

PATHWAYS PRESS

Stay Connected With Us



Hi Everyone, I'm Bahiyyih, the Pathways Social Worker!

I just wanted to let you know as the school break approaches that I'm going to be available throughout the break so please connect with me or your coach if you are interested in talking with me even if it's just once!

My current role is around providing one on one counselling and support if you need someone to talk to about any difficulties you are having, struggles you're trying to address, want someone to check in with or are just in need of a safe space to talk.

Please reach out if ever you think this might be for you. Hope everyone stays safe during this upcoming break!

H A P P Y
H O L I D A Y S
F R O M P A T H W A Y S

Stay connected with us over the break on
Facebook and Instagram!



Pathways to
Education - Hamilton



pathways_hamilton

Pathways
to Education

Team Up to Clean Up



This year has looked quite different for socializing at Pathways. Despite these uncertain times, Pathways was able to provide a safe opportunity for students to come together to socialize with their peers, give back to their community, and earn community service hours. Over the course of four separate sessions, a total of 20+ students volunteered to tidy up Eastwood Park, Bayfront Park, Birge Park, and Woodlands Park. Students wore masks and used appropriate safety equipment, picked up garbage and became one step closer to graduating. There is also something to be said about the intangible value in peers working together to help out their community. Stay tuned for more community engagement opportunities!



COMPASS
COMMUNITY HEALTH

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Pathways to Education

ONLINE TUTORING HELPS

"Pathways virtual tutoring program was really helpful and thanks to the tutors, I was able to do most of my assignments and homework with no problems. They have made a big difference in my life, and I'm really thankful for that."

Pathways Graduate- Pathways Class of 2020

Pathways
to Education

Pathways to Education Hamilton
is proudly hosted by
Compass Community Health



We love our Volunteers!



My favourite memory was when I met the Syrian newcomer family. Two brothers and one sister. They spoke little English and I loved how their eyes sparkled when they found that I spoke Arabic. The progress I saw with them and how they improved week after week made my heart melt. This is why I volunteered in the first place, to know that I can make a positive difference in someone's life, and not because it's my job, but I do it because I am a useful member of my community. I love Pathways to Education and everyone related to it. Also, the volunteer appreciation party was so cool 😊 - Ahmad Belal

December Hours of Operation

The last day of Pathways Online Programming for 2020 is

December 17th

We will see you again in 2021 on

January 4th



Pathways
to Education

APPLY NOW WITH PATHWAYS

COLLEGE AND UNIVERSITY
APPLICATION SUPPORT SESSIONS

EVERY MONDAY AND THURSDAY
NOVEMBER 16 - DECEMBER 17
4:00PM-6:00PM (VIA ZOOM)
*ASK YOUR COACH FOR DETAILS



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COVID-19 Closure Stages and Meaning

As you may all know, Hamilton is in stage red of the government's COVID-19 response Framework. What does this mean? This means we are in a Control (stringent measures) stage. It is a modified stage 2, and one step before closures are made. Here are some of the requirements that the government is asking of us in the Hamilton area.

Gathering limit for all organized public events and social gatherings:

- 5 people indoors
- 25 people outdoors

Religious services, weddings and funerals:

- 30% capacity indoors
- 100 people outdoors

Requirement for workplace screening

Face coverings required in:

- indoor workplaces
- indoor public spaces

Physical distancing must be maintained

If numbers continue to increase, then Hamilton will be put into Lockdown (Grey Stage) which means:

- Widescale measures and restrictions, including closures
- Consider a declaration of emergency

So what CAN you do? It's the holiday season, you want to be with friends and family but can't. It can be a really sad, lonely, and frustrating time. Keep hope! Remember this WILL NOT last forever. It may last longer than we all want, but not forever. Here are some things you CAN do:

Read, colour, draw, journal, throw a virtual dance or karaoke party with friends, host a virtual dinner party with friends, go for a walk, watch movies, build a fort with your siblings. If you are crafty, you can make masks or headbands or bracelets. You can bake or cook – try new recipes! You can play card games with your family or do some crossword puzzles.

Remember you are NOT alone. We are all in the same boat with very similar struggles happening. We know this time, especially this time of year, is not easy- and you are not alone. You are always welcome to reach out to your Pathways coach or our Youth Social Worker Bahiyyih for support!



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Winter Break Friends

brought to you by our volunteers from **CAPE** at McMaster

The pandemic has been hard on all of our social lives. If you are feeling isolated, or just miss your friends, try out some of these tips to stay connected!



"IF I CAN'T SEE MY FRIENDS IN PERSON, WHAT DO I DO THIS WINTER BREAK?"



YOU ARE NOT ALONE!

We are all looking forward to two whole weeks of no school! But, two weeks can seem like a long time if you cannot spend them with your friends!



HAVE FRIENDS YOU HAVEN'T TEXTED IN A WHILE?

Think about reaching out to these friends! Connecting and checking in with others can help you from feeling isolated.

VIRTUAL EVENT IDEAS

- pictionary (a classic!)
- charades
- code names
- among us
- house party
- jackbox
- powerpoint party
- virtual dinner
- Netflix party



N



VIRTUAL EVENTS

Organize virtual meetings with your friends! Talk, play games or host a Netflix party. Pick a day you are all available and make it a weekly event!

CHECK OUT CAPE ON:



@mcmaster _cape



McMaster CAPE



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Life is what you Bake it!

Sugar Cookie Recipe

Ingredients:

- 2 ¾ cups all-purpose flour
- 1 tsp of baking soda
- ½ tsp baking powder
- 1 cup butter, softened
- 1 ½ cups white sugar
- 1 egg
- 1 tsp vanilla extract

Directions:

- Preheat oven to 375 degree F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
- In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonsfuls of dough into balls, and place onto ungreased cookie sheets.
- Bake 8-10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wireracks.

Royal Icing Recipe

Ingredients:

- 3 tablespoons Wilton Meringue Powder
- 4 cups sifted confectioners' sugar (about 1 lb.)
- 5 tablespoons water

Directions:

- In large bowl, beat all ingredients at medium speed of stand mixer until icing forms peaks and loses its sheen, 7-10 minutes. If using a hand mixer, beat at high speed 10-12 minutes. If peaks are not forming, increase the mixer speed and continue to beat.
- To prevent drying, cover the bowl with a damp cloth while working with icing.



Join us during the month of December to make these delicious cookies along with us!
It will bake your day a little better!

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December 2020 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	3	2 Post-Secondary Application Session 4pm on Zoom	4
7 Post-Secondary Application Session 4pm on Zoom	8	9	10 Post-Secondary Application Session 4pm on Zoom	11
14 Post-Secondary Application Session 4pm on Zoom	15	16	17 Post-Secondary Application Session 4pm on Zoom Last Day of Pathways Online Programming for 2020	18
21	22	23	24	25
Pathways Programming will be closed until January 4th 2021 Have a safe and happy holiday!				
28	29	30	Pathways Tutoring available on Zoom Monday to Thursday from 3pm - 7pm Talk to your Coach for the link	

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