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Principal George Vanderkuur

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2022-2023 SCHOOL YEAR

Register Now!

TERM 5

May 4, 2023 ~ June 28, 2023

Contact our team at:
info@teacademy.ca
(905) 232-1576

FROM THE PRINCIPAL'S DESK

SKIING DOWN NIAGARA FALLS

Principal George Vanderkuur



Last week two busloads of our students travelled north to enjoy a day of skiing at the famous Blue Mountain Ski Resort. The ski hills of Blue Mountain are part of the geologic formation (the Niagara escarpment) that resulted in creating the mighty Niagara Falls. Although almost 300 kilometers away from the falls, skiers at the Blue Mountains descend down the same cliff formation.

With the help of ski instructors, students were soon able to navigate down the smaller slopes and some quickly progressed to trying bigger challenges. After the end of a long fun day and a two hour bus trip, all returned home safely just in time ahead of a major snowstorm.

As the Covid restrictions are now behind us, I am pleased that once again our students have the chance to enjoy extracurricular activities together, both inside and outside the school.



BLUE MOUNTAIN SKI TRIP



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

January 12, 2023

Deadline for Ontario high school students to submit their completed applications to the OUAC. Note: The OUAC will continue to process applications received after this date and distribute them to the Ontario universities; however, specific university deadlines will apply. The initial application includes all final grades from completed Grade 11 and 12 courses and a list of all current-year courses in progress.

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/>

FROM INSIDE THE CLASSROOM

Food And Culture Grade 11 - HFC3M

Teacher: Ms. Ella Hou

In the Food and Culture Grade 11 course, the students were to ask to create posters about E.Coli and Hepatitis A. They had to describe the symptoms and preventions of those diseases briefly on the posters to educate other people. The group work of Nguyen Quoc Dang Khoa (Shaun), Ngo Xuan Sang and Nguyen Tan Vu (Vincent) is prominent and informative. They made an attractive design with the condensing of images and information. You did a very good job, Shaun, Sang and Vincent!

HEPATITIS A

1. FACT
Hepatitis is an inflammation of the liver. Inflammation is swelling that occurs when liver tissues become injured or infected. This can affect the proper function of your liver and there are several types. Hepatitis A is a type of viral hepatitis. It causes an acute, or short-lived, infection. In general, this means that people get better without treatment after a few weeks. It is particularly common among children and young adults.

2. SOURCE
The virus is transmitted through the fecal-oral route. This takes place when a person who is/was not infected ingests food or water contaminated with the feces of an infected person. It can be transmitted through the dirty hands of an infected person to other family members.

3. ACCIDENT
The World Health Organization (WHO) estimates that there are 1.5 million cases of Hepatitis A virus (HAV) infections every year worldwide, with low socio-economic profiles and lack of access to clean drinking water being the primary contributing factor to incidence and endemicity.

4. HOW TO PREVENT IT

- Handwashing with soap and water.
- Washing and drying hands before preparing food.
- Washing and drying hands before eating.
- Washing and drying hands after going to the toilet.
- Washing and drying hands after changing a baby's nappy.

5. THREE TIPS FOR FOOD SAFETY

- Cooked food which is served hot.
- Fruits and vegetables that you have washed with bottled water or you have peeled.
- Dairy products which have been pasteurised.

Group members:
Sang
Shaun
Vincent

Bacteria E.Coli

Brief information:

- Escherichia coli (E. coli) is a normal live in the intestines of healthy people and animals.
- Most types of E. coli are harmless and cause relatively brief diarrhea.
- But E. coli O157:H7 can cause severe stomach cramps, bloody diarrhea, and kidney failure.

Get from:

- Ground beef (combines meat from many different animals, increasing the risk of contamination), cattle, pigs, and sheep.
- Unpasteurized milk, fresh produce, certain vegetables, such as spinach and lettuce.

Symptoms:

- Diarrhea, which may range from mild and watery to severe and bloody.
- Stomach cramping, pain or tenderness.
- Nausea and vomiting, in some people.
- Become ill as soon as one day after exposure to more than a week later.

Tips of food safety:

- Keep clean.
- Separate raw and cooked.
- Cook thoroughly.
- Keep food at safe temperatures.
- Use safe water and raw materials.

How to prevent it:

- Don't eat raw dough or batter.
- Drink pasteurized milk and juices.
- Take precautions with food and water when traveling abroad.
- Wash your hands thoroughly with soap and running water.
- Follow the four steps to food safety when preparing food: clean, separate, cook, and chill.
- Use a food thermometer to make sure meat has reached a safe minimum cooking temperature.
- Cook ground beef, pork, and lamb to an internal temperature of at least 160°F (70°C).

Together, let's do our part to keep each other healthy.

Shaun Nguyen-Sang Ngo- Vincent Nguyen

