

(Gr. 11-12) Week 2: In Service to Others

Continue your journey of learning over the summer.
You can choose to explore as many activities as you wish each week.

In Service to Others: Volunteer Hours

As you likely already know, all students earning an Ontario Secondary School Diploma must complete 40 hours of Community Involvement.

Not only is this a requirement of your diploma, but as Catholics we are called to apply Catholic social teachings in all that we do. It is also a great opportunity to explore possible career paths and try out different work and volunteer environments!

Check out some of the great places you can volunteer: [Toronto Public Library](#) (this also contains links to other volunteer opportunities) [Volunteer Toronto](#)

Many Summer Festivals and events are back on this year! Find some of your favourites and reach out to see if they need volunteers!

Reflection

You may be attending summer school, working part-time, scheduling volunteer opportunities, and planning leisure activities with your family and friends.
In your Journal, reflect on the following:

1. Make yourself a summer bucket list of all the things you would like to accomplish or do this summer.
2. How will you balance all your activities so that all of them are productive and meaningful experiences for you?
3. What is the importance of volunteering?
4. How do you feel after you have volunteered?
5. Which volunteer opportunity allowed you to grow the most? Gave you the most satisfaction? Made you the happiest?

Co-op Courses

Students in Grades 11 & 12 have the opportunity to take credits in Co-operative Education (often called Co-op).

Click to read stories of [other students' Co-op experiences](#). Some have been virtual, and lots will continue to be in person!

Co-op allows students to test drive a career or sector and gain valuable hands-on learning experience.

Click on the [Course Calendar](#) to explore if Co-op is offered at your school (it's offered at most- talk to your guidance department if it's not)). Then you can integrate some experiential, hands-on learning to your schedule!

Mental Health and Well-being

Pope Francis said that volunteers are "The Hand of Christ Reaching out to All".

[Watch the Ted Talk with Elizabeth Dunn](#) and see how helping others is the key to finding your own happiness.

Some Benefits of Volunteering: 4 ways to Feel Healthier and Happier

1. Volunteering connects you to others.
1. Volunteering is good for your mind and body.
2. Volunteering can advance your career.
3. Volunteering brings fun and fulfillment to your life.



Parents & Guardian Connections

Now is a great time to check in with your child about their progress towards meeting graduation requirements. This include volunteer hours, compulsory credits, the provincial literacy requirement, and possibly some online courses (depending on when they started in Secondary School). Start on [Page 9 of the Course Calendar](#) for an overview of the requirements.

This is also a great time to discuss possible volunteer opportunities with your child to help fulfill graduation requirements as well as find happiness in giving back. Maybe find an [opportunity to volunteer as a family](#).

TCDSB Summer Playground: [Click to share your learning](#) or use [#tcdsbSLP](#)