

# Pathways PRESS

May 2024

## Upcoming Events

- CAPE Workshop.....May 1st
- Tasty Thursday.....May 2nd
- MacPeds Talk.....May 6th & May 27th
- MacArts Program.....May 6th
- OSAP/Pathways Scholarship Application Sessions BEGIN.....May 9th
- Pathways Spelling Bees.....May 27th-30th
- Dare to Dream Trip.....June 1st

Pathways

is

**CLOSED**



Monday May 20th 2024

We hope you have a safe and happy long weekend!

Pathways After School Programming and Pathways Coaches will not be available during this time. We will be back on Tuesday May 21st. See you then!



## Grade 9 Niagara Trip

Visit Niagara College and Explore Niagara Falls with Pathways

Dare to Dream

Explore the Niagara College Campus, see what it has to offer, then have fun with Pathways friends in Niagara Falls

**Saturday June 1**

8:30am to 6:30pm

Bus Meeting Locations

Compass CH 8:30am

Mission Services 8:40am

Grade 9 Only

Lunch Provided!



#BreakTheStigma

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May 2024



A MCMASTER PEDIATRIC RESIDENT TALKS

## MENTAL WELLNESS STRATEGIES

JOIN THE TALK ONLINE  
LEARN FROM A DOCTOR  
EARN VOLUNTEER HOURS

MAY 06: 4:00PM - 5:00PM



Need  
volunteer  
hours? Join  
our McMaster  
Pediatric  
Resident Talks!




A MCMASTER PEDIATRIC RESIDENT TALKS

## TOPIC TO BE ANNOUNCED

JOIN THE TALK ONLINE  
LEARN FROM A DOCTOR  
EARN VOLUNTEER HOURS

MAY 27: 4:00PM - 5:00PM




Why is Yoda so good at gardening?  
Because he has a green thumb!



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## GUESS THE FLOWER

April showers bring May flowers! Can you identify these backyard species?



1



3



2



4



5

### Answer Key:

- 1. Carnations
- 2. Great White
- 3. Common Bluebell
- 4. Trillium
- 5. Lily of the Valley

## Pathways Spelling Bee

Put your skills to the test and join our spelling bee competition - prizes included!

**Missions**  
Monday May 27th

**Compass**  
Tuesday May 28th

**Finale (Location TBD)**  
Thursday May 30th

But which Bee am I in?

Honey Bee	Bumble Bee	Killer Bee
Any student in Locally Developed/ Workplace English or ESL	Grade 9-10 students in Applied or Academic English	Grade 11-12 students in College, Mixed or University English

Sign up with your coach today!

# Pathways PRESS

May  
2024

## Mental Health Awareness Month



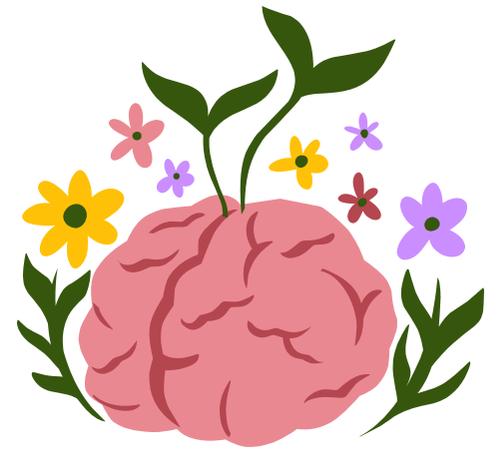
### PRACTICING GOOD LIFESTYLE HABITS

Eating well, being physically active and getting a good amount of sleep not only help with physical well-being, but they play an important role in maintaining good mental health as well.



### A GOOD SOCIAL CIRCLE

It's crucial to maintain positive relationships with those around you - your family, friends, etc. Developing such a strong and reliable social support system can help during situations that you might find difficult to handle on your own - they're there for you and you're there for them.



Check out these strategies to improve and sustain mental health from **McMaster CAPE!**



### ASKING FOR HELP

Everyone has ups and downs in their everyday lives, but when your mental health begins to get in the way of your work, relationships or daily life, don't be afraid to reach out. Try searching for local resources and hotlines or consulting a healthcare professional.



### RESOURCES

You can always talk to your Pathway's coach about resources or call the Kids Help Phone: 1-800-668-6868

# Pathways

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May  
2024

*Save the Date*

For the Pathways to Education 2024



Graduation  
Celebration

Event will be held on June 28th 2024  
from 11:30am to 1:30pm.  
This event will be for  
Pathways Graduates only.  
More details coming soon!






## OSAP & Pathways Scholarship Application

- Going to College or University in the Fall?
- Have you confirmed your program?
- Get support to apply for OSAP and your Pathways Scholarship

**Apply for OSAP by June 30th!**

- ✓ Parent's 2023 tax info
- ✓ Social Insurance Number
- ✓ Online Banking

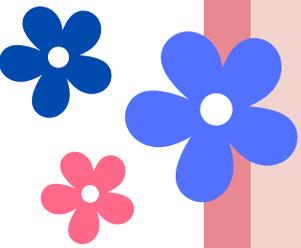
Connect with your  
Pathways Coach to  
register

- On Zoom
- Thursdays
- Beginning  
May 9

**What type of flower do  
you plant in the dark?**



**A light bulb!**



## Tasty Thursday

Earn volunteer hours  
while cooking for your  
peers, or come and enjoy  
an amazing meal!



**THURSDAY MAY 2ND**  
3:45 - 5:30PM  
COMPASS COMMUNITY HEALTH




# Pathways PRESS

May 2024

## ACTIVITY PAGE

MAY 2024

SDYTEROMHA

FRLEWOS

NCIICP

SNSEUINH

HWMRAT

DNGGNIARE

HTGWRO

LUSITP

EFETISRBTLU

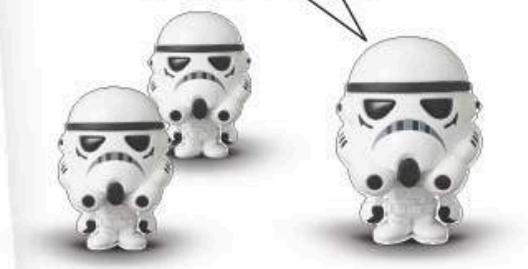
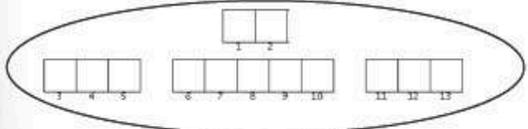
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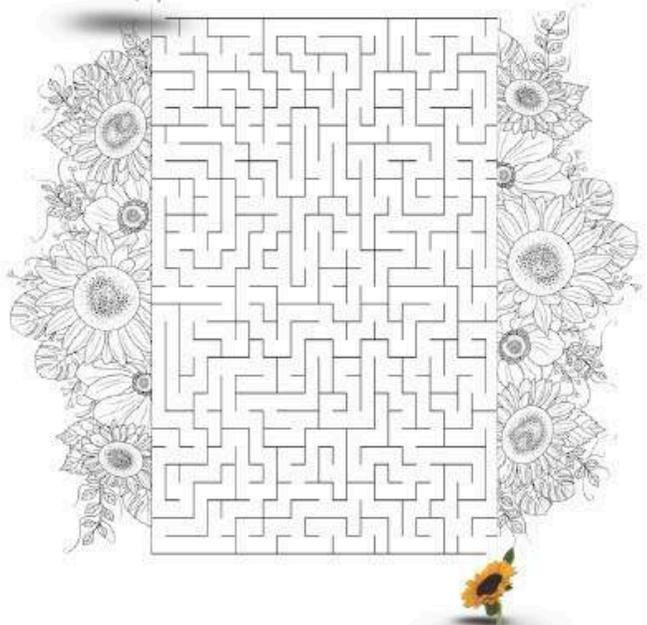


Can February March?



y	e	p	A	L	v	h	h	L	S	d	w	v	s	F
K	d	x	J	S	S	Y	i	h	S	A	V	D	O	V
m	D	C	K	B	F	B	I	x	Z	B	T	T	D	
g	L	A	B	A	N	S	W	K	N	P	Z	H	M	r
n	F	r	m	Y	M	z	d	g	J	m	Q	o	y	r
i	s	o	a	H	o	t	p	r	k	f	V	M	p	M
r	t	h	J	i	D	s	v	a	i	H	m	y	Y	w
p	a	c	x	n	n	u	L	S	E	b	w	n	F	T
s	M	i	h	p	e	d	i	s	t	u	o	Q	I	v
b	q	r	n	R	i	h	M	u	h	P	r	g	m	r
r	A	t	k	b	l	c	l	v	f	g	m	a	c	q
o	r	e	l	e	o	i	n	k	k	o	s	X	S	a
E	B	p	b	e	p	w	R	F	V	w	y	Q	G	b
v	i	b	e	s	m	D	B	r	p	j	P	L	Z	s
f	L	T	m	F	B	m	a	j	M	E	F	J	S	S

- bees
- birds
- grass
- outside
- petrichor
- pollen
- rain
- rainbow
- spring
- tulips
- vibes
- worms



STAR WARS DAY  
**MAY THE 4TH  
BE WITH YOU**

LESSONS TO LEARN FROM

# STAR WARS

ABOUT FINDING  
YOURSELF AND SUCCESS

SEE THE NEXT PAGE



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May  
2024

## FIND A GOOD MENTOR

Obi-Wan had Qui-Gon, Ahsoka had Anakin, Luke had Obi-Wan and Yoda, Rey had Luke.

Like any great Jedi, having a good mentor can help you reach your full potential.

At Pathways, we have volunteers and Coaches who can act as mentors and help guide you on your journey!



## OFTEN, SUCCESS STEMS FROM OVERCOMING FAILURES

**“Strike me down and I will become more powerful than you can possibly imagine.”**

– Obi-Wan Kenobi in *A New Hope*

Success cannot happen without hard work. It is found only through trial and error, dedication, and the ability to see setbacks as stepping stones towards later victory.

# Pathways PRESS

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## DON'T LET IMPOSSIBLE ODDS HOLD YOU BACK

Just like our good friend Han Solo, don't let the odds stop you from doing what is right or following your dream.

Believe in your abilities, challenge yourself, and try your best. If so, you can accomplish more than the odds said you could!



## IT'S NEVER TOO LATE TO DO THE RIGHT THING

Anakin Skywalker fell to the dark side and became the fearsome Darth Vader.

But don't forget that he eventually came back to the light to save the galaxy!

It is never too late to do the right thing and fix a wrong!

# Pathways

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May  
2024

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
Conversation  
Corner 4:30-  
6:30pm  
McMaster CAPE  
Workshop 5:30pm

**2**  
Tasty  
Thursday  
3:45-5:30pm

**3**

**6**  
MacPeds Talk  
4-5pm  
MacArts Program  
4:30-6:30pm

**7**

**8**  
Year End  
Celebration:  
Conversation  
Corner 4:30-  
6:30pm

**9**  
OSAP Application  
Support Session  
4-6pm

**10**

**13**  
Mental Health  
Awareness  
Week Begins

**14**

**15**

**16**  
OSAP Application  
Support Session  
4-6pm

**17**

**20**  
Pathways  
is  
CLOSED

**21**  
World  
Meditation Day

**22**

**23**  
OSAP Application  
Support Session  
4-6pm

**24**

**27**  
MacPeds  
Talk 4-5pm  
Missions Spelling  
Bee 4:30pm

**28**  
Compass  
Spelling Bee  
4:30pm

**29**

**30**  
OSAP Application  
Support Session  
4-6pm  
Spelling Bee  
Finale, Time TBD

**31**

## After School Programming

Monday and Wednesday at **Mission Services**  
Tuesday and Thursday at **Compass Community Health**  
4pm - 7pm

## ONLINE Tutoring

Monday - Thursday  
on Zoom  
4pm - 7pm