with your new environment and the language. This is natural. Give yourself time to adjust to

your new surroundings. We've found that going through a few of these rituals when you first arrive will help you feel settled. And please remember, you're not alone. We're always here to help.

Ask for a tour of your new home and neighbourhood.

Please ask for a tour of your house when you first arrive. Your host should show you where everything is, with special care to point out your bedroom and bathroom; the kitchen and dining area; the laundry room; the linen closet (or wherever clean linen and towels are kept); and so on. Please make sure you understand how to use:

- The bathroom, including the bath/shower, toilet and sink; •
- Appliances and entertainments, like the TV, microwave; •
- The fire extinguisher, as well as what to do in the event of a fire (for example, suitable exits and emergency phone numbers).
- See below for a discussion of the laundry facilities, telephone, and the computer/internet.

Once you have familiarized yourself with the house, make yourself at home! But please— respect everyone's right to privacy and quiet. Always knock and announce yourself before entering someone else's room and be considerate when using common areas. Make sure you have the chance to meet all members of your host family. Repeat their names so you can remember them.

Ask your host for a tour of your new neighborhood, including directions to and from your school and any local attractions or meeting places.



Ask your host if there is public transportation in your community and, if so, ask how and where to buy fares and familiarize yourself with local routes. If public transportation is not an option, discuss with your host how you are going to get to and from school.

Ask your host to help you write a **list of important contact numbers which you can always keep with you.**

If your host is unable to show you how to get to school before your first day and cannot arrange for anyone else to help, please contact MLI or Harmony Homestay for assistance.

Life at home

Every host family will have their own ways of life and day to day habits. Some of their preferences will include:

- Bathroom etiquette, when to have baths and showers
- Where food can or can't be eaten. And typical times when the family does eat.
- How to do laundry.
- Curfews
- Smoking policies
- Limits on TV and Internet; as well as other family property
- Family schedules and bedtime hours.
- When it is OK to have friends over.



All the rules or guidelines that apply to their family members also apply to you—life for your homestay family should go on as usual, with you as an equal participant. We ask our hosts to arrange a family meeting to go over the house rules at the beginning of your stay.



For all students in a high school program, the following rules will be upheld in addition to household customs:

- **No smoking (and no purchasing cigarettes)**
- **No drinking**
- **No driving of any motorized vehicles**



Household chores

Your host parents will welcome you into their home as a member of the family. This means that you will be treated more informally than a “guest” would be. As part of the household, you will be expected to complete your share of chores. For example, you will be responsible to keep your room clean, in addition to keeping other areas of the house tidy, as you use them. You should also be prepared to help with meal preparation at times, cleaning of dishes, and doing your own laundry.

Laundry

Please check with your host at the beginning of your stay to work out a laundry schedule. They may ask you to do your own laundry. Please ensure that you have a full load and are not washing a few items every few days. Most Canadian families wash cloths 1-2 times per week. It all depends on the amount!

Bedrooms

Your bedroom will include a window and smoke detector nearby; bed and bedding; a dresser, desk, chair, and lamp for studying; a closet; and adequate heat, light and ventilation. Please ask your host to show you how to use the bed and blankets if it looks different than what you are familiar with, and where to find extra blankets if needed.

Yes



No



Tip: Clean your room regularly



Bathroom

Please try to leave the bathroom clean and dry after you use it. Your host will explain their expectations concerning the use of the bathroom- especially when and for how long. Most students will share their bathroom with one or more family members or other students. If there are several members of your household, please be considerate with the use of hot water, which might run out in the mornings!

Religions

Canada is a diverse and multicultural country, and its population practices a wide variety of religions. The most common religion is Christianity, with many people identifying as Roman Catholic or Protestant. However, there are also significant communities of other faiths, including Islam, Hinduism, Sikhism, Buddhism, and Judaism. Many Canadians also follow no religion at all, reflecting the country’s strong tradition of religious freedom and tolerance. Canada’s religious diversity is an important part of its identity, and people of different faiths often live together in harmony, respecting each other’s beliefs.

Cell Phones

Students must have a phone plan that allows host families to know where their students are at all times. Wi-Fi is not always available and in case of emergency you need to have a means of communication. There are numerous cell providers in Thunder Bay you can get a cell phone plan from; TbayTel, Telus, Virgin and Bell are the main providers. Additionally, if you ask your international student coordinator, you can be provided with a sim card through a Canadian based provider "Phonebox" with low rates.



[Direct Link to discounted Plan - https://gophonebox.com/activation/?bn=3269&i_rep=](https://gophonebox.com/activation/?bn=3269&i_rep=)

Up to 1,000 minutes of International Calling • 4G/5G Network
UNLIMITED Canada-wide Calling, Texting & International Messaging

\$30 <small>CAD</small> <small>/month</small>	25 GB	\$35 <small>CAD</small> <small>/month</small>	70 GB	\$45 <small>CAD</small> <small>/month</small>	85 GB	\$55 <small>CAD</small> <small>/month</small>	100 GB
Regular SIM	eSIM	Regular SIM	eSIM	Regular SIM	eSIM	Regular SIM	eSIM



Internet

Please review each homestay providers "Internet Usage Guide for Students", which outlines our expectations as to time spent, acceptable content, and allowable usage. Please note: Students should not expect to have access to the family computer. If you would like to use a computer at home, please bring or buy your own laptop or tablet.

Meals

Everybody likes different foods. Part of the fun of homestay is learning what Canadian families like to eat and teaching your host family what you like to eat. Perhaps even make a meal for your host family that is considered traditional in your home country. Your host family will always provide your meals—but this doesn't mean that your meals will be served to you. Sometimes your host will not be at home for every meal—and sometimes your host family will have different customs than you are used to for certain meals. When you arrive, please ask where the food is stored and how to make a simple breakfast, lunch, and dinner

Breakfast:



Breakfast is a quick, light meal on weekdays. On weekends, families may prepare breakfast together. Some families eat a hot breakfast while others prefer to have something cold, such as cereal or toast, and juice.

Lunch:



Lunch, eaten midday, usually consists of a light main course (soup, a salad, or a sandwich), a drink (water, milk, or juice), and a dessert of fruit or cookies. Since lunch is ordinarily eaten at school, you will typically be expected to make your own lunch to take with you. Usually, Canadians have sandwiches, raw vegetables, cookies, fruit and a drink. Sometimes you may be able to take some dinner from the night before that you can heat up at school. All schools also have lunch programs with great food for an additional cost at school.

Dinner:



Dinner is usually the largest and most important meal of the day and may consist of a main course, with or without a salad. Families will sit down together to eat as often as their weekly schedule allows. It is very important that you communicate with your family when you will be home for dinner (dinners are usually eaten between **5:00 and 7:00 pm**).

Life outside the home

Canadian families spend a few evenings each week engaged in leisure activities and relaxation. While we encourage you to spend as much time as possible with your homestay families, it's perfectly alright to spend a few evenings each week out with your own friends from school.

Socializing

When you do go out, please provide detailed information to your homestay families about where you will be going, and how you can be reached (including all relevant phone numbers); when you will be home (respecting your curfews!); and who you will be with. Communication of all of this information is essential, for your safety and for your host's understanding. Please do not ever assume your homestay family knows where you are or remembers plans you have discussed in advance. Always review your plans with your homestay family on the evening you're going out. Always tell your host when you will be coming home— and always call if you're going to be late. They will worry if you're not home when you're supposed to be!



Curfews

Host families and international students will need to discuss what they feel are acceptable curfews. Students are expected to respect and abide the routines and rules of the house. Please see below for a **guideline of weekend curfews:**

- Grades 6-8: 9:00 p.m.
- Grade 9: 10:00 p.m.
- Grade 10: 11:00 p.m.
- Grade 11: 11:00 p.m.
- Grade 12: 11:00 p.m.

Generally, weeknights and Sunday evenings are study and family time after dinner. Typically, you should be home by 9pm should you have a school activity or have made plans with friends.

You must phone your host if you are delayed or will be past curfew. If you do not follow the guidelines or repeat negative behaviours, you may be asked to leave the program.

Tip: Always let your host family know what is going on! This will make the best experience for you and them! Remember they are your family in Canada!!

Solving Homestay issues

We hope that you have an amazing time with your homestay and that it is rewarding. However, there may be times when it feels difficult, or you feel uncomfortable. Often problems arise from poor communication or miscommunication. We recommend following these steps to help solve any problems:

Step 1- Talk to your host parents.

One small problem can become a big problem if it isn't discussed. If you are unsure about something, feeling upset or have a problem, or feel that your family is upset about something, simply talk to them about it.

Step 2 - Talk to your homestay coordinator.

If the problem cannot be resolved by speaking with your family, please reach out to your homestay coordinator. They have lots of experience helping when all sorts of problems arise, and know Canadians who understand your culture and can speak your language. Your Homestay Coordinators are here to help, and cannot help if they do not know what is happening.

Please Remember

Be patient. The first few days are the most difficult but if you communicate and try new things, it will become like home.

Host families want their students to tell them if there are any problems. They can help solve any problems if you tell them there is one.

Most homestay problems can be easily solved. We know the hardest thing to do is complain, but it is okay to ask for help.

Overnight Stays

International students should never be left alone overnight regardless of their age. The safety of our students is the number one priority, and we work in conjunction with our Homestay Providers to ensure this. If your homestay parents plan to be away, then it is imperative to contact your Homestay representative to find another respite option for that time frame.

Students Travelling Out-of-District

As stated above, safety will always be the main concern for parents, agents, host parents, and international staff.

When our students are in our schools or with their homestays, we feel confident in their safety. When they leave our district to travel to other cities or stay with other people, we begin to have concerns about their safety. It is our policy and our Homestay providers that if a student wishes to leave the district for overnight or longer – we need to know where they are going, travel details, and the adults that they will be in the care of.

If the student is with MLI or Harmony Homestay, an “Activity Authorization” form must be submitted and signed by the custodian, homestay family, and student. This form must be approved by your Homestay provider rep and the International Student Coordinator with the schools. This form must be completed even if you are over the age of majority.

*Failure to complete the travel form and procedures will result in disciplinary action.

Tip: Give as much time to your Homestay Provider as possible. **Do not let them know the night before!**

Questions to ask your homestay

- **What time is dinner?** Do we eat as a family or is it okay for me to eat later?
- **What do I do if I want a friend to come over during dinner?**
- **How can I help prepare meals?**
- **Will I make my own lunch or will you make it for me?**
 - If you are making your own lunches, make sure you ask where all the food is and how to make common lunch meals.
- **When should I have my showers/baths and is there a time limit?**
- **When does the family usually go to bed and wake up at?**
 - Make sure you discuss your own sleeping habits and how you would like to wake up in the morning.
- **Do I have curfews?**
- **Is there someone at home who can help me with English and homework?**
- **What chores would you like me to do around the house?**
- **What type of activities can we all do together while I am here?**
- **Will you be okay with driving me to friends houses or other activities?**



Student Learning Plan

Name _____ Date _____ Grade _____

Academics

Semester 1 Classes

Semester 2 Classes

Period 1

9:35am-10:50am

Period 1

9:35am-10:50am

Period 2

10:55am-12:10pm

Period 2

10:55am-12:10pm

Lunch

Lunch

Period 4

12:55pm-2:10pm

Period 4

12:55pm-2:10pm

Period 5

2:15pm-3:30pm

Period 5

2:15pm-3:30pm

What goals would you like to set for this year?

Medical Services



All International Students with a study permit are insured with StudyInsured. Please reach out if you have any questions.



studyinsured™

Study Insured delivers the best in-in-class travel and student health insurance around the globe. You will receive an e-card with your insurance number on it should you require the services of a doctor. The



following website, <https://www.studyinsured.com/>, will provide you with the details of your plan. Your custodian or the International Student Program (ISP) office will help you should you have any questions or help finding health clinics.

Before any medical visit you must call the Study Insured help line for assistance. *For medical assistance please call 1-866-883-9787. For

The **actual cost** of medical care in Canada



**Medical care and cast
for a broken leg
\$7,000-\$8,000**

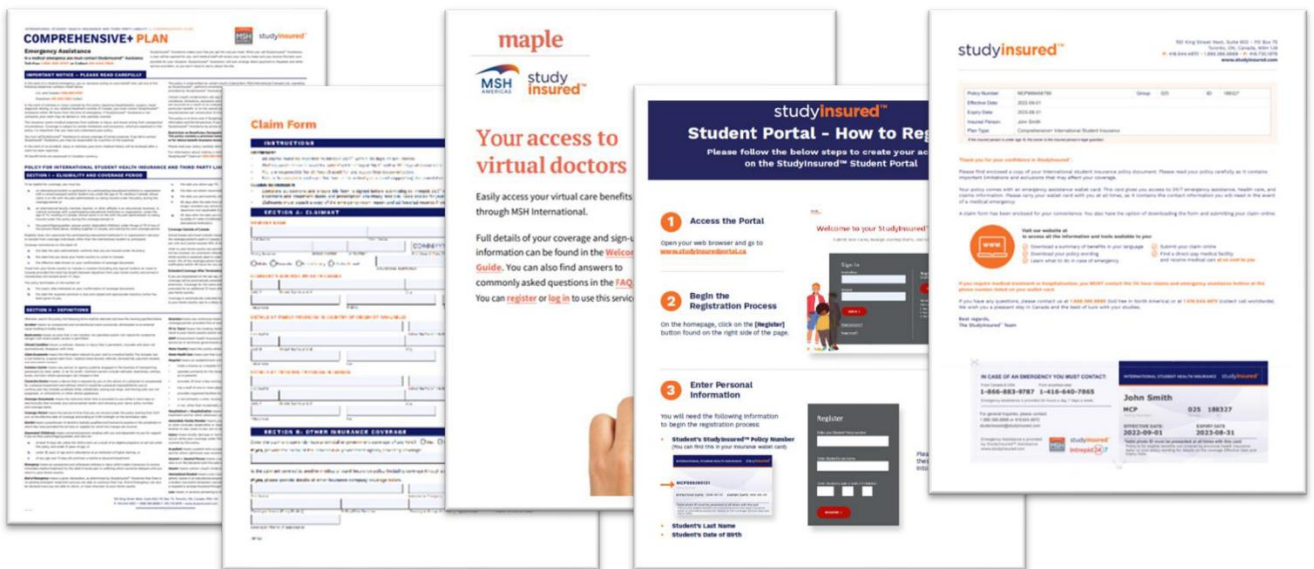


**Seeing the doctor
for the flu
\$100-\$150**



**Ambulance
to the hospital
\$250-\$850**

Confirmation package (via email)



Your StudyInsured™ insurance wallet card

- Carry this with you at all times!
- Consider keeping copies in many places
- You will be asked for your policy number when seeking care
- Note your expiry dates



When to Contact StudyInsured

studyinsured™

When to Contact StudyInsured™ Assistance

QUICK REFERENCE GUIDE

Contacting StudyInsured™ Assistance helps to coordinate your medical care, lower costs, and arrange for direct billing with medical providers. In some cases, you **MUST** contact StudyInsured™ Assistance for approval before you receive treatment.

OPTIONAL

While it is **OPTIONAL**, consider contacting StudyInsured™ Assistance for:

- Visits to a walk-in clinic for an injury or minor illness
- Basic blood test, X-rays, ultrasounds
- The initial follow-up appointment following treatment for a minor illness or injury
- Mental health counselling

RECOMMENDED

To ensure the smoothest experience, It is **RECOMMENDED** to contact StudyInsured™ Assistance for:

- Emergencies related to pre-existing conditions
- Visits to the Emergency Room
- Additional follow-up appointments after the first follow-up appointment
- Paramedical services (ex: massage, physical therapy, etc)
- Making a non-medical claim (ex: Third Party Liability claims)

ALWAYS

You must **ALWAYS** contact StudyInsured™ Assistance as soon as possible if you:

- Are hospitalized for any reason
- Require surgery of any kind (including dental)
- Need MRI/CT scans — please note that **unless required immediately for life-saving treatment, MRI and CT scans must be pre-approved**
- Need medical care outside Canada

StudyInsured™ Assistance must also **ALWAYS** be notified of:

- Air ambulance transportation
- Repatriation with a commercial airline
- Professional at-home healthcare
- Medical treatment that will require multiple or ongoing visits
- Issues with health care providers (accessing service, direct billing, etc)
- Death of a student



If StudyInsured™ Assistance is not contacted within 48 hours of these services, eligible claims may only be paid to 80%.

CALL US FOR ASSISTANCE

TOLL-FREE FROM USA & CANADA

1 833 366 0874

INTERNATIONAL COLLECT

+1 416 987 0874

StudyInsured™ Assistance is available 24/7 to help with:

- Locating the nearest medical facility
- Coordinating billing
- Questions about coverage
- Submitting a claim
- Arranging emergency transportation

Notify StudyInsured™ Assistance within 48 hours if you:

- Need to be hospitalized for any reason
- Require surgery of any kind (including dental)
- Need an MRI or CT scan
- Need air transportation
- Need medical attention outside Canada

The above is for informational purposes only and is not legally binding. For a full description of coverage, please read your policy wording.

2024-07-EN

Student Portal - How to Register

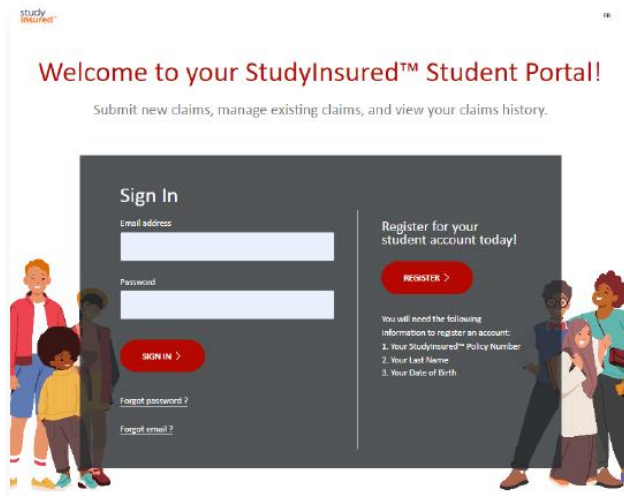
Please follow the below steps to create your account on the StudyInsured™ Student Portal

1 Access the Portal

Open your web browser and go to www.studyinsuredportal.ca

2 Begin the Registration Process

On the homepage, click on the **[Register]** button found on the right side of the page.



3 Enter Personal Information

You will need the following information to begin the registration process:

- **Student's StudyInsured™ Policy Number**
(You can find this in your insurance wallet card)

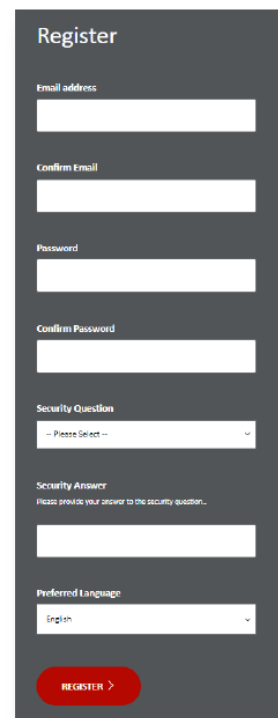


- **Student's Last Name**
- **Student's Date of Birth**

Please ensure you enter these details accurately into the required fields.

4 Complete Registration

- After entering your personal information, click on the **[Register]** button at the bottom of the page.
- Complete the following fields:
 - ✓ **Email Address:** Please use the email address you check most often! This address will receive all messages regarding your insurance claims and other important information. It is also used to provide multifactor verification codes required for each login.
 - ✓ **Password:** Create a secure password for your account. Your Password must be at least 8 characters, have upper and lower case letters, one digit ('0 - 9') and one special character (!, @, \$, #, &, *, %, ~, i, €).
 - ✓ **Security Question:** Choose and provide an answer to one of the security questions listed. This will be used for resetting your password if needed.
 - ✓ **Preferred Language:** The options are currently English or French.
- Select the **[Register]** button to complete your registration.



The screenshot shows a 'Register' form with the following fields: 'Email address', 'Confirm Email', 'Password', 'Confirm Password', 'Security Question' (a dropdown menu with '-- Please Select --'), 'Security Answer' (a text input field with the prompt 'Please provide your answer to the security question...'), and 'Preferred Language' (a dropdown menu with 'English' selected). A red 'REGISTER >' button is at the bottom.

5 Activate Your Account

A Registration Activation email will be sent to the email address you provided. Click on the link in the email to activate your account and login. Note: You must click the activation link received in their email to successfully complete the registration process.

Important Notes

Please note that policies sold prior to July 1, 2024, are currently not eligible to create an account.

If your policy falls into this category and you require assistance, please contact our customer support team at studentassist@studyinsured.com

Congratulations! You have successfully registered for the StudyInsured™ Student Portal

You can now access your account to submit new claims, manage existing claims and view your claims history. If you encounter any issues during the registration process or need further assistance, feel free to contact our support team for help: studentassist@studyinsured.com.

Thank you for choosing **StudyInsured™**. We look forward to providing you with convenient and efficient access to your insurance information through our Student Portal.

Virtual Health Care



If you have an emergency, call 911 or go to the hospital. You must also call StudyInsured™ Assistance within 48 hours of a serious emergency (see footer). If you are unable to call, have someone you trust call for you.

Seeing a Doctor Online

Video chat with a doctor on your phone, tablet, or computer for these issues and more:



Cold/Flu



Cough/
Sore Throat



Earache



Urinary Tract
Infection



Upset
Stomach



Sinus
Infection



Rash/Hives/
Allergies

Fast – Easy – No travel or waiting rooms – Free for StudyInsured™ students – Prescriptions available

1 Register First

Visit getmaple.ca/msh and enter your policy number and date of birth to create your account



SCAN HERE
TO REGISTER

After Registering

Visit app.getmaple.ca/login and enter the email and password you used to sign up



SCAN HERE
TO LOG IN

2 Click Get care on your dashboard and select your symptoms

3 Connect to a doctor online for your appointment

3 Discuss your symptoms with the doctor. If you receive a prescription, pick it up at your local pharmacy or have it delivered to your doorstep

CALL US FOR ASSISTANCE

TOLL-FREE **1.866.883.9787**
WORLDWIDE **+1 416.640.7865**

StudyInsured™ Assistance is available 24/7 to help with:

- Locating the nearest medical facility
- Coordinating billing
- Questions about coverage
- Submitting a claim
- Arranging emergency transportation

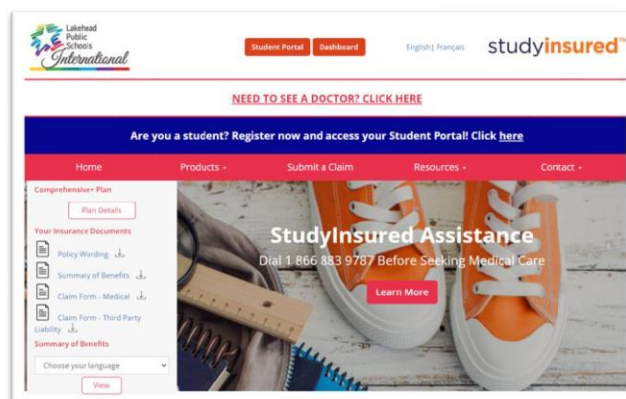
Notify StudyInsured™ Assistance within 48 hours if you:

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- Require surgery of any kind (including dental)
- Need an MRI or CT scan
- Need air transportation
- Need medical attention outside Canada

The above is for informational purposes only and is not legally binding. For a full description of coverage, please read your policy wording.
2024-03

Your student insurance website

- ✓ Download **policy wordings, claim forms, and summary of benefits** (in multiple languages)
- ✓ **Access the member portal** to submit claims
- ✓ Simple **guides** and other resources
- ✓ **Link to buy insurance** for family, friends, super visas, etc.



www.studyinsured.com/lakeheadschools



StudyInsured™ Assistance must be notified of **serious illness or injury** **ASAP to a max of 48 hours!**

If not, eligible benefits may only be paid at **80%**.

1.866.883.9787



You belong here

