

PATHWAYS PRESS

Stay Connected With Us

How did the telephone propose to their partner? They gave them a ring!



Happy Valentines Day
from Pathways

I asked an author what I should write about you, and they said
"you're just my type"

What did the cat write on it's valentines day card? You're purrfect!



COVID-19 Support for Students and Parents

The Ontario government has opened the eligibility of support for learners to include students up to Grade 12. Previously this support was provided to elementary aged students only but this has been revised to include secondary school students. This one-time payment of \$200 will be issued to those who successfully apply by February, 8, 2021. Please visit <https://www.ontario.ca/page/covid-19-support-students-and-parents> to learn more about this support and how to apply.

Ontario



Pathways
to Education

Start second semester off on the right foot!

Come to online tutoring and let us help you stay on top of your work!
Talk to your Coach to get the Zoom link!

Teacher: how are you getting all A's in your classes?

How my friends think I get all A's



How I actually get all A's by getting help from Pathways Programming



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I DON'T HAVE THE GRADES

THE MAJORITY OF SCHOLARSHIPS ARE NOT BASED ON ACADEMIC STANDING.



I DON'T HAVE TIME

IF YOU WORK 5 HOURS ON A \$5000 SCHOLARSHIP, THAT'S \$1000 PER HOUR

I HAVEN'T DONE ENOUGH

VOLUNTEERING, SPORTS, CLUBS, GROUPS, PATHWAYS... SOUND FAMILIAR?

FUND YOUR EDUCATION

SCHOLARSHIP MYTHBUSTERS!

Come Chat with Bahiyyih!

LET'S MEET!

WE WILL TALK ABOUT:

CREATING A SCHEDULE
PLANNING YOUR SEMESTER
AND REDUCING SCHOOL STRESS

PLEASE SIGN UP WITH YOUR COACH AND JOIN ON ZOOM

TUESDAY,
FEBRUARY 2ND
AT 3:30 PM

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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
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Pathways to Education Hamilton
is proudly hosted by
Compass Community Health

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Bahiyyih is our Pathways Social Worker!
She is a great resource and will be running some fantastic programs that you can access. She can also provide one on one counselling and support if you need someone to talk to.
Please reach out if ever you think this might be for you.

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Other Mental Health Resources

BounceBack®
reclaim your health



BounceBack for Youth 15-18

Are you feeling sad, stressed, worried, anxious?

Learn how BounceBack can help!



BounceBack for Youth 15-18 is an additional resource that is available through the Canadian Mental Health Association. This program can be accessed by phone to help support youth to improve their mental health.

For more information or to register check out:

bouncebackontario.ca/what-is-bounceback-youth/

If you have questions or need more information about mental health supports, talk to your Pathways Coach.

If you need immediate support or are in crisis, contact:

Kids Help Phone

1-800-668-6868 or text 686868

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How to take care of your mental health



Listen to how you are feeling and talk with your family or friends



It is normal to have many emotions during this time



Notice some of the positive things around you during COVID-19



Focus on what is in your control



Have a routine that includes time for things that you enjoy



Stay connected with important people in your life

hamilton.ca/CYmentalhealth



Are you looking for information on how to take care of your mental health?

If so, check out the City of Hamilton's resource page for families and youth:

www.hamilton.ca/CYmentalhealth

You will find information including: mindfulness tips, self-care strategies, helpful apps for your phone and community resource lists.

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Something to make for the the whole family!

Family Day is coming up this month, and there is nothing that brings a family together more than food!

Mac and cheese is one of those cold day meals that warms the soul and fills the belly.

Here is a regular mac and cheese recipe you can try.

You can also add diced tomatoes and cooked bacon (broken into pieces), or add cooked chicken pieces and broccoli. You can really add in whatever satisfies your soul!

Mac and Cheese Recipe

Ingredients:

- 1 lb. dried elbow pasta
- 1/2 cup unsalted butter
- 1/2 cup all purpose flour
- 1 1/2 cups whole milk
- 2 1/2 cups half and half
- 4 cups grated cheddar cheese - divided (measured after grating)
- 2 cups grated Gruyere cheese (or other cheese of your choosing) - divided (measured after grating)
- 1/2 Tbsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. paprika



Directions

- Preheat oven to 325 degrees F and grease your baking dish (9x13"). Set aside.
- Bring a large pot of salted water to a boil. Add dried pasta and cook 1 minute less than the package directs. Drain and drizzle with olive oil to keep from sticking. While water is coming to boil, grate cheeses and toss together to mix, then divide into three piles. Approximately 3 cups for the sauce, 1 1/2 cups for the inner layer, and 1 1/2 cups for the topping.
- Melt butter in a large saucepan over medium heat. Sprinkle in flour and whisk to combine. Cook for approx. 1 minute, whisking often. Slowly pour in about 2 cups or so of the milk/half and half, while whisking constantly, until smooth. Slowly pour in the remaining milk/half and half, while whisking constantly, until combined and smooth.
- Continue to stir over medium heat, until mixture becomes very thick
- Remove from the heat and stir in spices and 1 1/2 cups of the cheeses, stirring to melt and combine. Stir in another 1 1/2 cups of cheese, and stir until completely melted and smooth.
- In a large mixing bowl, combine drained pasta with cheese sauce, stirring to combine fully. Pour half of the pasta mixture into the prepared baking dish. Top with 1 1/2 cups of grated cheeses, then top that with the remaining pasta mixture.
- Sprinkle the top with the last 1 1/2 cups of cheese and bake for 15 minutes, until cheesy is bubbly and lightly golden brown.

Food Access Programs in Hamilton



<https://mission-services.com/programs-and-services/good-food-centre/>



Welcome Inn
Community Centre

<https://welcomeinn.ca/food-bank/>



<https://www.goodshepherdcentres.ca/services/emergency-food/>

Eva Rothwell Centre



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

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Distractions

brought to you by our volunteers from CAPE at McMaster

THIS IS A
DISTRACTION!



"Even though I
want to focus, it
can be so hard for
me to put my phone
aside..." - Riya,
CAPE

limit
distractions

Putting my phone on silent or in
another room has helped me!



focus aids

I like to use the productivity
app Flora to help me stay on
task!

App Link Below! 

CHECK OUT CAPE ON:

 @mcmaster_cape

 McMaster CAPE

 mcmastercape.com

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February 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	iCan Mentorship Round table Creating a schedule with Bahiyih 3:30pm on Zoom	Leadership Training 4pm on Zoom	4	5
8	9	Leadership Training 4pm on Zoom	11	12
Family Day Holiday Pathways Tutoring and Coaches will be unavaliabe	16	17	18	19
22	23	24	25	26

Pathways Online Programming

Monday - Thursday

3pm - 7pm

Drop - in and scheduled sessions are available talk to your Coach for more information.

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