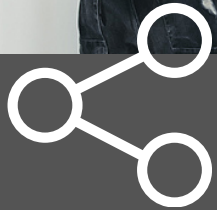


MARCH 22- MARCH 31 2024

# guidance news

[FOLLOW US ON INSTAGRAM @ EARLHAIGGUIDANCE](#)

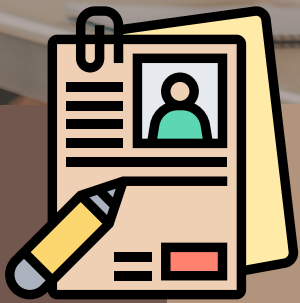
# post-secondary information



[click for more information](#)



# 2023-2024 College Application Cycle



The College Application cycle for 2023-2024 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.



PEER  
TUTORING

DROP-IN: RM 248

OPENING ON:

**oct 10, tues**

Su	Mo	Tu	We	Th	Fr	Sa
☆	★	★	★	★	☆	☆

3:30  
4:30

MON  
THU

EVERY  
WEEK

**DROP-IN SESSIONS: MON-THURS**

**TIME: 3:30 – 4:30**

**LOCATION: RM 248**





# NOW HIRING FOR YEAR-ROUND CAMPS & PROGRAMS

## POSITIONS AVAILABLE

- **PA DAY CAMP INSTRUCTORS**
  - All GTA School Boards
- **SEASONAL WEEKLY PROGRAM INSTRUCTORS**
  - Soccer, Basketball, Robotics & More
- **SWIMMING INSTRUCTORS**
  - Small or Private Classes Available

## CAMP COUNSELLORS

- WINTER BREAK CAMPS
- MARCH BREAK CAMPS
- SUMMER BREAK CAMPS

## JOBS/VOLUNTEERS

Full-Time  
Part-Time  
Seasonal

**LINKS TO  
VOLUNTEER**



<https://tacsports.ca/volunteer/>  
Apply @  
[tacsportsjob@gmail.com](mailto:tacsportsjob@gmail.com)

[tacsportsjob@gmail.com](mailto:tacsportsjob@gmail.com)

416 - 627 - 1092

[WWW.TACSPORTS.CA](http://WWW.TACSPORTS.CA)



# 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**



# Child and Youth Services Presents 2024 Poster Contest

What is on  
your path  
to

JOY

Prizes to be won

"WHAT ARE THE  
THINGS THAT YOU DO  
IN YOUR  
EVERY DAY LIFE THAT  
CREATE MOMENTS  
OF JOYFULNESS?"

\*One winner per category

**Submit posters to :**

Kindergarten- Sheera.perry@tdsb.on.ca

Grades 1-3 - Lisa.glover@tdsb.on.ca

Grades 4-6- Emily.portelles@tdsb.on.ca

Grades 7-8 - Jessica.coyne@tdsb.on.ca

Grades 9-12- Lesley.caven @tdsb.on.ca

**ENTRIES DUE: MARCH 28, 2024 5PM**

Follow us  
for poster contest related  
content, activities and resources



@tdsb.cys



## **CHILD AND YOUTH SERVICES INVITES YOU TO PARTICIPATE IN THE 2024 CYS POSTER CONTEST**

This year for Children's Mental Health Week, the Child and Youth Services Poster Contest is all about finding joy and will focus on:

### **What is on Your Path to Joy?**

**"Find Joy in the Ordinary" Max Lucado**

What are the things that you do in your everyday life that create moments of joy? Share your story (or share your ideas) with us in a visual poster. How do you know it brings you joy? What words express your joy and the feelings it brings you? Consider what joy looks like, sounds like, feels like for you and share these moments in a poster!

#### **Here's how to get involved:**

**Step 1:** Students will use a variety of unique materials to visually express themselves to create an original piece of art about this year's theme: **What is on Your Path to Joy?**

**Step 2:** For each entry please include the school, the staff member's full name and email address, and the student's full name and grade. Staff will be given access in the supplementary materials to print out participation certificates to complete for their students.

**Step 3:** Submissions must be sent in PDF form

**Step 4:** Staff will email the designated CYS staff member, based on the student's grade, to send submissions. For questions, please reach out to the designated CYS staff member:

Kindergarten: Sheera & Renita      [sheera.perry@tdsb.on.ca](mailto:sheera.perry@tdsb.on.ca); [renita.davies@tdsb.on.ca](mailto:renita.davies@tdsb.on.ca)

Grade: 1-3      Lisa & Jenn      [lisa.glover@tdsb.on.ca](mailto:lisa.glover@tdsb.on.ca); [jennifer.gatt@tdsb.on.ca](mailto:jennifer.gatt@tdsb.on.ca)

Grade: 4-6      Emily Portelles      [emily.portelles@tdsb.on.ca](mailto:emily.portelles@tdsb.on.ca)

Grade: 7-8      Jessica Coyne      [jessica.coyne@tdsb.on.ca](mailto:jessica.coyne@tdsb.on.ca)

Grade: 9-12      Lesley Caven      [lesley.caven@tdsb.on.ca](mailto:lesley.caven@tdsb.on.ca)

All entries must be submitted by **March 28, 2024 at 5:00 p.m.**

Follow us on social media to see supplemental material to support making your posters:

X formerly know as Twitter [@TDSB\\_CYS](https://twitter.com/TDSB_CYS) & Instagram [@TDSB.CYS](https://www.instagram.com/TDSB.CYS)

One winner per category will be chosen. Winners will be announced the week of Children's Mental Health week, May 6 - 10, 2024!

# 2024 QUINN FAMILY INTERNSHIP PROGRAM at the LUNENFELD-TANENBAUM RESEARCH INSTITUTE at SINAI HEALTH

## Goals of the Program

The Lunenfeld-Tanenbaum Research Institute (LTRI), a University of Toronto affiliated research centre, was established in 1985. It is one of the world's leading centres in biomedical research.

The research programs at the Lunenfeld focus on understanding the function of our genes and how genetic pathways lead to the development of human diseases such as cancer, diabetes, hypertension, premature labour, depression and osteoporosis. This unique approach at the Lunenfeld allows for the application of biomedical research to span from molecules to populations.

The Institute is committed to excellence in biomedical research and to the training of the next generation of scientists. To that end, we are offering a summer internship program to expose high school students to the exciting world of scientific research. The student will experience first-hand the activities of a laboratory setting and the day to day events involved in a scientific career.

## Eligibility

- Students must have successfully completed, at the minimum, Grade 11 Biology and Chemistry courses and be 16 years old by the start of the internship
- Selected students must be in full compliance of the Sinai Health Immunization policy
- Students selected by the LTRI Research Training Centre (RTC) will be interviewed by the researchers at the LTRI
- Successful candidates will be chosen and notified by **May 15<sup>th</sup>, 2024**

## How to Apply

To apply to the program please provide:

- a 500 word essay outlining why you should be chosen to participate in this program; why you're passionate about science; and your post-secondary and career plans for the future.
- an up-to-date resume, including permanent address
- a copy of your school transcript (or credit counselling summary)
- one reference letter from a teacher who is familiar with your academic abilities
  - o Reference letters can be uploaded or emailed directly to [lorien@lunenfeld.ca](mailto:lorien@lunenfeld.ca)
- upload your completed application online
- APPLICATIONS MUST BE RECEIVED BY **WEDNESDAY APRIL 3<sup>rd</sup>, 2024 (BY 11:59PM)**. Applications received after this date will not be considered.

**The application website can be found here.**

<http://apply.interfolio.com/141629>



## Conditions of Employment

### **Hours**

- Students will be expected to complete an eight (8) week period of employment (July 2<sup>nd</sup> – August 23<sup>rd</sup>)
- Students will be expected to work full-time hours (37.5hr/week) at either Mount Sinai Hospital or Bridgepoint Healthcare

### **Remuneration**

- Students will be paid \$16.55/hr for the eight (8) week period.

### **Work Assignments**

- The student will be required to work on a project in the laboratory, which will be assigned by the Research Faculty member they are hired by
- The student will be supervised by a graduate student or postdoctoral fellow in the laboratory
- Students will be expected to attend weekly presentations given by Faculty on current research being conducted at the Institute.

**\*\*\*PLEASE NOTE THAT ONLY SELECTED CANDIDATES WILL BE CONTACTED\*\*\***





**TDSB Social Work  
Presents**



# VIRTUAL COMMUNITY FAIR

**FOR PARENTS/CAREGIVERS OF CHILDREN, YOUTH AND YOUNG ADULTS WITH  
SPECIAL OR COMPLEX NEEDS**

**A FOCUS ON  
TRANSITION PLANNING - PART 2  
OF A 2 PART SERIES**

**START PLANNING FOR YOUR  
YOUNG ADULT'S GRADUATION  
FROM TDSB**



**WHEN  
MARCH 18, 2024  
9:30 AM - 12 NOON  
AND A REPEAT ON  
MARCH 25, 2024  
5:30 PM - 8 PM**

## **MICROSOFT TEAMS MEETING**

*JOIN ON YOUR COMPUTER, MOBILE APP OR ROOM DEVICE*

**[CLICK HERE TO JOIN THE MEETING](#)**

*MEETING ID: 255 846 447 429 / PASSCODE: 3BWVFV*

*[DOWNLOAD TEAMS](#) | [JOIN ON THE WEB](#)*



**WITH SPEAKERS FROM VARIOUS AGENCIES THAT PROVIDE  
POST 21 DAY PROGRAMS WHICH INCLUDE:**

- POST SECONDARY EDUCATION, EMPLOYMENT ,
- SOCIAL & LIFE SKILLS, COMMUNITY PARTICIPATION

**FOR ANY QUESTIONS CALL :**

**LARENA CASE: 416-570-3314**

**MARIA ANTONIA AYMERICH: 416-524-1930**

**VANESSA WONG: 647-229-0730**

**EMAIL: [VIRTUALFAIRINFO@TDSB.ON.CA](mailto:VIRTUALFAIRINFO@TDSB.ON.CA)**





## WILLOWDALE

kindness movement  
continues for the rest of  
2022.



Looking for volunteering  
opportunities. Please visit the link  
below.

**[www.neighbourlink.org/volunteer](http://www.neighbourlink.org/volunteer)**

## **VOLUNTEERS NEEDED**

### **International Languages Elementary & African Heritage Language and Culture Program (In-person)**



International Languages Elementary Program combine language & culture learning for Kindergarten to Grade 8 students.

**Who:** Secondary School students looking for volunteer hours

**When:** Mondays (3:30 pm to 6:00 pm)

**Location:** Cameron Public School (211 Cameron Ave, North York,)

**Contact Person:** farzana.babar@tdsb.on.ca

**Roles:** Volunteers will assist with:

- Administrative duties (ex. photocopy handouts, distributing attendance folders and classroom materials)
- Assistance to ensure safety of elementary aged students (ex. Walking students to and from the classroom, during entry/exit time, snack time)
- Assistance in the classroom (ex. Assist facilitate small group activities, help with preparation/distribution of supplies and materials to students, assist assigned student or a small group of students on one-on-one, storytelling or reading aloud to group of children)

Site/School
Cameron Public School (211 Cameron Ave, North York)

Contact person
Farzana Babar farzana.babar@tdsb.on.ca





# **SORT CLOTHES AND SPREAD SMILES!**

Join B'nai Brith as we sort and hand out clothing to those in need in the GTA at our clothing pop-up shops. Volunteering for these events is not only a mitzvah, but also earns you volunteer hours

April 4: 2:00 PM - 4:00 PM

April 4: 5:30 PM - 7:30 PM

April 7: 1:00 PM - 4:00 PM

April 8-11: 10:00 AM - 4:00 PM

April 12: 10:00 AM - 12:00 PM

April 14: 9:00 AM - 3:00 PM

April 15: 10:00 AM - 12:00 PM

To sign up or for more information, contact Tamara at 416-633-6224 ext. 221 or [tamaraj@bnaibrith.ca](mailto:tamaraj@bnaibrith.ca)



CAMERON PS SPRING FAIR

**GET YOUR VOLUNTEER HOURS!**



# **VOLUNTEERS NEEDED**

**STARTING  
AT 8 AM**

**01  
JUN**

**CAMERON PUBLIC SCHOOL  
2024 SPRING FAIR!**

**211 CAMERON AVENUE  
(YONGE/SHEPPARD)**

We need students to help with creating, designing and managing game stations for grade-school students including face painting, hair stations and carnival games!

**EMAIL US: [VOLUNTEER.CSPRINGFAIR@GMAIL.COM](mailto:VOLUNTEER.CSPRINGFAIR@GMAIL.COM)**

# MS Canada

## Volunteer Opportunities

### Available Volunteer Opportunities for Community Engagement WCMS - NAT - Toronto Marathon

Select an opportunity to view additional details and apply.

#### Toronto Marathon Water Station Support

The Toronto Marathon takes place on Sunday, May 5, 2024 and is expected to draw upwards of 17,000 participants in a downhill course that is fast and scenic, starting from Yonge St. and Sheppard Ave in North York and finishing at the Queen Elizabeth Building. This Toronto favourite is one of the fastest courses you will find anywhere. This year the MS Canada Team will be a part of the Toronto Marathon and MS Canada is an Affiliate...

**Shifts available:** 1

**Positions available:** 22

# Teen Night



*Every Saturday 7:00-10:00 PM!*  
*North York YMCA – Sheppard & Bayview*

**Join our FREE Teen Night program. Open to everyone ages 13-18!**

**You can:**

- Play sports
- Join a dance group
- Go for a swim
- Workout in the weight room
- Events held at the end of the month
- Hang out with your friends
- Volunteering opportunities if desired (apply online!)
- Build friendships

**If you have any questions,  
please contact:**  
Samuel.Chorney@ymcagta.org





# Youth Leadership Development (YLD)

*Sessions are every Thursday 6:15-7:15 PM!*

**Join our FREE Youth Leadership Development (YLD) program.  
Open to everyone ages 12-18!**

- Opportunities for community service hours for school.
- New topics every week.
- Build friendships & Leadership skills.
- Build new skills that can be added outside of North York YMCA.



Scan this QR code for more information on the program

**If you have any questions,  
please contact:**  
[Samuel.Chorney@ymcagta.org](mailto:Samuel.Chorney@ymcagta.org)



**More than just a summer job!**



**Join our team of Youth Development Leaders**

Camp Counsellors & Inclusion Counsellors & Activity Specialists & Swim Staff

Learn more at **[theivy.ca/jobs](https://theivy.ca/jobs)**



# NYCS Newcomer Youth Connections for Success

## New to Canada? In high school? Thinking about your future? NYCS is the program for you!

Newcomer Youth: Connections for Success (NYCS) helps newcomer teens, ages 14-18, build community connections, find peer support and enhance leadership & employment skills.

### Join NYCS & Get:

- Career exploration workshops
- Group mentoring with university students and young professionals
- Certification Training in CPR, Babysitting and Customer Service
- Info about Canadian colleges & universities
- Valuable workplace skills for your resume
- Volunteer opportunities related to potential careers
- The chance to meet new friends and grow your social circle *...and more!*

NYCS empowers youth to embark on post-secondary education and make informed decisions about future career paths. The program also equips parents, mentors and employers in North York and Southern York Region to better support youth in settlement, decision-making and community integration.



**Get Connected**



# “Launch Pizza Party! YOUTH COUNCIL

Calling all Willowdale youth 16-25 years old.  
Let's form a strong voice for our city!



**NORTH YORK CENTRAL  
LIBRARY - MEETING ROOM 1**

5120 Yonge St, North York



**FEBRUARY 15, 2024**

Thursday, 5:00pm - 7:00pm



**[lilycheng.ca/events](https://lilycheng.ca/events)**

**COUNCILLOR CHENG**



# Sign Up For

## LCONNECT+



We are connecting Grade 9s with senior students who will act as a mentor. Last year, we collected names of senior students who have now volunteered to be mentors. Now we are asking that any interested Grade 9 student sign up for the programme.



all guidance counsellor

# MEETINGS

by appointment only



*scan*

QR CODE

to make an appointment.



guidance counsellor

2023-2024

**A-C**

C. Zaghikian  
[christine.zaghikian@tdsb.on.ca](mailto:christine.zaghikian@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  
[rosalia.leo@tdsb.on.ca](mailto:rosalia.leo@tdsb.on.ca)

**Si-Z**

D. Lawrence  
[douglas.lawrence@tdsb.on.ca](mailto:douglas.lawrence@tdsb.on.ca)