



Chinese
中文

FOR STUDENTS:

学生使用:

**A Day in School in Saskatchewan
(High School Students)**

萨斯喀彻温省学校的一天
(高中生)



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Some students might be wondering what their day will look like in Saskatchewan. While high schools are all different, schools are mostly set up in a similar way:

- Public and Catholic high schools are free for students grades 9-12.
- Schools have 2 semesters. The fall semester runs from September to January. The winter or spring semester runs from February to June.
- Students can walk, bike, or take the bus to school. There are special busses for some high school students. You can find out the bus route at the high school you are enrolled in. Some students will drive if they are over 16 and have their own driver's license and a car.
- Schools have periods for different subjects. A period is a set amount of time for each subject. Students will have different subjects throughout the day such as Math, Sciences, Social Studies or History, Indigenous Studies, English, Physical Education, Arts, French, etc. Some classes are mandatory, but students do have some flexibility to pick the classes they are interested in. To find more information on classes you can visit the main office at your high school.
- Most high schools will have a homeroom class. This class is the time to receive school announcements and see familiar people.
- One period during the day is for lunch. If you do not have class in one of the assigned time slots this is called "a spare". Students can use this time to study, do homework or take a break during the day.



有些学生可能想他们在萨斯喀彻温省学校的生活会是怎样。虽然所有高中都有不同之处，但大部分学校的安排都类似：

- 公立学校和天主教学校高中 9—12 年级都是免费。
- 每学年有两个学期，秋季学期从九月份到一月份，冬季或春季学期从二月份到六月份。
- 学生可以步行、骑车或乘坐公交车去学校，有些学校有专门的校车，你可以在就读的高中获得公交车路线信息。若超过16岁，有些学生拥有自己的驾照和汽车并自己开车去学校。
- 学校安排不同课程的课时，每课时是为每门课程安排的固定时间。学生每天有不同的课程，例如数学、科学、社会研究或历史、原住民研究、英语、体育、艺术、法语，等等。有些课程是必修课，但学生在选课时有一定的灵活性，你可以从就读的高中办公室获得更多课程信息。
- 大部分学校有一节班会课（*homeroom class*），学生在这节课可以获得学校通知并遇见熟悉的人。
- 每天中午有午餐时间，如果你在这个时间没有课，这个时间则称为“a spare”（空闲），学生可以利用这个时间学习、做作业或休息。

- Students will usually 5 minutes to go from one class to another. Students are given a locker to store their coats and books during the day. Lockers can be locked so your belongings are safe.
- Many schools have extracurricular activities such as volunteer opportunities, sports, and art (music, choir, plays). Students can participate in extracurricular activities they are interested in. These activities can run before and after school and during lunch.
- Homework will be assigned at most schools. This work can be taken home and worked on before the date it is due.
- Teachers and support staff are available at every high school to help you be successful!

- 学生从一节课教室走到另外一节课教室通常需要5分钟。学生有储物柜 (*locker*) 存放外套和书本，储物柜可以上锁以便财物安全。
- 很多学校有课外活动，例如当志愿者的机会、运动和艺术（音乐、合唱团、戏剧），学生可以参加自己感兴趣的课外活动，这些活动在上课前、放学后或午餐时间举行。
- 大部分学校布置家庭作业，作业可以带回家并在规定日期之前完成。
- 每所高中都有教师和员工提供支持，帮助你获得成功。



Appropriate Behavior in School

New Canadian students might wonder what is appropriate behavior to have in school. Here are some tips and information:

- Arrive on time for your classes and do not skip classes - If you are late for school or skip a class a phone call will go home to your parents.
- Notify the school if you will be late or will not attend. It is okay to have a sick day or attend appointments during school hours. Simply have your parents call the school ahead of time.
- Students should put away all electronic devices such as phones and music players for class. It is considered rude and distracting to be on your phone while a teacher is talking.
- If you have a question or wish to participate in the class discussion raise your hand. This is how the teacher knows you wish to say something.
- Ask the teacher before going to the washroom unless the teacher tells you otherwise.
- When walking in the hallways, keep to the right. There is no running or yelling in the hallways during class time or between classes.
- Remain seated in the desk at all times unless otherwise instructed.
- Follow directions and listen to the teacher.
- Come to class prepared to participate- this means taking notes in class and ready to ask and answer questions.
- There is no bullying of other students verbally or physically.
- Do not destroy school property.
- Stay awake and do not put your head down during classes.



在学校合适的行为

刚到加拿大来的学生可能会想哪些行为在学校是合适的，以下是一些提示和信息：

- 按时上课，不要逃课。如果你上学迟到或逃课，学校将会打电话给你的家长。
- 如果你上学迟到或缺勤应通知学校，上课时间生病或看医生是可以的，只要让家长提前打电话给学校就可以。
- 上课前学生应该把所有的手机和音乐播放器等电子设备收起来，老师讲话时你在分神看手机是被视为粗鲁的表现。
- 如果你想提问或希望参与课堂讨论请举手，这样老师就会知道你发言。
- 上洗手间之前问老师，除非老师告诉你不需要问。
- 在走廊里靠右边行走，上课时间或课间不要在走廊奔跑或喊叫。
- 在任何时候坐在座位上，除非老师有其它指示。
- 听从老师指示并聆听老师讲话。
- 课前做好参与课堂的准备，这意味着在课堂上做笔记并准备好提问和回答问题。
- 不得言语或身体上欺负其他学生。
- 不得破坏学校财产。
- 上课期间保持清醒，不要耷拉着头。



Dressing appropriately for school is important:

- Canada is multicultural. Feel free to wear any type of traditional dress that makes you feel comfortable so long as they follow the guidelines below. An example is the hijab. You are welcome to wear this in schools in Canada.
- Dress appropriately for the weather. There are lockers to store jackets, mitts and hats in the winter. Wear layers for the changing temperatures.
- Most schools have a fairly relaxed dress code. Jeans and spandex materials are usually okay to wear, however make sure to consult with the school.
- In the summer, some schools ask that girls do not wear very short shorts and spaghetti strap tank tops.
- Mid-drifts (belly's showing) is not appropriate in most schools.
- Separate clothes and extra deodorant should be brought for students participating in Physical Education as a class.
- Regina does have gangs. Gang colors are prohibited on school property. This includes bandanas and other identifying articles of clothing.



合适的着装在学校很重要:

- 加拿大是个文化多元的国家。只要你按照下列指南，你可以放心地穿感到舒服的任何传统服装，例如穆斯林女性戴的头巾或面纱 (*hijab*)，在加拿大学校这样穿着是欢迎的。
- 根据天气穿合适的衣服，冬天有储物柜存放夹克、连指手套和帽子，多穿几层衣服防止气温变化。
- 大部分学校都有让人感到放松的着装规则，牛仔和弹力纤维材料 (*spandex*) 的衣服通常是可以穿的，但一定要咨询学校是否可以。
- 有些学校要求女孩子夏天不要穿太短的短裤以及细肩带的吊带衫 (*spaghetti strap tank tops*)。
- 露脐装（露出腹部）在大部分学校是不合适的。
- 参加体育课的学生应带更换的衣服和去除身体异味的除臭剂。
- 里贾纳的确有流氓团伙 (*gangs*)，禁止在学校任何地方使用流氓团伙的颜色，包括头巾和其它代表团伙身份的穿着。

