

JUMP START

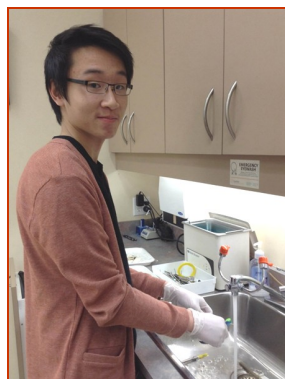
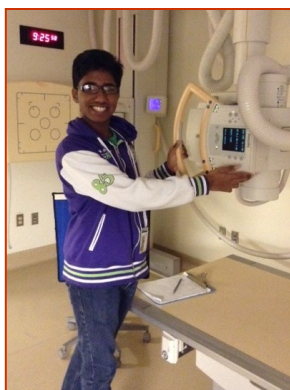
.....A CAREER



CO-OP NEWS

Fall / Winter 2014

CO-OP ... Learning through Experience!



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High Performance Athlete Program (HPA) Sir William Mulock S.S.

The High Performance Athlete Program is a specialized Cooperative Education program for students who are competing at the provincial, national and international level. The focus is on long term career objectives while accommodating competitive needs to individually tailored Co-op courses.

Danica is a swimmer with the Newmarket Stingrays and represents the Sir William Mulock S.S. High Performance Athlete Program. This is an excerpt from her "A Day in the Life of a High Performance Athlete" assignment.

By Danica Garbett, Co-op Student, Sir William Mulock S.S.

I am different from most teens.

After school, I am back in the pool Mondays, Tuesdays, Wednesdays and Thursdays.

I have to make sure I eat a lot, or my performance will suffer.

When I reflect on my training I realize...

I swim in the morning, when it is pitch dark and most of my school friends are fast asleep in their warm cozy beds;

I consider the pool my second home;

My team mates are my family;

I am sore almost every day of the week;

I eat 8 meals a day;

I constantly smell of chlorine;

At school my hair is usually in a wet bun;

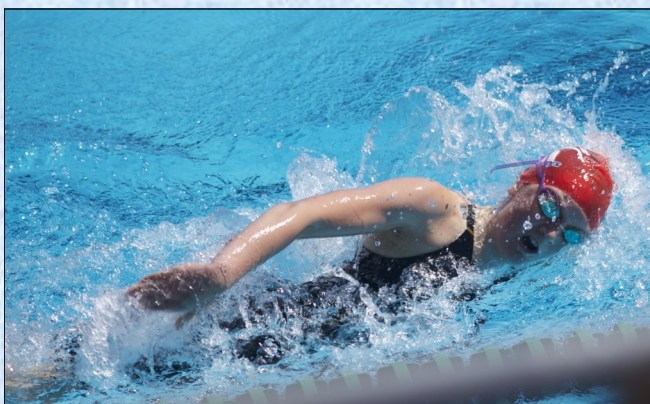
I have permanent scars on my fingers from lane ropes;

I have cried from exhaustion;

I have gotten so mad at myself because of a bad race, but could not wait to race it again;

However, I also get a rush when I first dive in the water at 5:30 a.m. in the morning and the water surrounds me;

My heart races with excitement when I step behind the blocks;



I dream of getting a scholarship to the U.S. and swimming varsity;

I dream of representing Canada at the Olympics;

So I wake up at 4:30 a.m. most mornings;

I sacrifice sleep, getting together with friends, nice hair at school and I spend a lot of my life holding my breath;

I am a swimmer and I wouldn't change that for anything!



York Region Skills Challenge...

a celebration of technical and creative excellence

By Ethan Milberg,

Department Head of Community-Based Education, Bur Oak Secondary School



On February 27th and March 5th 2014, nearly 350 YRDSB students participated in a series of events that showcased design, innovation and creation. Students from Grades 4 to 12 took part in 23 events with the winning competitors earning a chance to represent YRDSB at the Ontario Technological Skills Competition in May.

Final Results for YRSC 2014:

Event	Winning School
Grades 4-6 Character Animation Challenge	Cedarwood P.S.
Grades 4-6 Lego Mechanics Challenge	Boxwood P.S.
Grades 7-8 Character Animation Challenge	Wismer P.S.
Grades 7-8 Green Energy Challenge	Donald Cousens P.S.
Grades 7-8 Lego Mechanics Challenge	Beverley Acres P.S.
Grades 7-8 Lego Robotics Challenge	Oscar Peterson P.S.
Grades 4-6 Lego Robotics Challenge	Oscar Peterson P.S.
TV and Video Production 7-8	Bakersfield P.S.
2D Character Animation	Unionville H.S.
3D Character Animation	Unionville H.S.
Architecture Design	Bur Oak S.S.
Fashion Design	Bur Oak S.S.
Graphic Design Presentation	Middlefield C.I.
Graphic Design Studio Production	Bill Crothers S.S.
Hairstyling	Huron Heights S.S.
Job Interview	Vaughan S.S.
Photography	Stouffville D.S.S.
Prepared Speech	Bur Oak S.S.
TV and Video Production - Secondary	Unionville H.S.
Team Robotics	Unionville H.S.
Individual Carpentry	Richmond Green S.S.
Team Carpentry	Richmond Green S.S.
Rough Carpentry	Maple H.S.



The organizing committee would like to thank all of the teachers and community partners who assisted in organizing the day. A special thanks to our event hosts Seneca College and Keswick High School for making our teams feel so comfortable during their stay.

Interested in participating in Skills Competitions? Schools can participate in several district and regional events every year.

For more information, please visit www.skillsontario.com or www.yrdsb.ca/skills or email: janet.davis@yrdsb.ca

STUDENT VOICES

By Christine Alberti
Co-op Student, Keswick H.S.

I have really enjoyed my Co-op placement at the **Community Safety Village of York Region**. On a daily basis I assisted with York Region school classes from Kindergarten to Grade 5. I helped with fire and police safety education classes as well as classes of children and adults with special needs. The classes and education are as follows:

Kindergarten Program

- Community Helper and Water Safety
- Beginner Fire Safety

Grade 1 Program

- Traffic & Pedestrian Safety & riding battery operated jeeps in the Village

Grade 2 Program

- Fire Safety, plus 9-1-1 by crawling through non-toxic smoke and exiting out a window

Grade 3 Program

- Bicycle Safety & Bike Helmet Safety and riding bikes in the Village

Grade 4 Program

- Advanced Fire Safety and the Science of Fire by identifying fire and burn hazards and smoke simulation

Grade 5 Program

- Internet Safety by role playing and playing an internet game
- Positive Lifestyle Choices by visiting the Hero House
- Emergency Preparedness by making emergency kits in groups

My daily duties in the police classroom consisted of setting up the classroom and Village, getting teacher take home bags ready and helping the Officers teach the class. In the fire classroom I assisted the Fire Educator by taking kids to the fire hall where they put on fire fighters jackets, and helped the children stop, drop and roll.

My placement has made me realize I want to pursue a career in policing more than ever. I have to thank everyone at the Community



Safety Village for making my experience better than I imagined. It has been an experience I will never forget.



← Co-op students from across the Board

By Sarah Brough,
Co-op Student, Markham District H.S.

My Co-op placement at the **Family Maternity Centre / Scarborough Hospital** has been an extremely educational and amazing experience.

It has taught me so much that I could never learn in a classroom. Not only did I learn and see new things, but it also helped me to grow as a person. This placement showed me what working in a hospital is really like and I got to see many of the highs and lows of working there. Co-op helped me narrow down my decision about what I want to do in the future. With the help of the nurses and unit clerks, I was able to spend lots of time in Pediatrics and I realized that is what I want to do in the future. Although I was in the Family Maternity Centre most of the time, many of the skills I acquired will help me prepare for a future as a Child Life Specialist.

Co-op taught me many skills that will be extremely useful in the future. Initiative was one of the biggest skills I have acquired. When I first came to the hospital, I was never sure what to do and always felt like I was asking someone "What can I do now?" As time went on, I was able to complete many tasks that I knew I had to do - without always nagging the staff about finding me work to do. After about a month, I was able to create a schedule for myself and this also helped in my time management skills. I had to prioritize what needed to be done first and see what would take the longest.



Co-op also increased my responsibility skills, because it is not like being in a regular class where you always have your teacher reminding you to do your work or hand in your assignments. I was more independent in Co-op, and it was my responsibility to get my work done without having that constant reminder. All of these skills are essential for surviving in the real world. The skills that I have learned will help me no matter what I do in the future.

Overall, taking Co-op has been one of the best choices I made in high school because it has shown me exactly what I want to do in the future. This makes me feel much more confident in how my life will be after high school. And, for this I have my Co-op program and the Scarborough Hospital to thank. It was an amazing year and I will never forget it.

Thank you Co-op!



STUDENT VOICES

By Ayesha Hanan
Co-op Student,
Maple H.S.

Baker/Chef

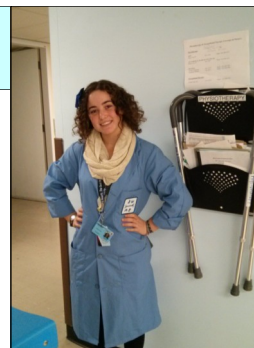


The past few months at **Cobs Bread** have been amazing. I made many new friends from my fellow co-workers and learned new skill sets from the Co-op course. Working at Cobs Bread has made me realize my career path for my future. I know that in a few years from now I want to be a Pastry Chef with my own café. This is all thanks to the Cooperative Education Program. This program, which allowed me to work at Cobs Bread, has made me realize just how important this career path is for me.

In fact, I can honestly say that because of Co-op, I have changed as a person. I noticed that I have become even more independent than I was before, because I am responsible for myself. And, I have gained more confidence in myself, considering how much easier it is for me to form personal relationships. Again, this is all thanks to the Cooperative Education Program. I really hope that others can take this opportunity as well and come to realize their future career path.

Co-op...A Taste of the Real World

By Hilarie Stein
Co-op Student, Vaughan S.S.



When cooking anything, it is always helpful to have some kind of picture of the finished product as a reference.

This creates an accurate perception of the end goal. In many ways, Co-operative Education is the picture reference for a career. It allows a sneak peak at what an individual intends to be and triggers the thinking process of "Is this really for me?"

First, I got to sample a cookie - figuratively speaking of course. 'Co-oping' at **Mount Sinai Hospital** allowed me to peer into that cookie jar and figure out if being a doctor was the life I could see myself leading. Co-op gave me a taste of the real world.

In reality, I had front row seats to preview the life of a doctor. Working in the general surgery nursing station I had the wonderful opportunity to shadow doctors, nurses, pharmacists, infection control personnel, nutritionists and many more health care professionals in the field. I had the opportunity to observe administrative functions along with witnessing a live feed of a surgery, seeing a blood transfusion and patient-physician consults.

I am certain the family doctor life is the one for me, especially after speaking with several family medicine residents. Having sampled the hospital life, I can now prepare my recipe that will help me achieve my career goals.

By Gil Segev, Co-op Student, King City S.S. **Production Assistant**

Taking Co-op was a brilliant decision!

This piece is addressed to those students who are interested in taking a Co-op course but are not sure if it is right for them. Making a commitment of this scale requires time and thorough thinking, and I hope that by sharing my experience I will be able to help those who are still indecisive.

My name is Gil, and I took a full-day Co-op course at **Rogers TV** during the second semester of my Grade 11 year. The motivation to do so stemmed from my desire to learn about an industry I wanted to explore, so of course I was thrilled to be accepted. Truth be told, I was apprehensive going into the process. What if I had a terrible time at my placement? What if transportation would be a problem? In the end, I swallowed down my fears and jumped in.

Doing so ended up being a brilliant decision. Not only did I learn so much more about the business and industry than I had hoped for, I also made tight friendships with my colleagues and even my supervisors. In addition, new opportunities opened for me that wouldn't have been available had I not been at Co-op. The connections, skills, and perseverance I gained from my placement will be valuable no matter what industry or profession I end up in - and it's all because I took that first step and signed up for Co-op.

Now it's your turn!



Specialist High Skills Major Program (SHSM)

An **SHSM** is a ministry-approved specialized program that allows students to focus their learning on a specific economic sector while meeting the requirements to graduate from secondary school.

www.yrdsb.ca/shsm



SHSM - Transportation

By Risanthen Kugaseelan
Co-op / SHSM Student, Middlefield C.I.

My placement was at **Formula Honda** where I assisted the Automotive Service Technician with oil changes and brake service on cars. Skills that I developed were communication skills through working with others and problem solving skills through finding problems with cars and fixing them.



My thoughts about SHSM is that it is a beneficial program. My Co-op experience helped reassure me that an Automotive Service Technician is the right path for me. My advice for others is to take Co-op in high school and to learn about a career, prior to spending time and money on an educational path and finding out it wasn't right for you.

SHSM - Health & Wellness

By Thakse Suthakar,
Co-op / SHSM Student, Middlefield C.I.

I spent three months working at the **Milliken Medical Centre** where I gained experience in a healthcare environment. I started off with duties of filing health record documents and confirming appointments with specialists. In addition, I observed specific appointments with infants and took mental notes on how the physicians communicated with their patients. Skills that I developed were communication and document use.

Thanks to SHSM, I gained opportunities to expand my knowledge in the healthcare industry, which will help me plan my future goals of becoming a family physician.



Dual Credit Accelerated Ontario Youth Apprenticeship Program (OYAP)

Accelerated OYAP programs combine the Co-op experience with instruction at the college/training institute. It is offered in Semester 2 and is open to students in their graduating year.

www.yrdsb.ca/oyap www.oyap.com

Accelerated Ontario Youth Apprenticeship Program - Humber College, Plumbing and Electrical

Matthew Larsson and Connor Hitchcock, Co-op / OYAP Students, Sir William Mulock S.S.

The Ontario Youth Apprenticeship Program (OYAP) is a program to introduce high school students to the apprenticeship process. Students gain experience in the trade and earn competencies towards those needed to be qualified in the trade. Accelerated OYAP enables young apprentices to take their basic level of trade school at Humber College, while earning high school credits through the Dual Credit Program.

Matthew Larsson and Connor Hitchcock both went through the Dual Credit Accelerated Ontario Youth Apprenticeship Program. Along with a few other peers from Sir William Mulock Secondary School and other YRDSB students, Matt and Connor worked diligently to earn their basic level trade schooling before even leaving high school! Matt and Connor have each completed on the job training during their time as signed OYAP apprentices through the Cooperative Education Program. That's a lot of experience in the field and in the classroom, and all before they leave high school.

Matt and Connor have since successfully gained employment in their trades.



Matthew Larsson (left) - Plumbing Program
Connor Hitchcock (right) - Electrical Program

Summer International Co-op Program to Costa Rica



YRDSB Students are helping to save Endangered Sea Turtles by:



Turtle Conservation Activities: construct and monitor hatcheries/breeding grounds, transfer nests, protect nests/female turtles via patrol walks, perform beach signalling, collect data (biometry/markings), remove solid waste from beach.

Reforestation, Erosion & Flooding Control: mix/sift soils and compost, collect seeds, pot mangrove and other trees/plants, plant and stake mangrove and other trees.

Development of economic alternatives for local community: plant organic crops, weed and maintain crops.

Maintaining and constructing infrastructure.



**Kathleen Lindsay,
Costa Rica Summer Co-op Student,
Sir William Mulock S.S.
writes...**

The turtle project was the best part of the trip for me for multiple reasons. It taught me so much about natural habitats and the dangers they face, along with how we can prevent those problems. But most importantly, I learned about what I want my career to be and the person I want to become. By holding a baby sea turtle in my hand I realized that Marine Biology is exactly the career that I am meant for. I loved the entire experience and I actually plan to return to the conservation program to volunteer again in the future.



**More Info on
YRDSB Summer International Co-op Program, Costa Rica:**

<http://www.yrdsb.ca/ICE>

Costa Rica

Where are they now?

My overall experience while participating in the Co-op program at **Royal LePage** has been beneficial to my success today. Nine years ago I was in Grade 12. I decided to take the Co-op program in the field of Real Estate and it turned out to be the best decision I made in my life. The experience, connections and knowledge I received was priceless. After graduating, I decided to pursue this career and here I am nine years in the making running my own successful business.

Today, I am one of the top successful agents for Royal LePage Maximum Realty. I've been featured on television and radio, received many awards for my performance and helped the community in many ways. I am now pleased to say that I am an employer that supports the Co-op program, and I love to make a difference and impact in students' lives which will help them gain the experience they need for their own successful futures.

I would also like to take this opportunity to thank Mrs. Bruno, Co-op Teacher from Woodbridge College, because if it wasn't for her hard work and dedication to the program I would not be in the place I am today.

By Carlos Paniagua,
Royal LePage
Maximum Realty
Former Co-op Student,
Woodbridge College



Now...

Carlos - now as
Placement Supervisor
with his Co-op Student,
Calvin Tran (left) from
Woodbridge College

The Community-Based Education Team

Salim Jamal

Coordinator: Community-Based Education

Janet Davis

Curriculum Consultant

Vicky Essebag

Curriculum Consultant

Steve Poste

Curriculum Consultant

Lori Rice

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Administrative Support

WEBSITES:

Community-Based Education (WWW)

www.yrdsb.edu.on.ca/community.based.education

Community-Based Education (BWW)

<https://bww.yrdsb.ca/services/cis/coop/Pages/default.aspx>

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Interested in hosting a Co-op Student?

Call: 905-727-0022 ext. 3438

Online: [YRDSB Employer Registry](http://www.yrdsb.edu.on.ca/community.based.education)