

# International Student

## HANDBOOK



SCHOOL DISTRICT NO. 73  
(Kamloops-Thompson)

KAMLOOPS - THOMPSON  
INTERNATIONAL  
STUDENT PROGRAM

[ispcanada.ca](http://ispcanada.ca)

# INTERNATIONAL STUDENT HANDBOOK

Welcome to the International School Program (ISP) in School District No. 73 Kamloops-Thompson (SD73), located in Kamloops, British Columbia (BC), Canada.

There are seven SD73 schools that participate in the ISP. They are:

- Brocklehurst Secondary (8-12)
- Kamloops School of the Arts (K-12)
- Norkam Secondary (10-12)
- Sa-Hali Secondary (8-12)
- South Kamloops Secondary (8-12)
- Valleyview Secondary (8-12)
- Westsyde Secondary (8-12)

## How to Make the Best of your Experience in Canada

- Get involved and meet people
- Join a sports team or special interest group
- Participate in **ISP Activities**
- Make sure you get enough sleep
- Ask questions
- Practice your English every chance you get
- Reach out for help if you need it
- Attend class every day, on time

If you want more academic support, contact the ISP English Language Support Teacher or the ISP Program Coordinator.

If you have concerns or questions in any social situation, contact an ISP staff member.



## Adjusting to a New Culture

There are several stages you may experience while adjusting to your new life in Kamloops, Canada.

### They include:

#### Honeymoon Period

You will probably be fascinated and excited by everything new in your surroundings. At first, international students are usually elated to be in a new culture.

#### Culture Shock

It is usual to experience culture shock when you first arrive. You are adjusting to new experiences, including homestay or other housing, transportation, food, language and new friends.

#### Initial Adjustment

You will find that problems such as a new culture, new home, different time zone and settling into classes are now manageable. Although you may not be perfectly fluent in the new language, you can express your basic ideas, feelings and needs.

#### Mental Isolation

After you have been away from your family and friends for a while, you may begin to feel lonely. Even after a few weeks, many international students feel they cannot express themselves as well as they can in their own language. You might feel frustrated or not as confident as usual.

#### Acceptance and Integration

You have now established a routine. You feel more comfortable with the habits, customs, food and behaviours of the people in your new culture.

#### Return Anxiety, Re-Entry Shock, Reintegration

After having adjusted to and lived in a new culture for a long while, you must now prepare to return home. You might experience re-entry shock when you return to your home country. Re-entry shock and reintegration can be more difficult than the initial culture shock you experienced when you first arrived in Kamloops.

## The Canadian Educational System

Here are some of the expectations when you participate in the Canadian educational system:

### You are expected to:

- Participate in class
- Be respectful and polite to teachers and other students
- Work in your class with other students
- Speak as much English as possible during class time
- Ask questions if there is something you do not understand: if you are quiet, it is assumed that you understand
- Complete your assignments and homework on time
- Be a part of class discussions if you feel comfortable in doing so
- If you require additional support, ask your teacher if they are available outside of class time
- Listen carefully to the announcements at your school each morning for valuable information about special events, groups and sport meetings
- Leave expensive electronic equipment or large sums of money at home or in your locker
- Wear comfortable clothes that are appropriate for learning
- Not use or promote drugs or alcohol
- Not swear
- Avoid violent, sexual and racial themes or topics
- Avoid plagiarism, which is taking someone else's work from any source (including the internet), copying it and pretending it is your own: doing this is a serious offense

## School Times and Schedules

The school year is divided into two semesters. The first semester is from September until January. The second is from February until June.

Students typically take four classes per semester.

Lunchtime is approximately one hour. Most students bring a lunch with them. Also, schools have cafeterias where you can buy lunches and snacks.

Meetings for sports and clubs often happen during lunchtime. You can take your lunch to these meetings.

If you are late, go to the office to get a late slip before you go to class. It is expected that your host family will excuse your late arrival or absence.

Make sure that absences from classes or leaving school before the end of the school day are excused by your host family and that your host family signs you out at the office.

## Graduation Requirements

To obtain a BC Certificate of Graduation (Dogwood Diploma), you must earn a minimum of 80 credits in the following required and elective courses:

### Required Courses (52 credits)

- Language Arts 10 (4 credits)
- Language Arts 11 (4 credits)
- Language Arts 12 (4 credits)
- Social Studies 10 (4 credits)
- Social Studies 11 or 12 (4 credits)
- Mathematics 10 (4 credits)
- Mathematics 11 or 12 (4 credits)
- Science 10 (4 credits)
- Science 11 or 12 (4 credits)
- Physical and Health Education 10 (4 credits)
- Arts Education and/or Applied Design, Skills, and Technologies 10, 11 or 12 (4 credits)

- Career Life Education (4 credits)
- Career Life Connections (4 credits)

## Electives (28 credits)

You must complete a minimum of 28 elective credits (7 courses); additional courses that you take in a required subject area count as elective credits.

You must complete a minimum of 16 credits at the Grade 12 level and 12 credits in addition to a required Language Arts 12 course.

## International Student Graduation Requirements

International students whose educational program was not instructed in either French or English for at least two years prior to arriving in British Columbia must earn credits through instruction from a BC-certified teacher (rather than through an equivalency review or challenge process) for the following courses:

- A Language Arts course at the Grade 11 level
- English First Peoples 12 or English Studies 12
- A Science course at the Grade 11 or 12 level
- A Mathematics course at the Grade 11 or 12 level
- A Social Studies course at the Grade 11 or 12 level
- Career-Life Education 10

International students must also earn graduation credit in Career-Life Connections 12 under supervision of a board of education or an independent school authority.



## Grading and Assessment

Students in Grade 8 and Grade 9 are given a letter grade. Students in grades 10, 11 and 12 are given a percentage and a letter grade.

The letter grades and percentages below indicate a student's achievement:		
A	Excellent Achievement	86-100%
B	Very Good Achievement	73-85%
C+	Good Achievement	67-72%
C	Satisfactory Achievement	60-66%
C-	Low Level Achievement	50-59%
F	Failure	0-49%
I	Incomplete - the student has the opportunity to change this grade based on the requirements of the teacher.	
Audit	Students may audit (no letter/mark/credit assigned) a course; however, full participation in class is still expected, including completion of assignments to the best of the student's ability.	

Students are given an effort mark for all classes, as follows:

G	Good
S	Satisfactory
N	Needs Improvement



## ISP Contact Information

Location and Phone Number

### Kamloops-Thompson International Student Program (ISP)

1770 Springview Place, Kamloops, BC V2E 1X9

778-471-6075

## ISP Team

District Principal	Kent Brewer	<a href="mailto:kbrewer@sd73.bc.ca">kbrewer@sd73.bc.ca</a>
Homestay Manager	Rosie Kirschner	<a href="mailto:rkirschner@sd73.bc.ca">rkirschner@sd73.bc.ca</a>
Office Manager	Asmita Kokal	<a href="mailto:akokal@sd73.bc.ca">akokal@sd73.bc.ca</a>
Program Coordinator	Rob Doherty	<a href="mailto:rdoherty@sd73.bc.ca">rdoherty@sd73.bc.ca</a>
English Language Support Teacher	Liam Hogan	<a href="mailto:lhogan@sd73.bc.ca">lhogan@sd73.bc.ca</a>
Activities Teacher	Tom Beeke	<a href="mailto:tbeeke@sd73.bc.ca">tbeeke@sd73.bc.ca</a>
Office Steno	Kyra Fisher	<a href="mailto:kfisher@exc.sd73.bc.ca">kfisher@exc.sd73.bc.ca</a>

## Social Media

Facebook [SD73kamloopsinternationalprogram](#)

Instagram [SD73kamloopsinternationalprogram](#)



## Participating Schools

Clearwater Secondary	250-674-3328
Kamloops School of the Arts	250-374-3200
Norkam Secondary	205-376-1272
Sa-Hali Secondary	250-374-0861
South Kamloops Secondary	250-374-1405
Valleyview Secondary	250-372-5231
Westsyde Secondary	250-579-9271





CANADA

UNITED STATES  
OF AMERICA

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Edmonton

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