

Welcome to W.R. Myers  
High School  
Home of the REBELS!



We want to welcome you to our school community and give you some information to help you and your students plan their grade nine year



We will talk about:

- High school vs. Middle School
- Our school community
- Core classes
- Option Classes
- Course selection form
- Important dates

# The Administration Team



Mr. Adam Hughes  
Principal



Mrs. Nicole Cooney  
Vice Principal



Mr. Sean Dupuis  
Vice Principal

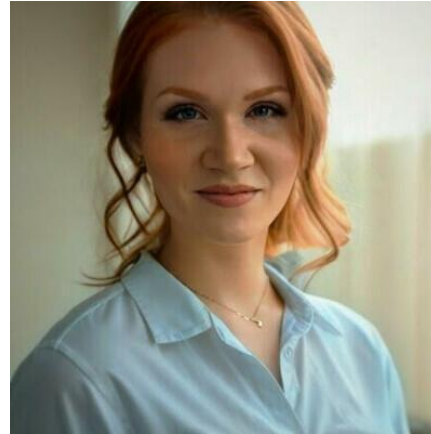


# Student Services Team

Quintina Halladay  
Instructional Support  
Teacher



Jeanine Williams  
FCSS Counsellor



Josh Fuentes  
Family Connections  
Wellness Coach



Bryan Pritchard  
Off-Campus Education



Garth Mouland  
Career Counsellor



Lisa Sowinski  
Indigenous Liaison Worker



Helena Goertzen  
Low German Mennonite  
Liaison Worker

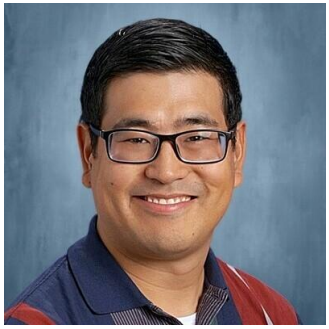
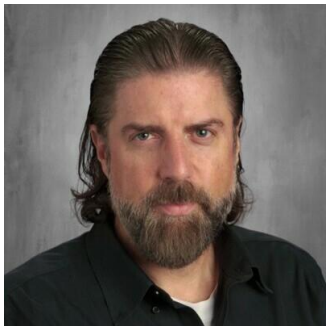
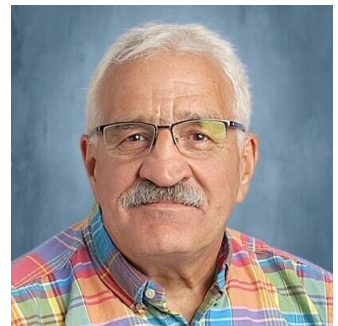
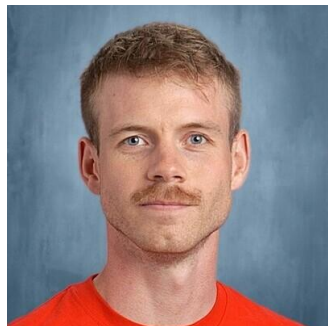
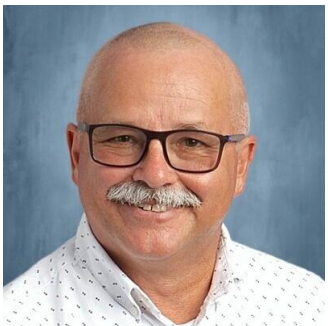
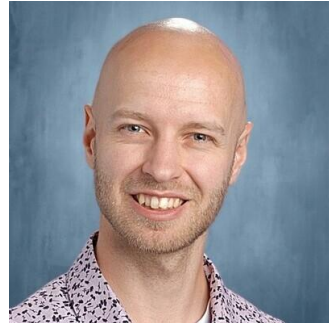
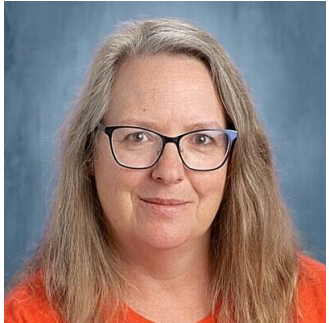
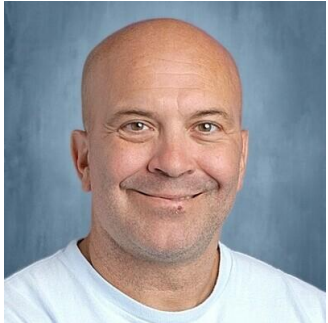
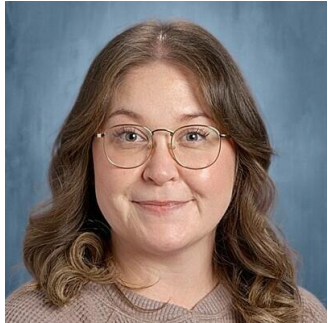


A large, solid red circle serves as the background for the entire image. Centered within this circle is the text "Teaching Staff" in a white, bold, sans-serif font. Below the text is a thin, white, slightly wavy horizontal line.

# Teaching Staff

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# High School vs Middle School

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The year is split into 2 semesters

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4 Blocks per day. Cores are everyday and 90 minutes each semester.

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Options are every second day for 90 minutes.

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Grades are in percentages

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Grade 9 is the year to develop academic study skills to set you up for success in high school and beyond.

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Your success in Grade 9 affects your placement in Grade 10.





## **W.R. MYERS BELL SCHEDULE 2025-2026**

### **Monday to Thursday**

Period 1	8:24 - 9:57
Break	9:57 - 10:08
Period 2	10:08 - 11:40
LUNCH	11:40 - 12:11
Period 3	12:11 - 13:43
Break	13:43 - 13:48
Period 4	13:48 - 15:20

### **Friday**

Period 1-2	8:24 - 9:48
Break	9:48 - 9:58
Period 3-4	9:58 - 11:22
Transition	11:22 - 11:25
FLEX	11:25 - 12:05
Closing Bell	12:05

## **Bell Schedule**

- 4 blocks per day
- Cores are everyday
- Options are on a Day 1 –Day 2 Schedule
- Fridays are ½ days



# Student Council

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- The WR Myers Student Council promotes and encourages the involvement of students in school and community activities such as pep rallies, community fundraising, and fan appreciation nights. Student Council meets once a week and is open to any student in grades 9-12



# Co-curricular Activities



Badminton



Baseball



Basketball



X-Country



Football



Golf



Rugby



Softball



Track  
&  
Field



Volleyball



Wrestling



Curling



Travel Club



Drama



E-Sports



*Join the Headstrong Team outside the office on Pink Shirt Day and enjoy a delicious Pink Float!!*

Headstrong



Band

# Grade Nine Classes



- All grade 9 students take Language Arts, Science, Math, and Social Studies.
- All grade 9 students take Physical Education, Computer Science, Career and Life Skills
- All grade 9 students get four additional complementary courses (options)

# Complementary Courses (options)

All Grade 9 students will take options in addition to PE and Computers



Art	Drama	Outdoor Education
Band (counts as two option courses)	Film Studies	Shop
Digital Media	Foods	Sports Medicine
	French	



# Important Dates



- May 5th - Course request forms are due
- June 16 – Schedules are available for pickup at WR Myers Office
- Mid-August – Timetables visible on Powerschool (use desktop computer for best viewing).
- August 21 – Myers Mixer for New Students
- August 27 – First Day of School

# Welcome Class of 2029!

