

JANUARY 13 - JANUARY 30 | 2026

# guidance news

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# post-secondary information



[click for more information](#)



Ontario Universities'  
Application Centre

[www.ouac.on.ca](http://www.ouac.on.ca)

Your guide to applying to  
**Ontario Universities**



[A Guide for High School Students Applying to  
Ontario's Universities \[PDF\]](#)

ONTARIO  
UNIVERSITIES'  
**INFO**

[ouinfo.ca](http://ouinfo.ca)



#### **Find a Program**

Find out what you need to apply, like prerequisites, grade requirements and more.



#### **Choose a University**

Get to know Ontario's universities and where they are located. Find information about campus visits, residence costs and more.



#### **Plan Your Finances**

Research what scholarships you can apply for and how much university will cost.

# 2025-2026 College Application Cycle



The College Application cycle for 2025-2026 has opened. Please visit [www.ontariocolleges.ca](http://www.ontariocolleges.ca) to start your application. You can access all required information regarding colleges and programs as well as access links, tutorials and how to videos regarding the entire application process from start to finish.

Even though Equal Consideration day is Feb.1 students applying to competitive programs should do so by Nov.1. For further clarification or any questions please see Mr. Panagopoulos.



Grade 12 Graduating Students interested in applying to Ontario Universities

# OUAC IS NOW OPEN FOR FALL 2026 ADMISSIONS



## Create your Account

You will need your OEN Number (Ontario Education Number – this is NOT your student number). You can find your OEN on your report card.

01

02

## Start Your Research

All Ontario Universities have updated their program requirements and key dates on their individual websites and OUAC site



## Explore your Options

Look at different programs, admission requirements, and scholarship opportunities

03

04

## Application Deadline: January 15, 2026

Submit your program choices and pay by the deadline.



# **TDSB Student Trustee Elections 2025-26**

The Toronto District School Board (TDSB) will soon be accepting applications for Student Trustee positions for the 2025-2026 school year. Student Trustees represent the voice of approximately 240,000 students in the Toronto District School Board. They work closely together to empower and promote student voice and engagement across the district.

## **Key Dates**

- January 15, 2025 – Student Trustee Information Session (Virtual @ 4pm)
- January 23, 2025 – Application Opens
- January 30, 2025 – Application Closes (7:00 pm Deadline)
- February 7, 2025 – One Minute Campaign Video Due (4:00 pm Deadline)
- February 17 to 25, 2025 – Campaigning Period
- February 26, 2025 – Voting Opens at 9:00 am
- February 27, 2025 – Voting Closes at 5:00 pm
- More information about this will be available soon on our website.

Our Student Senate Elections will take place in late April/early May 2025.



**Get Well  
Health Team**  
Your health takes a village

## GET WELL FAMILY HEALTH TEAM IS ACCEPTING PATIENTS!

Get Well Family Health Team (Get Well FHT) is a collaborative, patient-centred primary care team committed to providing comprehensive, wholistic, and high-quality care.

Our team consists of family doctors, nurse practitioners, nurses, dietitians, social workers, psychotherapists, physiotherapists, and other interdisciplinary health professionals.

### YOU ARE ELIGIBLE TO SIGN UP IF:

- You live in North York with priority given to residents living in M2N and M3H postal code area, **AND**
- You DO NOT have a primary care provider such as a family doctor or a nurse practitioner

Scan the QR code and start your Get Well journey today!



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

**4430 Bathurst St, Unit 103, North York, ON M3H 3S3**  
**Digital Triage Line: 416-977-1560**

*\*Please note: Get Well FHT reserves the right to decline registration for applicants who do not meet the eligibility criteria.*



"Holland Bloorview is an amazing environment to work in with such welcoming staff and energetic clients. At the end of each school year, I always look forward to returning to the next."

*Returning Volunteer*

# Volunteering at Holland Bloorview

## Do you want to ...

- **Make a difference** in the lives of children and youth with disabilities by helping to create a *world of possibility*
- **Give back** to the community
- **Gain valuable experience** for future academic programs and employment

Holland Bloorview Kids Rehabilitation Hospital, Canada's largest pediatric rehabilitation hospital, recruits volunteers for school year programs (September – June) every school year. This volunteer commitment is one shift per week throughout the school year.

Work with staff in programs such as therapeutic recreation, sports, arts and music, and school and nursery school classrooms. Volunteers support children and

youth with disabilities to participate in activities to achieve their goals.

In a recent survey, volunteers reported a **100% satisfaction rate** with their experiences.

### To be a volunteer, you must:

- Be 16 years of age or older\*
  - \*14 (Bronze qualifications) for Aquatics only
  - \*15 (FIRST club experience) for Robotics only
- Complete the online application form and submit two professional references
- Attend a Screening Interview and Training Session

### Visit our website!

<http://www.hollandbloorview.ca/volunteer>

**Questions?** Contact us at 416-422-7033 or [volunteers@hollandbloorview.ca](mailto:volunteers@hollandbloorview.ca)

# Concerned About a Teen or Young Adult in Your Life?

## There is HOPE

Being a parent isn't easy, especially when your child is struggling with:

- Anger, withdrawal, or risky behaviour
- School issues or legal troubles
- Substance use or addiction
- Mental health concerns

You don't have to face it alone.



**HOPE**  
is a parent-run network of peer support groups.

We offer a safe, confidential, non-judgmental space where parents can:

- Connect with parents who understand
- Build skills and confidence together
- Get one-on-one support
- Access trusted tools and resources

**Take the first step today!**

1 · 866 · 492 · 1299

[www.hope4parents.ca](http://www.hope4parents.ca)



# LOOKING FOR A SUMMER JOB?

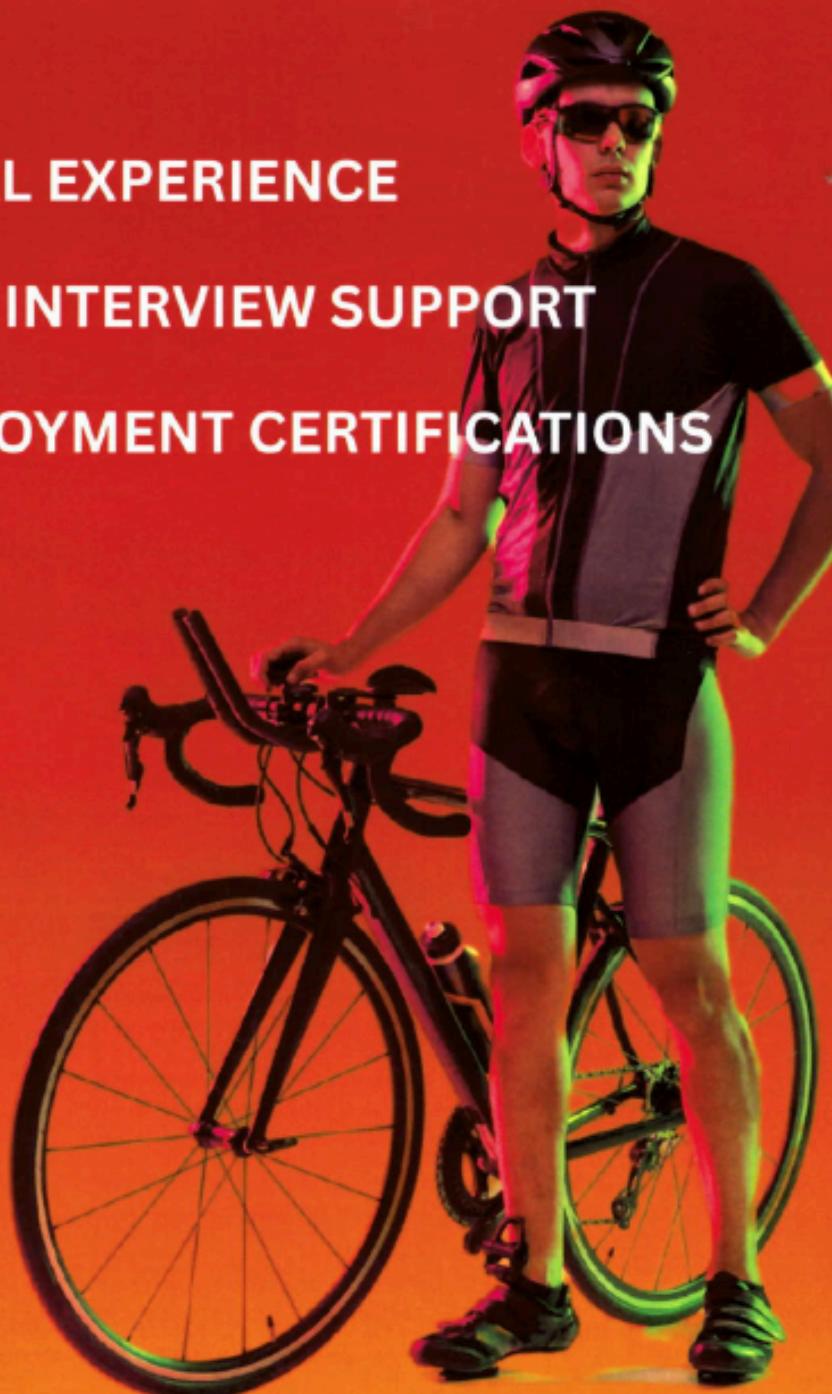
Sign up for our **FREE** Job Readiness Program where youth ages 13-24 will:

**GAIN PRACTICAL EXPERIENCE**

**RECEIVE RESUME AND INTERVIEW SUPPORT**

**COMPLETE FREE PRE-EMPLOYMENT CERTIFICATIONS**

**SCAN THE QR  
CODE TO SIGN UP!**





SIGN UP NOW!

# VOLUNTEERS NEEDED

## CAMPS 2026

### P.A. Day Lego STEAM Camp

 Richmond Hill
 

- 1595 16th Ave
- Markham
- 3100 Steeles Ave E

 January 16<sup>th</sup>, January 30<sup>th</sup>, June 5<sup>th</sup>, June 26<sup>th</sup>, 2026

### Weekend Lego STEAM Camp

 Richmond Hill
 

- 1595 16th Ave
- Markham
- 3100 Steeles Ave E

 January 24<sup>th</sup>, 2026 - June 14<sup>th</sup>, 2026

### March Break Sports Camp

 North Richmond Hill
 

- Redstone Public School (TBD)

 South Richmond Hill
 

- Doncrest Public School (TBD)

 March 16<sup>th</sup>, 2026 - March 20<sup>th</sup>, 2026

### Weekend Sports Camp

 North Richmond Hill
 

- Our Lady Help of Christians CES

 North Markham
 

- Stonebridge Public School

 May 2<sup>nd</sup>, 2026 - June 6<sup>th</sup>, 2026

### Summer Sports & STEAM Camp

 North & South Richmond Hill
 

- North & South & East Markham
- Thornhill
- North Scarborough/Toronto

 July 2<sup>nd</sup>, 2026 - August 14<sup>th</sup>, 2026


**Volunteer Training  
Required; earn 40+  
volunteer hours!**




**SCAN TO  
SIGN UP!**



# WE'RE HIRING CAMP STAFF!

- ★ Hiring Camp Counsellors, Swim Instructors & Activity Specialists
- ★ Paid Positions for July & August
- ★ Pre-Camp & First Aid Training, Meals, Snacks & Staff Socials Provided
- ★ Lasting Memories & Lifelong Friendships

**APPLY NOW**  
**CRESTWOODCAMP.COM**  
**416.444.9595**



# WE'RE HIRING SWIM INSTRUCTORS & LIFEGUARDS



- ★ Paid Positions for July & August
- ★ Pre-Camp & First Aid Training,  
Meals, Snacks & Staff Socials  
Provided
- ★ Lasting Memories & Lifelong  
Friendships

**APPLY NOW**  
**CRESTWOODCAMP.COM**  
**416.444.9595**





# March Break volunteering

Holland Bloorview Kids Rehabilitation Hospital, Canada's largest Rehabilitation Hospital, is in the process of recruiting volunteers for our March Break programs. Programming includes recreation activities, and creative arts.

- Work alongside our world-class therapists and clinicians in a hands-on client program
- Complete up to 40 hours of volunteering in one week!

**Apply now!**



## To be a volunteer, you must:

- Be 16 years of age or older (as of March 1, 2026)
- Complete an online application and upload two reference forms (available for download)
- Attend a Screening Interview and Training Session
- Volunteers must be vaccinated against influenza and have proof of vaccination or sign a declaration form regarding the decision not to be vaccinated.

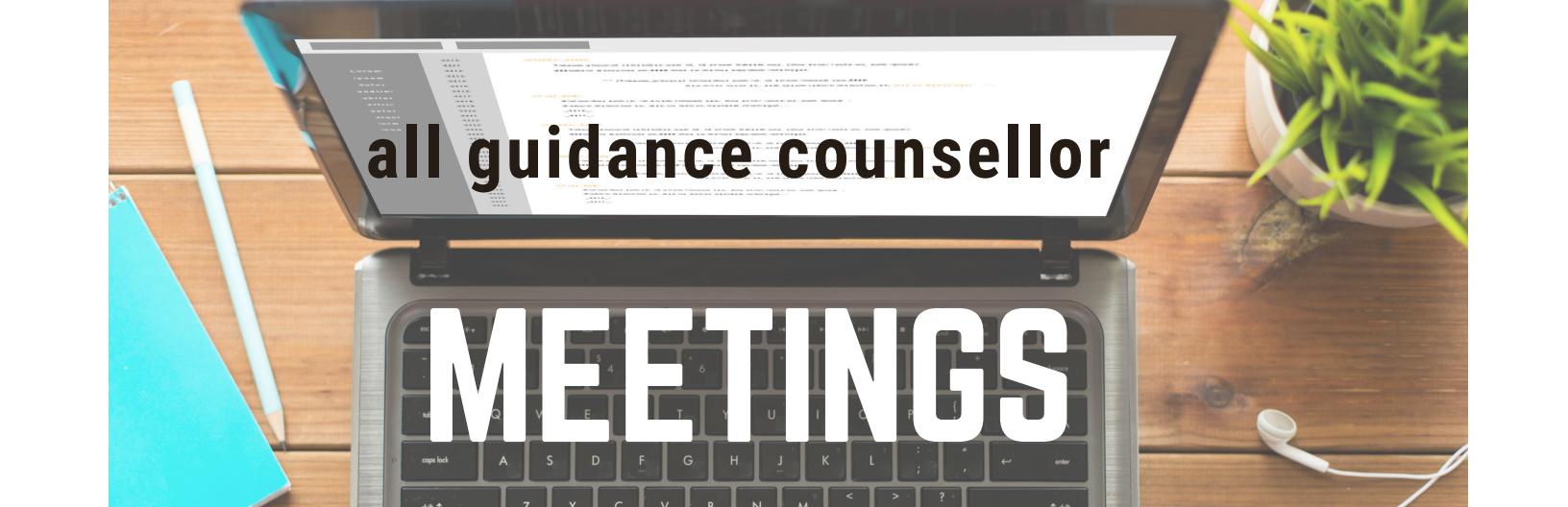
## Why volunteer with us?

- Discover how to help create a world of possibility for children with special needs
- Experience looks great on your resume

## Questions?

[volunteers@hollandbloorview.ca](mailto:volunteers@hollandbloorview.ca) or call 416-422-7033

**Holland Bloorview**  
Kids Rehabilitation Hospital



all guidance counsellor

# MEETINGS

by appointment only



US

to make an appointment.

guidance counsellor

2025-2026

**A-C**

S. Bhowmik

[sunita.bhowmik@tdsb.on.ca](mailto:sunita.bhowmik@tdsb.on.ca)

**D-J**

B. Panagopoulos

[bill.panagopoulos@tdsb.on.ca](mailto:bill.panagopoulos@tdsb.on.ca)

**K-Ma**

D. Low

[darren.low@tdsb.on.ca](mailto:darren.low@tdsb.on.ca)

**Mb-Sh**

R. Leo

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**Si-Z**

J. Matsumoto

[jason.matsumoto@tdsb.on.ca](mailto:jason.matsumoto@tdsb.on.ca)