



# GUIDANCE BULLETIN

## VOLUME 17

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Guidance office  
hours:

Monday- Friday  
7:45am—3:45pm

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#### REMINDER TO GRADUATES

Students planning to graduate in June 2021 must have their community service hours submitted to their Guidance counsellor no later than **Friday, June 18<sup>th</sup>**.

Please contact your alpha counsellor if you have any concerns regarding this deadline.

#### UNIVERSITY APPLICANTS

**June 1st is the DEADLINE to accept an offer and possibly pay fees!! See below.**

University Applicants Classroom Code – **Inatkxp**

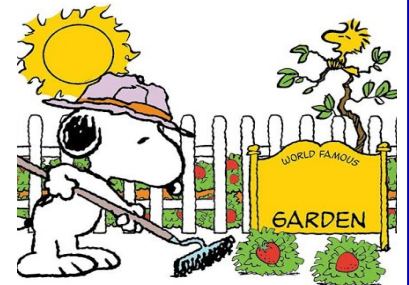
**Reminder:** Check the University Classroom for the recently added slide deck on this stage of the application cycle “How to accept an offer of admission”, “What to do if you do not get an offer of admission” etc. Check your “Academic Background” in OUAC as midterm marks have already been transmitted by MDHS.

May 27, 2021—The latest date all high school applicants can expect a response from an Ontario university (an offer of admission; a refusal; or a deferral)

**June 1, 2021—DEADLINE!!!** 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.g., registration/tuition deposit, residence deposit). Do not miss this date!! Check your offer dates. **PLAN TO ACCEPT/PAY** any required fees **BEFORE THIS DATE!!**

**June 4, 2021**—The date the Admission Information Service (AIS) opens (which Ontario universities still have spots available in program, for those who did not get offers).

**July 13, 2021**—Target date for the OUAC to send all remaining final grades to the universities.



Please check our guidance website for updates:

<http://www.yrdsb.ca/schools/markhamdistrict.hs/guidance/Pages/default.aspx>



# GUIDANCE BULLETIN

## Wellness Workshop Resources

### Building Your Self-Care Toolkit!

Use the checklist below to check-in with your current self-care practices.  
Select 1-2 priorities from each category that you would like to practice.



**Physical Wellness:** Get enough sleep, Eating well to provide your body with nutrients, Drinking enough water, Being physically active, and Managing any existing physical conditions with appropriate care

**Social Wellness:** Connect with your family, your friends, classmates, or coworkers online or over the phone, Engage in an online social activity (e.g. “Netflix parties”, group arts or fitness classes, and virtual tours of museums, art galleries, parks, zoos, etc.) Connect with a community support (e.g. Kids Help Phone volunteer, a therapist, a social worker, a faith based leader, etc.) Practice community care: Build reciprocal relationships with your family, friends, and neighbors to check in with and help look after each other’s needs.



**Mental Wellness:** Let go of things that are outside of your control (i.e. we don’t know when the pandemic will end and reading more news articles isn’t going to reveal that) Get a sense of your capacity and prioritize important tasks, Do activities that help build your sense of control (e.g. tidy your work or study space, write down your routine, maintain an online calendar or an agenda, take a leadership role in a new project) Take breaks and do grounding exercises (e.g. meditation, taking a nap, spending time outdoors) Ask for help (e.g. ask for support, extensions, deferrals, or alternatives if you are having trouble completing a task)

**Emotional Wellness:** Check in with your thoughts, feelings, and behaviours (i.e. familiarize yourself with your daily ups and downs so you can recognize when you might need more support). Give yourself space to feel your emotions (e.g. if you’re feeling a lot of sadness, watching a sad movie might let you get some of those feelings out) Practice speaking to yourself with kindness, respect, and self-compassion; Wrap your arms around you and give yourself a hug.

### Resources & Support

If you feel you need to speak to someone, please reach out to your Guidance Counsellor:

Guidance Counsellor	Last Name Begins With...	Email
Ms. McGill	A—Ham	Gabrielle.Mcgill@yrdsb.ca
Mr. Buie	Han—Man	James.Buie@yrdsb.ca
Mr. Weinstein	Mao—Raj	Marc.Weinstein@yrdsb.ca
Ms. Kerhoulas	Ram—Z	Erika.Kerhoulas@yrdsb.ca

For immediate support, please contact Kids Help Phone:

by calling 1-800-668-6868

texting the word ‘CONNECT’ to 686868

by using the live chat feature on the website.

More information can be found on their website: <https://kidshelpphone.ca/>





# GUIDANCE BULLETIN

## Scholarship Information

### **The Scholarship Report**

The Scholarship Report contains scholarship listings with JUN-JUL deadlines as well as updates to scholarships listed in previous newsletters. The scholarships are listed according to application submission deadline. Just a reminder: All scholarships are linked directly to the scholarship's website. Just click on the name of the scholarship.

[http://seekingscholarships.com/the-scholarship-report-apr-may-2021-ontario/?mc\\_cid=2bab3ec7a3&mc\\_eid=a3doe6a84e](http://seekingscholarships.com/the-scholarship-report-apr-may-2021-ontario/?mc_cid=2bab3ec7a3&mc_eid=a3doe6a84e)

**Scholarship Google Classroom with code - I5zjuvv**

## University/College Information

**University Applicants Classroom Code – Inatkxp**

**College Applicants Classroom Code – khzz4ox**

### **May 1, 2021: Deadline to Confirm Offers of Admission**

Applicants must confirm their acceptance of an offer of admission by this date. Log in to your [ontariocolleges.ca](http://ontariocolleges.ca) account to [confirm your offer](#). **Colleges may extend offers of admission after this date.** Each college will set the deadline to confirm offers made after May 1, and this deadline will be communicated to you with your offer.

### **June 2021: Tuition Deposit Due at the Colleges**

The colleges require payment of a tuition deposit in June to secure your spot in your program. Each college sets its own tuition deposit amount and payment deadline. This information will be communicated to you by the college.

### **OSAP (Ontario Student Assistance Program)**

OSAP is now open and available for any interested students who wish to make an account/register. See the link below to proceed with your registration. The OSAP website also has FAQs and lots of good information for students (including an information module which walks you through the process and must be completed before you start the actual application).

<https://www.ontario.ca/page/osap-ontario-student-assistance-program>



# GUIDANCE BULLETIN

## Important Information About Volunteer Hours

Recently, the Guidance Department has received submissions for Community Involvement Hours that were denied due to ineligibility of the activity performed.

As a result, we wanted to remind all students and parents/guardians of the **preapproval** process for students who are considering engaging in volunteer activities.

**Step 1: Review the list of [eligible](#) activities as set out on the YRDSB website.**

**Step 2: Select an activity.**

Students may want to contact one or more of the following charitable organizations;

- community agencies
- community centers
- government offices
- service clubs
- volunteer centers

**Step 3: Complete the notification portion of the Notification and Completion of Community Involvement Activities Form by contacting your Guidance Counsellor to discuss via email or by making an appointment on TeachAssist.**

<https://www2.yrdsb.ca/sites/default/files/migrate/files/FOR-communityinvolvement.pdf>

**Contact your guidance counsellor if you are unsure if your activity will count. In the event that you do not discuss the volunteer activity with your guidance counsellor, then you run the risk of your hours not counting.**

**Step 4: Complete your volunteer activities**

**Step 5: Submit the completed form.**

Ensure that all sections are completed, including parent signature, supervisor name, title and contact details. Then submit the completed form to Guidance.

**For more detailed information regarding the community hours, please visit <https://www2.yrdsb.ca/schools-programs/secondary-school/experience-secondary-school/graduation-requirements/community>**

If you have any questions, please contact your alpha counsellor.  
The Guidance Team

**Some possible volunteering opportunities to explore (copy link into browser):**

<https://sendingsunshine.ca>

<https://volunteer.ca/index.php?MenuItemID=419> (VIRTUAL VOLUNTEERING)

<https://www.ontario.ca/page/volunteering-ontario> (VOLUNTEERING IN ONTARIO)

<http://s643234117.online-home.ca/volunteering/find-my-volunteer-centre> (ONTARIO VOLUNTEER CENTRE NETWORK)

<http://www.sparkontario.ca>