



ISSUE 2 | 30 APRIL 2024

# TORONTO CENTRAL ACADEMY



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*Principal George Vanderkuur*

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## 2023-2024 SCHOOL YEAR

Register Now!

TERM 5

May 7, 2024~ June 27, 2024

Contact our team at:  
[info@tacademy.ca](mailto:info@tacademy.ca)  
416-850-8889

## FROM THE PRINCIPAL'S DESK

### CAN BEING BORED BE GOOD FOR YOU?

*Principal George Vanderkuur*



In today's hyper-connected world, it's easy to constantly seek diversions rather than allowing ourselves to experience moments of boredom. However, boredom can actually be good for our mental health, creativity, and personal growth.

When we allow ourselves to be bored, we give our minds the space to wander and explore new ideas. This can lead to increased creativity as our brains discover unexpected connections and associations.

Additionally, boredom can give us time for self-reflection, allowing us to reexamine our goals and ambitions and consider whether our current path is really leading to where we aspire to go.

Moreover, learning to accept boredom can contribute to self-control and mindfulness. Instead of constantly seeking external stimulation, we can learn to be content with the way we are.

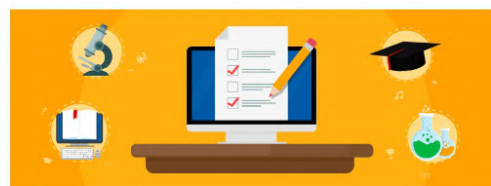
So, rather than always looking for an instant escape from boredom, perhaps we should accept it as an opportunity for growth and self-discovery. By allowing for moments of boredom, we can take advantage of our own creativity, reflect on our goals, and cultivate a greater sense of mindfulness and self-control.



## UNIVERSITY OFFERS ARE FLYING IN...



Huang Qixuan  
Life Sciences



### May 29, 2024

The latest date all current Ontario high school students 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 3, 2024

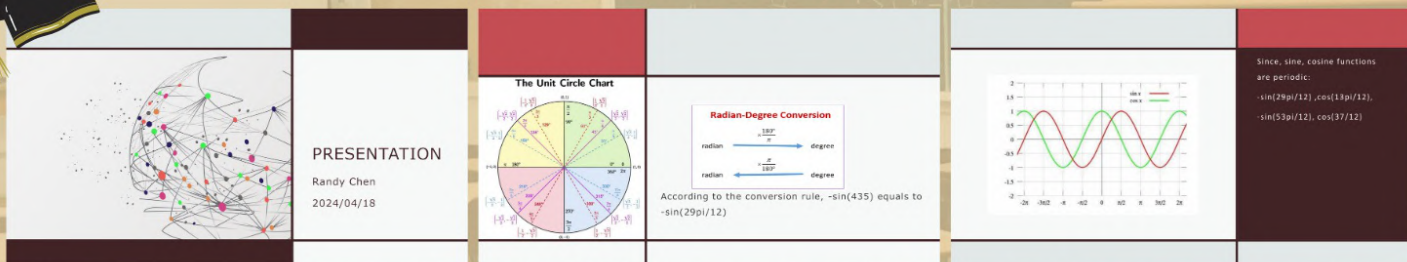
The earliest date a current Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment (e.g., registration deposit, residence deposit, etc.)

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 3, 2024, but Ontario universities will not compel a student in any way to make a decision before this date.

# FROM INSIDE THE CLASSROOM

## ADVANCED FUNCTIONS GRADE 12 – MHF4U

Teacher: Mrs Cigdem Bahar



The students were tasked with creating a presentation for their MHF4U course, focusing on the unit circle chart, including formulas and graphs. Randy Chen stood out with an excellent performance. He simplified explanations for easy understanding, meticulously organized the formulas to facilitate effective lesson review and question comprehension.

