

GRADE 11 IB  
WELCOME CLASS OF 2026

**Tuesday September 10, 2024**  
**Lunch and Learn**



WELCOME

A decorative banner consisting of seven colorful pencils arranged in a slight arc. Each pencil is oriented vertically with its tip pointing downwards. The pencils are colored as follows from left to right: teal, pink, purple, yellow, red, green, and orange. Each pencil has a brown eraser at the top and a black lead tip at the bottom. The word 'WELCOME' is written in bold, black, uppercase letters across the middle of the pencils. The banner is held together by a thin black string with bows at each end.



BACK

A decorative banner consisting of four colorful pencils arranged in a slight arc. Each pencil is oriented vertically with its tip pointing downwards. The pencils are colored as follows from left to right: green, orange, teal, and yellow. Each pencil has a brown eraser at the top and a black lead tip at the bottom. The word 'BACK' is written in bold, black, uppercase letters across the middle of the pencils. The banner is held together by a thin black string with bows at each end.

# BE KIND TO YOURSELF ...

As there are more uncertainties than certainties, as things could change at any time, and you are not in control of decisions that affect you but are made by others ... give yourself a break when you need to and be kind to yourself and others. Ask for help...there are many people that are willing to support you as you reach for your dreams!

TAKE A BREATH ... HERE WE GO!



MANAGEBAC - YOU NEED TO USE THIS!!!

<https://sjpii.managebac.com/>



**ManageBac**

More on this later in the presentation!

# THE MAY 2025 EXAM SCHEDULE IS OUT!

A copy of the May 2025 Exam schedule will be posted on ManageBac and our school IB website

<https://www.ibstjohnpaulii.com/>

Please download and take note of the dates.

The exam schedule also confirms the LENGTH of each exam, given modifications or adjustments.



# UPDATES FROM IB

You will be doing ONE set of exams this year in the May examination session.

**Tues May 20, 2025 – PM Session**

**St. Thomas More**

SL French B – Paper 1

(1 hour 15 minutes)

SL French B – Paper 2 – Reading Comprehension

(1 hour)

# UPDATES FROM IB



**Wednesday May 21, 2025 – AM Session**  
**St. Thomas More**

Paper 2 – Listening comprehension  
45 minutes



# A NOTE ABOUT ASSESSMENTS ...



The Internal Assessments (IA's) you will be completing this year include: **Group 1 – Language A: HL Literature and Group 2 – Language Acquisition SL French B.**

The External Assessments you will be completing this year include: **HL English A Literature: HL Essay (Due Sem 1 and Final Due Sem 2 – sent to IB for assessment).**

The Core Components you will be completing this year include: **EE Rough Draft, TOK Exhibition Draft and CAS Experiences (ongoing).**

# IBSO TABLE OF EQUIVALENTS



IB SCHOOLS OF ONTARIO  
ÉCOLES IB DE L'ONTARIO



<b>IB GRADE</b>	<b>EQUIVALENT OSSD PERCENTAGE</b>
7	97-100
6	93-96
5	84-92
4	72-83
3	61-71
2	50-60
1	below 50

# HOW DOES THE T.O.E. WORK?

Teachers will inform you when an assessment, test or part of a test are “IB”. Please ask if they have not provided an outline.

Whenever you complete an “IB” type assessment – the Table of Equivalents IS APPLIED. If you have questions, please ask your teachers.

The TOE is to ensure that you are receiving “equivalent” grades for the work you do that is held to a higher, international standard, acknowledging that you are in a prescribed and challenging program.

**THIS IS NOT a CONVERSION!**

# A NOTE ABOUT ACADEMIC INTEGRITY

As always, students will be required to sign the Academic Integrity Declaration and your commitment letter.

This policy was recently updated and is included in your Welcome Package and is found on our school website

<https://www.ibstjohnpaulii.com/>

Please review!!!



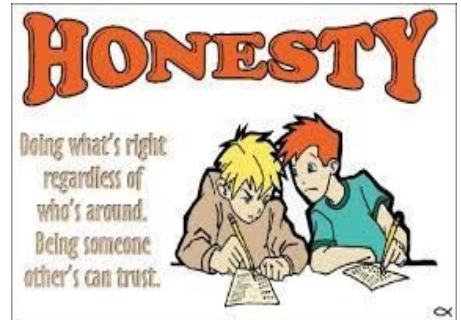
# A NOTE ABOUT ACADEMIC INTEGRITY

As always, students are required to adhere to the Academic Integrity Declaration. This year, we have implemented a “three strikes you’re out” rule with any irresponsible use of platforms like ChatGPT. We expect that you will not be using ChatGPT in a way that will jeopardize the authenticity of your work. RESIST THE TEMPTATION! IT’S NOT WORTH IT!

This policy is found on our school website

<https://www.ibstjohnpaulii.com/>

Please review!!!



# TURN-IT-IN.COM AND IB CONSENT FORMS

Reminder that all written Internal Assessments will go through **turn-it-in.com** to check for similarities.

Individual Subjects may use turn-it-in.com for other assessments.

Remember also that you need to sign your **IB Consent Forms** indicating that all your IB assignments will be your own authentic work.

# LET ME TELL YOU A STORY ABOUT ACADEMIC HONESTY FROM MAY 2021...

Just say **NO** to coursehero.com or chegg.com or similar data sharing sites ... These will be found by IB and their super sophisticated plagiarism checking system!!! (CACTUS 64 IS LIKE TURN-IT-IN ON STEROIDS) If you currently have acc need to CLOSE them ASAP.



# FEES



© CanStockPhoto.com

Reminder that your IB fees are due Oct. 31, 2024. School Cash Online is set up. **Incoming Grade 11 IB Diploma Students paid \$200 in June 2024.**

**Grade 11 IB Diploma Students owe \$200 by October 31, 2024.**

**Grade 11 IB Diploma Students owe \$300 when registering for Grade 12 in February 2025.**

**The final payment of \$400 is due October 31, 2025.**



# CORE: TOK



You will begin **Theory of Knowledge** in October with our first TOK Lunch and Learn.

Date to follow.

It will be a refresher from HRE 20E and an introduction of how TOK will work in Grades 11 and 12.

# CORE: CAS

Please complete AND SUBMIT your Volunteer Hours!

These are located on the Guidance page.

Submit this to Guidance if you have completed any hours. You are required to completed 40 hours for your OSSD.

If you have not completed 40 hours, you are not ready to begin CAS.



# CORE: CAS

ManageBac will be introduced during your Lunch on Monday September 16th. Make sure that you have created your account.

CAS Intro - Thursday September 26th - Lunch and Learn - Lunch 1

Your Guidance Counselors are in charge of CAS and will be reviewing the CAS Handbook and explaining the expectations with you. Please have your questions ready for them!



# CORE: EE



EE Intro - Tuesday October 1, 2024.

TALK TO EXPERTS, TEACHERS, MENTORS, FAMILIES AND FRIENDS ABOUT YOUR INTERESTS.

THERE IS A LOTTERY SYSTEM FOR SPECIALIZED SUBJECTS (Business, French, Biology, Chemistry, Physics, Math, Visual Art and Music) TO CREATE AS FAIR A SYSTEM AS POSSIBLE.

Subjects are available that have teacher volunteers to support you. History and Literature are always available

# INTRO TO MANAGEBAC...

ManageBac provides help and support tutorials but it is also very intuitive. Please attend Monday September 16th-Lunch 1

<https://sjpii.managebac.com/>

1. Review all of the Messages in your class from Ms. Silliker and I. Do this regularly to stay organised.
2. Click on all of the different tabs available to see what works and what might be confusing.
3. Review the videos for CAS on your own time to learn how to add your experiences and upload your evidence.
4. Download the app on your phone.

Ask Ms. Regi if you are having difficulty at lunch or during study hall (every Wednesday).

# MANAGING THE STRESS OF IB ...



Often times when we do not manage our time we can get overwhelmed by the sheer volume of content and assessments we need to do in IB - both for teachers and students!

# PRACTICAL THINGS YOU CAN DO TO MANAGE STRESS

1. Get into a **regular sleep routine** and stick to it - your brain and body need time to unwind and to recharge; it helps with retention and efficiency
2. Try to **avoid PROCRASTINATION** - if you get assigned some homework or reading, try to do it when assigned
3. Remember that **AVOIDANCE only DELAYS the issue**, it does not remove what has to be done
4. Lean on people - your family, your teachers, guidance, IB Coordinators, your friends - **EVERYONE NEEDS A CIRCLE OF SUPPORT (even teachers!)**

5. **Eat regular meals**, eat as healthily as you can.
6. **Take a break** - empty your mind, do something physical like walking the dog or yoga or even just deep breathing exercises. Experts say for every hour you plan to work, you should take a 15 minute break to move around and recharge!
7. **Try to think in the moment** - do not worry about things months or years down the road, (ie university or grad school etc.).
8. **Focus on what you can control** and do not worry about things and decisions made by others. I know, easier said than done!



ADVICE FROM ...



**School  
Mental Health  
Ontario**

**Santé mentale  
en milieu scolaire  
Ontario**

# SIMPLE STRATEGIES FROM [WWW.SMHO-SMSO.CA](http://WWW.SMHO-SMSO.CA)



## Calm Place

**Where do you feel the most relaxed?**

Imagine you are there.  
What do you see?  
What do you hear?  
Are there any smells, tastes, or textures?

**Keep In Mind**

- You can use your **Calm Place** to feel more at peace during stressful moments.
- Spend time developing details of your **Calm Place** to make it feel more realistic.
- Use your imagination and walk around your **Calm Place** - notice every detail.

School Mental Health Ontario  
School member  
We work together with Ontario school districts.



## Gratitude Moment

**Being grateful makes you more patient when life is difficult.**

Think of something that you are grateful for.  
Hold this in your mind for a moment.  
You may choose to write the details of your gratitude moment in a journal or share with someone.

**Keep In Mind**

- This is a great way to end the day.
- Try to practice this regularly.
- Be grateful for small things (flowers, smiles, chocolate) and grand things (friends, clean water, music).

School Mental Health Ontario  
School member  
We work together with Ontario school districts.



## Calm Breathing

**Focus on your belly, maybe put your hand there.**

As you breathe in deeply through your nose, send this breath all the way down to your stomach.  
Breathe in... feel your stomach expand and your hand move out.  
Breathe out... feel your stomach contract and your hand move in.

**Keep In Mind**

- The activity can be helpful before a test or any stressful situation.
- The more you practice, the more relaxed this will feel.
- Before sleep is a great time to practice.

School Mental Health Ontario  
School member  
We work together with Ontario school districts to support student mental health.



## Let It Go

Sit comfortably and take a deep breath.

Use your fingers to gently massage the top of your head.

Still in massaging motion bring your fingers to your forehead, eyebrows, temples, around your eyes, cheeks, and jaw. If you notice tension anywhere – let it go.

Finally massage each of your ears and end by gently pulling your earlobes.

### Keep in Mind

- Take your time with each area especially where you hold the most tension.
- You may try this technique on your hands using a massaging motion to focus on each finger, thumb, and palm.



## Four Finger Affirmations

Select four words that make you feel calm and confident. It might be a sentence or just four words.

**Examples:** "I am loved today", "I believe in me", "Breathe, calm, smile, love", "I can handle this"

Each word you have chosen will match a finger on your hand.

As you say your affirmation in your hand, connect each finger with your thumb.

### Keep in Mind

- The more you say this to yourself the more you will feel that what you say is true.



## Just Listen

Start with a deep breath. If you feel comfortable, close your eyes.

Open your ears to sounds far away from you.

Listen for a minute. What do you hear?

Next focus on sounds close to you.

Listen for a minute. What do you hear?

Now focus on sounds inside your body.

Listen for a minute. What do you hear?



## Just Notice

Notice 5 things you can **see**.

Notice 4 things you can **hear**.

Notice 3 things you can **feel/touch**.

Notice 2 things you can **smell**.

Notice 1 thing you can **taste**.

**Keep in Mind**

- Just notice is an example of a grounding practice.
- Grounding is a way to focus your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.



## Tense and Relax

**Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands.**

Push your shoulders up to your ears and hold for a few seconds then relax your shoulders.

Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet.

Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.

**School Mental Health Ontario**

**David Macleod an online resource Ontario**

**We look together with dignity when thinking of people. Support your life. Support your future.**

QUESTIONS? COMMENTS? CONCERNS?

