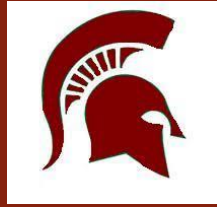


Welcome to  
Stouffville District  
Secondary School !



# Agenda

- 1) The Guidance Department
- 2) How to Book a Guidance Appointment
- 3) How to Stay Informed
- 4) Volunteers Hours
- 5) Taking Care of Your Mental Health
- 6) Mobyss
- 7) Extracurricular Activities
- 8) Student Success
- 9) A.B.C.'S of Student Success
- 10) Next Steps
- 11) Questions?



# The Guidance Department

**Ms. Mary Tsementzis**

**Guidance Secretary**

905-640-1433 ext. 1103 or [sdss.guidance@yrdsb.ca](mailto:sdss.guidance@yrdsb.ca)

**Ms. Gray**, Head of Guidance and Career Education

**Counsellor** (student last name: A - H)

905-640-1433 ext. 1193 or [erin.gray@yrdsb.ca](mailto:erin.gray@yrdsb.ca)

**Mrs. Luciani**

**Counsellor** (student last name: I - O)

905-640-1433 ext. 1192 or [rose.luciani@yrdsb.ca](mailto:rose.luciani@yrdsb.ca)

**Ms. Marinis**

**Counsellor** (student last name: P - Z)

905-640-1433 ext. 1194 or [efy.marinis@yrdsb.ca](mailto:efy.marinis@yrdsb.ca)



# The Guidance Department

We are here to support YOU !

We offer...

- Career/Pathway Counselling
- Social-Emotional Counselling
- Mental Health Support
- Student Success Support



# How to Book an Appointment

1. Log into your Teach Assist Account  
<https://ta.yrdsb.ca/yrdsb>
2. Under the sub-heading, select "Appointment Bookings"
3. Choose your counsellor (based on your last name)
4. Click on the day and time you want to have your appointment
5. If you need to cancel your appointment for any reason, click "Cancel"





# How to Book an Appointment

Student Reports for log out

Courses listed with a **current mark** have reports that are available for viewing.  
Click on the **current mark** to view that specific report.

Course Name	Date	Mark
GLC2O1 : Careers	2022-09-07 ~ 2022-11-10	<a href="#">current mark =</a>
ENG2D1 : English	2022-09-07 ~ 2023-02-04	
HFN2O1 : Food and Nutrition	2022-09-07 ~ 2023-02-04	
MPM2D1 : Principles of Mathematics	2022-09-07 ~ 2023-02-04	

[Back](#)

## Appointment Bookings on 2022-09-28

Book Appointment for the date



Stouffville District Secondary School  
Calendar

yesterday  
Mon., Sept. 26, 2022  
Full Year Calendar

today  
Tues., Sept. 27, 2022

to W

### Appointment Bookings

No appointments today

Book Appointment for the date



### All open appointments

#### Gray, E : Guidance Appointments (Last Name A-H)

@ 11:00:00  
@ 11:15:00  
@ 11:30:00  
@ 11:45:00  
@ 13:00:00

#### Luciani, R : Guidance Appointments (Last name I-P)

@ 10:40:00  
@ 15:00:00

#### Marinis, E : Marinis, E: Guidance Appointments (Last Name Q-Z)

@ 09:30:00  
@ 09:45:00  
@ 10:00:00  
@ 10:15:00  
@ 10:30:00  
@ 13:00:00  
@ 13:15:00  
@ 13:30:00  
@ 13:45:00  
@ 14:00:00  
@ 14:15:00  
@ 14:30:00  
@ 14:45:00  
@ 15:00:00

### All appointments for current teachers

None available



# How to Stay Informed

Join the SDSS Guidance Google Classroom  
to stay updated and access  
information related to Guidance

**ljh6ex6**



Follow Guidance on Instagram!



**stouffville\_guidance**



**Q. Why is it good to  
participate in Community  
Involvement Activities?**  
(There are 6 great reasons!)

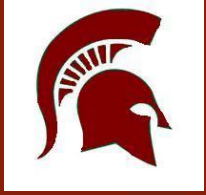


# Volunteer Hours

1. Develop transferable skills
2. Discover areas of interest
3. Support your post-secondary or career pathway
4. Support scholarship applications
5. Support applications into competitive post-secondary programs
6. Make your community/world a better place !



**Q. How do I find activities  
that qualify for my  
Community Involvement  
Hours?**



# Volunteer Opportunities

1. SDSS Guidance Google Classroom  
(stream and websites posted)
2. Guidance Instagram
3. Guidance bulletin board
4. Any registered charitable, not-for-profit organization  
(Get Guidance pre-approval to ensure it's safe and qualifies)
5. For 2022-23 school year...up to 10 hours for both chores at home OR paid part-time employment count!



**Q. How do I submit my  
Community Involvement  
Hours?**



# Submitting CI Hours



1. Complete CI Activities Form  
(found in Guidance office or SDSS Guidance Google Classroom)
2. Complete CIH Reflection Form for chores or part-time work  
(posted in the Guidance Google Classroom)
3. Submit completed forms with signatures to Guidance Secretary



# Submitting Community Service Hours



## Notification and Completion of Community Involvement Activities

Student

Student Number

Student Telephone

High School

School Year (xxxx - xxxx)

Principal

Please provide the information requested below about the community involvement activities in which you plan to participate.  
Submit this form to the school Guidance Office when you have completed 40 hours of community involvement activities. All activities must be on the eligible list.

ACTIVITY	ESTIMATED NUMBER OF HOURS	ESTIMATED DATE OF COMPLETION	SCHOOL APPROVAL	COMPLETED NUMBER OF HOURS	DATE OF COMPLETION	TELEPHONE NUMBER, ORGANIZATION & SUPERVISOR NAME (PLEASE PRINT)	SUPERVISOR SIGNATURE & COMMENTS
Total							

Student Signature

Date

Parent/Guardian Signature

Date

### For office use only

☐ Completion has been noted on Student Trillium Record

Signature of School Official

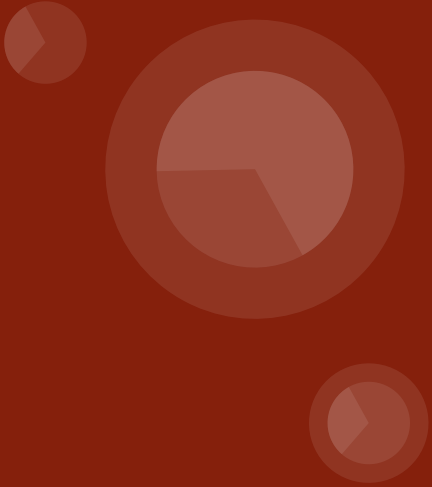
Date

This information is collected and used pursuant to the Education Act. The information will be used to document the Community Involvement Diploma Requirement.

White (Original) - OSR retain 5 years post retirement

Yellow - Student Copy

Pink - (Notification) - Guidance (OSRs are retained in guidance.)



**Q. Why should I participate  
in extra-curricular clubs  
and/or teams?**

(There are 6 great reasons!)



# Extra-curricular Activities

- 1) Learn something new!
- 2) Support your mental health
- 3) Make new friends
- 4) Make high school more fun!
- 5) Develop leadership & transferable skills
- 6) Support your applications for competitive post-secondary programs and/or scholarships



**Q. How do I learn about  
clubs and teams at SDSS?**

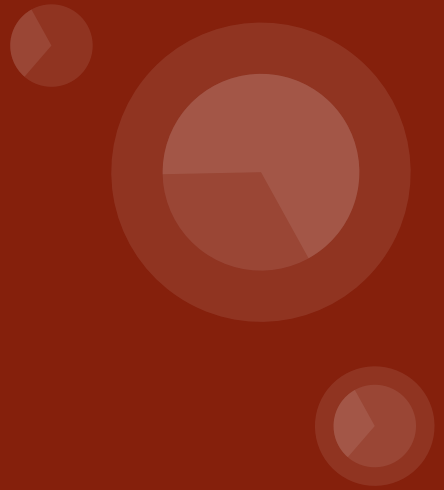


## Extra-curricular Activities

- 1) Morning announcements
- 2) Flyers in the hallways
- 3) Main office or Guidance
- 4) Phys. Ed. Office or department related to club
- 5) Start a new club!! (find a teacher advisor complete a form found on bulletin board across from Guidance office)



**Q. What types of habits,  
activities or strategies  
help you to manage  
stress or improve your  
mood?**





# Take Care of Your Mental Health!

- 1) Improve physical energy
- 2) Be mindful of the present moment
- 3) Develop good daily habits & routines
- 4) Create / build relationships
- 5) Practice and express gratitude
- 6) Perform acts of kindness
- 7) Reach out for help when you need it



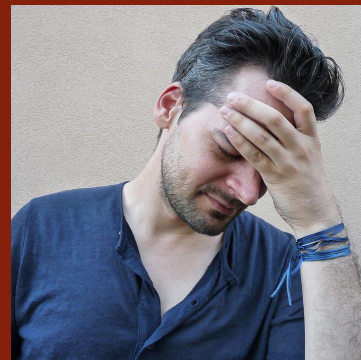
**Q. How do I determine if I  
need to reach out for  
mental health support?**



# Signs That You Need Support

**You Are Not  
Alone...Get Help!**

- 01** Feeling sad or withdrawn for more than 2 weeks
- 02** Seriously trying to harm or kill yourself, or making plans to do so
- 03** Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- 04** Involvement in many fights, using a weapon, or wanting to badly hurt others
- 05** Severe out-of-control behaviour that can hurt yourself or others
- 06** Not eating, throwing up, or using laxatives to make yourself lose weight
- 07** Intense worries or fears that get in the way of your daily activities
- 08** Extreme difficulty in concentrating or staying still that puts you in physical danger or causes school failure
- 09** Repeated use of drugs or alcohol
- 10** Severe mood swings that cause problems in relationships
- 11** Drastic changes in your behaviour or personality



**IT'S OKAY TO  
ASK FOR HELP**



TO LEARN MORE ABOUT MENTAL HEALTH AND WHERE TO GET HELP, VISIT  
MILITARYONESOURCE.MIL OR CALL THE MILITARY CRISIS LINE: 1-800-273-TALK

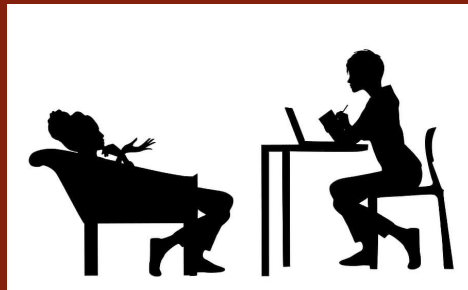
**Q. Where can I get support ?**



# The Guidance Department

## Your Counsellor...

- 1) Listens as a caring adult
- 2) Advocates for you
- 3) Suggests strategies to support mental health or academic success
- 4) Connects you to community support services
- 5) Refers you to other school support workers





# MOBYSS

- A Youth Walk-In Clinic that provides medical and mental health support
- Services: Nurse Practitioner, Youth Mental Health Worker & Peer Support Specialist
- No health card required!
- The MOBYSS bus will be at SDSS on Oct 12, 26, Nov 9, 23 & Dec 7, 21  
From 12:30 - 3:30pm
- Learn more about MOBYSS by visiting our [SDSS Guidance Google Classroom](#)



Mobyssbus

[www.mobyss.ca](http://www.mobyss.ca)



# Student Support

## Who?

Student Success Teacher: Ms. Laura Taccone

Special Education Resource Teachers

CYW's: Ms. Lindsey Simick

Ms. Denise Rotondi

## Why?

Academic, Social Emotional Support

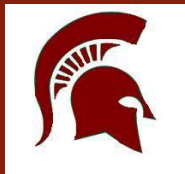
## Where?

Room 1042A & 1042B (across from Guidance)

Room 1006 (Learning Centre)



**Q. What attitudes and actions will support my academic success?**



# **The A.B.C.'S. of Student Success**

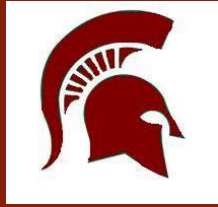
**How to thrive in grade 9!!**

**A**cccept - feelings, challenges, circumstances,  
learning needs, responsibility

**B**elieve - develop a growth mindset, positive self talk  
and a belief in your ability to learn & grow  
through hard work and learning from mistakes

**C**reate - SMART goals, action plans, schedules, course  
selections that suit you and support success

**S**eek - help and support from teachers, friends, family,  
Guidance and/or Student Success



# So now what?

Stay connected to Guidance by:

- Joining the Guidance Classroom ( ljh6ex6 )
- Following us on Instagram @stouffville\_guidance

Start exploring volunteer opportunities (using websites in the Guidance google classroom)

Develop a weekly schedule that supports your academic success and mental health

Look into joining or starting a club or team

**Any questions?**

