



THE ERINDALE ACADEMY



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SUMMER SCHOOL



Register Now!

JULY 4, 2023 ~ JULY 28, 2023

AUGUST 2, 2023 ~AUGUST 26, 2023

Contact our team at:

info@teacademy.ca

(905) 232-1576

FROM THE PRINCIPAL'S DESK

THE ENEMY OF EXAM SUCCESS

Principal George Vanderkuur



Cramming is a common exam preparation strategy. As a university student, I had the bright idea that by sleeping every other night I would have more time to cram for exams. Needless to say, this did not go well! Sleep deprivation impairs creativity, critical thinking, problem-solving, logical reasoning, working memory, recall, attention, and concentration; all of which are essential for exam success.

Preparation for exam success starts on the first day of the course. Regular sleep, coupled with consistent class and homework will make the last days of study less stressful. Studies have shown that students who consistently get enough quality sleep, are less stressed and perform better in exams than their sleep-deprived peers.



Although there is no magic formula that guarantees exam success, by investing in at least eight hours of regular quality sleep each day, you avoid one enemy of success.

OUAC - IMPORTANT DATES



Applying Online to Ontario's Universities

OUAC 101 Online Application for
Ontario Secondary School Students

www.ouac.on.ca/ouac-101/



 Ontario Universities' Application Centre

Step 1: Get Your OUAC Access Codes

Your guidance counsellor will give you a confidential letter containing your access codes:

- Temporary PIN
- School Number
- Student Number

Your PIN is confidential!
Don't share it with anyone else.

These numbers allow you to access your 101 Online Application.

 Ontario Universities' Application Centre

May 29, 2023

The latest date all high school applicants who submitted their application by the January application deadline can expect a response from an Ontario university. This includes an offer of admission, a refusal or a deferral, once additional information is received.

June 1, 2023

The earliest date an Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment (e.g., registration deposit, residence deposit, etc.).

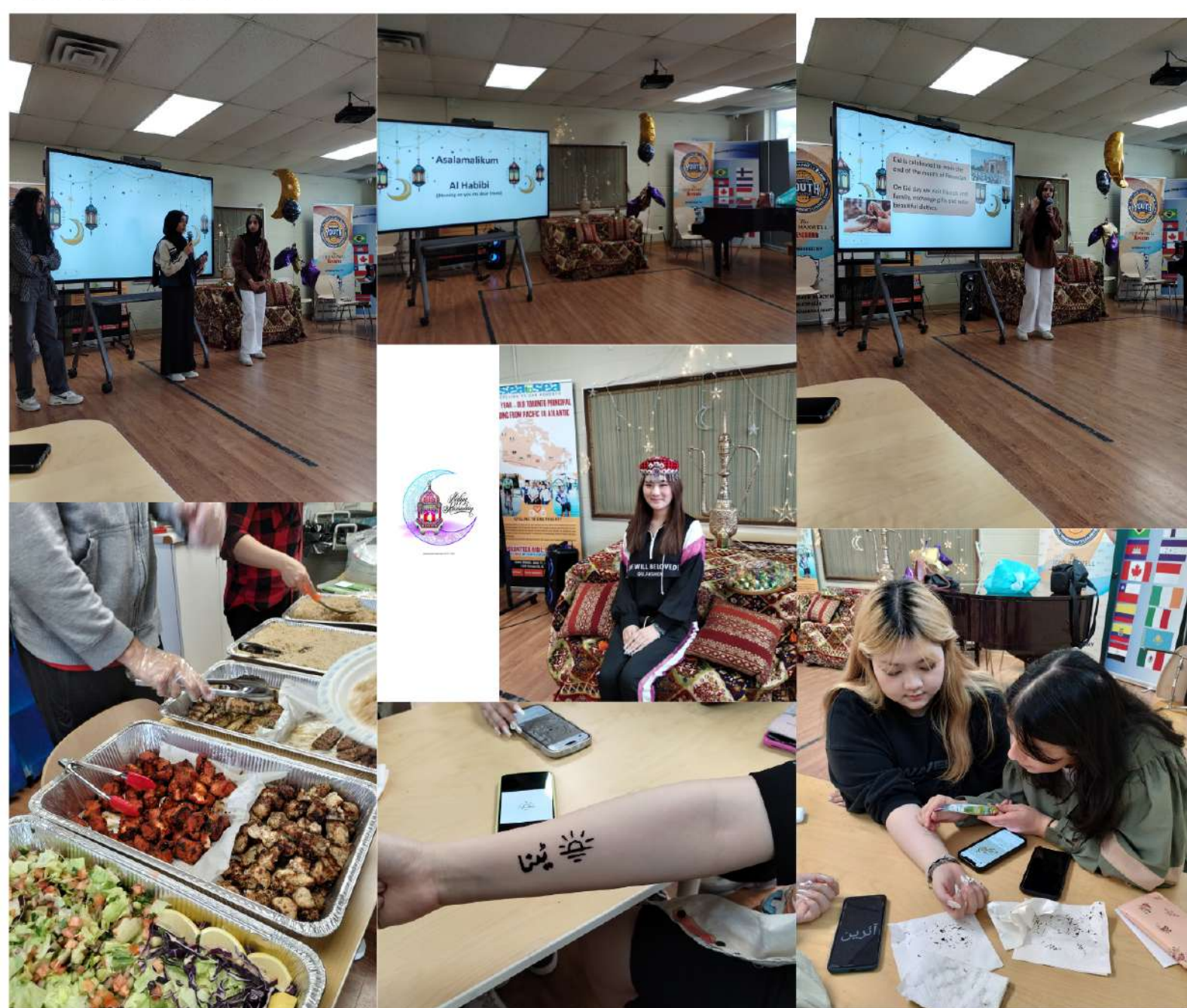
All other admission-related elements, including scholarships, other forms of student assistance or financial incentives, and offers of residence, are considered part of the offer of admission. Therefore, a student may accept these other offers before June 1, 2023, but Ontario universities will not compel a student in any way to make a decision earlier than this date.

July 6, 2023

Deadline for the OUAC to receive all final grades for 4U/M courses from Ontario high schools.
From: <https://www.ouac.on.ca/guide/101-dates/>

HAPPY RAMADAN

On the last Friday Fest, May 17 2023, we were excited to welcome a group of university students to arrive at TEA to introduce our students about the Ramadan holiday, known as a significant religious observance observed by Muslims worldwide. Ramadan is the ninth month of the Islamic lunar calendar and is considered the holiest month for Muslims. TEA students had the chance to learn more about Muslim culture throughout the short presentation, music, halal food and other activities including photo booth, henna, and traditional costumes. Furthermore, students could raise their hands for any questions regarding any experiences at universities such as student life, academic study, or what to expect. It was such a good experience.



FROM INSIDE THE CLASSROOM

HEALTHY ACTIVE LIVING EDUCATION GRADE 10 - PPL20

Teacher: Ms. Tam Daws

The PPL20 course, also known as Healthy Active Living Education, is a program that focuses on promoting physical fitness, wellness, and personal development. Students engage in a variety of physical activities and exercises that help develop their cardiovascular endurance, muscular strength, flexibility, and coordination. These activities may include team sports, individual sports, fitness training, and recreational games such as pickle balls, yoga, volley balls, badminton and so on. At TEA, students have the chance to enjoy the weather while playing sports or doing exercises. These pictures below are the moments students having the fun time practicing pickle balls before the assessment.

