



109 Garden Avenue  
Richmond Hill, On, L4C 6M1

905-889-6266

Attendance: 905-889-6266 ext: 1



## Parent Newsletter: May 6-17

### Administration

**Principal:**  
Sheri Epstein

**Vice-Principal:**  
Heather Leatham

**Vice-Principal:**  
Marianne C. Hamilton

### STAY CONNECTED



@langstaffss

### **A Message from your Administrators**

Hello Langstaff Families and Community Members,

Spring has sprung and along with that so has the energy and enthusiasm of our students and staff. As always, life at Langstaff has been very busy with the many initiatives and activities in which our students, staff and community are involved.

Our Bears have also been busy in classes, clubs, and teams and it shows through the amazing work the students are doing! All our students enrolled in our English, French, and Math Advanced Placement Classes are writing their AP exams this week. We wish them the best of luck and we know they will do well and earn university credits while they are in high school.

We have 34 "Bears" who just left for a 10-day trip to Paris, Barcelona, and Nice. We know these students are going to have a fabulous time exploring all that these amazing European cities have to offer. Their lives will be changed from this wonderful opportunity. If you wish to follow the trip (and I will be travelling with the students as well!) please check us out on Instagram on "paddingtontrvlr". We will be posting daily pictures of all the sights, sounds, and foods that we get to experience. We are already beginning to plan for next year's trip and we hope that your son or daughter will be able to join us.

Next week all of our Grade 10 students will participate in Mental Health Presentations. We know that our students will greatly benefit from this presentation.

There have been badminton, track and field, and ultimate Frisbee events and our athletes are top notch! Our Bears are busy! We are so proud of our students and all they are achieving! We love all the participation we have seen by both the Langstaff students and the greater community. We will continue to build on that for the remainder of this year and into the next school year.

Have a wonderful weekend.

Ms. S. Epstein  
Principal

<b>School Bell Timetable</b>
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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 6**

PA DAY

**May 7****May 8**AP English  
Exam**May 9**

Science Contest

**May 10****May 13**

AP Math exam

Grade 10

Mental Health  
Presentations7pm School  
Council Meeting**May 14**

Grade 10

Mental  
Health  
Presentations**May 15**AP French  
Exam**May 16**Chemistry  
Contest**May 17**

ORDER DUE DATE: **MONDAY MAY 20<sup>TH</sup>, 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.



## Attendance Reminder

Parents/Guardians are reminded to report all late or absent notices to the Attendance Office

AS SOON AS POSSIBLE by calling: 905-889-6266 ext.: 1

OR

email: [langstaff.ss.attendance@yrdsb.ca](mailto:langstaff.ss.attendance@yrdsb.ca)

Should your student have a planned absence for 3 or more days, an Extended Absence Form must be signed by each subject teacher, parent/guardian and the Vice-Principal prior to leaving for the absence; Extended Absence Forms are available at the Main Office.

## Did You Know?

Many of our departments provide extra help for our students

Please see the following schedule:

Geography Department:	Monday	11:10 am to 11:50 am
	Wednesday	11:10 am to 11:50 am

History Department:	Monday	11:10 am to 11:50 am
	Tuesday	11:10 am to 11:50 am
	Wednesday	11:10 am to 11:50 am
	Thursday	11:10 am to 11:50 am
	Friday	11:10 am to 11:50 am

Science Department:	Tuesday	2:30 pm – 3:30 pm
	Thursday	2:30 pm – 3:30 pm

Math Department:	Tuesday	2:30 pm – 3:30 pm
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French/Languages Department:	Wednesday	11:00 am – 11:50 am; 2:30 pm – 3:30 pm (by appointment)
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Visual Arts Department:	Monday	11:10 am – 11:45 am
	Tuesday	11:10 am – 11:45 am
	Wednesday	11:10 am – 11:45 am
	Thursday	11:10 am – 11:45 am
	Friday	11:10 am – 11:45 am

# **School Council Meeting**

## **Monday, May 13, 2024**

### **7:00 pm—8:30 pm— in the Library**

Please join us on Monday to learn more about  
***Pathways to Thriving - Exploring the  
Connection Between Learning and Well-Being  
in Our Community***

Explore ways to strengthen the connection between home, school, and overall well-being.

Our Guest Speakers will be Mindfulness Facilitators Theresa Meikle and Angela Ventrice.

**We hope that you can join us for this very informative session. Good information for all parents/guardians.**

**We look forward to seeing you there!**

**We hope you able to join us!  
We look forward to seeing you  
there!**

**#BEARS4LIFE**





Dear Langstaff Family and Community,

*Relay for Life on May 30th, 2024*

**Relay for Life** is a fundraiser event that raises money to support services and ground breaking research for the Canadian Cancer Society.

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 our field.** People who sign 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.

**ALL PARTICIPANTS HAVE UNTIL MAY 9TH, 2024 TO REGISTER.**

**YOU MUST COMPLETE THE PERMISSION FORM SIGNED BY PARENTS AND HAND IN TO YOUR PERIOD 4 TEACHER OR TO ROOM 151 DURING PERIOD 4.**

**THEN YOU CAN REGISTER AND MAKE THE ONLINE PAYMENT AT [RELAYFORLIFE.CA/LANGSTAFF](https://RELAYFORLIFE.CA/LANGSTAFF) WITH YOUR TEAM OF 7-10 PARTICIPANTS.**

The \$15 registration fee covers your registration, a participant t-shirt and a luminary bag.

And then the fundraising can begin! **We are asking all participants to raise a minimum of \$60 per person in honour of Langstaff's 60th birthday this year.** Most fundraising will be done online through emails and social media to family and friends through the help of the Relay for Life website. In addition, each participant will also receive a donation envelope in case they collect any cash donations. All donation envelopes will be collected just prior to the big day!

Some food and beverages will be provided to all participants during the event but students are also encouraged to bring plenty of water, snacks, sunscreen, a hat, a portable shelter, layers of clothing, comfortable shoes, lots of energy and bright smiles.

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





### How can our Parents/Families/Community Members get involved?

We are also looking for sponsors for this event! Sponsors can donate money, food items, prizes for top fundraisers, and raffle items and in exchange we will happily advertise your business. If you are able to sponsor our event and/or make a donation please have your child pick up a form from the main office.

If you have any questions please don't hesitate to contact me. Follow us on Instagram at **lss.relay.2024**.

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, while building school spirit and having a lot of fun. Thank you, **Karen Burley and the Leadership Class**



# 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](mailto:reina.chidiac@yrdsb.ca)

Ms. S. Starkman  
[sharonne.starkman@yrdsb.ca](mailto:sharonne.starkman@yrdsb.ca)

Mrs. L. Rico, *Guidance Secretary*  
[lina.rico@yrdsb.ca](mailto: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: MARK TRANSFERS TO OUAC/OCAS

Midterm marks were uploaded to both OUAC and OCAS on Friday, April 25. Students are strongly encouraged to login to their accounts this week to check that everything is accurate and up to date. Should they see a discrepancy, please speak with Ms. Rico in the Guidance Department.

### Grade 10 Mental Health Presentations

Students that are in Grade 10 courses will be having a presentation on Mental Health, specifically Depression and Suicide Prevention, during their period 2 class during the week of May 13th.

### SUMMER SCHOOL INFORMATION

Registration is open and closes 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 at a designated school location chosen at sign-up

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

## NCAA Event for Parents and Students

CollegeTrackr Canada

# Meet the NCAA



Supporting Canada's Student-Athletes

Are you a Canadian student-athlete with dreams of playing for the NCAA? CollegeTrackr Canada and the NCAA team up for a 3-Day online session to educate you on the latest on the NCAA eligibility and recruiting process, sports scholarships, best practices and more!

**Dates**  
**Apr 25 @ 11:30am ET**  
**Apr 26 @ 11:30am ET**  
**May 14 @ 8:30am ET**

**Location**  
**Zoom Webinar**

Scan to Register

**Elizabeth Thompson**  
 Associate Director of  
 Outreach & Education, NCAA



## Meet Universities & NCAA

Who's Coming In-Person?	Who's Coming Online?
<ul style="list-style-type: none"> <li>- Syracuse University</li> <li>- Quinnipiac University</li> <li>- Fordham University</li> <li>- RIT</li> <li>- Elon University</li> <li>- Michigan State University</li> <li>- University of Kentucky</li> <li>- Central Michigan University</li> <li>- Wayne State University</li> <li>- University of Detroit, Mercy</li> <li>- Buffalo State University</li> <li>- Manhattan Marymount University</li> <li>- Alfred State University</li> <li>- Ferris State University</li> <li>- Rollins College</li> <li>- Genesee Community College</li> <li>- Study Michigan</li> <li>- Study New York</li> </ul>	<ul style="list-style-type: none"> <li>- NCAA</li> <li>- Common App</li> <li>- University of Michigan</li> <li>- UC Berkeley</li> <li>- University of Notre Dame</li> <li>- Caltech</li> <li>- New York University</li> <li>- Boston University</li> <li>- Arizona State University</li> <li>- University of Washington</li> <li>- Babson College</li> <li>- Kansas State University</li> <li>- Linfield University</li> </ul> <p>AND MORE!</p>

Scan to Register



Please note that the in-person event is scheduled at Bill Crothers Secondary School and online events are scheduled at other dates/times in April/May to meet more US universities!

Organized by  
 CollegeTrackr Canada



York Region

## US University Fair

Register for free to meet the NCAA, Common App and US universities this Spring 2024!

Scan to Register



**May 16th 2024**  
**5pm-8pm PT**

Bill Crothers U.S.  
 440 Wilson St. (at Yonge St.)  
 University, ON L2R 2B4

**Speak to 35+ Universities & NCAA**

- Meet In-Person or Online
- Undergraduate Programs
- NCAA Sports Recruiting and Eligibility
- Scholarships & Financial Aid for Canada
- Admissions Requirements
- Deadlines and more!

**Explore Career Pathways**

- Healthcare (Medicine, Dentistry, Nursing, etc)
- Business & Entrepreneurship
- Esports (Gaming)
- Visual Arts, Music, Dance, Theatre, Film
- Science, Technology, Engineering & Math

Organized by  
 CollegeTrackr Canada

## Guidance News

### SUMMER PATHWAYS PROGRAMS 2024

[www.yrdsb.ca/summer-pathway](http://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

## Guidance News

### 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>

(Approx.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!*

# Pathways to Thriving: Exploring the Connection Between Learning and Well-being in Our Community

Monday May 13, 2024 | 7 -8 PM

## Meet our Guest Speakers



Theresa Meikle  
B. A., B. Ed., M. A. (T) O.C.T.

Theresa's background as an English and Dramatic Arts high school teacher, facilitator and school administrator has provided many opportunities to share her enthusiasm for learning and growth in the personal and professional sphere. Her training and dedicated practice in mindfulness in many contexts have provided her with a rich understanding of how mindfulness practices enhance life, build resilience and connection to self and others.

Theresa is an instructor in the Mindfulness Meditation Certificate program. with the School of Continuing Studies: University of Toronto. In addition, she offers and facilitates programs, retreats and workshops in the areas of mindfulness, mindful living and mindful leadership. Theresa's Certifications include: Oxford Mindfulness Foundation, Stanford University CCare



Angela Ventrice  
B. A., B. Ed., O.C.T.

Angela Ventrice is a dedicated advocate and facilitator in mindfulness training and education with over 28 years of experience as an Ontario certified high school teacher and instructor for higher education. She's trained in SMART (Stress Management & Resiliency Techniques) and MBSR-T (Mindfulness Based Stress Reduction for Teens), as well as Nonviolent Communication and Trauma Sensitive Mindfulness.

Angela leads professional workshops and conducts research on stress reduction, burnout, and resilience development in educational settings, promoting a trauma-aware integration of mindfulness practices.





## 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





@YOUTH.CHAMPIONS



EVENTS@THECYC.ORG



# UPCOMING:



## ASIAN CHAMPIONS EVENT

SIGN UP



## 2024 CANADIAN SUMMER JOBS



- Hiring 15 youth age 15-30 years old

Submit CV:

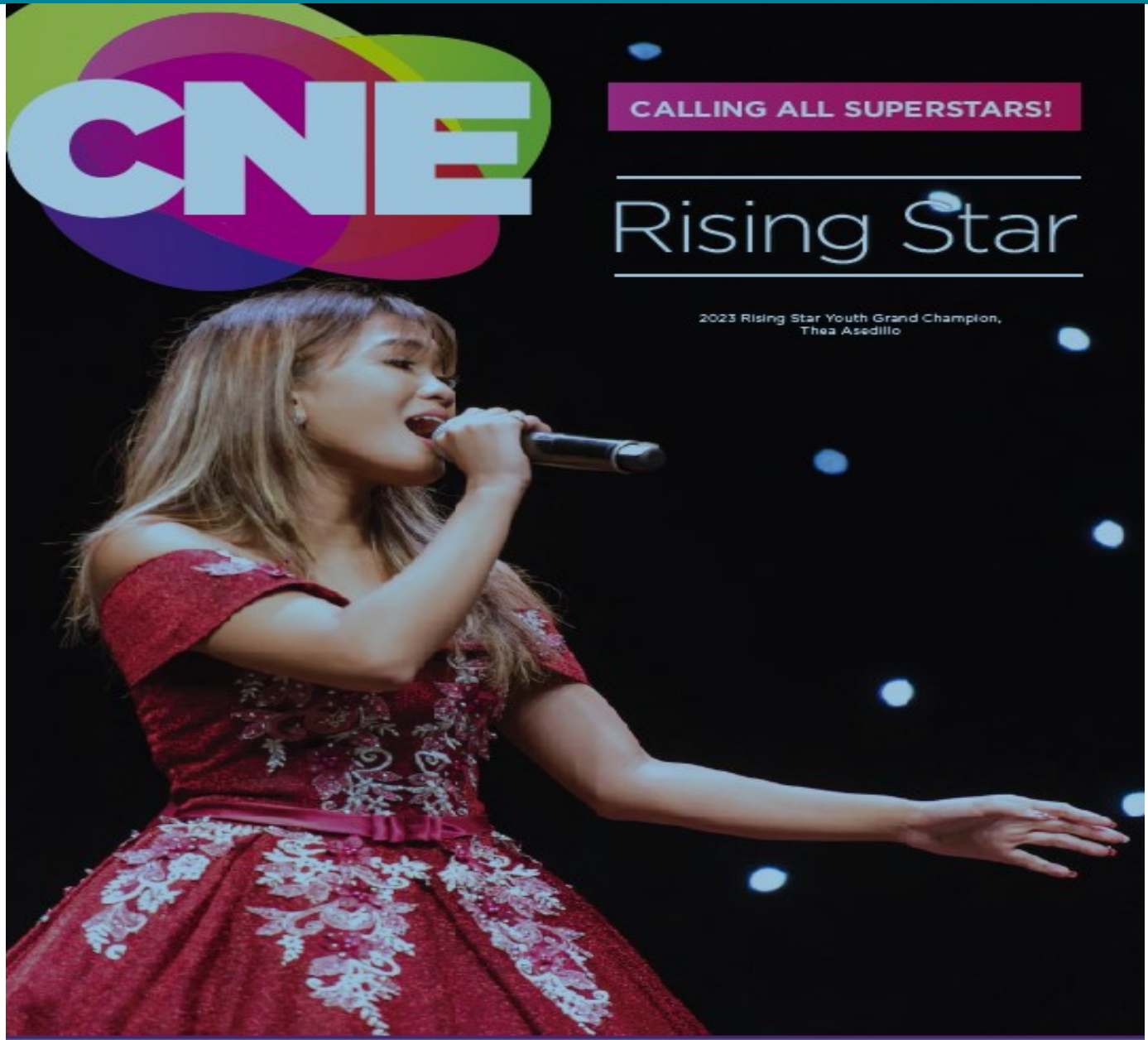
[join.us@thecyc.org](mailto:join.us@thecyc.org)

## CYC AWARD



- 3 full scholarships
- 1 50% scholarships
- 1000 pound

## Community News



**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](http://TheEx.com)  
Apply Now at: [www.TheEx.com/contests/rising-star/](http://www.TheEx.com/contests/rising-star/)  
Canadian National Exhibition: August 16 - September 2, 2024