

# PATHWAYS PRESS

Stay Connected With Us

## Community Service Hours

Community Service hours are an important part of high school. If you need some help finding opportunities talk to your Pathways Coach! This year the Ministry of Education made some changes to Community Service requirements due to COVID-19. Please see these changes below

### Ministry of Education Changes

1. For Students **GRADUATING** in 2020 - 2021, the minimum community service hours has been reduced to **20**.
2. **At the Principal's discretion**, schools may waive the restrictions that do not allow students to earn hours during the school day or duties normally performed in the house (ie. walking a younger child to school, helping siblings with homework)
3. Students can count up to a maximum of 10 hours from paid employment towards their hours at the **discretion of the principal**. Students will be required to complete a reflection exercise indicating how their work contributed to the service for others.

## Pathways Online Tutoring

GET THE SUPPORT YOU NEED



Monday  
through  
Thursday



3:00pm  
to  
7:00pm



Booked  
1-on-1  
Sessions



Drop-In  
Support  
Available

If you need some help, e-mail your homework to

**[pathwaystutoring@compassch.org](mailto:pathwaystutoring@compassch.org)**

We will send it to a tutor, so you can get the support you need

## iCan Day

Build Your Future in Health Care



### THIS IS YOUR CHANCE

- ✓ Learn about Medical School
- ✓ Meet Med School Students
- ✓ Ask Questions - Get Answers
- ✓ Meet Like-Minded People
- ✓ Med School, Nursing and more
- ✓ Have Some Fun

**NOVEMBER 18 • 4:00pm**

All activities, talks and sessions will be hosted on Pathways Hamilton ZOOM

Talk to Your Coach to Sign-Up

For Any Pathways Students Interested in Health Care Careers

**Pathways**  
to Education



**COMPASS**  
COMMUNITY HEALTH



**Pathways**  
to Education



**COMPASS**  
COMMUNITY HEALTH

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## It is Time to Apply: University & College Application Sessions

Pathways Coaches are here to support you to apply for post-secondary. If you are a Pathways student in your graduating year, you may access up to \$250 of your Pathways Scholarship to cover the cost of the application. We process the payment for you.

Please note:

If you are applying for University, you will need your PIN with you to apply. You may get your OUAC PIN from your guidance office.

**Application Sessions run 4:00pm – 6:00pm:**

Monday, November 16  
Monday, November 23  
Monday, November 30  
Monday, December 7  
Monday, December 14

Thursday, November 19  
Thursday, November 26  
Thursday, December 3  
Thursday, December 10  
Thursday December 17



Join us Nov 4 or Nov 11 @ 4PM

## ZOOM-ING YOUR WAY TO UNIVERSITY

Come speak directly to experienced undergrads



Studying/  
Academic Tips

Applications &  
Financial Aid



Virtual Learning  
& Involvement

**Zoom Meeting ID: 88495338503**

### REMEMBER:

Apply to University prior to the OUAC deadline:

**January 15, 2021**

Apply to College prior to the OCAS cut off date:

**February 1, 2021**





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## It's Getting Chili Out

### Easy Quick Chili Recipe

**Prep Time** 10 min **Cook Time** 30 min **Total Time** 40 min

### Ingredients

- 2 pounds ground beef or turkey
- 2 cans diced or crushed tomatoes
- (1) 14 oz. can tomato sauce
- 1 can water
- 4 tablespoons chili seasoning
- 1 teaspoon garlic salt
- 1/2 onion chopped
- 2 cans of kidney beans
- shredded cheese or sour cream to serve (optional)

### Instructions

- In a large stock pot, brown your ground beef or ground turkey.
- Add in the 1/2 onion and continue until they are soft.
- Stir in the chili seasoning, tomatoes, water, and beans.
- Bring to a boil.
- Then turn to low, add the lid and let simmer (stirring occasionally).
- Simmer for 30 minutes up to an hour to let all the flavors combine.

Brought you by Eating on a Dime

<https://www.eatingonadime.com/easy-quick-chili-recipe/>

Try out these fun ways to have  
**Chili!**



Chili Baked Potato



Chili Enchiladas



Chili Nachos



Chili Mac & Cheese



Chili Hot Dog



Chili Salad

Join us on  
**November 12th at 4pm**  
to make this recipe with us!  
Talk to your Coach about how to join!

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## November 2020 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 CAPE Mentorship 4pm	5	6
9 Pathways is CLOSED Tutoring will be unavailable	10 ARC Community Check - In 3:30 pm	11 CAPE Mentorship 4pm	12 Make Chili with Us! 4pm	13
16 Post-Secondary Application Help 4pm	17	18 iCan - Build your future in Health Care 4pm	19 Post-Secondary Application Help 4pm	20
23 Post-Secondary Application Help 4pm	24	25	26 Post-Secondary Application Help 4pm	27
30 Post-Secondary Application Help 4pm	<b>Pathways Tutoring available on Zoom Monday to Thursday from 3pm - 7pm Talk to your Coach for the link</b>			

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