

- **Congratulations** to all for a very successful Semester 1. All students are now in their appropriate timetables and classes and the excited buzz of Semester 2 has started!
- **Community Involvement** – Students who are in a graduating position will not be considered for their diploma until they have completed 40 hours of Community Involvement. Once students have completed these hours, it is their responsibility to make sure their paperwork has been handed in to their Guidance Counsellor and their file has been updated. It is best not to wait until the last minute! Students in Grade 9, 10 and 11 are advised to complete their hours in advance and get this graduation requirement completed early. Don't delay! **VOLUNTEER NOW!** Many opportunities are posted in the Guidance Office on the Community Service board.
- **Did you know February and March are course selection months for submitting course requests for the 2017 – 2018 school year?**



- **Course Selection for the 2017-2018 School Year** – Starting February 7th and continuing through to March 9th www.myblueprint.ca will be open for online course selections for the 2017-18 school year. Students and parents are encouraged to access [myblueprint.ca](http://www.myblueprint.ca) to make course selections beginning February 8th. A guide to accessing [myblueprint.ca](http://www.myblueprint.ca) will be delivered to each student on February 7th during the Course Selection Assemblies. Please note the guide has also been posted on the Lakeshore website at www.lakeshorecollegiate.ca. See About LCI/Student Services.
- **Course Selection Continued** - During this time counsellors will meet with classes to help students choose their courses. The success of each student relates directly to the appropriateness of the program the student has chosen so please put time and effort into your consideration of courses. Teacher staffing of the school is based on these selections so students need to be sure of their selections. Students should make an appointment with their counsellor to discuss any issues around appropriate course choices for the upcoming school year and to further discuss individual pathway planning.
- **Course Selection Submission:** Students are required to submit their course selections online via [myblueprint.ca](http://www.myblueprint.ca), print the sign off sheet, have it signed by their parent/guardian and return it to the Guidance Office by **March 9th**. **The course selection process for the 2017 – 2018 school year will end on March 9th**.
- **Semester 2 Night School** - Registration for Semester 2 Night School is now open and closes Tuesday, February 7, 2017. Classes begin the week of February 13, 2017. Please visit www.creditprograms.ca for information on courses and to register. All registrations

are done on line via this site. Please print the Parent Consent form if you are under 18, have it signed by your parent/guardian and returned to Mrs. Craigen in Guidance for course approval. Failure to do this step may result in you not getting the course you have selected.

- **Summer School** - Applications for Summer School will become available on line at www.creditprograms.ca by the end of April. See your counsellor for assistance regarding application completion and approval. If you have failed a course in semester one that you need to upgrade, it is important to complete these applications early!
- **Scholarships, Bursaries and Awards** - For many students who have applied to College or University programs the thought of funding their education is daunting. There are numerous opportunities to apply for scholarships, bursaries and awards which will help to off-set the cost of post-secondary education. It's worth all the work you put into completing your scholarship application, writing your application essay, or getting your reference letters when you receive a scholarship or bursary! See the binder in Guidance for more details and log onto www.studentawards.com and www.scholarshipscanada.com for more information about which scholarships and bursaries may be available to you.
- **Financing your Post-Secondary Education and OSAP workshop** - For Grade 12 students and parents who would like more information on how to finance post-secondary education and sources of funds including the Ontario Student Assistance Program (OSAP) please plan to attend our workshop on **Thursday, April 20th at 11:45am**. This workshop is designed to give you all the information you will need to know about finding money and the OSAP application process.
- **Preparing for Post-Secondary** - Students who are currently in Grade 11 and are planning to go to College or University in September 2018 should be starting their research. Applications will be due in January of 2018, but students need to make sure they will have the needed pre-requisites for their programs of choice. The best websites for beginning this research are www.myblueprint.ca, www.ontariocolleges.ca and www.electronicinfo.ca which house the information for Ontario universities and colleges. There are many March break and summer campus tours available at most colleges and universities this spring. This is often the best way to get a feel for a college or university. Check with each school by going to their website for details regarding open houses and tours.
- **College Panel** - Students and parents are welcome to attend the College Panel on **Tuesday, April 25th in the Lakeshore Auditorium beginning at 2:10pm**. All of the GTA colleges will be represented at the panel. Each college representative will do a short presentation on what their college has to offer and then will answer any questions you may have.
- **Student Services Supports and Resources** - The department consists of two Guidance Counsellors, a Social Worker and a Child and Youth Counsellor. Our Student Success teacher also works out of our office. Should any student require support with personal, social, emotional or mental health issues please stop by the Guidance Office for assistance as all of these people are available to help.

- **Mental Health & Well-Being** - Mental health and well-being is vital to academic success. Yet mental health and well-being can often be overlooked. Check out this TDSB link for more information on supports and resources available through the TDSB and LCI.

<http://www.tdsb.on.ca/ElementarySchool/SupportingYou/MentalHealthWellbeing.aspx>

- **Mindfulness Matters** – Mindfulness is about becoming more aware of what you are thinking and doing – what’s going on in your mind and body. It’s an invitation to just be in the moment which will help slow things down so you can see things more clearly. If you are interested in learning more about Mindfulness check out *Sounds True* a major publisher of mindfulness and meditation books, audio and other media. There is a mindfulness training app on this website which gives you a taste of teachings from key mindfulness instructors like Jon Kabat-Zinn and some breathing exercises.

<https://itunes.apple.com/us/app/sounds-true/id947485521?mt=8>

Counsellors:

Mrs. L. Craigen Counsellor Grades 11 and 12 and Student Services Assistant Curriculum Leader ext 20041

Mr. D. Budzinsky Counsellor Grades 9 and 10 Student Success Assistant Curriculum Leader ext 20042

Mr. R. Lewis Social Worker ext 20045

Mrs. S. Frasca Child and Youth Counsellor ext 20043

Ms. Wendy Shuster Student Success ext 20046

Mrs. P. Koss Office Administrator ext 20040