

EXPLORE UPPER CANADA District School Board

For a more information on schools and communities,
please see the following pages.



A

B

C

D

E

F

G

H

I

J

K

L

M

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

I'm Interested In....

Basketball
A6, F11, I13, L7, L14

Cooking
G5, I2, L5, L7, M1, M14

Computers/Technology
E4, G16, H7, K4, L9, M6

Drama
A6, E4, I2, I11, M6

Dance/Cheerleading
D13, I2, L5, L9, M14

Fine Arts
G5, G16, L5, M1, M14

French
D13, F11, I15, L14, L15

Horseback Riding
D13, I11, I13, L9, L15

Math
A6, E4, F11, G5, H7, I13

Music
C5, H7, K4, L7, L14

Outdoor Education
C5, E4, I2, I11, I13

Soccer
C5, H7, I15, L14, L15

Swimming
F11, G5, G16, I15, M6

Tennis
I15, L7, M1, M6, M14

Track & Field
I11, K4, L5, L9, L15, M1



Almonte

Almonte is a peaceful and attractive community located 25 minutes from the western suburbs of Ottawa. Almonte is a unique and lovely town still closely in touch with its Irish and Scottish roots. Beautiful historic 19th century Victorian homes and limestone buildings are found throughout the community. James

Naismith, the man who invented basketball, is from Almonte and there is a strong local community basketball association. Almonte is a perfect location to experience the peace and safety of small-town living within driving distance to some of Ottawa's best shopping and entertainment.



Eight Great Things in Almonte

1. Mt. Pakenham Ski Hill
2. Almonte Academy of Dance
3. The Valley Players Theatre Group
4. Kayak or canoe on the Mississippi River
5. James Naismith Basketball Association
6. Almonte "CeltFest" Irish Culture Festival
7. North Lanark Highland Games
8. Tobogganing in Gemmill Park



Almonte District High School

Almonte District High School is an outstanding high school with a tradition of excellence in academics, athletics, technology, and drama. There is strong support for academic achievement from the community of Almonte, with over 40 awards and bursaries available to ADHS graduates from local business, arts, sport and social associations. At ADHS, staff are devoted and passionate about providing educational experiences that prepare students for the world of work, apprenticeship, college and university.

Mascot: **Orangemen**
Colours: **Orange**

School Population: **500**
International Students: **5-10**

Top Sports and Clubs:

- | | | | |
|---|------------|---|--------|
|  | Basketball |  | Math |
|  | Drama |  | Skiing |

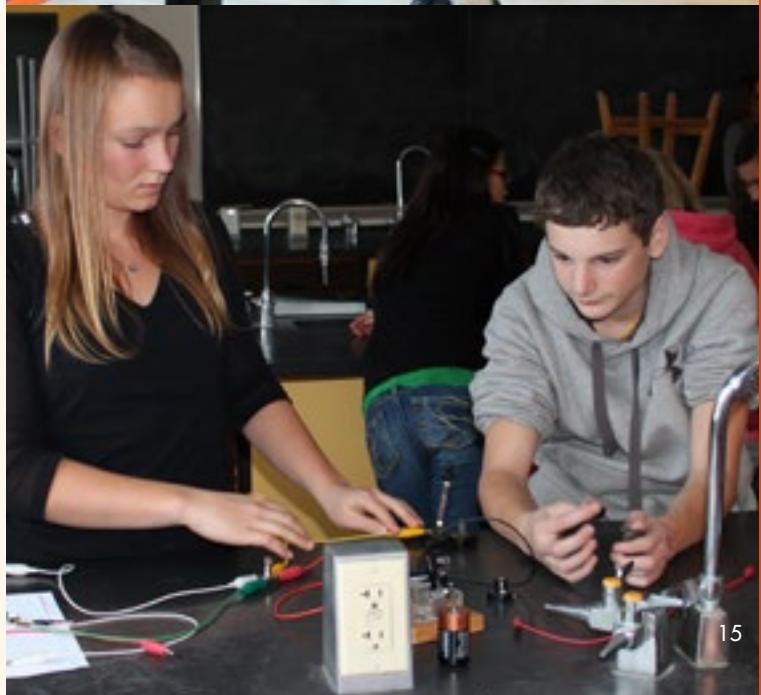
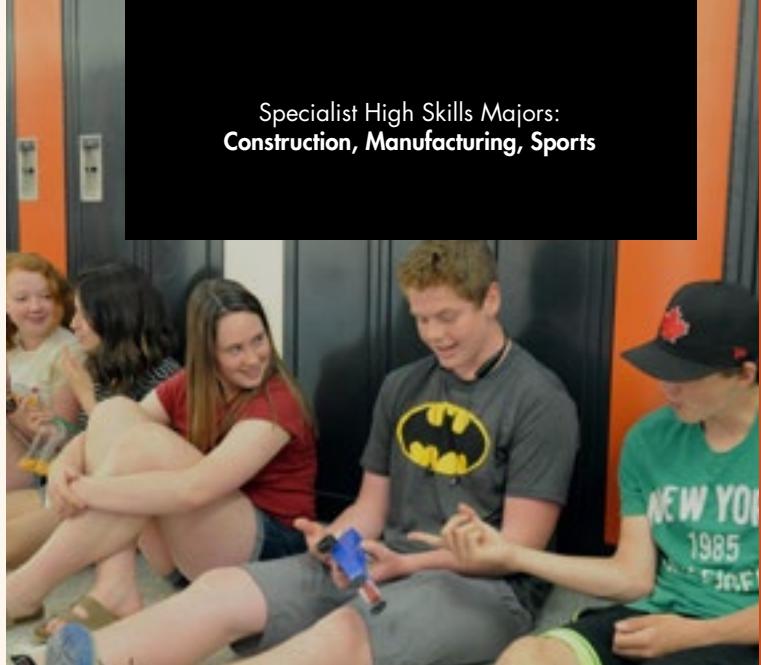
Laura Baumann
From Switzerland

"I discovered a new family and friends that I learned to love as much as my own. I am so grateful for this experience."



126 Martin Street North
Almonte, Ontario K0A 1A0
(613) 256-1470

almonte.udsb.on.ca



Athens

Named after the famous city in Greece, Athens is rural living at its best. Only a 15 minute drive from the City of Brockville, Athens enjoys many of the services offered in larger areas but in a rural setting. Athens is a community where your friends, school, and stores are all within walking distance and

everyone knows your name. Downtown Athens is well known for the beautiful murals that cover the stone walls of many of the historic buildings. The Athens community hosts several festivals throughout the year, including the Farmersville Steam Fair, Cornfest, and the Parade of Lights.

Eight Great Things in Athens

1. Explore the murals in downtown Athens
2. Crooked Creek Golf Club
3. Athens Cornfest
4. Athens Parade of Lights
5. Farmersville Exhibition
6. Ice Skating at Centre 76 arena
7. Horseback Riding lessons
8. Joshua Bates Performing Arts Centre



Athens District High School

Recognized for its unique Student Parliament system, Athens District High School is a small school with a caring and supportive atmosphere. Athens District High School has a strong Math program, a great Environmental Science program, a fantastic Art program, and a Computer Science program that has won multiple awards for webpage design.

Mascot: **Warriors**

Colours: **Blue and Yellow**

School Population: **200**

International Students: **5-10**

Top Sports and Clubs:



Computers/
Technology



Skiing



Music



Track & Field

Aranzta Moran

From Mexico

"I am so grateful for this once in a lifetime opportunity. I would definitely go back and do it all over again."



21 Church P.O. Box 279
Athens, Ontario K0E 1B0
(613) 924-2618

athens.ucdsb.on.ca



Specialist High Skills Majors:
Environmental Studies



Brockville

Brockville is a medium sized city on the shores of the St. Lawrence River, part of the world's largest fresh-water seaway. The famous 1000 Islands begin here and offer spectacular natural beauty. Brockville owns 3 islands that can be visited for hiking, picnicking, swimming, etc. Brockville is midway between two

of Canada's largest cities, Toronto and Montreal, and only an hour from the nation's capital Ottawa. As one of the oldest cities in Ontario, Brockville has a great mix of historic old stone buildings with modern technology and services such as movie theatres, shopping malls, great restaurants and live entertainment.



Eight Great Things in Brockville

1. Brockville Arts Centre
2. Brockville Gymnastics Academy
3. Brockville Rowing Club
4. VIA Rail train access to Toronto, Ottawa and Montreal
5. The Aquatarium
6. 1000 Islands Mall
7. St. Lawrence Park
8. Brockville Hockey Academy



Brockville Collegiate Institute

Brockville Collegiate Institute (BCI) is steeped in a tradition of excellence in academics, the arts, and athletics. It is also one of four schools within the Upper Canada DSB that has been designated as an Innovation School. BCI is committed to building upon the success of our past and innovating as needed to ensure a successful future. BCI has a small school feel but it is big on Red Ram spirit! Respectful relationships between students and staff serve as the foundation for the positive school culture and the sense of family that characterizes BCI.

Socialist High
Skills Majors:
Arts & Culture

Mascot: **Red Ram**
Colours: **Red and White**
School Population: **750**
International Students: **40-50**

Top Sports and Clubs:

- | | |
|--|--|
|  Computers/Technology |  Swimming |
|  Drama |  Tennis |



90 Pearl Street East
Brockville, Ontario K6J 1P8
(613) 345-5641

bci.ucdsb.on.ca



Thousand Islands Secondary School

At Thousand Islands Secondary School (TISS), our mission is to provide a diversity of academic, social, and extra-curricular opportunities for all students as they work to realize their maximum potential. The principals of integrity and the awareness of the needs of others will be at the forefront of any TISS endeavour. Both staff and students will exemplify the qualities of respect, leadership and community service as our students acquire the skills and knowledge to become productive citizens.

Socialist High
Skills Majors:
Health & Wellness, Arts & Culture, Manufacturing

Mascot: **Pirates**
Colours: **Purple**
School Population: **900**
International Students: **40-50**

Top Sports and Clubs:

- | | |
|---|---|
|  Cooking |  Fine Arts |
|  Dance/ Cheerleading |  Track |



2510 Parkdale Ave.
Brockville, Ontario K6V 3H1
(613) 342-1100

tiss.ucdsb.on.ca





Carleton Place

Carleton Place is conveniently located on the serene Mississippi River. Named after a famous square in Glasgow, its beautiful streetscapes, scenic trails, and picturesque waterfront make this town one of a kind in the Ottawa Valley. With downtown Ottawa only 30 minutes away Carleton Place offers the

conveniences of the city along with the friendliness of a small town. Throughout its history, the Mississippi River has made Carleton Place an attractive place to settle and it continues to draw people here today for its beauty, entertainment, and way of life.



Eight Great Things in Carleton Place

1. Carleton Place Cycling Club
2. Carleton Place Aquatic Centre
3. Boating or swimming in the Mississippi River
4. Riverside Park Beach
5. Carleton Place community labyrinth
6. Bridge St. Summer Festival
7. Carleton Place Indoor Arena
8. Carleton Place Curling Club



Carleton Place High School

Students at Carleton Place High School excel in national academic competitions, acceptance to university and college programs, as well as extra-curricular activities such as athletics, drama, music, and theatre. Carleton Place High School is a centre for learning which recognizes the value of the individual and everyone's potential to learn.

Mascot: **Bears**

Colours: **Burgundy & Yellow**

School Population: **850**

International Students: **20-30**

Top Sports and Clubs:



Music



Skiing



Outdoor Education



Soccer

Lorena Fanti

From Italy

"My favourite part of the experience were the trips. It was so fun to see Niagara Falls and the basketball and hockey games. I got to study and be a tourist in Canada."



215 Lake Avenue West
Carleton Place, Ontario K7C 1M3
(613) 257-2720

carletonplace.udsb.on.ca

Specialist High Skills Majors:
**Health & Wellness, Sports,
Arts & Culture, Construction**





Clarence-Rockland

Only 20 minutes away from the west end of Ottawa, Clarence-Rockland is a growing city located on the shores of the Ottawa River. Across the river from Clarence-Rockland are the beautiful foothills of the Laurentian Mountains in Quebec which offer students a wide selection of outdoor activities. The

community is one of the most bilingual areas of the Upper Canada DSB with most people able to speak in both English and French. Clarence-Rockland has matured into a beautiful city that offers students both the quiet of the countryside and the urban offerings of a big city.



Eight Great Things in Clarence-Rockland

1. Rockland Skating Club
2. Canadian International Hockey Academy
3. Rockland Field Archers
4. Beckett Creek Conversation Area
5. Bean Town Ranch Sugar Bush
6. Virtual Sports Zone
7. Rockland Golf Club
8. Ottawa River Festival



Rockland District High School

At Rockland District High School (RDHS), our team of high-performing professionals guarantee the delivery of rigorous and relevant curriculum, which is aimed to engage all learners. At RDHS, there are many individuals on hand to assist you with special needs and requirements. RDHS has an inclusive environment where all students find belonging.

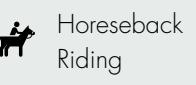
Mascot: **Wildcats**
Colours: **Blue**

School Population: **350**
International Students: **5-10**

Top Sports and Clubs:



Dance/
Cheerleading



Horseshoeback
Riding



French



Skiing

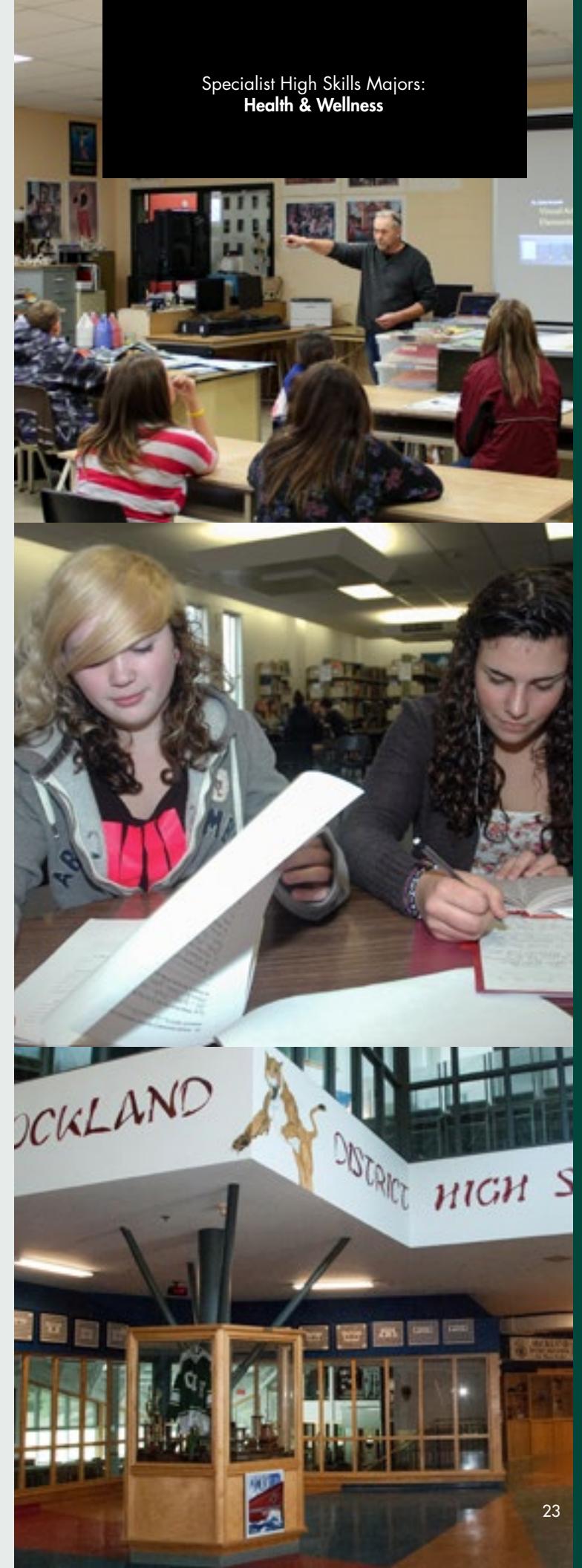
Junho Kim
From South Korea

"After being in this program for 4 years, I learned that this is an amazing place to spend your high school years."



1004 St. Joseph Street
Rockland, Ontario K4K 1P6
(613) 446-7347
rocklanddhs.ucdsb.on.ca

Specialist High Skills Majors:
Health & Wellness

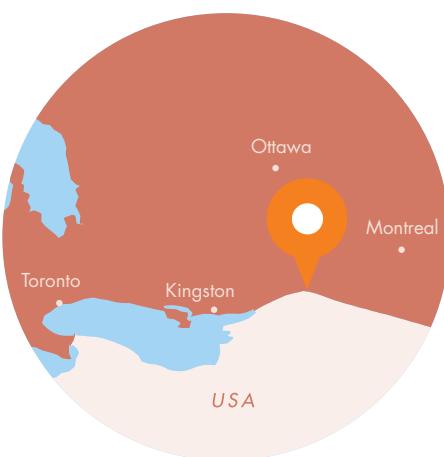




Cornwall

Cornwall is the largest city in the Upper Canada DSB and also one of the oldest cities in Canada. Located one hour from Montreal on the border with the province of Quebec, Cornwall has a large francophone community giving the city a unique bilingual character. Cornwall

is located on the St. Lawrence River which provides it with great waterfront opportunities for hiking, sailing, and kayaking. Cornwall's growing community is beautiful, safe, and friendly with many options for shopping, eating, and spending time with friends.



Eight Great Things in Cornwall

1. Cornwall Indoor Soccer League
2. Nav Centre
3. Public transit available
4. VIA Rail train service to Ottawa and Montreal
5. Benson Centre Indoor Arena
6. Guindon Park
7. Cornwall Gymnastic Club
8. Big Ben Ski Hill



Cornwall Collegiate & Vocational School

Built in 1806, Cornwall Collegiate Vocational School (CCVS) is one of the oldest schools in Canada. CCVS offers students a wide range of programs and options for post-secondary education. CCVS has a strong, harmonious, multicultural look and feel to its school environment.

Socialist High
Skills Majors:
Arts & Culture, Health & Wellness, Hospitality

Mascot: **Raiders**
Colours: **Yellow and Black**
School Population: **700**
International Students: **40-50**

Top Sports and Clubs:

- | | | | |
|--|------------------------|--|-----------|
| | Cooking | | Fine Arts |
| | Dance/
Cheerleading | | Tennis |



437 Sydney Street
Cornwall, Ontario K6H 3H9
(613) 932-8360

ccvs.ucdsb.on.ca



St. Lawrence Secondary School

St. Lawrence Secondary School (SLSS) is a modern high school with high-quality academic programming and unique extra-curricular activities. At SLSS, we value respect for all; success for all students; a safe learning environment; positive relationships; and diversity and multiculturalism.

Socialist High
Skills Majors:
Health & Wellness, Hospitality, Information Technology

Mascot: **Saints**
Colours: **Blue and Yellow**
School Population: **500**
International Students: **40-50**

Top Sports and Clubs:

- | | | | |
|--|------------|--|--------|
| | Basketball | | Music |
| | French | | Soccer |



1450 Second St. East
Cornwall, Ontario K6H 5Z8
(613) 933-8410

stlarence.ucdsb.on.ca

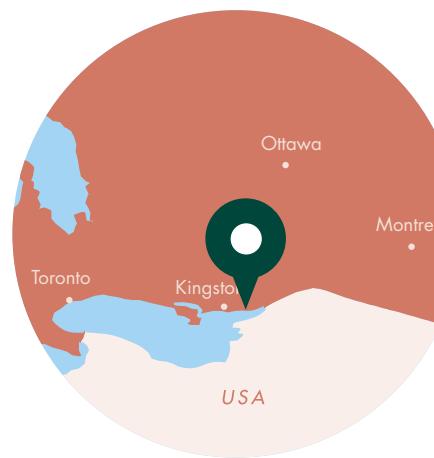




Gananoque

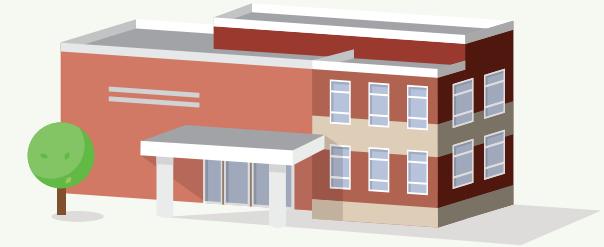
Located in the heart of the world famous 1000 islands, Gananoque offers students the chance to enjoy small town living in one of Ontario's most popular tourist destinations. The 1000 islands region is a destination of choice for visitors from all over the world. Downtown Gananoque

is filled with many talented artists, unique shops, restaurants, and theatre performances. If you are looking for an adventure, feel free to explore the natural beauty of the St. Lawrence River by enjoying some of Eastern Ontario's best hiking and water trails.



Eight Great Things in Gananoque

1. Live music at Town Park
2. Gananoque BMX & Skateboard Park
3. Gananoque Boat Lines
4. GreeneAcre Golf Club
5. Skywood Eco Adventure
6. Thousand Islands National Park
7. 1000 Islands Playhouse
8. Landon Bay Recreation Centre



Gananoque Secondary School

Gananoque Secondary School has a strong focus on academic programming and the development of positive work habits and learning skills. This results in a rich learning environment with all the benefits that can be offered in a small, caring community school. A high percentage of students participate in a variety of extra-curricular opportunities offered in the areas of sports, music, global outreach, and student nutrition.

Mascot: **Trojans**
Colours: **Red and Blue**

School Population: **450**
International Students: **1-5**

Top Sports and Clubs:

- | | | | |
|--|-----------|--|---------------|
| | Cooking | | Tennis |
| | Fine Arts | | Track & Field |

Sergio Lopez Garcia
From Colombia

"The experience is all up to you. Get involved every day and always challenge yourself. You will leave as a better person."

Specialist High Skills Majors:
Hospitality, Sports



175 William Street South, Box 640
Gananoque, Ontario K7G 1S8
(613) 382-4741
gananoque.ucdsb.on.ca



North Dundas

North Dundas is a growing municipality located 40 minutes south of the City of Ottawa and 40 minutes north of the City of Cornwall. The area of North Dundas is full of beautiful rolling farmland, rivers, forests, and trails for students to explore. In addition to natural beauty,

North Dundas has strong community sports associations and is well known for some of Eastern Ontario's most famous golf courses. Students who live in North Dundas can enjoy all the best of life in a rural Canadian community with cities nearby for shopping and entertainment.



Eight Great in North Dundas

1. Art On The Waterfront
2. Winchester Dairyfest
3. Cedar Glen Golf Course
4. Smokie Ridge Vineyard
5. Joel Steele Community Centre
6. Winchester Curling Club
7. Cloverdale Links Golf Course
8. South Mountain County Fair



North Dundas District High School

North Dundas District High School is an outstanding school located in Chesterville, Ontario. Students benefit from a rigorous academic program that is enriched with a wide variety of extra-curricular activities driven by devoted educational staff and administration. NDDHS will help you to acquire the knowledge, skills, attitudes and values to be successful in an evolving world.

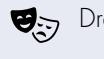
Mascot: **Devils**

School Population: **450**

Colours: **Yellow and Black**

International Students: **1-5**

Top Sports and Clubs:



Drama



Outdoor Education



Horseback Riding



Track & Field

Lucas Ribeiro De Miranda

From Brazil

"This experience opens your mind a little bit to a different type of culture and makes you realize that there are different way of life and thinking."



12835 Highway #43, R.R.#3
Chesterville, Ontario K0C 1H0
(613) 448-2328

northdundas.ucdsb.on.ca

Specialist High Skills Majors:
Health & Wellness, Agriculture,
Information Technology

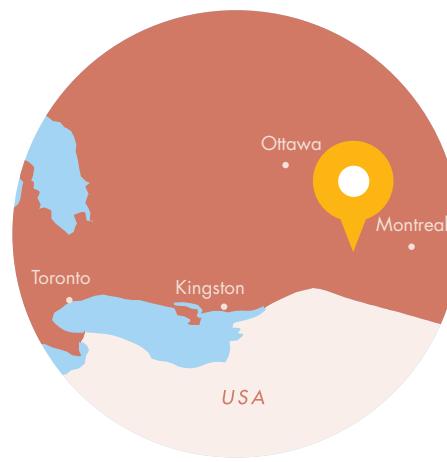




North Glengarry

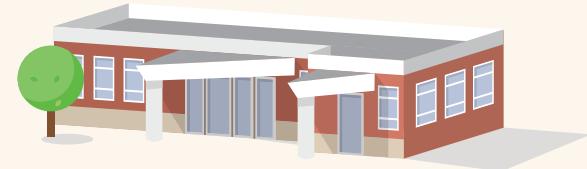
Located an hour from both the major cities of Ottawa and Montreal, North Glengarry is a rural community that has something for everyone. North Glengarry has an incredible amount of natural beauty for students to explore along with two large indoor arenas to enjoy sports such as soccer and tennis all year long. The area around North Glengarry was founded by Scottish

settlers. North Glengarry is home to one of the largest traditional Scottish Highland Games festivals in Ontario. Being just minutes from the border with Quebec, North Glengarry's unique location provides an excellent mix of French and English and is a great location for students looking to practice both of Canada's official languages.



Eight Great Things in North Glengarry

1. Priests Mills Arts Centre
2. Indoor Soccer Field and Tennis Courts
3. Glengarry Arena
4. Maxville Fair
5. Glengarry Highland Games
6. St. Raphael's Ruins
7. Glengarry Golf and Country Club
8. North Glengarry Fishing Derby



Glengarry District High School

Glengarry District High School (GDHS) is a community school with a proud history of producing well-rounded and successful graduates. Over the years, Glengarry's students have taken home some of the highest awards for high school students in Ontario for academics, music, sports, and drama. GDHS offers equal opportunity for all and excellence for everyone!

Mascot: **Gaels**

Colours: **Red and White**

School Population: **300**

International Students: **1-5**

Top Sports and Clubs:



French



Swimming



Soccer



Tennis

Javier Hurtado Etayo

From Spain

"I was able to take some classes and speak with my host family in French. It was great to improve both my English and French at the same time."



212 Main Street North
Alexandria, Ontario K0C 1A0
(613) 525-1066

glengarry.ucdsb.on.ca



North Grenville

As one of the fastest growing areas of Eastern Ontario, North Grenville offers a distinct mix of small-town and rural lifestyles with downtown Ottawa only 30 minutes away. North Grenville has become a destination in the Upper Canada DSB for people looking for speciality shops, fine dining, and live

entertainment. Whether you live in the suburban area of Kemptville, or some of the rural villages and hamlets that surround the region – students that live in North Grenville can enjoy an exciting mix of trails, waterways, dining, shopping, arts and culture.



Eight Great Things in North Grenville

1. Frank Soccer Training Academy
2. Kemptville Live Music Festival
3. Historic Old Town Kemptville
4. Urbandale Arts Centre
5. Rideau River Provincial Park
6. North Grenville Municipal Recreation Centre
7. Riverside Sports Park
8. Limerick Forest Biking Trail



North Grenville District High School

At North Grenville District High School, we strive to provide our students with diverse learning opportunities with the primary goal of preparing them for college and university. We offer educational pathways for essential learning, college preparation, and university preparation. Students at North Grenville excel in national academic competitions, as well as extra-curricular activities such as athletics, drama, and music.

Mascot: **Knights** School Population: **850**
 Colours: **Red, Black & White** International Students: **10-20**

Top Sports and Clubs:

- | | |
|--|----------------------|
| | Computers/Technology |
| | Soccer |
| | Math |
| | Music |

Tiffany Yeung,
From Hong Kong

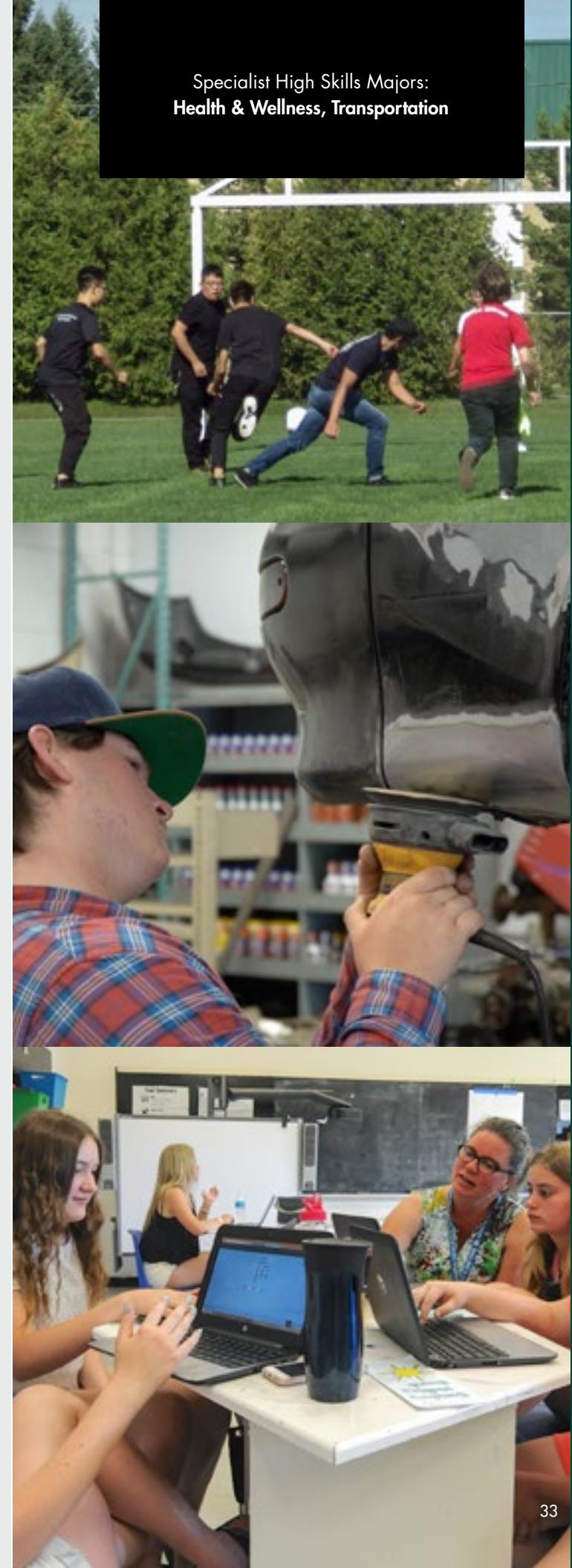
"Living in Canada is awesome! I love my host family. They are so helpful and gave me a chance to have a brother and sister. I have two families now!"



2605 Concession Road
Kemptville, Ontario K0G 1J0
(613) 258-3481

northgrenville.ucdsb.on.ca

Specialist High Skills Majors:
Health & Wellness, Transportation



Perth

Perth is one of the oldest towns in Ontario and a major tourist destination. The historic downtown consists of boutiques, speciality shops and restaurants, including crafts, antiques, and a flea market. Most of these stores are located inside the famous old stone buildings which are found throughout the town. In addition to

the beautiful architecture and shops, Perth is home to a variety of outdoor activities including paddling, cycling and community sports. Student that study in Perth get to experience a friendly, traditional Canadian town where all your neighbours know your name and community spirit is strong and supportive.



Eight Great Things in Perth

1. Murphy's Point Provincial Park
2. Perth Fair
3. Festival of the Maples
4. Perth Figure Skating Club
5. Stewart Park
6. Paddleboard on the Tay River
7. Perth Museum
8. Perth & District Community Centre



Perth District Collegiate Institute

Perth District Collegiate Institute (PDCI) is located in the town of Perth, Ontario. The community of PDCI shares the responsibility of supporting all individuals in fulfilling their potential. At PDCI, we strive to help students acquire the knowledge, skills, and values they need to become self-reliant, responsible adults.

Mascot: **Blue Devils** School Population: **750**
 Colours: **Blue and White** International Students: **10-20**

Top Sports and Clubs:



Computers/
Technology



Math



Drama



Outdoor
Education

Misaki Okuda

From Japan

"Canada is a beautiful country with so much for everyone. I was able to make new friends, improve my English, and experience something new every day. I will never forget this experience."



13 Victoria Street
Perth, Ontario K7H 2H3
(613) 267-3051

perth.ucdsb.on.ca



Specialist High Skills Majors:
Arts & Culture, Business, Horticulture & Landscaping, Information Technology, Non-Profit, Sports, Transportation





Prescott

Originally settled as Fort Wellington during the War of 1812 Prescott has kept the nickname "Fort Town" but become a centre of culture and natural beauty in Eastern Ontario. Located on the shores of the St. Lawrence River, Prescott is 15 minutes away from the

City of Brockville, 45 minutes from the City of Ottawa, and has an international border crossing with the USA. Prescott's River Walk District is the perfect place for students to explore the outdoor beauty and recreational activities that are available in this peaceful river town.



Eight Great Things in Prescott

1. Battle of the Windmill historic site
2. Sailing on the St. Lawrence River
3. Prescott River Walk District
4. Shakespeare Festival
5. Fort Wellington
6. Prescott Golf Club
7. Kelly Beach
8. Prescott Recreation Baseball League



South Grenville District High School

At South Grenville District High School (SGDHS), we constantly strive to offer leadership in our classrooms and communities to help our students achieve academic, physical, social and moral excellence. We are not just preparing students for academic success, we are preparing the stewards of our future so our communities may flourish and prosper. The staff and the programs offered at SGDHS are dedicated to the development of the total student: intellectually, socially, physically, and emotionally.

Mascot: **Giants** School Population: **500**
Colours: **Green and Yellow** International Students: **1-5**

Top Sports and Clubs:

- | | |
|--|--|
|  Basketball |  Music |
|  Cooking |  Tennis |

Anne Brecht

From Germany

"Before leaving I was worried about being in a small town. I made new friends, tried new sports, and stayed with a wonderful family that treated me like their own child. I look back at my worries and laugh."



2 Beach Street P.O. Box 100
Iroquois, Ontario K0E 1K0
(613) 258-3481

southgrenville.ucdsb.on.ca

Specialist High Skills Majors:
Construction, Hospitality, Transportation





Rideau Lakes

Ontario is known for its beautiful lakes and waterfront areas. Rideau Lakes is the perfect community for students that love the outdoors and would like to live in the heart of one of Eastern Ontario most famous lake districts. Across the Rideau Lakes area there are many opportunities for students to experience boating, kayaking, fishing, and swimming.

There are also a number of biking paths, hiking trails, golf courses and maple syrup farms across the region to explore. The Rideau Lakes area is 45 minutes away from the City of Kingston and centrally located between the Upper Canada DSB communities of Athens, Smiths Falls, Perth, and Gananoque.



Eight Great Things in Rideau Lakes

1. Elgin Recreation Hockey League
2. Elgin Municipal Community Complex
3. Murphy's Point Provincial Park
4. Maple's Golf and Country Club
5. Big Rideau Lake
6. Frontenac Provincial Park
7. Old Stone Mill Historic Site
8. Rideau Lakes Pickleball Association



Rideau District High School

Rideau District High School (RDHS) is a school that prides itself on academic, musical, artistic, and athletic excellence. RDHS continues to be on the cutting edge of new technology in classrooms, focusing on a student-centered approach to learning. A high percentage of students at RDHS are involved in extra-curricular activities at the school. We offer a variety of activities outside of the classroom that stimulate the mind, body, and heart of our students. Our primary goal at RDHS is to assist students in maximizing their potential.

Mascot: **Lions**

Colours: **Green and Yellow**

School Population: **350**

International Students: **1-5**

Top Sports and Clubs:



Cooking



Drama



Dance/
Cheerleading



Outdoor
Education

Tomas Blazek
From Czech Republic

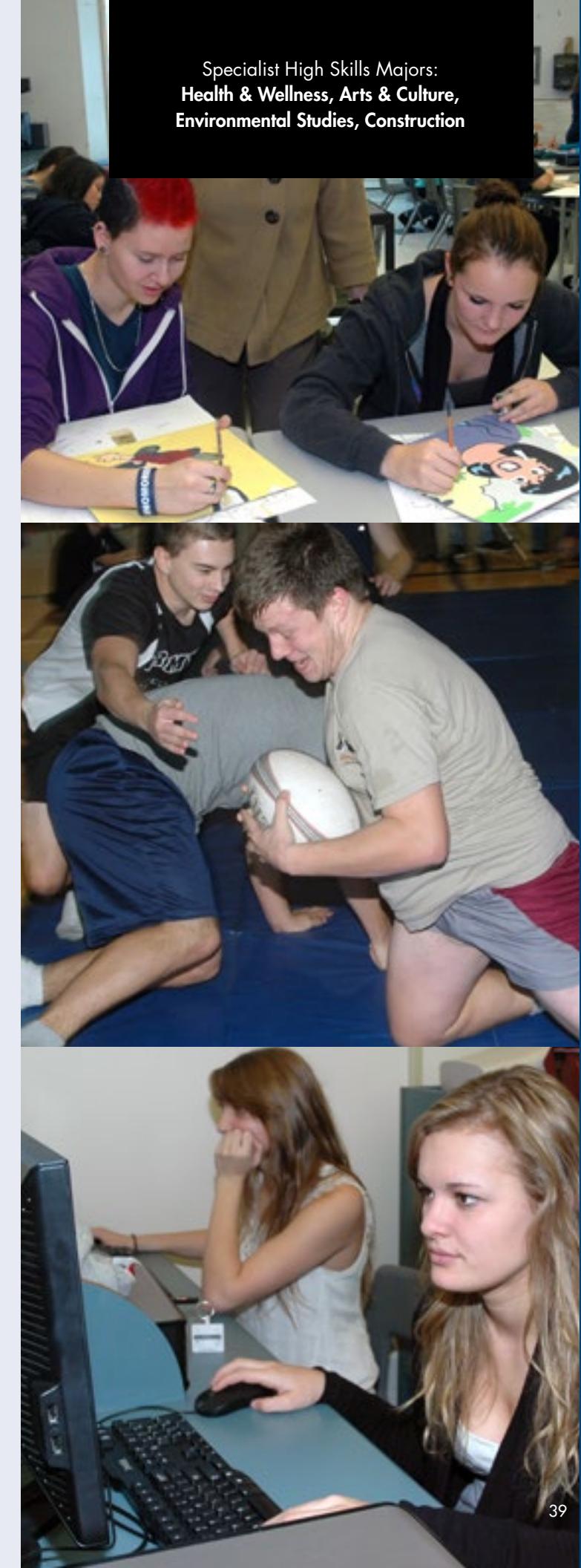
"My host family's food was so good. Sometimes I would make them food from home. I met some other international students who made great food from their countries too. It's funny to think about it but my favourite part was definitely the food."



251 Main Street, R.R.#2
Elgin, Ontario K0G 1E0
(613) 359-5391

rideaudhs.ucdsb.on.ca

Specialist High Skills Majors:
Health & Wellness, Arts & Culture,
Environmental Studies, Construction

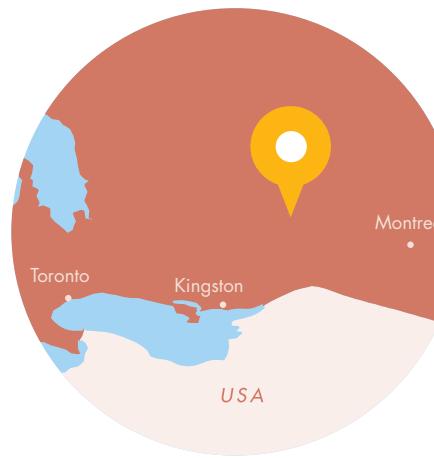




Russell

Russell is a growing community only 30 minutes from downtown Ottawa. Dynamic and friendly, the people of Russell are known for their community involvement and participation in cultural and sporting activities. Year round,

agricultural activities and a variety of festivals and events are organized. One of the most interesting characteristics of the area is the bilingualism that has existed since the arrival of the first English and French settlers in the 19th century.



Eight Great Things in Russell

1. Russell Arena
2. Metcalfe Golf Club
3. Castor river fishing
4. J. Henry Tweed Conservation Area
5. Calypso Waterpark
6. Russell Sports Dome
7. New York Central Fitness Trail
8. Stanley's Olde Maple Lane Farm



Russell High School

Russell High School is located in the small but rapidly growing community of Russell, Ontario. At Russell High School, our focus is to provide all students with the opportunity to develop knowledge, skills, and attitudes that will help them to develop appropriate career plans and explore career options.

Mascot: **Wolves**

Colours: **Red and Black**

School Population: **400**

International Students: **10-20**

Top Sports and Clubs:



Basketball



Math



French



Swimming

Helen Liu

From China

"When I first came I was nervous and needed a lot of support. The school staff helped me to take the right classes and get accepted for university. Thank you Upper Canada!"



82 North Russell Road
Russell, Ontario K4R 1C8
(613) 445-2659

russellhs.ucdsb.on.ca



Specialist High Skills Majors:
Information Technology, Transportation



Smiths Falls

Smiths Falls is a medium size town that offers something for everyone, whether it's a relaxing cruise down the river, joining a community sports league, a picnic in the park, or shopping with friends downtown. Smiths Falls is located in the middle of the Rideau Canal, a world famous waterway that connects

Ottawa to the St. Lawrence River. In Smiths Falls students will find a unique mix of leisure and recreational activities set against a backdrop of history and nature. Smiths Falls is an hour from downtown Ottawa and 15 minutes from the Rideau Lakes region.



Eight Great Things in Smiths Falls

1. Ottawa Senators Outdoor Hockey Rink
2. The Rideau Canal
3. Smith's Falls Junior Hockey Association
4. Lower Reach Park
5. Railway Museum of Eastern Ontario
6. Cataraqui Trail
7. Memorial Community Centre
8. The Station Theatre



Smiths Falls District Collegiate Institute

Smiths Falls District Collegiate Institute (SFDCI) is a dynamic school where students, staff, family, and community are connected to a positive learning environment. We believe school spirit and participation enhance the growth of all members of the school community. With a great Arts department, and a yearly Science Fair, SFDCI will prepare individuals for a future of lifelong learning.

Mascot: **Redhawks**
Colours: **Red and Black**

School Population: **700**
International Students: **30-40**

Top Sports and Clubs:

- | | | | |
|--|-----------|--|----------|
| | Cooking | | Math |
| | Fine Arts | | Swimming |

Olivia Thornton
From Australia

"When I left home I thought 5 months was going to feel like forever. It felt like 5 days. Make the most of every moment because it will be over before you know it."



299 Percy Street
Smiths Falls, Ontario K7A 5M2
(613) 283-0288

smithsfalls.ucdsb.on.ca

Specialist High Skills Majors:
Arts & Culture, Agriculture,
Hospitality, Sports

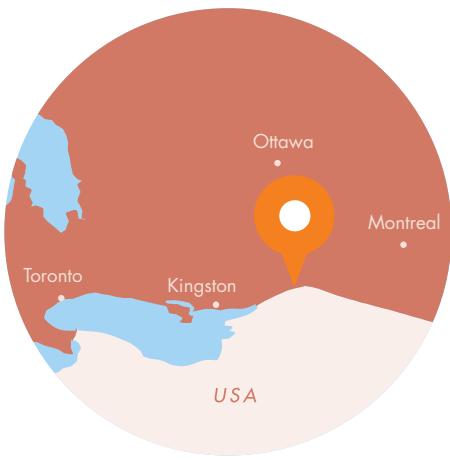




South Dundas

The St. Lawrence River provides a stunning backdrop to this area of Eastern Ontario consisting of a collection of small towns, rolling farmland and popular tourist attractions. South Dundas is the home of the Upper Canada Village, the Upper Canada

Playhouse, and the Iroquois Locks, as well as historical points of interest such as the famous Dr. Locke and the Battle of Crysler Farm. South Dundas is the home of the first McIntosh apple tree founded by John McIntosh in 1776.



Eight Great Things in South Dundas

1. Camping on the St. Lawrence
2. St. Lawrence Bike Trail
3. Upper Canada Village
4. Upper Canada Playhouse
5. Upper Canada Golf and Country Club
6. St. Lawrence Bird Sanctuary
7. Iroquois Locks
8. Dentz Orchard & Berry Farm



Seaway District High School

Seaway District High School is a well-rounded school which offers all of the programs and classes that any student could need, such as math, science, arts, physical education, languages, and a well-rounded technology program.

Mascot: **Spartans** School Population: **400**
Colours: **Orange and Black** International Students: **1-5**

Top Sports and Clubs:

- | | |
|--|----------------------|
| | Computers/Technology |
| | Horseback Riding |
| | Dance/Cheerleading |
| | Track & Field |



Andre Delgado

From Argentina

"I was worried about the cold before coming. Winter is cold but it was also fun. It was interesting to see 4 very different seasons. Summer gets really hot. I was so surprised. Bring a big jacket and shorts!"



2 Beach Street, P.O. Box 100
Iroquois, Ontario K0C 1A0
(613) 652-4878

seaway.ucdsb.on.ca



South Glengarry

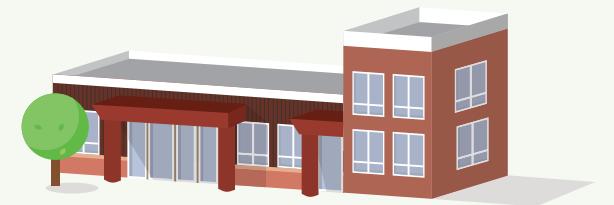
South Glengarry is the birthplace of Ontario. Located close to the St. Lawrence River, South Glengarry is 15 minutes east of Cornwall and 45 minutes west of Montreal. South Glengarry has a strong marine culture with many people in the community very interested in fishing and boating. The famous Cooper's

Marsh Conversation Area is a great place for students to enjoy the beauty of Eastern Ontario's nature and wildlife. Students looking for a great place to eat and shop can enjoy walking through the historic downtown cores of the towns of Lancaster and Williamstown.



Eight Great Things in South Glengarry

1. Cooper's March Conservation Area
2. Raisin River Canoe Races
3. Williamstown Recreation Centre
4. Bainsville Outdoor Ice Rink
5. Williamstown Fair
6. Lancaster Curling Club
7. Peanut Line Trail
8. Hybrid Marine Paddleboard & Canoe rental



Char-Lan Intermediate & District High School

At Char-Lan Intermediate & District High School, our focus is to provide all students with the opportunity to develop knowledge, skills, and attitudes that will help them to understand and appreciate themselves, relate effectively with others, develop appropriate educational plans, and explore career options.

Mascot: **Crusaders**

Colours: **Yellow and Blue**

School Population: **300**

International Students: **1-5**

Top Sports and Clubs:



French



Soccer



Horseback Riding



Track & Field

Paul Leitner

From Austria

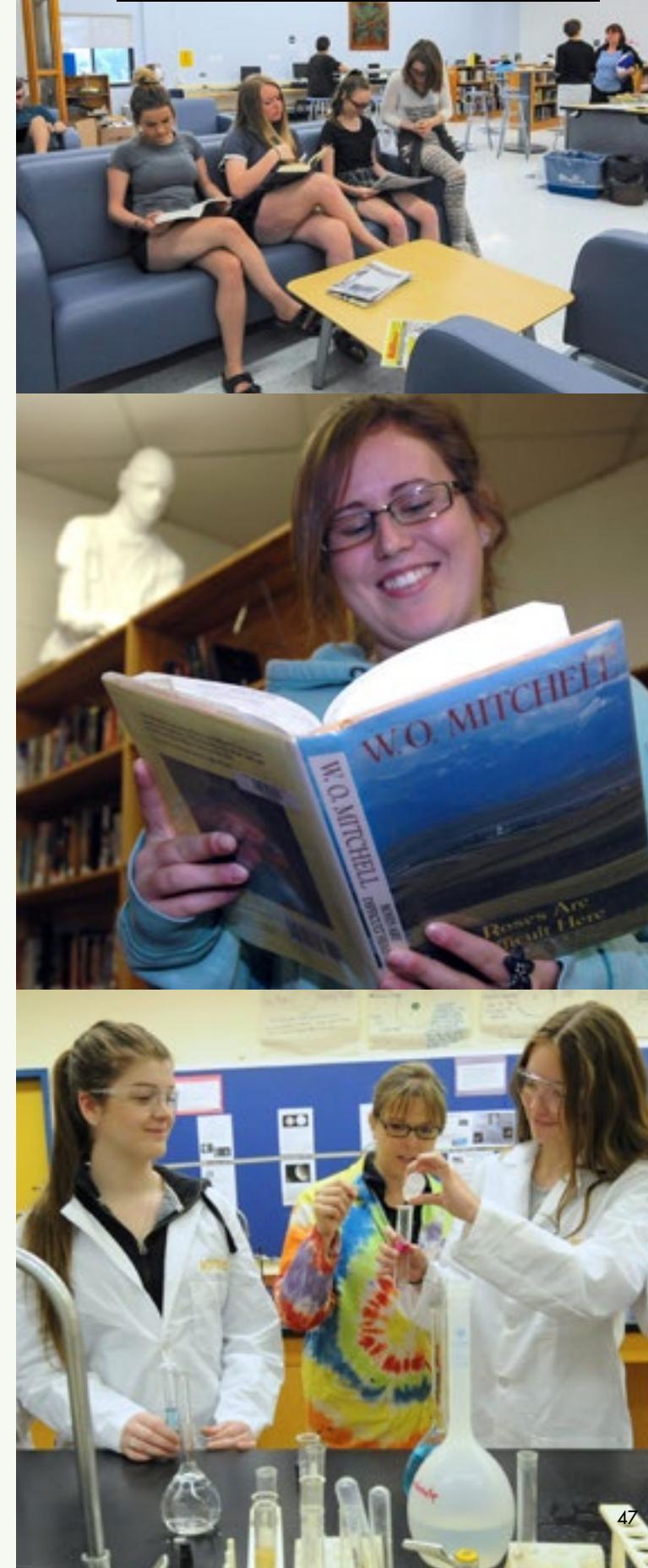
"This experience is definitely worth it. I learned a lot about a new country while also being able to share a lot about my own."



19743 County Road 17
Williamstown, Ontario K0C 2J0
(613) 347-3357

char-lan.ucdsb.on.ca

Specialist High Skills Majors:
Health & Wellness, Agriculture



Stormont

Experience the best of traditional rural Canada in the Stormont region. Historic Victorian homes and large maple trees cover this region full of friendly people, natural beauty, and a wide selection of community sports organizations including basketball, soccer, and baseball. Only

15 minutes from the City of Cornwall or 45 minutes to the City of Ottawa, the Stormont region offers students the chance to experience a traditional rural community in Eastern Ontario close enough to the services and entertainment options of larger cities.



Eight Great Things in Stormont

1. Avonmore Fair
2. Moose Creek Outdoor Arena
3. Stormont Broomball League
4. Stormont County Fair
5. Ingleside Skateboard park / Splash pad
6. Camping / biking along the Long Sault Parkway
7. Lost Villages Museum
8. Tobogganing in Long Sault



Tagwi Secondary School

Tagwi Secondary School (TSS) is a school with great energy and enthusiasm. The staff and community are dedicated to producing students who are well prepared for the various life experiences that lie ahead. At TSS, we are continually searching for ways to meet the needs of our students through programs such as cooperative education, dual-credit programming with colleges, university enrichment courses, apprenticeships and service based learning in communities both locally and internationally.

Mascot: **Warriors**
Colours: **Blue**

School Population: **600**
International Students: **20-30**

Top Sports and Clubs:

- | | | | |
|--|------------------|--|-------------------|
| | Basketball | | Math |
| | Horseback Riding | | Outdoor Education |

Nathan Stewart

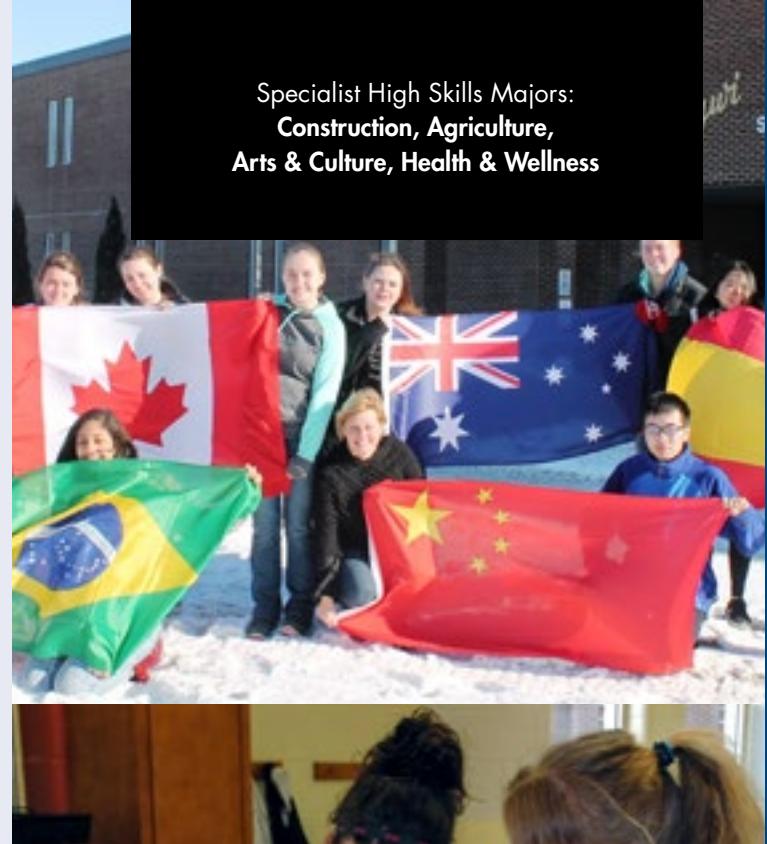
From Canada

"Every year when school starts I'm always excited to meet the new international students and learn about their cultures. I have friends from around the world."



16750 Highway #43, R.R.# 1
Avonmore, Ontario K0C 1C0
(613) 346-2122

tagwi.ucdsb.on.ca



Specialist High Skills Majors:
Construction, Agriculture, Arts & Culture, Health & Wellness



Vankleek Hill



Vankleek Hill

Known as the "Gingerbread Capital of Ontario" due to its beautiful old red brick Victorian homes, Vankleek Hill is a small town with a big spirit. Located in the north eastern corner of the Upper Canada DSB, Vankleek Hill is one hour from

both Ottawa and Montreal and just 10 minutes away from the nearby river town of Hawkesbury with beautiful riverside shopping and restaurants. Vankleek Hill is close to the province of Quebec and has a very bilingual population.



Eight Great Things in Vankleek Hill

1. Vankleek Hill Community Centre
2. Winter Carnival
3. Vankleek Hill Farmer's Market
4. Ouimet Farms Adventures
5. L'Original Beach & Campgrounds
6. Cross Country Skiing
7. Vankleek Hill Oktoberfest
8. Ottawa River Festival



Vankleek Hill Collegiate Institute

Vankleek Hill Collegiate Institute (VHCI) is a small school nestled in the heart of Vankleek Hill. VHCI has an excellent reputation and tradition of high performance in areas of academics, athletics, cultural and social pursuits.

Mascot: **Rebels**

Colours: **Red and White**

School Population: **300**

International Students: **1-5**

Top Sports and Clubs:



Computers/
Technology



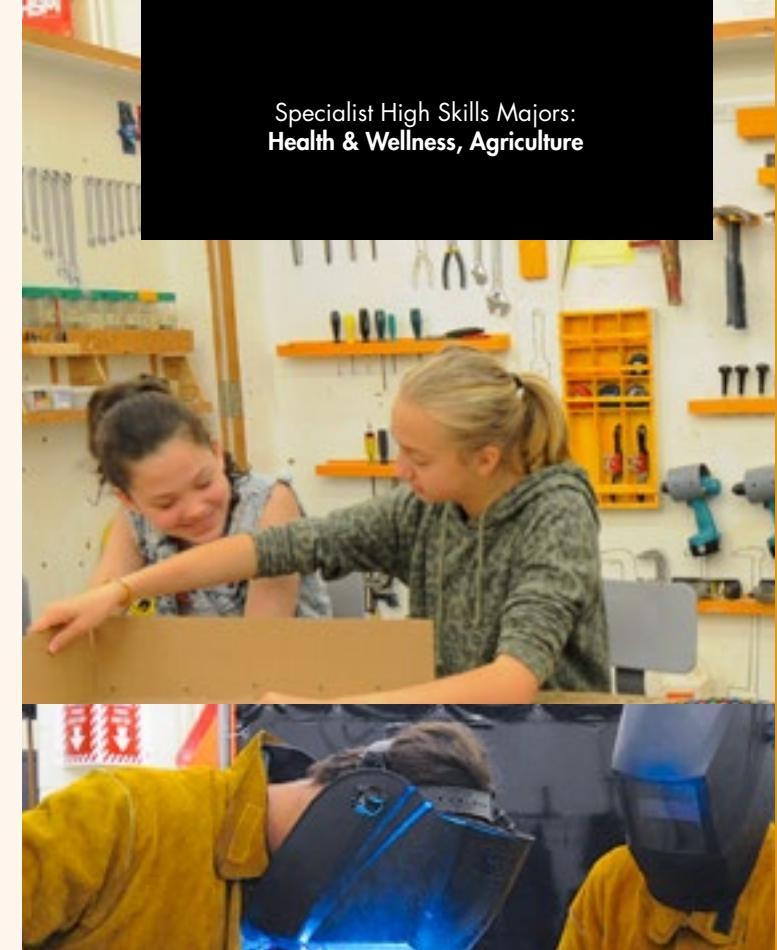
Swimming



Fine Art



Skiing



Hannah Phan

From Vietnam

"My teachers were very helpful. I could always ask them a question. They always encouraged me to do my best and succeed."



5814 Highway 34
Vankleek Hill, Ontario K0B 1R0
(613) 678-2023

vci.ucdsb.on.ca