

Good Evening Students, Parents and Staff

I am David Freedman - and I have been asked to fill the Acting Principal position at the school as of April 1st. I will be using this application to keep everyone up to date on what is happening as we navigate our way through the COVID crisis. I am sending **The Guidance Update** out - ahead of a summary update as I believe the information and links our Guidance Staff have prepared are important pieces of information you need and should not be lost in additional information that will be coming your way tomorrow. Please feel free to address any concerns you have, as we go forward to either one of our Guidance Staff (Ali Callegarini or Heather Strupat) or to Barbara Wagner-Heim or me.

**[A Message from UFA Guidance:](#)**

*Best wishes to everyone in our community.*

*Guidance counsellors will be responding to students' general questions as we navigate these next few days. A reminder that Heather Strupat handles students with last names A-L, and Ali Callegarini handles M-Z, but feel free to direct your general questions to the counsellor you normally see.*

*If you are struggling with anxiety or other mental health issues, please take a look at resources that the TDSB has linked to: [www.tdsb.on.ca/wellbeingresources](http://www.tdsb.on.ca/wellbeingresources)*

*In addition, please find attached a very helpful handout provided by our public health nurse.*

[Tips for coping with anxiety during COVID19.pdf](#)

Additional information you may find useful:

**Virtual Post-Secondary Tours**

Thank you to Shone J for alerting us to this great website, where students can make virtual visits to a variety of Canadian colleges and universities:

<https://blog.studentlifenet.com/2020/03/25/virtual-tours-campus-student-guide/>

**Award Nominations**

It's awards season! Each spring, we collect nominations from students for awards that we present to winners at both graduation and the Fall Recognition Assembly.

Please find attached to this email scanned copies of the awards that students can nominate their peers for:

- The Community of Learners Award -- all grades
- The Socratic Thinker Award -- all grades

- The Dr. Franklin Unplugged Award (New) -- all grades
- The Lieutenant Governor's Community Volunteer Award – **Gr. 12 graduates only**

**Ignore the submission instructions on these scans (pre-COVID!).** Instead, if you're interested in nominating someone for one of the first three awards, or if you're a Grade 12 who wishes to apply for the volunteer award:

- send an email to [Ali.Callegarini@tdsb.on.ca](mailto:Ali.Callegarini@tdsb.on.ca)
- put the name of the award in the subject line
- one email per award nomination, please
- in the body of the email, put all the information the form asks for
- for the Lieut Gov Comm Volunteer Award, attach scans of your volunteer hours documents to your email
- **Deadline** to nominate for the first three awards above: **Thursday, April 16, 2020 @ 12:00 noon.**
- **Deadline** to apply for the Volunteer Award: **Friday, April 24, 2020 @ 9:00 a.m.**

**The Descriptors follow:**

[Comm of Learners.pdf](#)

[Dr. Franklin Unplugged Award.pdf](#)

[Lieut Gov Comm Volunteer Award.pdf](#)

[Socratic Thinker.pdf](#)

Have a good evening everyone. Keep well.

David