

## Stephen Lewis Secondary School

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**November 27, 2017**

This is an information update from Stephen Lewis Secondary School.

### School Council

On December 7, join us for a [free, informative seminar](#) to learn: some of the signs of stress; and how to approach your child about stress and anxiety. We will also examine some of the effects of stress at home and at school and learn strategies for how to best to manage it. Please RSVP by December 1:

<http://bit.ly/2wfyCW6>

### Guidance Message

Night School Course registration starts Jan. 10, 2018.

You register through Career Cruising

[www.yrdsb.ca/Programs/ConEd/Pages/Night-School-Credit-Courses.aspx](http://www.yrdsb.ca/Programs/ConEd/Pages/Night-School-Credit-Courses.aspx) Night School E-Learning Course registration starts Jan. (Only if you have 3 or less courses on your Timtable) [www.yrdsb.ca/schools/e-learning/programs/Pages/Winter-Catalogue.aspx](http://www.yrdsb.ca/schools/e-learning/programs/Pages/Winter-Catalogue.aspx)

Workshops for students planning to apply to a post-secondary institution for September 2018 have taken place. Students are reminded that the deadline to apply to university for September 2018 is January 17, 2018, and the deadline to apply to college is February 1, 2018. Students who have questions about apply to postsecondary should schedule an appointment with their guidance counsellor.

Ontario University Programs: Want to learn more about programs offered at Ontario universities? Please visit the eInfo website: <http://www.electronicinfo.ca/>

Ontario College Programs: Want to learn more about programs offered at Ontario universities? Please visit the Ontario Colleges website: <http://www.ontariocolleges.ca/home>

A list of all [university campus open-houses](#) is posted on our website

Graduates are reminded to make their own appointments for graduate portrait packages offered by edge imaging. Enter the code LEW at [www.bookmygrad.ca](http://www.bookmygrad.ca) Appointments may be made from November 27 to December 8.

### Summer Mentorship Program at U Of T

A Summer Mentorship Program (SMP) offered by the Faculty of Medicine, University of Toronto gives high school students of Indigenous or African ancestry a chance to explore health sciences at the University of Toronto over four-weeks in July. The SMP online application is now open for the 2018 cycle. Interested students to apply for the program before the January 12, 2018 deadline. Students must be at least 16 by June 30, 2018 to be eligible. The Application is available at: [www.uoft.me/smp](http://www.uoft.me/smp)

### Interpreters and Translators.

Inclusive School and Community Services (ISCS) is hosting an information/training session for candidates interested in being added to the Board's Interpreter and Translator list. Specifically, we are in urgent need of individuals who can read/speak/write the following languages: Arabic, Cambodian, Dari, Hebrew, Hungarian, Macedonian, Turkish and Vietnamese. Please note that all languages (in addition to the ones listed above) are needed. The Training Session will be held on Wednesday, December 6, 2017 from 5:00 – 7:00 p.m. at Bayview Secondary School, 10077 Bayview Avenue, Richmond Hill. If you are interested in this opportunity, please register at <https://docs.google.com/forms/d/e/1FAIpQLSfGwW3VwwZYRxWilud8ZJYAEh0gE3M2HRWBVRV8vZjIJOcTehw/vi ewform>.

### Community Involvement Hours

It is important for students to get pre-approval of the community involvement hours from guidance. Once the volunteer experience is complete, students submit the form to guidance.

Looking for community involvement hours? Check our bulletin board, <http://www.vaughanpl.info/volunteers> <https://york.cioc.ca/volunteer/student.asp>, <http://www.vaughanhealthcarehc.com/get-involved/volunteers>, [volunteering at the Vaughan Food Bank](#)

The School Council at Stephen Lewis Secondary School Presents

# A Free Parenting Seminar

## Helping your Teenager Cope with Stress



Join us for a free, informative seminar to learn: some of the signs of stress; and how to approach your child about stress and anxiety. We will also examine some of the effects of stress at home and at school and learn strategies for how to best to manage it.

Image from pixabay

### Guest Speaker: Lauren Millman

In Private Practice since 2004, Lauren Millman is an accomplished Toronto Marriage and Family Counsellor, Best Selling Author, member of the Ontario Association for Family Mediation, and is a regular TV and Radio Guest-Host for Rogers, SiriusXM, and The Mediation Station. Lauren has a degree in Social Psychology and Behaviour and offers support to individuals, couples and families.

### Date and Time:

Thursday December 7<sup>th</sup>, 2017

7:00PM – 9:00PM

Light refreshments will be served

### Location:

Stephen Lewis Secondary School

555 Autumn Hill Boulevard, Thornhill, L4J 8X2

### Please RSVP by December 1:

<http://bit.ly/2wfyCW6>



# Need a Safe Place to Sleep Tonight? Do you want to avoid a shelter?

Talk to your Guidance Counsellor to see if the  
Nightstop Program is right for you.

## What is Nightstop?

Nightstop provides a bed for the night to youth between the ages of 16 – 26 who are in a housing crisis and have nowhere safe to sleep tonight. If you are eligible for the program, we match you with a host volunteer who has been extensively screened and trained. They have a spare bedroom, a warm heart and a listening ear. They provide you with meals, an opportunity to wash your clothing, you can have a shower and a safe place to sleep for the night.

As soon as you join the Nightstop Program, we wrap our services around you to either help to reintegrate you with your family or to assist you with longer term goals. *(Family mediation, counselling, employment and housing are among the services we can assist you with.)*



360°  
kids

Support. Inspire. Overcome.

**NIGHTSTOP**  
Preventing homelessness through community hosting

 **United Way**  
Toronto & York Region

This project is funded through  
the Government of Canada's  
Homelessness Partnering Strategy.

**Canada** 

360kids.ca



# Students in grades 7–12!

**2018–19 Minister's Student Advisory Council (MSAC)**

**Apply now!**

**MSAC** is a group of 60 students from publicly funded schools all across Ontario who share their ideas and advice with the Minister of Education.

**PLEASE APPLY!**  
The council celebrates student diversity and seeks all perspectives and experiences.

Find out more at  
**[ontario.ca/speakup](http://ontario.ca/speakup)**

Deadline is  
**January 10, 2018**





## Flu Season is on its way – are you ready?



Flu season is nearly here. Be prepared by getting the flu shot as early as possible.

The first and best step to preventing influenza (the flu), is to get the flu shot every year. Influenza spreads quickly and easily from an infected person to others.

Everyone six months of age and older can get the flu shot.

Flu shots are available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

Visit [ontario.ca/flu](https://ontario.ca/flu) to find where you can get the flu shot.

### How can the flu be avoided?

- Get the flu shot!
- [Wash your hands](#) well and often with soap and warm water. If soap and water are unavailable, use an alcohol-based [hand sanitizer](#)
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately. Wash your hands afterward. Cough into your upper sleeve if you don't have a tissue.
- Avoid touching your eyes, nose and mouth
- Avoid large crowds and stay home when you are sick
- Keep common surfaces and items clean and disinfected

To learn more about flu and the flu vaccine visit [york.ca/flu](https://york.ca/flu)