



# GUIDANCE BULLETIN

VOLUME 18  
June 11  
2021

## CONTACT US

905-294-1886  
Guidance x 515

markham.dhs@yrdsb.ca

### DEPARTMENT HEAD

Gabrielle McGill (A-Ham)  
gabrielle.mcgill@yrdsb.ca  
x516

### COUNSELLORS

Jim Buie (Han-Man)  
james.buie@yrdsb.ca  
x517

Marc Weinstein (Mao-Raj)  
marc.weinstein@yrdsb.ca  
x519

Erika Kerhoulas (Ram—Z)  
erika.kerhoulas@yrdsb.ca  
x518

Guidance office  
hours:  
Monday- Friday  
7:45am—3:45pm

Follow us on twitter  
[@MDHS\\_guidance](https://twitter.com/MDHS_guidance)



### 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.

### SUMMER SCHOOL

#### My Pathway Planner Summer School Registration Dates:

- Remote Learning (synchronous) registration is open until June 28, 2021
- Online Learning (asynchronous) registration is open until June 25, 2021

IT'S BEEN A LONG  
TIME COMING, BUT  
WE'RE ALMOST  
THERE.

QUOTEHD.COM

Harry Brown



Please check our guidance website for updates:

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

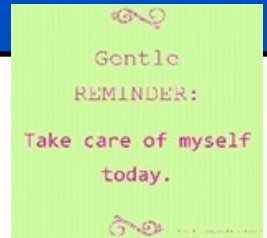


# GUIDANCE BULLETIN

## 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**

This issue contains scholarship listings with AUG-OCT 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-june-2021-ont-edition/?mc\\_cid=4453856619&mc\\_eid=a3doe6a84e](http://seekingscholarships.com/the-scholarship-report-june-2021-ont-edition/?mc_cid=4453856619&mc_eid=a3doe6a84e)

**Scholarship Google Classroom with code - I5zjuvv**

## University/College Information

**University Applicants Classroom Code – Inatkxp**

**College Applicants Classroom Code – khz24ox**

### **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

## Continuing Education

### **Summer Credit Program In partnership with Continuing Education (ConEd)**

There is an opportunity to register for the Summer Credit International Language programs for students in grades 9 to 12 as well as Summer Reach Ahead for students who have just completed grade 8.

For more information, see the Continuing Education webpage.

Registration information is on the Remote Learning webpage.

### **International and Indigenous Languages Courses 2021-2022**

The International Languages (IL) credit course fall registration for YRDSB students is now available online through my Pathway Planner.

This is only for students who want to register for a credit course and have not taken an International Languages course in this current school year.

The course offerings and sites are available on my Pathway Planner login page.

Students can register through my Pathway Planner from May until September.

For assistance, view the my Pathway Planner Tip Sheet.

### **Students should not register for a credit language course if they are:**

- grade 8 students currently enrolled in the IIL elementary program who want to take a Level B credit course because we have already pre-registered them
- secondary students who have taken IIL courses this current school year because you have already been pre-registered

### **Additional information:**

- International Languages credit courses are year-long courses.
- Registration is accepted after September 10th and is possible up to, and including the 3rd day of IIL classes.
- After September 13th, please complete the online registration form.
- Registration closes after the third class (each class is 3.70 hours long; hence missing three classes would jeopardize the credit).
- \$20.00 non-refundable consumable fee (collected by the YRDSB for photocopying, project items and additional resources).
- Any additional book fees will be collected during class hours as required for certain courses.
- Students will be responsible for purchasing the course textbook/course packs which will be sold in September.
- International fee-paying students are required to pay an additional fee for registration, which will be collected at a later date.

Registration is from June 7 until September 13, 2021, new and returning students can register online with [myPathway Planner](#).

For further information on courses and other pertinent information, please use this link:

[www2.yrdsb.ca/schools-programs/international-and-indigenous-languages/international-languages-secondary-students](http://www2.yrdsb.ca/schools-programs/international-and-indigenous-languages/international-languages-secondary-students)



# GUIDANCE BULLETIN

## Continuing Education

### SUMMER DUAL CREDITS

There is still limited space! Course offerings, scheduling details and more information can be found in the flyer: <http://bit.ly/summerdcflyer>.

### FALL 2021 Dual Credit Registration is NOW OPEN!

Registration for the Fall 2021-2022 Dual credits is now open! This year, due to the current situation, almost all of the dual credits will be delivered on-line. There are 2 lab based courses that may be offered face to face if public health and school board protocols permit in September. The registration for the winter and spring dual credit offerings later in semester 1 will be made available once there are further details.

Course offerings, scheduling details and more information can be found in the flyer :

[www.bit.ly/YRDSBdualcreditflyer](http://www.bit.ly/YRDSBdualcreditflyer) Please note that courses are subject to change and space in courses is limited.

**If you are interested in dual credits, please read the availability criteria below BEFORE registering. It is also important to discuss this with your guidance counselor by booking an appointment through TEACH ASSIST to further discuss eligibility and the potential impact on your course selections for next year.**

### How to register:

1. Ensure you meet the dual credit eligibility criteria: The primary focus group for dual credit courses is for senior YRDSB students (grade 12 students)
  - NEW: There are a few course offerings that are specific for certain SHSM sectors (ICT and JCT). The dual credit for those students can be counted towards their SHSM major courses.
2. Priority will be given to grade 12 students, other applicants will be considered but placed on a waiting list including grade 11 students.
3. Complete an online application with their GAPPS account using the following link: [www.bit.ly/YRDSBdualcreditapp](http://www.bit.ly/YRDSBdualcreditapp)
4. Once you have followed the appropriate steps and if you have been approved, you will receive a copy of your completed application in your GAPPS email
5. Signed and completed dual credit applications should be sent electronically to the regional dual credit teacher by your guidance counselor.

### **Please note the following important information about DUAL CREDITS:**

- A dual credit course takes up 1 of your 4 timetable spots - therefore, you can have 3 courses plus 1 dual credit in a semester (the exception MAY be if you are taking a 4 credit co-op).
- In addition, dual credits traditionally run once per week for a block of time and your schedule may look somewhat different as a result (that is still to be determined though).

**Seneca Info Session on Wednesday, June 16<sup>th</sup> – 6:30-8:30pm.** Please see the student site for more information.

### Helpful links:

1. Flyer (this gets updated as we get more/new information from the colleges)  
[www.bit.ly/YRDSBdualcreditflyer](http://www.bit.ly/YRDSBdualcreditflyer)
2. Registration link (students must fill this out with their gapps account)  
[www.bit.ly/YRDSBdualcreditapp](http://www.bit.ly/YRDSBdualcreditapp)
3. Student Google Page: PLEASE feel free to share with students (contains links from above, but also important information for students once they have registered, including how to log in to their accounts, contact information for the colleges etc...) <http://www.bit.ly/YRDSBStudentDualCredits>





# 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>