



# ELIZABETH HIGH SCHOOL

An Alternative School Network School

## School Programs

### The Cooking for Healthy Eating Program

We offer a cooking program in conjunction with La Tablee des Chefs as part of our efforts to encourage a healthy lifestyle among our students. This program involves nutrition classes as well as hands on cooking classes where students learn the basics of healthy eating. A trained chef teaches the cooking classes. Students leave the course with new ideas for quick, easy and healthy recipes that reflect the idea of a healthy plate, meaning that these meals incorporate at least three of the four food groups.

To find out more about this program:

<http://www.tableedeschefs.org/en/culinary-training/cuisine-manger-mieux>

We encourage our students to think about the eating habits, in particular, their sugar intake.



## The Fine Arts Program

Our art program gives students the opportunity to explore visual art, drama and music through our partnerships with different community arts organisations and specialists.

We are part of the Sharing the Museum program of The Musée des Beaux Arts de Montréal. Students visit the museum and, at a later date, do an art project related to what they saw at the museum.

To find out more about this program: <https://www.mbam.qc.ca/en/education/>

Some art made by our students:



## Music and Drama

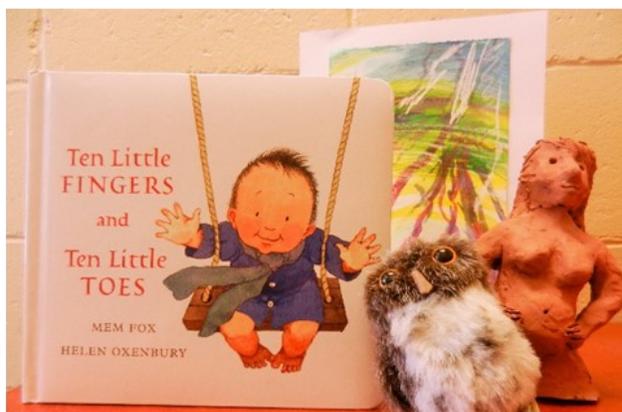
We explore music through our partnership with the Segal Center for the Arts.

To learn more about the program: <http://www.segalcentre.org/whats-on/upcoming-events/academy/educators-and-schools/>

We also offer a drama program with a local drama therapist.

## Baby Book Library

Our students and their babies have access to our Baby Book Library, from which they can borrow books to take home or to use on-site at school. The baby book collection is also used in the nursery and during baby-mother reading circles on a regular basis.



## About

Elizabeth High School operates a program for up to 18 pregnant teens and adolescent parents, in collaboration with Elizabeth House. The EMSB provides the educational portion of the program. High school courses from Sec 1 to Sec V are offered leading to either a high school leaving diploma (CEGEP entrance) or to completing Secondary IV credits which could lead to entrance into vocational programs. In addition to the basic curriculum, we offer a unique visual arts program in conjunction with the Montreal Museum of Fine Arts, a music program in conjunction with the Segal Centre and Home Economics classes. Students have individual education plans and work at their own pace.

## Health & Wellness Services

Elizabeth House clinical staff provides specialized services relating to individual intervention plans. Groups in Relationships, Life Skills, Parenting and Pre-natal support are facilitated by Elizabeth House. Individual counseling and support are provided to every student based on her needs. Practical supports, such as a breakfast program, bus pass program and clothing donations are integral parts of this program.

A free on-site nursery is also operated by Elizabeth House. Babies are provided with a stimulating environment and mothers are offered information on the appropriate development of their children.

## Referral Procedures

Potential students can contact the Head Teacher or the Elizabeth House clinician. Upon acceptance to the program the head teacher will make an educational assessment for the student. Elizabeth High School believes strongly in providing students with a continuum of services and we work collaboratively with all the professionals involved.

## Contact Us

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