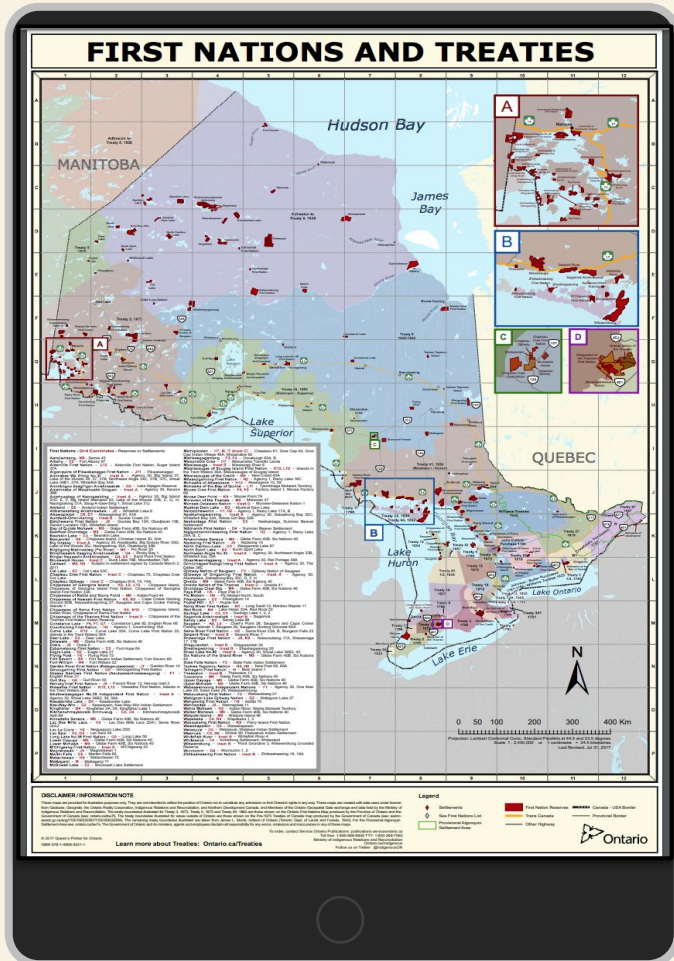




Welcome to Bur Oak Secondary School's Guidance Department



LAND ACKNOWLEDGEMENT

We would like to start by acknowledging that we are on the traditional territories of the Wendat, the Haudenosaunee (ho-dee-no-SHOW-nee), and the Anishinaabe (a-nish-i-NAA-bay) peoples, whose presence here continues to this day. We would like to acknowledge that this is the treaty lands of the Williams Treaties and the Mississaugas of the Credit and thank them and other Indigenous peoples for sharing this land with us. We would also like to acknowledge the Chippewas of Georgina Island First Nation as our closest Indigenous community and our partners in education.

Today's Agenda

Introduction to Guidance Department

Need Help?

Community Involvement

Questions?

Guidance Google Classroom



How to Book
a Guidance
Appointment



General
Information



Community
Involvement



Course
Selection

Accept classroom invite today!

GUIDANCE COUNSELLORS

Counsellor	Last Names beginning with	or if you have an:	Appointment Booking link
Ms. Andersen	A to G	IEP	bit.ly/BOSSandersen
Mr. Vittore	H to M		bit.ly/BOSSvittore
Ms. Wong	N to S		bit.ly/BOSSwong
Mr. Milberg	T to Z	International Visa	bit.ly/BOSSmilberg

HOW TO MAKE A GUIDANCE APPOINTMENT

1. Book Your Appointment online

Use the bit.ly address to schedule your appointment with your designated counsellor during:

- Block 1 on non face to face days or
- Blocks 2, 3, or 4.

2. Select your time slot

Be sure to enter your phone number in the “where” box.

A guidance counsellor will confirm your appointment

Book an appointment

What JW Appmt P1A (Jane Wong)

When Tue, September 22, 8:35am – 8:50am

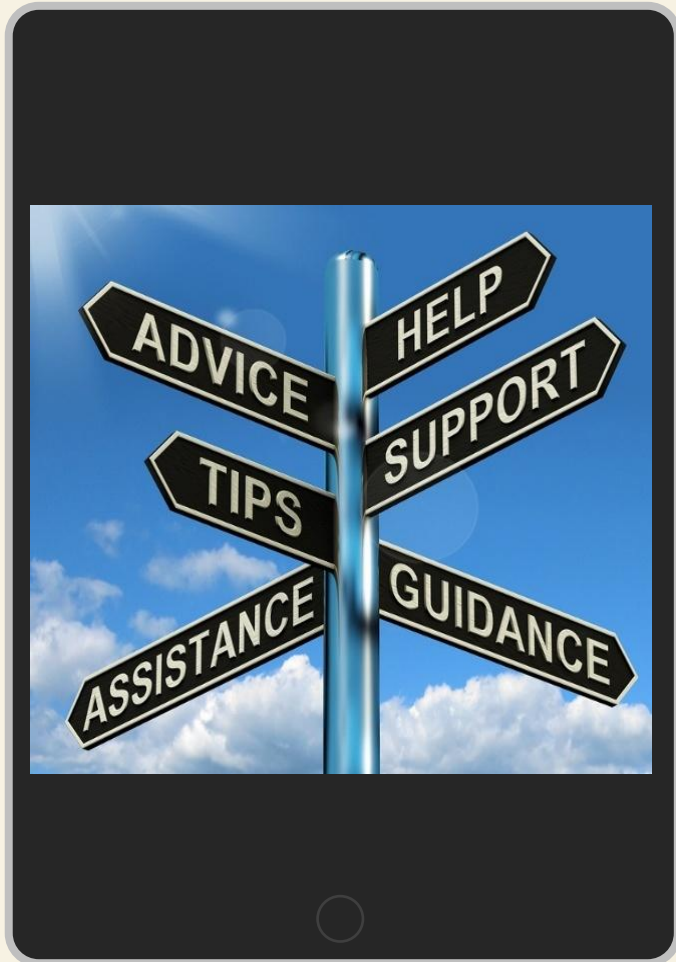
Who Jane Wong

Where 905-XXX-XXXX

Description Meetings cannot take place during your in-class period. Please schedule during an online class/cohort. These appointments are phone/google meet based and not in person. You must confirm the phone number you can be reached by adding the details to the "Where" Box Ms. Wong will confirm your appointment.

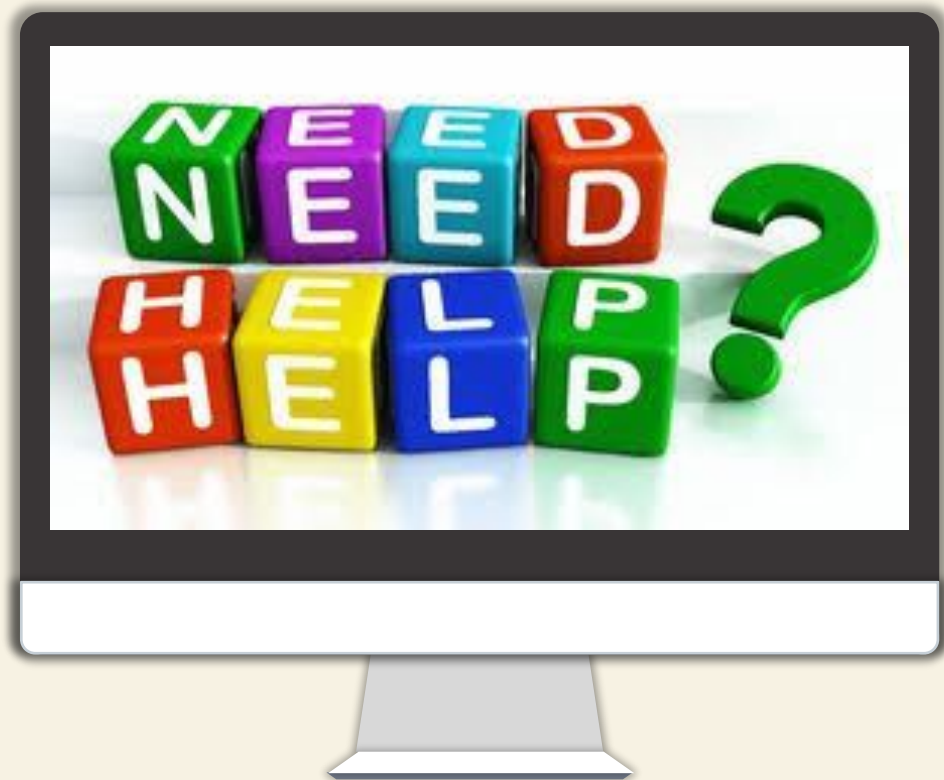
Tip: You can customize the details of the event after you save it.

Enter your phone number here!!



WAYS WE CAN SUPPORT YOU

- Academic
- Personal - Emotional
- Future planning



How do you know if you OR a friend needs help?

- Trouble at school
- Trouble with friends
 - Trouble at home

WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/
gambling is hard to control

ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

We ALL have Mental Health
Learn more about Mental Health on the BWW



Tough Stuff We Can Help You With



Lack of Confidence



Family Stress or
Divorce of Parents



Fear of Failure



Substance Abuse



Academic
Challenges



Anxiety

Who and How to Ask For Help?

- Find a trusted adult - parent, coach, teacher, or a guidance counsellor
- Share your concerns
- Ask questions



How to Help Yourself - Learn Your Own Coping Strategies



Exercise



Meditation



Music - play or listen



Time with family



Time with friends



Pick up a hobby



Community Involvement



What is Community Involvement?

- A graduation requirement
- 40 hours of activities
- Volunteer activities - not for pay or credit in class

Why Has the Ministry Mandated It?

- reinforces civic responsibility
- strengthens the community
- enhances self-confidence
- increases networking
- helps in building a career and academic portfolio



When Should I Complete My Hours?

- It is highly recommended that you complete your 40 hours by the end of grade 9
- In grades 10, 11, and 12, you will be busy with other things!



When Should I Complete My Hours?



Winter Break,
March Break,
Summer
Break



Before or
After School
or during your
lunch



Weekends



NOT during
regular class
hours

The Forty-Niners Club!



For all grade NINEs who complete and submit the paperwork for FORTY (or more) eligible volunteer hours by the middle of September 2021. (that's next year when you are in grade 10)

To help identify you, please write your grade in the top right hand corner of your community involvement form before you submit the paperwork.

In October you will receive a certificate to recognize your achievement.



**COMPLETE
40
VOLUNTEER
HOURS
BY THE
END OF
GRADE 9!**

YRDSB Approved Activities



YRDSB Approved Activities



Community Involvement Pre-Approved Activities



ALL activities must take place OUTSIDE of class time!

Activity Letter	Category and Examples
A	<p>Elementary Schools</p> <ul style="list-style-type: none"> - Classroom Helper, Fun Fair, Parent Night, Afterschool Program <p>NOT marking papers or recording marks</p>
B	<p>Secondary Schools – <u>outside of class time</u></p> <ul style="list-style-type: none"> - Helping with School Events (eg. Literacy Day, Grade 9 day, Registration Week) - Helping with Evening Events (eg. Parents Night, Music Night, open House) - Helping in the Community Class - Peer Tutoring <p>NOT classroom help or clean-up</p>
C	<p>Animal Care</p> <ul style="list-style-type: none"> - Animal Shelter, Toronto Zoo, Feeding and Cleaning cages/aquariums at school
D	<p>Arts and Culture</p> <ul style="list-style-type: none"> - Markham Museum Events, Public Libraries, Community Theatre, Cultural Events (eg. Macedonian Festivals, Sunatan Garba)
E	<p>Registered Charitable Organizations</p> <ul style="list-style-type: none"> - Terry Fox Run volunteer (not participant), Fundraising for the Canadian Cancer Society, Red Cross volunteer

F	Child/Youth Programs <ul style="list-style-type: none"> - Community Centre Programs, Youth Assisting Youth volunteer, Not-For-Profit Camps or Child Care Centres (eg. Camp Chimo)
G	Community Organizations <ul style="list-style-type: none"> - Daily Bread Food Bank, Salvation Army, Festivals held by the town
H	Community Service for Individuals in Need <ul style="list-style-type: none"> - Helping community members in need who are unable to leave the house – shovelling snow, yard work, etc... **Please check with Guidance if this is for an individual person, and NOT part of an organized group***
I	Environmental Projects <ul style="list-style-type: none"> - Community Tree Planting, Community Clean-ups, Town Recycling Depot volunteer
J	Health Agencies <ul style="list-style-type: none"> - Hospital volunteer, Blood Donor clinic volunteer, donating blood NOT a medical office (doctor, dentist,...)
K	Law Enforcement Agencies <ul style="list-style-type: none"> - Events sponsored by the police, Community Safety Village (not for co-op)
L	Political Organizations <ul style="list-style-type: none"> - Volunteering for a legitimate political party at the Municipal, Provincial, or Federal level. ***NOT for school trustees***

M	Religious Organizations <ul style="list-style-type: none"> - Teaching Sunday School, Performing Clerical Tasks, Assisting with Programs of Special Events, or Cleanup Days
N	Senior Citizens <ul style="list-style-type: none"> - Seniors' Residences, Assisting seniors in the community (eg. shovelling snow, yard work, meal preparation, computer lessons, etc...) **Please check with Guidance if this is for an individual person, and NOT part of an organized group***
O	Sports and Recreation <ul style="list-style-type: none"> - Coaching for Community Teams, Team Manager, Score Keeping, Running Special Events
P	Service-Focused Club Activities <ul style="list-style-type: none"> - School Club activities that take place outside of the school day to provide a <u>service</u> to help the community. These are events that go beyond the regular club meetings and typical activities.

YRDSB Approved Activities



ELEMENTARY SCHOOLS

- Assist with school council
- school events
 - E.g. Fun Fair, Parent Night, etc
- Activities that help students at the school
 - After school programs, breakfast programs, etc.

SECONDARY SCHOOLS

- School Events
 - Grade 9 Day, Registration Week
- Evening Events
 - Parents Night, Music Night, Grade 8 Open House, Spookfest
- Community Classes
- Peer Tutoring
- Library

CLUBS AND COUNCILS AT BOSS

Members will only receive hours for...

- work done BEYOND the regular club meetings
- assisting your club if they run a school wide even

YRDSB Approved Activities



ANIMAL CARE

- Feeding and cleaning of cages/aquarium at school
- Animal Shelter
- Toronto Zoo
 - Volunteer Guides, Zoo Ambassadors

ART AND CULTURE

- Art Galleries
 - Varley Art Gallery
- Community Libraries
 - Angus Glen CC
- Community Theatres or Musical Productions
- Markham Museum Special Events
 - Macedonian Festival

CHARITABLE ORGANIZATIONS

- Helping to organize walkathons
- Daffodil sales
- Breast Cancer Awareness
- Canvassing for Organizations
 - Red Cross
 - Heart and Stroke Foundation

YRDSB Approved Activities



CHILDREN/YOUTH PROGRAMS

- Helping with Girl Guides or Boy Scouts Initiatives
- Assisting with community centre programs
- volunteering at **NOT FOR PROFIT** camps and daycares

LOCAL COMMUNITY ORGANIZATIONS

- Local Food Banks
- Assist with local events
 - Food Festivals
 - Music Festivals
 - Parades
 - Fairs

COMMUNITY SERVICE FOR INDIVIDUALS IN NEED

Seniors or others who have difficulty leaving their home.

Service can include any of the following:

- Shopping for groceries
- Shoveling snow
- Raking leaves
- Yard work

YRDSB Approved Activities



ENVIRONMENTAL PROJECTS

- Markham Recycling Depot
- Flower and Tree Planting Events
- Park and Community Clean Up
- Beautification projects

HEALTH AGENCIES

- Volunteering at a Hospital
- Assisting with a Blood Donor Clinic
- Donating blood outside of class time
- Fundraising for hospices

LAW ENFORCEMENT

- volunteer at activities sponsored by the police
 - Community Safety Village
 - be a mascot

YRDSB Approved Activities



POLITICAL ORGANIZATIONS

- Activities related to legitimate and recognized political organization at the municipal, provincial and federal level
- **NOT appropriate are volunteer activities that support school trustees**

RELIGIOUS ORGANIZATIONS

- Churches, mosques, temples, or synagogues
 - assist with programs or special events
 - teach sunday school or religion classes
 - perform clerical tasks
 - lead a children's choir
 - assist with a clean up day

SENIOR CITIZENS

- visiting seniors in nursing homes
- reading programs, arts programs, etc
- Meal preparation

YRDSB Approved Activities



SPORTS AND RECREATION

- Coach in community or parks and recreation leagues
- score keep for teams at Bur Oak
- Be a Team Manager for a BOSS team
- Assist with tournaments for BOSS Athletic Council

SERVICE FOCUSED CLUB

- School club activities that take place outside of the school day to provide a service to help community
- A service means that you are doing something to help the community

INELIGIBLE ACTIVITIES

Activities that do NOT count for Community Involvement Hours ...



INELIGIBLE ACTIVITIES

Can't take place in or involve ...

Factory
(Under 15)

Operating a vehicle,
power tool, scaffolding

replace paid
workers

Workplace
(Under 14)

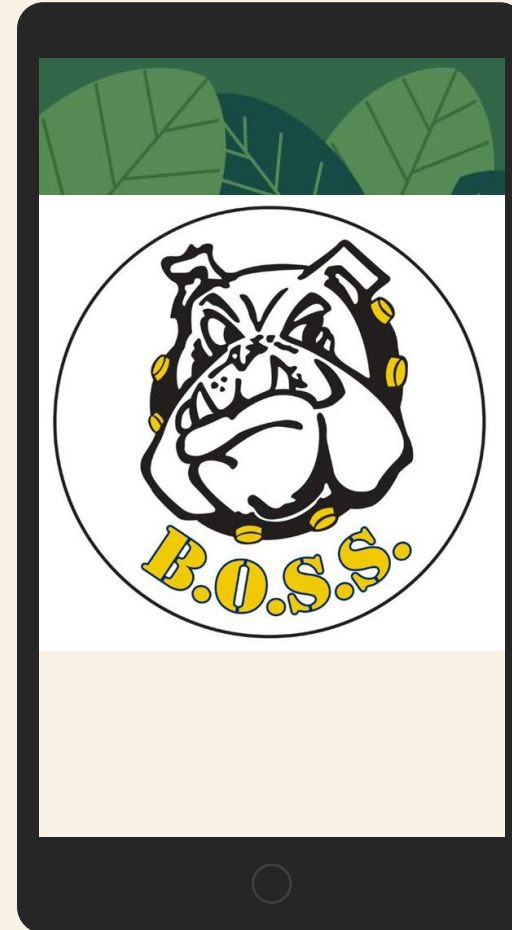
Court order
Programs

SCHOOL COUNCILS AT BOSS

Students who are elected/chosen for the following positions will NOT receive hours for their time:

- Student Council President
- Student Council Vice-President
- Director of a Council

...but you will gain valuable experience, just not volunteer hours



IMPORTANT DATE

Grade 9

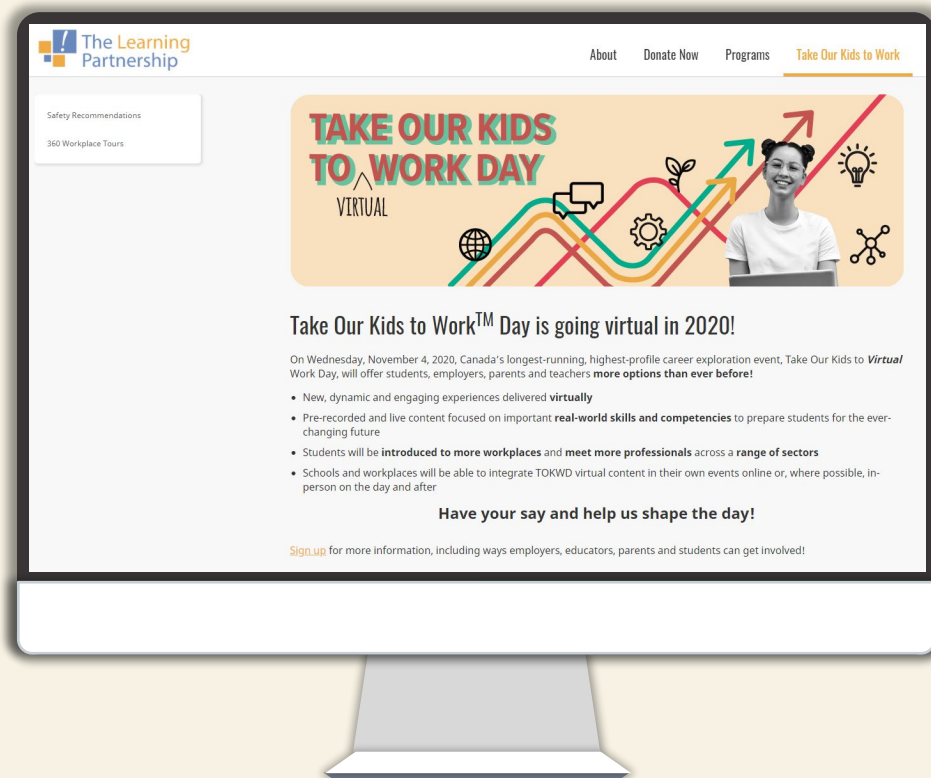
TAKE OUR KIDS TO WORK DAY

is scheduled for:

WEDNESDAY, NOVEMBER 4, 2020

is an **ineligible** activity for Community Involvement Hours, but a great experience!

More details to come!



HOW DO I GET STARTED?

HOW DO I GET STARTED?

1. Explore the possibilities

- Consult with your parents/ guardians
- consult with Guidance Department if you have concerns

3. Obtain School Approval

- Complete your volunteer activity
- Have your supervisor sign and complete last two columns of form

5. Submit Form to Guidance

- review the eligible and ineligible activities
- research opportunities

2. Select and Activity

- Check the pre-approved list and write corresponding activity letter in "School approval"
- Not Sure? Ask your counsellor

4. Volunteer

- take a picture of scan of completed form.
- drop off completed original form to guidance office.

Student Biggie the Bulldog

Student Number XXX-XXX-XXX

Student Telephone 905-202-1234

High School Bur oak Secondary School

School Year (xxxx - xxxx) 2020-2021

Principal Rose Li

Please provide the information requested below about the community involvement activities in which you plan to participate. Submit this form to the school Guidance Office when you have completed 40 hours of community involvement activities. All activities must be on the eligible list.

ACTIVITY	ESTIMATED NUMBER OF HOURS	ESTIMATED DATE OF COMPLETION	SCHOOL APPROVAL	COMPLETED NUMBER OF HOURS	DATE OF COMPLETION	TELEPHONE NUMBER, ORGANIZATION & SUPERVISOR NAME (PLEASE PRINT)	SUPERVISOR SIGNATURE & COMMENTS
Peer Tutoring	3	Dec 31 2020	B	3.5	Jan 31 2021		
Total				3.5			

Check the list of pre-approved activities and fill in proper code

Biggie the Bulldog
Student Signature

Jan 31 2021
Date

Parent/Guardian Signature

Date

For office use only

Completion has been noted on Student Trillium Record

Signature of School Official

Date

This information is collected and used pursuant to the Education Act. The information will be used to document the Community Involvement Diploma Requirement.

White (Original) - OSR retain 5 years post retirement

Yellow - Student Copy

Pink - (Notification) - Guidance (OSRs are retained in guidance.)

Student Biggie the Bulldog

Student Number XXX-XXX-XXX

Student Telephone 905-202-1234

High School Bur oak Secondary School

School Year (xxxx - xxxx) 2020-2021

Principal Rose Li

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Peer Tutoring	3	Dec 31 2020	B	3.5	Jan 31 2021	905-202-1234 Bur Oak Secondary School J. Wong	Jane Wong
Total				3.5			

To be completed by supervisor

Biggie the Bulldog Jan 31 2021
Student Signature

Mommy Bulldog Jan 31 2021
Parent/Guardian Signature

signed by parent or guardian

For office use only

Completion has been noted on Student Trillium Record

Signature of School Official _____ Date _____

Q and A Period

Be sure to share your questions using
google form.

<https://forms.gle/zopxitDNL8LrhzNZ9>