
**BREAKING
NEWS**

**MAY 2025
ISSUE 26**

REBECCA



TAYLOR



ALISSA

SUNS OUT, GOALS UP!



WARMER DAYS AHEAD!

Whether you're gearing up for graduation or returning for another semester, keep your heads high and finish strong. With summer on the horizon, it's a time to recharge and reset, and we're excited for what lies ahead. As the warmth of the season brings longer days and fresh opportunities. Summer is not just about taking a break—it's a time to reflect, explore new passions, and set goals for the upcoming semester. Whether you're soaking up the sun, spending time with loved ones, or taking time for yourself, enjoy the season and come back ready to take on whatever challenges the next semester has in store!

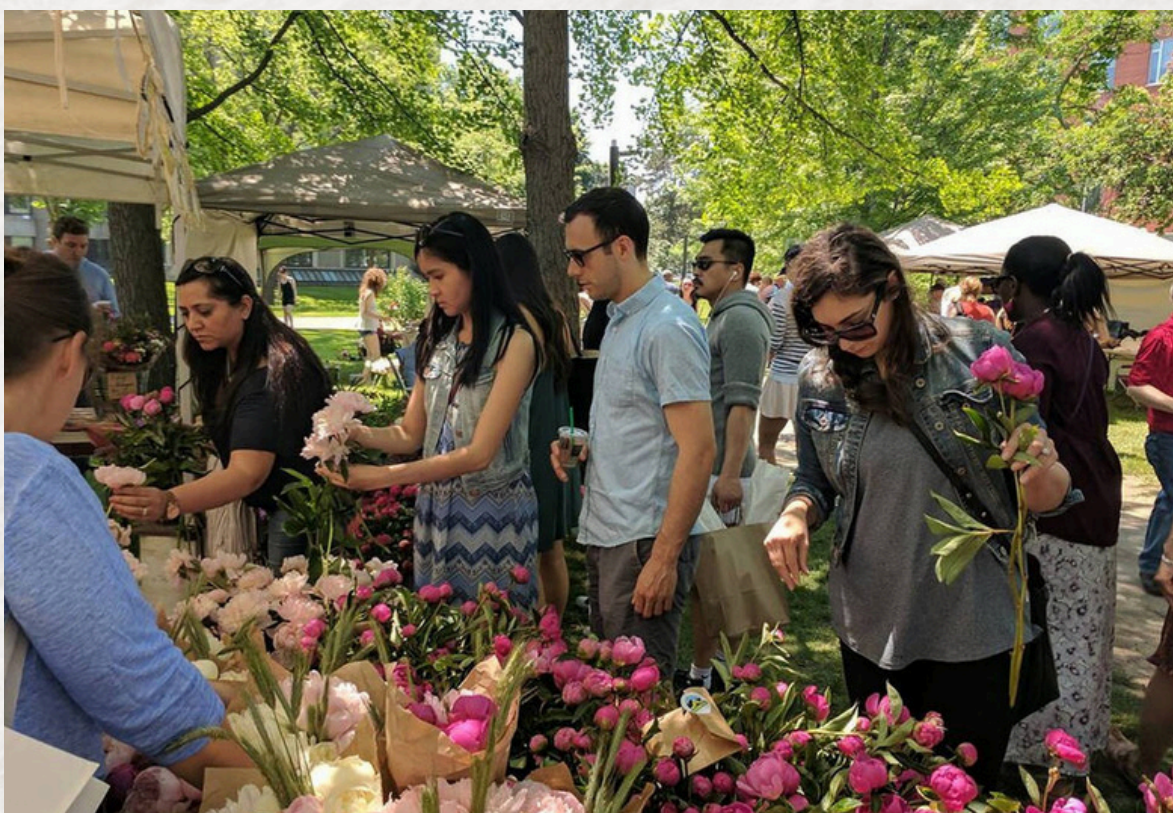
ACTIVITIES THIS MONTH



GORGEOUS CHERRY BLOSSOMS

April 29 - May 9

Thanks to this spring's colder-than-normal temperatures, Toronto's cherry blossom trees are expected to bloom in late April through early May this year. You can find the pretty pink blooms at a number of parks in and around the city, including hot spots like Trinity Bellwoods and High Park.



TORONTO FLOWER MARKET

May 10, 2025

Back for its 12th year, the [Toronto Flower Market](#) returns on May 10, 2025 to the southwest corner of Queen and Shaw. Pick up a fresh bouquet right before Mother's Day, all crafted from locally-grown Ontario farms. In addition, there will also be plant accessories, crafts, gifts, and more!



WATCH DAZZLING VICTORIA DAY FIREWORKS

May 19, 2025

Victoria Day falls on Monday, May 19 this year, and there will be a number of mesmerizing firework shows over the weekend to celebrate. Some of the best spots to see them include Ashbridges Bay and [Canada's Wonderland](#). More locations are expected to be confirmed in the coming weeks!



CANADA'S WONDERLAND REOPEN

May 8, 2025

Canada's Wonderland is back for the 2025 season! Get ready for new rides, exciting events, and fun-filled festivals all spring and summer long. Whether you're after thrills, great food, or family fun, the park has something for everyone. Don't miss out on the adventure!

ACADEMIC SUCCESS

SIS GUIDE

You can login to your SIS (Student Information System) Guide to access your Enrollment Letter, Unofficial Transcript, Graduation Letter, Student Bill, and much more. The guide below provides instructions on how to view your schedule and where to find your section.

Clair College

Announcements

There are currently no announcements.

College News and Events

MyApps

Bb Blackboard	@ College Webmail.	Cloud OneDrive.	SIS SIS - Home
A SIS - Grades	Document SIS - Transcript	\$ SIS - Fees	People SIS - Swap Course
Calendar SIS - Timetable	Mid Term SIS - Mid Term	House SIS - Scholarship	LinkedIn LinkedIn Learning

Click here for direct access to your midterm progress report



IMPORTANT DATES:

Classes Begin

Spring 2025 : Monday, May 5th

IMPORTANT TIPS:

- Ensure you are added to your Teams Classrooms.
- Attend classes regularly.
- Meet with your instructor and follow-up on any feedback by your instructor.
- Pay close attention to upcoming deadlines for assignments.
- Do not miss any tests or exams.
- Take advantage of our free Tutoring services.
- Follow Academic Integrity!

TUTORING



Mississauga Campus



Brampton Campus



Toronto Campus

MENTAL HEALTH MONTH



WHAT IS IT?

In Canada, May is dedicated to shining a light on mental health and well-being. It's a time to open up conversations, build understanding, and promote resilience across our communities. Mental Health Awareness Month aims to break the stigma, encourage compassion, and ensure that those struggling feel seen, supported, and empowered to seek help. Whether through education, advocacy, or simply checking in on a friend, we all play a part in creating a culture where mental health matters.

HOW TO MAINTAIN A POSITIVE MENTAL HEALTH:

- Enjoy the awesomeness of nature, walk hike do what every outside in nature
- Connect with family or friends
- Practice mindfulness
- Join something social
- Spend time with a pet
- Volunteer
- Sleep routine
- Join a support group for challenging times
- Eat right
- Exercise
- Practice self-gratitude

If you are experiencing any of the following feelings or challenges, we encourage you to reach out and book an appointment with our Mental Health Coordinator for support

- Feelings of sadness, depression, or loneliness
- Panic/anxiety
- Academic or work stress/burnout
- Financial stress
- Substance use
- Coping with loss/grief
- Anger/conflict
- Gender and sexuality issues
- Self-esteem
- Self-harm/suicidal thoughts

SAM SEON

Mental Health Coordinator
mhservices@canadaacumen.ca



**Scan the QR code to
book a meeting with
Sam!**



StudentVIP

Visit studentvip.ca/scc to complete your direct deposit form and submit a claim.

SCAN THE QR CODE TO DOWNLOAD YOUR HEALTH INSURANCE PLAN CARD:



STAY IN THE KNOW

VICTORIA DAY

Victoria Day is a Canadian public holiday celebrated on the Monday preceding May 25th. It marks the birthday of Queen Victoria, who was the British monarch when Canada became a country in 1867. The day originally honored her legacy, but over time it has also come to signify the unofficial start of summer in Canada. People often celebrate with fireworks, parades, and long weekend getaways. It's a statutory holiday in most provinces, though Quebec observes a different holiday on the same date. More information can be found online.



WHY IT MATTERS:

- Queen Victoria was important in Canadian history — during her reign, Canada became a self-governing country within the British Empire.
- The holiday has been celebrated since 1845, even before Canada became a nation.
- It's often considered the unofficial start of summer — people open cottages, go camping, plant gardens, or just enjoy the long weekend.

HOW IT'S CELEBRATED

- Fireworks: Big cities often host large displays (like in Toronto, Vancouver, Ottawa, and Victoria).
- Parades: Especially common in places like Victoria, BC (which is named after the Queen).
- Cottage season begins: It's the first big weekend when people in Ontario, Quebec, and other provinces head to lakes and cottages.
- Gardening: Many Canadians consider Victoria Day the "safe" time to start planting without risk of frost.
- Barbecues and backyard parties: Similar to the Fourth of July in the U.S.—it's a big social weekend



NEXT VICTORIA DAY: MAY 19, 2025

More info can be found online through Canadian heritage sites or local city event listings.

ACUMEN ART WALL

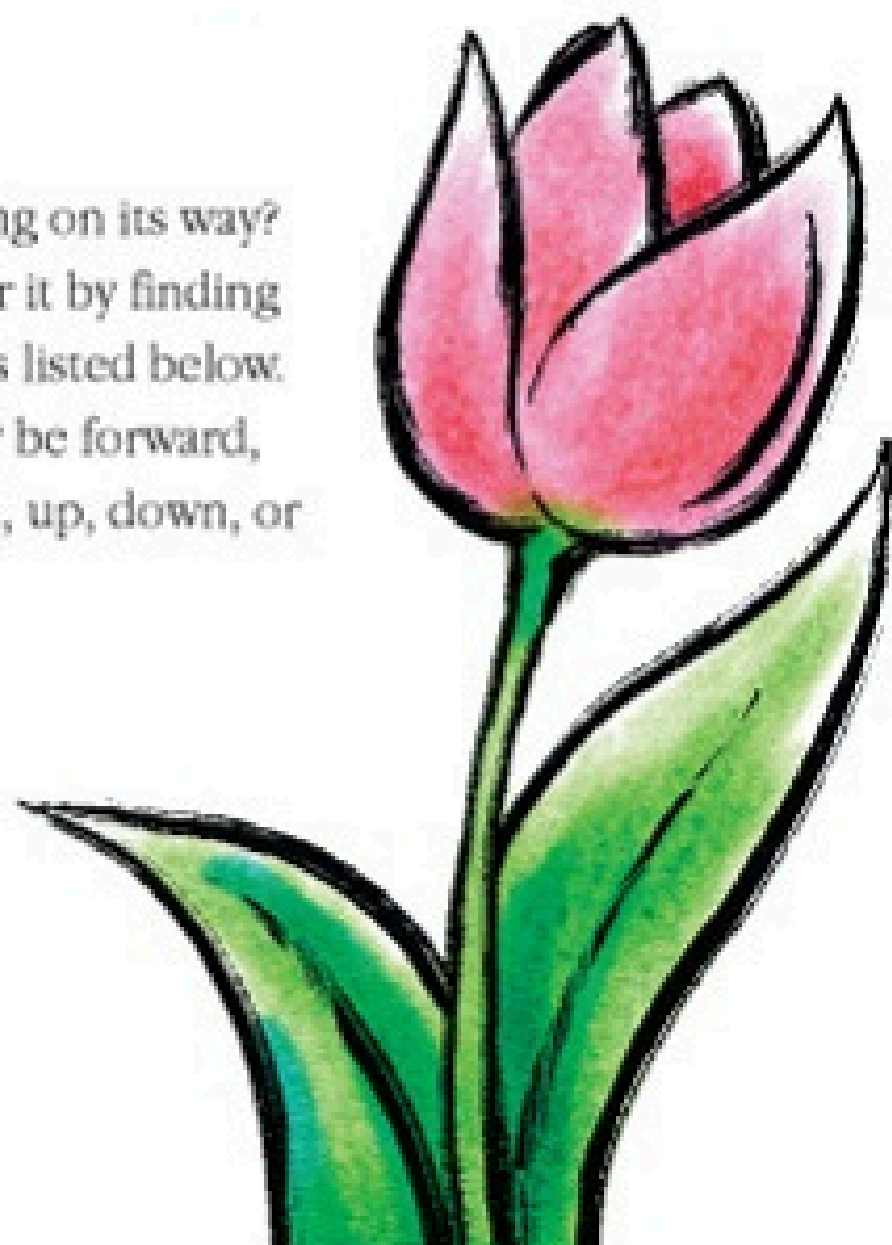


MAY PUZZLES

T L C M G E G S
 A Q B R A H J V Y N Y E Q A D
 J K R X G D L K W Z F X M B N M R H
 S H E M F J C T J R I S B Q O G E J D K
 G F S U N S H I N E U T A P J P R B E Z
 U B U V B B D J X A Y R E Q U L A R N P
 B I R W R U I N G S Z E R D N A L S A U
 C Z R E G T M P M T K E D Y A J C M Q W
 H V E O M T R F G E Q L S B N N O C P
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 D O R X L N R P F K J S Q S C R U
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 C S P R I N G W U L D O Z S E
 V Y C P K J O Y K P S J T
 U M B R E L L A N M F
 P J Q N F X V S R

Search for Spring

Is spring on its way? Search for it by finding the words listed below. They may be forward, backward, up, down, or diagonal.



A E
 T A
 O K
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 F Y

Atonement
 birds
 blossoms
 breeze
 bugs
 butterfly
 Christ
 Easter
 eggs
 flowers
 fun
 garden
 general conference

grass
 joy
 kite
 puddle
 rain
 Resurrection
 seeds
 spring
 sprouts
 sunshine
 tree
 umbrella

