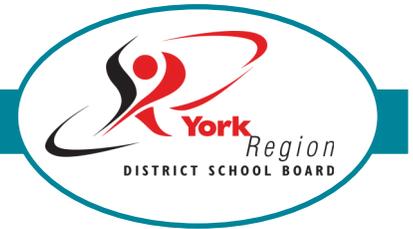




109 Garden Avenue
Richmond Hill, On, L4C 6M1

905-889-6266

Attendance: 905-889-6266 ext: 1



News Bulletin: May 20-31

Administration

Principal:
Sheri Epstein

Vice-Principal:
Heather Leatham

Vice-Principal:
Marianne C. Hamilton

STAY CONNECTED



@langstaffss

A Message from your Administrators

Dear Langstaff Families and Community Members,

Do you know that there are only 21 school days left!?! That is absolutely crazy! Time sure does fly when you are busy learning and playing and having a great school year. Moreover, in this short time we still have quite a bit to do... But before we get to what is coming soon let me tell you about what has happened over the past few weeks.

All our Advanced Placement students have been writing their AP exams this week and into next week. The students will not get their results until July but we wish them the best of luck. Our students in our Community Classes will be participating in the SNAP track and field event. Speaking of Track and Field... LSS is hosting a local elementary Track and Field event next week. We love having our elementary students at LSS so they get to spend time at their future home.

Today our Student Council members are hosting a "Teacher Appreciation" event during lunchtime to thank all the teachers for all their support during the school year. Speaking of Student Council, this week administrators visited all the homeroom classes to explain to the LSS students the new Student Council format for next year. We are moving to a smaller elected Student Council with only 4 elected positions – a President from Grade 12, and three Vice-Presidents; one from grade 9, grade 10 and grade 11. To increase leadership opportunities for students, we are creating a number of committees that any student, from grades 9-12, can join. This way many more students can be involved in life at Langstaff SS.

Our Relay for Life planning and activities are well under way and the staff and students at LSS are very busy raising money for the Canadian Cancer Society and getting everything organized for big event which is taking place on Thursday, May 30. Please encourage your son/daughter to get involved in this very worthy event.

Our Grade 12 students are very much looking forward to Prom on Thursday, June 6. Tickets are going quickly and need to be purchased ASAP. This also means that Graduation is around the corner. Our students and whole school community look forward to this milestone.

We are gearing up for a very busy and exciting last month of school. As always, I thank you for all your support and dedication to our students and the LSS community.

Sincerely,

Ms. S. Epstein
Principal

School Bell Timetable

Period 1	8:25 am – 9:40 am
Period 2	9:45 am – 11:05 am
Lunch	11:10 am – 11:50 am
Period 3	11:55 am – 1:10 pm
Period 4	1:15 pm – 2:30 pm

May 2024

Mon

Tue

Wed

Thu

Fri

May 20

Victoria Day—
No School

May 21

May 22

Career Expo
Field Trip
AP English Ex-
am
2:30pm Debate
Club

May 23

May 24

Business
Field Trip to
Canada's
Wonderland

May 27

3 pm Ultimate
Frisbee—Home
Game

May 28

SNAP Track
& Field

May 29

May 30

12-9pm Relay
for Life

May 31

SHSM
TreeTop Trek-
king Field
Trip

ORDER DUE DATE: **MONDAY MAY 20TH, 2024 (MIDNIGHT)**

LANGSTAFF SECONDARY SCHOOL | GRAD WEAR



PERSONALIZATION OPTION AVAILABLE FOR **\$8.00** PER ITEM



ORDER ONLINE HERE ↓

<https://teamandspiritwear.com/LSSGRAD>

*PRICES INCLUDE ALL APPLICABLE TAXES | ADDITIONAL CHARGES MAY APPLY FOR SIZES **XXL+**

PLEASE CHOOSE SIZES CAREFULLY. ALL ORDERS ARE MADE TO ORDER. **NO REFUNDS OR EXCHANGES**
Sizing information is available online under each product description.



Exciting News Bears!

We now have a **Spirit Wear Store** open to all LSS students!

We have an amazing new designed, created by one of our very own LSS students, and this will be available on a T-Shirt or Sweatshirt (or both!)

We hope that you will order some spirit wear to show your pride in being a part of the LSS community.

All orders must be placed by **May 26, 2024** and all spirit wear items will be delivered before the end of this school year.

Please visit the LSS store by referring to the attached flyer and using the website address provided to everyone.

Looking forward to seeing all Bears walking the hallways in their new Spirit Wear! #Bears for Life

ORDER DUE DATE: SUNDAY MAY 26TH, 2024 (MIDNIGHT)

LANGSTAFF SECONDARY SCHOOL | SPIRIT WEAR

PERSONALIZATION OPTION AVAILABLE FOR **\$8.00** PER ITEM



UNISEX SHORT SLEEVE TEE

\$20.00

UNISEX PULLOVER HOODIE

\$47.00



ORDER ONLINE HERE ↓

<https://teamandspiritwear.com/LANGSTAFFSW>

*PRICES INCLUDE ALL APPLICABLE TAXES | ADDITIONAL CHARGES MAY APPLY FOR SIZES XXL+

PLEASE CHOOSE SIZES CAREFULLY. ALL ORDERS ARE MADE TO ORDER. **NO REFUNDS OR EXCHANGES**

Sizing information is available on the under each product description.



From May 2 to May 12 Langstaff SS undertook a European adventure that no one is going to forget! 34 students, accompanied by LSS admin and staff, traveled to Paris, Barcelona, the French Riviera and Monaco. Our globe trotting bears immersed themselves in the history, culture, and beauty of each city we visited. We were able to go on guided walking tours, visit famous museums, indulge in culinary delights, visit famous landmarks, and of course purchasing souvenirs! We even watched a Flamenco Dance Show and partook in a Spanish cooking class - Paella is delicious! This was an amazing opportunity for everyone involved and we know that the experiences and memories will last a lifetime. While still suffering from jetlag and croissant withdrawal we are already busy planning our

Langstaff Bears take on France & Spain!





Dear Langstaff Staff, Families and Community Members,

Update on Relay for Life 2024: We have currently raised over \$7,000 for the Canadian Cancer Society. Way to go Bears!

Relay for Life on May 30th, 2024

This year Relay for Life will take place on **May 30th, 2024**, at Langstaff SS from **12:00 pm to 9:00 pm** right here on the LSS field. Students who have signed up will participate in a number of exciting activities throughout the day and will walk the track (that's the Relay part!) during this event. **Please ensure that you have filled out the permission form, paid the registration fee for your child to participate. This is a school sanctioned event and all YRDSB and school rules will be enforced.**

We are asking all participants to raise a minimum of \$60.00 per person. All donations that are not raised online will be collected on Bank Days leading up to the big day! There are many ways to get creative and fundraise in the community.

Some food, including BBQ dinner and beverages will be provided to all participants during the event but students are also encouraged to bring a **packed lunch, plenty of water, snacks, sunscreen, a hat, a portable shelter from the sun or rain, sports equipment and games, layers of clothing, comfortable shoes, some loonies and toonies for treats, lots of energy and bright smiles.**

We are still inviting Cancer Survivors in the Langstaff community to participate. Invitations are in the main office.



We would currently like to thank the following businesses for their support: **STUDIO 95 TRAINING AND ATHLETICS** and **HEEVA FINE FOODS** for their generous donations of prizes!

If you are able to sponsor our event and/or make a donation, please contact karen.burley@yrdsb.ca or make a donation to our event at relayforlife.ca/langstaff.

Langstaff SS' Relay for Life event will be chaperoned by Mrs. Burley, in cooperation with a number of LSS teachers, EAs and Administrators.

This is going to be a wonderful event for LSS and we are looking forward to seeing just what the LSS community can do to support such a wonderful cause, build school spirit and have a lot of fun!



At our last school council meeting, Theresa Meikle from Mindful Pathways facilitated an excellent presentation on supporting our student wellbeing through mindfulness.

WHAT HELPS STUDENTS TO FLOURISH? WELLBEING AND MINDFULNESS - LANGSTAFF SECONDARY SCHOOL

- **Negative Impacts of Social Media**

- Increases distractibility (cannot pay attention, complete schoolwork)
- **Information overload – leads to distraction**
- **Comparison trap - leads to poor self-esteem**
- **Fear of missing out – leads to discontent, depression**
- **Negative content – leads to anxiety, powerlessness**

Managing Social Media

What works for you?

- **Set limits** - use your phone to help you
- **Digital Detox** - set hours in the day when you do other something that brings you pleasure - play a sport, do some art, go outside, talk to a friend in person - no phones
- **Curate your feed** - delete what makes you feel anxious, select what is helpful, positive, affirming
- **Be mindful of your emotions and needs** - check in with yourself before you start scrolling - Is there a healthier option for your mind right now?
- **Focus on real life connections** - engage in live connections with family, friends, community - no phones needed
- **Hobbies and passions** - rediscover or develop new hobbies for fun and relaxation
- **Educate yourself** - learn about the impact of social media on mental health

Supporting and Talking to Your Child

1. Find a quiet time when you are unlikely to have interruptions to begin the conversation.
2. Reassure your child that they can tell you anything and you will not get angry with them (even if you get scared).
3. Start the conversation with describing changes you have noticed in their mood, behaviour, reactions etc.e.g., "I have noticed that you seem to be crying more."
4. Share that you "wonder" about how your child might be feeling, what they might be thinking, what they might be worried about etc. e.g., "I wonder if you're feeling sad ..."
5. Allow your child time to reflect before they answer.
6. Stay calm and don't abandon the conversation if your child responds with "Nothing is wrong.....leave me alone". If this happens, reassure your child that you are there for them. Give your child some time and then try again.
7. Reach out to your school, medical professional, spiritual leader for assistance
<https://smho-smsso.ca/parents-and-caregivers/>

Taking care of yourself:

<ul style="list-style-type: none"> • Get enough sleep • Eat well • Drink enough water • Go for a walk in nature 		<ul style="list-style-type: none"> • Focus on what you can control • Do important things first • Choose activities that help build your sense of control (e.g. tidy up, make a schedule, help your community)
<ul style="list-style-type: none"> • Practice the pause / Check the weather • Feel your emotions • Treat yourself kindly • Hug yourself! 		<ul style="list-style-type: none"> • Connect with others • Join a club • Get community support • Help others • Take a course

Basic Needs: Safety, Satisfaction and Connection

Accessing Your Guidance Team

WELCOME
TO
GUIDANCE



YOUR GUIDANCE DEPARTMENT MISSION STATEMENT

Support and promote students' well-being and continuous growth in three areas: personal (student) development, interpersonal development, and career development in order to help them develop resilience and realize their potential (success) as individuals and as valuable members of society.

-Ontario School Counsellors' Association

Contact Information: Please note the Guidance Counselors below

Ms. R. Chidiac, *Head of Guidance*
reina.chidiac@yrdsb.ca

Ms. S. Starkman
sharonne.starkman@yrdsb.ca

Mrs. L. Rico, *Guidance Secretary*
lina.rico@yrdsb.ca



Stay Connected and in the "Loop": Continue to stay up to date by following us on Instagram and LSS Guidance & Success Google Classroom.

Instagram: @lssguidance

Google Classroom: <https://classroom.google.com/c/NjcxOTQwNzYzNDFa?cjc=4rjwryf>



Guidance Appointments can be made in person by coming to guidance. There is a red binder on a standing desk in the Guidance Office. Students can book with their respective counsellor, by alpha last name. The appointments are made available every Monday morning for the week.

A-Q :Mme Chidiac, R-Z: Ms. Starkman

Guidance News

GRADUATING STUDENTS: Remember to check OCAS and OUAC for updates on your applications.

OUAC Dates

May 29 is the latest date all high school applications who submitted their application by the January application deadline can expect a response from an Ontario university. This includes an offer of admission, a refusal or a deferral,

June 3: The earliest date an Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment (e. Registration deposit, residence deposit, etc)

All other admission-related elements, including scholarships, other forms of student assistance or financial incentives, and offers of residence, are considered part of the offer of admission. Therefore, a student may accept these other offers before June 3, 2024, but Ontario university will not compel a student in any way to make a decision before this date.

SUMMER SCHOOL INFORMATION

Registration closes on June 7. Students can register via myblueprint/mypathway planner. Course offerings are posted on the YRDSB website. Some details are shared on the Guidance Classroom and on Instagram. Please remind your child to print, sign and return the sign off sheet in the "Summer School" box in Guidance.

The following opportunities will be available:

Acceleration Courses (18 days)

Online Learning - July 2-25

Courses that are specifically designed to be taught in a fully online format. Online learning does not require pupils and teachers to be face-to-face with each other. Classes occur online using an asynchronous model, with check-in opportunities with the teacher. The learning platform is Brightspace by D2L.

Dates: Tuesday, July 2 to Thursday, July 25

Hours: Flexible (6 hours per day minimum)

Learn more about [Summer School Online Learning](#).

In-Person Learning - July 3-26

Courses will be offered in a face-to-face learning model.

Acceleration Dates: Wednesday, July 3 to Friday, July 26

Reinforcement* and Credit Strengthening Dates:

Session 1: July 3-12

Session 2: July 15-26

**Reinforcement courses are available for grade 9 and 10 core subjects (Geo, Math, English, French, Science, History) and Grade 11 Math. Eligibility: Students who are unsuccessful in their course and recommended by their teacher and student success team.*

Hours: 8:45 am to 3:33 pm

Locations: Bill Hogarth SS, Maple HS, Milliken Mills HS, Newmarket HS, Pierre Elliott Trudeau HS, Richmond Green SS, Stephen Lewis SS and Sutton DHS

Guidance News

Parent Evening Series - Technology and Mental Health

Thank you for your interest in the YRDSB Parent Series—Technology and Mental Health Presentation on **Wednesday May 29, 2024 from 6:00-7:00 pm.**

By completing this registration form, you confirm your availability and attendance for the presentation. On the day of the presentation you will receive a link to a virtual platform.

Based on the information shared with us from the YRDSB Welcome center, and the six language capacity of Microsoft Teams we will be providing language translation in Farsi-Persian, Mandarin(simple Chinese written), Cantonese (traditional Chinese written), Turkish, Ukrainian, Korean

Registration closes May 28, 2023 at 12:00 pm.

Please direct any questions or concerns to paula.vicente@yrdsb.ca

https://docs.google.com/forms/d/e/1FAIpQLSeoAgC8r4dkISrFjKKKFsvYPaEbGM9h9Z6Yu-tYpL5_DPvqLQ/viewform

Student Mental Health and Addictions Newsletter—May 2024

<https://www2.yrdsb.ca/node/4123>

Scholarships for May 2024

The 2024 CBC Poetry Prize: Calling all poets! You could win \$6,000 from the Canada Council for the Arts, a two-week writing residency at the Banff Centre for Arts and Creativity and have your work published on CBC Books. Last year's winner was a high school student!

PGA (Professional Golfers' Association of Canada) Ian Webb Scholarships: Open to any Sons/Daughters, Grandchildren, etc., of PGA of Canada Members. Five scholarships. The and the Evaluation Forms must be received by July 10.

Athletics Canada: Andre de Grasse Future Champions Scholarship. Open to high school student-athletes – who are not yet a member of a registered track and field club – to support their pursuit of academic, athletic and personal success. The emphasis is on supporting youth from marginalized or remote communities, and on Speed/Power events. Twenty-one student-athletes were selected in 2023.

Please see attached pdf for the Scholarship Report May 2024

Guidance News

SUMMER PATHWAYS PROGRAMS 2024

www.yrdsb.ca/summer-pathway

REGISTRATION THROUGH MY PATHWAY PLANNER

1 Credit Co-op

1 Credit Co-op is available to students in Grades 10 – 12 interested in a work experience.

Students will participate in virtual and in-person learning with their Co-op teacher and in-person/virtual Co-op placements in their community during the month of July. In person classes will take place at Dr. Bette Stephenson Centre for Learning at 36 Regatta Avenue in Richmond Hill. Due to limited enrollment, students entering Grade 12 who could not schedule Co-op into their regular timetable will be given priority.

Program Dates:

- In person Pre-placement: July 3-5, 2024
 - Placement: July 8 - 26, 2024 (40 hours/week)
 - Integration Classes: to be determined
- Registration: Through My Pathway Planner starting April

1 Credit ALEP is available to students in grades 10 – 12 interested in earning a credit in July through a paid placement.

Students will participate in remote/in-person learning and will be required to have a full time job for the month of July. Employers must meet with the summer ALEP teacher for a placement assessment prior to students being accepted into the program.

Program Dates:

- Pre-placement: July 3-5, 2024
 - Placement: July 8 - 26, 2024 (40 hours/week)
 - Integration Classes: to be determined
- Registration: Through My Pathway Planner starting April

Youth Innovation by Design

The Youth Innovation by Design course (IDC4U or IDC4O) focuses on ways in which innovators identify problems, see them as opportunities, generate ideas, and organize resources to develop and take successful solutions forward into the world, both for-profit and not-for-profit. Students will use a variety of design thinking techniques to develop and grow their ideas. They will consider the ethical and legal implications of decisions, the breadth of roles in innovation culture as well as related financial literacy and sustainability models. Student learning will be supported by guest speakers and mentors provided through a collaboration with York University's YSpace-Markham and Innovation York. Learn more here, hear from the past course instructor and Innovation York.

Program Dates: July 3 - July 26, 2024, 8:30 am - 3:30 pm
 Registration: Through My Pathway Planner starting April 2024
 Location: YSpace Markham 169 Enterprise Blvd, Markham, ON L6G 0E7

OTHER SUMMER PATHWAYS PROGRAMS**Dual Credit**

The Summer Dual Credit program allows secondary students in Grades 11 and 12 to explore the college pathway by taking courses in an area of interest.

Students simultaneously *earn two credits; one college credit and one secondary school elective credit. All costs are covered, including course tuition fee and college books. Local GTA colleges will be offering dual credit programming in person.*

For more information on eligibility and courses visit: <https://bit.ly/summerdcflyer>

*Link Only Accessible by YRDSB student and teacher accounts
Program Dates: TBD (Likely July 3 - 26, 2024)

Registration: <https://bit.ly/yrdbssummerdc>

(Approximately Early-May, please check with your guidance department)

Deadline: June 23, 2024, or until filled



Open to Students in Grades 9-12 and their Families



FAST TRACK CAREER EXPO

Wednesday, May 22, 2024
5:00 pm - 8:00 pm

Venu Event Space, 2800 Hwy 7, Vaughan, ON, L4K 1W8



<https://yrdsb.cc/FastTrackExpoEvening>



PRESENTATIONS
ABOUT ...

**SKILLED TRADES
AND STARTING
YOUR JOURNEY AS
AN APPRENTICE**

**SOFT SKILLS THAT
EMPLOYERS HIGHLY
VALUE**

CAREER EXPO OPENS at 5:00 PM!

Exhibitors include:

Employment Ontario Service Providers

Support Ontario Youth

College of Carpenters: Local 27

Landscape Ontario

Weins Auto Group

Colleges

Workforce Planning Board of York Region

Interior Finishing Systems Training Center

HIMark Occupational Skills Training Center

Ainsworth Inc.

York Region Paramedic Services

Ministry of Labour, Immigration, Training and Skills

Development (MLITSD) ...

and MORE!

When to Worry About Worry

Youth and Anxiety in a Post Pandemic World

Tuesday, June 18, 2024
7p.m. to 9 p.m.

Lipa Green Building, 4600 Bathurst St.,
Tamari Family Hall
Parking available | Wheelchair accessible

Generously funded by the
Freda Manson Bacher trust

To Register

Email ssidney@jfundcs.com or call: 416-638-7800 x 6215

Cost: FREE

Keynote speakers:



Dr. Rosalie Steinberg

Dr. Steinberg is the Deputy Chief of Psychiatry at Sunnybrook and the Toronto Clinical Lead for Ontario Health. Dr. Steinberg specializes in the treatment of mood and anxiety disorders.



Dr. Karen Wang

Dr. Wang is a youth inpatient psychiatrist at Sunnybrook and the Director of the Child and Adolescent Psychiatry Residency Program at the University of Toronto.

There will be a panel of other professionals for the **Q&A portion of the evening, about youth and anxiety:**

- **Julie Fruitman**, Program Manager, Intensive In Home Services Program at The George Hull Centre
- **Sasha Fink**, Social Worker, Family Services at Jewish Family and Child Services (JF&CS)
- **Gilian Horenfeldt-Pomer**, JF&CS School Social Worker at TanenbaumCHAT
- **Debbie Kornhauser**, Family Life Educator at JF&CS

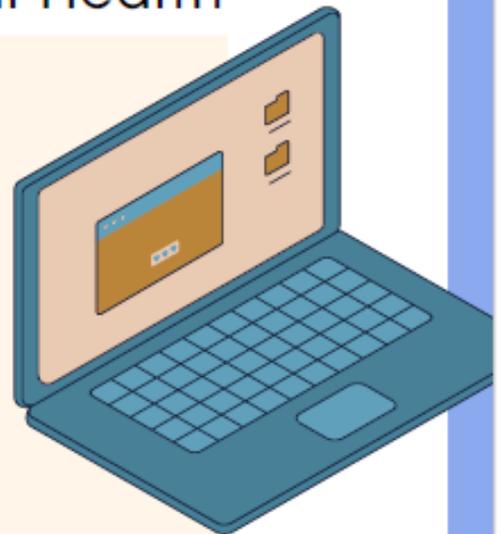


YRDSB Learning About Mental Health Presentation Series (LAMPS) for Parents and Caregivers on: Technology and Mental Health

What is the presentation about?

Some topics include:

- Screen time
- Social media
- Understanding the connection between technology use and mental health



When: May 29th 2024, 6-7PM

Location: Online

Translation available in Farsi-Persian, Mandarin (simple Chinese written), Cantonese (traditional Chinese written), Turkish, Ukrainian, Korean

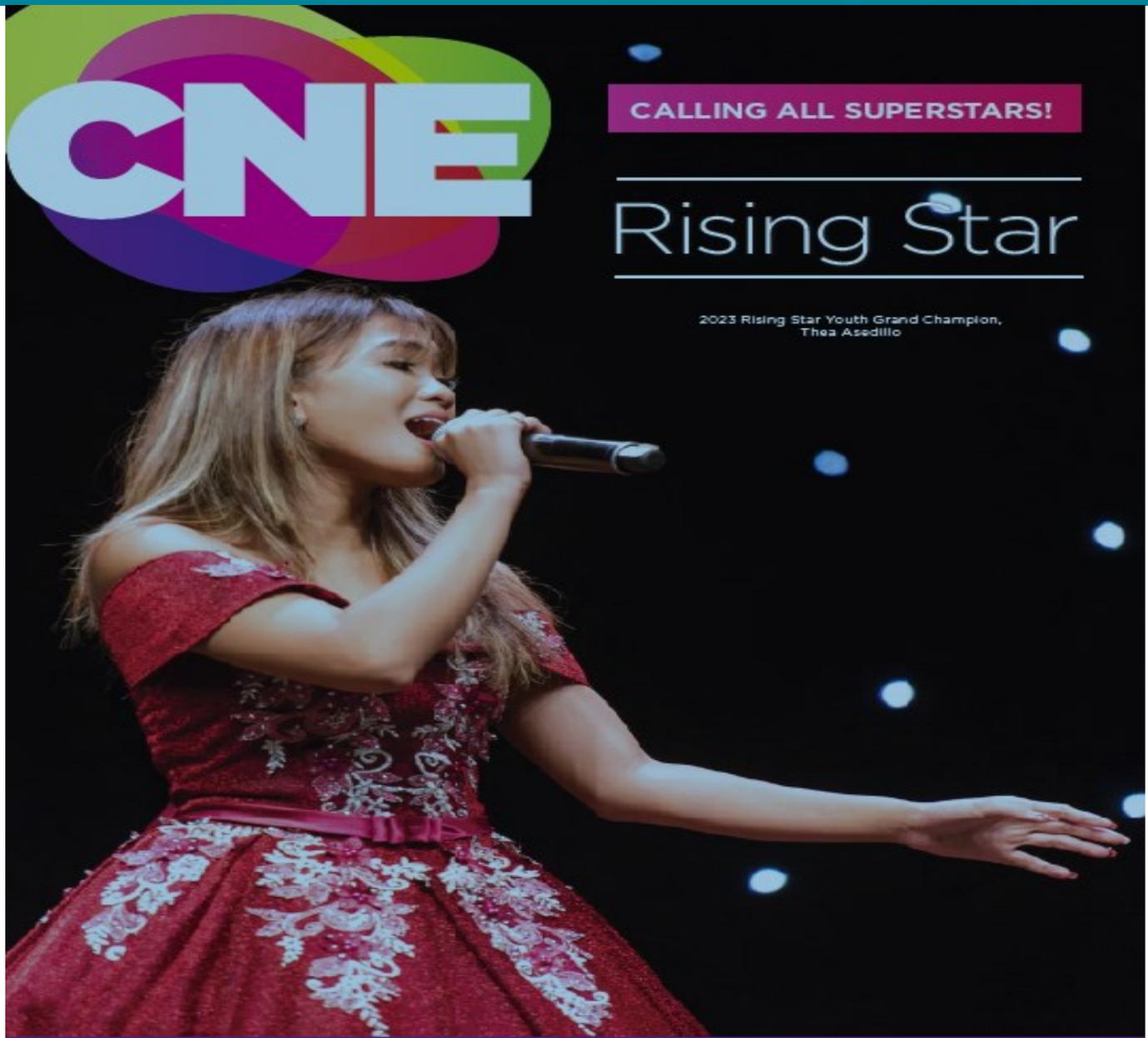


[Click Here to Register](#)

[Click Here to Learn More](#)



Or scan the QR code to learn more



CNE

CALLING ALL SUPERSTARS!

Rising Star

2023 Rising Star Youth Grand Champion,
Thea Asedillo

**Calling all Superstars
ages 6 to 21 years:**

Singers • Dancers • Instrumentalists
Actors • Magicians • Comedians & more!
Performing Solo or as a Group

**CANADIAN NATIONAL EXHIBITION
AUG 16 TO SEPT 2 | 2024
LET'S GO TO THE EX!  THEEX.COM**

Toronto, Ontario

Audition deadline is May 24, 2024

To Learn More, Call: 416.263.3807 or visit TheEx.com
Apply Now at: www.TheEx.com/contests/rising-star/
Canadian National Exhibition: August 16 - September 2, 2024