

## **Welcome to This Week's Guidance Update -- April 22!**

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### **1. Time Sensitive! Need Access to a Device / Internet?**

If you need access to a Device and/or Internet AND you haven't already applied to the TDSB, the last day to apply is this Friday, April 24th. The Google Form application is no longer active, so now you must download, complete, and email [hillel.heinstein@tdsb.on.ca](mailto:hillel.heinstein@tdsb.on.ca) this [document](#) no later than Friday at 9am. A parent (or student who is over 18) must complete the application. **Note #1:** in order to fill in the document, you must first download your own copy as a Microsoft Word document or a Google doc, as you cannot edit this shared file directly. **Note #2:** the form asks for the student's OEN (Ontario Education Number), which is not the same as the student's UFA student number. Find the 9-digit OEN on any report card. (If you are having trouble figuring out how to do all of this, email [hillel.heinstein@tdsb.on.ca](mailto:hillel.heinstein@tdsb.on.ca).)

### **2. Funding Available for Some Families**

Please see this link (<https://www.ontario.ca/page/get-support-families>) for information regarding a one-time, per-child \$250.00 grant provided by the Ministry of Education for students with special education needs who are currently engaged in remote learning. The funds can be used to offset the costs of purchasing learning tools and materials.

### 3. Awards -- Extended Deadline for Student Nominations

The deadline for students to submit nominations for the following three awards has been extended to **Monday, April 27, 3:30 p.m. FIRM**. Please find attached to this email the scanned forms for your reference.

- The Community of Learners Award
- [Comm of Learners.pdf](#)
- The Dr. Franklin Unplugged Award
- [Dr. Franklin Unplugged Award.pdf](#)
- The Socratic Thinker Award
- [Socratic Thinker.pdf](#)

If you want to nominate a classmate, any grade, please

- 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 - name, grade, a short description for your reason for nominating this person
- That's it! The above extended deadline is FIRM!

### 4. A Mental Health Resource Sent By Our Public Health Nurse

Here's an important mental health resource for youth:

<https://www.whatsupwalkin.ca/>

Hope to see everyone soon!

Aleksandra Basarab, RN BScN MN  
Public Health Nurse  
Healthy Communities  
[City of Toronto](#)

### 5. Did You Submit a PLAR Application?

We have been told by the TDSB Guidance Program Coordinator that PLAR applications are currently on hold. We will let you know as soon as we receive further information.

## **6. Some Great Ideas & Checklists from Our Child and Youth Worker**

Danielle Farmer, our CYW, would like to provide students with four very useful resources from the KidsHelpPhone. Please find all of the following PDFs attached to this email:

- Stress Busters
- [12Instant Stress Busters English.pdf](#)
- Self-Care 101
- [SelfCareChecklist English-1.pdf](#)
- A Self-Care Checklist
- [SMH0081 SelfCare101 E3.pdf](#)
- Reaching Out to the KidsHelpPhone
- [SMH0081 ReachingOut E3.pdf](#)

## **7. Your Guidance Counsellors**

Remember, if you are struggling and need some help, or have questions about anything, you can always reach out to one of the guidance counsellors. We're happy to help!

Last names A-L: [Heather.Strupat@tdsb.on.ca](mailto:Heather.Strupat@tdsb.on.ca)

Last names M-Z: [Ali.Callegarini@tdsb.on.ca](mailto:Ali.Callegarini@tdsb.on.ca)

Thank you to Ali, Heather and Hillel Guidance for putting this update together.

Keep Safe.

David