

# PATHWAYS PRESS

Stay Connected With Us



Summer is just around the corner. Are you looking for some fun ideas for how to enjoy the summer months without going too far from home?

Here are some fun thing you can do in your neighbourhood:

- Try a new recipe (check out this cool recipe → )
- Go for a neighbourhood walk or hike
- Read a book under a tree
- Write a story or a poem
- Volunteer (Check out your school website or follow Pathways on Instagram for some ideas)
- Watch the sunrise/sunset
- Go for a bike ride
- Go for a picnic in a park
- Learn a new dance
- Go stargazing
- Do something nice for someone
- Plant something and watch it grow
- Play board games
- Have a water balloon toss
- Redecorate your room
- Exercise outdoors

Whatever you decide to do, be sure to follow current Public Health Guidelines.

Have a safe and fun summer!  
Always follow the current Public Health guidelines.  
For current updates go to [hamilton.ca](https://hamilton.ca)

## FROZEN YOGURT BITES

### INGREDIENTS:

- 1 1/2 cup plain yogurt
- 1/4 cup whole milk
- 2 tsp. honey
- 1/2 tsp. vanilla extract
- 1/2 cup blueberries
- 1/2 cup strawberries, quartered
- 1/2 cup raspberries

### DIRECTIONS:

- 1) In a medium bowl, combine yogurt, milk, honey and vanilla and whisk until smooth.
- 2) In an ice cube tray, distribute fruit in each of the cube molds.
- 3) Spoon yogurt mixture over fruit, filling molds completely freeze for 5 hours, or until frozen solid.

- adapted from [delish.com](https://delish.com)

## Pathways SUMMER Tutoring



Monday  
through  
Thursday



12pm to  
4pm



Booked  
1-on-1  
Sessions

Pathways tutoring will be available for summer school

**BY APPOINTMENT ONLY.**

If you need any tutoring support please book an appointment with your Coach.



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## HEY PATHWAYS GRADS!

Join Pathways to Education for the  
**2021 GRADUATION  
CELEBRATION**



A virtual event on June 29th honouring the  
hard work and dedication of YOU!

Be sure to look out for a special package being delivered  
to your house, and join us on Zoom for a special ceremony!  
Families are welcome to join, we are all proud of you!

Please don't forget to RSVP! Details to follow!

## Pathways Press will be back September 2021!

The Pathways Press will be taking a break over the summer, but follow us on  
Social Media to stay up to date on all things Pathways!



@pathways\_hamilton



Pathways to  
Education - Hamilton

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COMMUNITY HEALTH



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## SHAD Scholarship Recipients

Throughout the month of July 2021, our 6 Pathways Hamilton SHAD Scholarship recipients will take part in SHAD. Beginning on July 5th through to the 31st students will be connecting to their chosen university from across Canada to join other STEAM (Science Technology Engineering Arts and Mathematics) focused students in developing and designing a project that cumulates in a competition across their chosen SHAD Canadian university sites. In addition to collaborating with peers SHAD attendees will hear from keynote speakers, participate in virtual field trips and learn and speak with other SHAD alumni and mentors from various professions.

We are grateful for the partnership between SHAD and Pathways Canada that allows for Grade 10 and Grade 11 students from Pathways Hamilton to apply for and receive a scholarship to attend SHAD each summer. We are proud of the 6 students who applied successfully and were granted full scholarships this summer and wish them an enjoyable and enriching experience. Keep an eye out next year for when the SHAD applications open in early Fall 2021. Attend an information session and connect with your Pathways Coach for support to apply.



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## Post-Secondary Support

Through to the end of June Pathways Hamilton is offering Post-Secondary Support sessions on Zoom to assist students with applying for their Pathways Scholarship as well as helping students to apply for OSAP.

Sessions occur weekly every Monday and Thursday from 4:00pm to 6:00pm. To join you will need to get the Zoom link from your Pathways Coach.

If you are attending a post-secondary institution in the Fall it is recommended that you apply for OSAP by the end of June in order to receive your funding in time for the start of school.



## Looking for scholarships?

If you are looking for ways to support paying for your education start early and sign up for [www.scholarshipscanada.com](http://www.scholarshipscanada.com) and [www.yconic.com](http://www.yconic.com) to learn about scholarships that might benefit you.



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## Mental Health 2021

brought to you by our volunteers from CAPE at McMaster



**"MY MENTAL  
HEALTH CAN'T  
KEEP UP WITH  
EVERYTHING  
GOING ON RIGHT  
NOW"**



### 2020-2021

Between COVID-19, online school, and being stuck at home, this past year has taken a toll on everyone's mental health. Don't forget that you are not alone, and there are always resources to help you.



### PANDEMIC EFFECTS

Although we can't see our friends in person, we still need to make an effort to connect regularly, as being social greatly improves mental health. Try scheduling group calls or game nights with friends!



### ONLINE SCHOOL

School has transitioned to a completely new platform, which is always hard to adjust to. Separating work from home has become extremely difficult, so try to stay organized, schedule your time, and set goals to help you stay on track.



### BEING AT HOME

Studies have shown that physical activity has decreased due to the pandemic. This can hurt mental health as exercise is extremely beneficial to your mood and overall wellness. Try your best to be active every single day! Set goals for yourself to stay motivated!



### SOCIAL MEDIA

Social media can also have enormous impacts on mental health. Try taking breaks or setting time limits if you find social media is negatively impacting your wellbeing.

**Continued on next page . . .**





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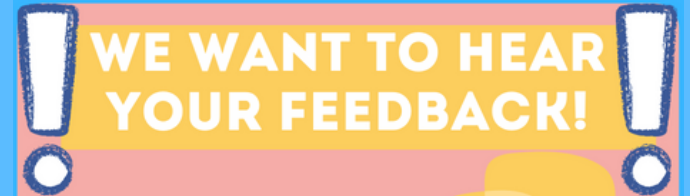
## MENTAL HEALTH

Although it has been a tough year, staying active, social, and productive will have huge benefits to your wellbeing. Remember to prioritize your mental health, and always take time to do things you enjoy everyday!



## RESOURCES

If you are struggling with mental health don't hesitate to reach out for help. You can always talk to your Pathway's coach about resources or call the Kids Help Phone: 1-800-668-6868



## WE WANT TO HEAR YOUR FEEDBACK!

Do you:

- like these posts?
- have suggestions for future posts?
- want to see more of these posts?

We want to know what YOU think!

**SHARE YOUR THOUGHTS BY COMMENTING BELOW!**

**CHECK OUT CAPE ON:**



@mcmaster\_cape



McMaster CAPE



mcmastercape.com

## Re-register for Pathways Now!

Pathways re-registration is now available online! Re-register from the comfort of your own home! Please talk to your Pathways Coach if you would like to return to the program next year!



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## Are you in High School or going to High School next year!

Join Pathways to Education for **FREE** and you receive:

Coaching and Mentorship  
Post-Secondary Scholarship

Career Planning  
After School Tutoring

Skills Workshops  
Volunteer Opportunities

## Are You Eligible?

Participants must reside in the Pathways Community

East of Queen

West of Sherman

North of Barton - between Queen and Sherman

North of Main - between Wellington and Sherman

Lake Ontario

Are you inside the line?  
Pathways to Education  
is available to you for **FREE**



## Register Now

Contact us at

905-523-6719 or [pathways@compassch.org](mailto:pathways@compassch.org)

or Pre-Register Online

[www.surveymonkey.com/r/PathwaysPreRegistrations](http://www.surveymonkey.com/r/PathwaysPreRegistrations)

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## June 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 OSAP and Pathways Scholarship workshop 4pm	4
7 OSAP and Pathways Scholarship workshop 4pm	8	9	10 OSAP and Pathways Scholarship workshop 4pm	11
14 OSAP and Pathways Scholarship workshop 4pm	15	16	17 OSAP and Pathways Scholarship workshop 4pm	18
21 OSAP and Pathways Scholarship workshop 4pm Last Day of school before exams - Public Board	22	23	24 OSAP and Pathways Scholarship workshop - 4pm MACPeds Volunteer Opportunity LAST DAY OF PATHWAYS PROGRAMMING!	25
28 OSAP and Pathways Scholarship workshop 4pm	29 PATHWAYS GRADUATION on Zoom 6pm Last Day of school - Catholic Board	30	Pathways Online Programming Monday - Thursday 3pm - 7pm	

\*\* Please be advised that the events on this calendar will use **DIFFERENT** Zoom links than Pathways Tutoring \*\*