

GECD  
SB  
INTERNATIONAL STUDENTS PROGRAM

# THE AMBASSADOR

SEPTEMBER 2025



## Welcome to the 2025-26 School Year

We are so happy that you have chosen the GECDSB for your international education. Our teachers and staff are eager to support you on your academic pathway.

Our schools have a wide variety of extracurricular activities. With so many sports teams, clubs and activities, there is something for everyone. Get involved and enjoy the Canadian high school experience!



## Important Dates

- National Day for Truth and Reconciliation-September 30
- Thanksgiving Day-October 13
- PD Day- October 17
- Remembrance Day- November 11
- PD Day- November 14



## Connect with us!



GECD  
SB  
International



International Students



# “Stay Healthy at School” Available for all GECDSB International Students

Are you feeling homesick?

Overwhelmed by studying and living in a new country?

Worried about tests or exams?

Free, confidential help is available! Counsellors who speak your language can help you with strategies to support your well-being. Set yourself up for success by reaching out today!

MENTAL HEALTH CARE

DO YOU NEED TO  
**TALK TO SOMEONE?**

CALL THE MENTAL WELLNESS PHONE LINE:

**1 833 646 1524**

**OR**  **DOWNLOAD THE FREE  
ICONNECTYOU MOBILE APP** 

Speak with a caring counsellor, in your language, about anything you need. Appointments are available by video chat or phone. Your call is completely private and won't be shared with your school, parents, or insurance company.



GECDSB International Students Program

[www.publicboard.ca](http://www.publicboard.ca)

+1 519 255 3200 x10340

[international@publicboard.ca](mailto:international@publicboard.ca)



## Need help with Math and Science Terminology?



Do you remember taking the online Vital English and Math assessments before you arrived in Canada? Did you access the math and science terminology modules? These modules review common terms used in your high school Math and Science courses.

Be prepared for your next class by logging into Vital English now! Review the words and definitions you need to help you succeed!



## Wanted: student submissions

We need interesting content for The Ambassador! Send us drawings, photos or some words to express your experience as an international student. What new foods have you have tried? What clubs or teams have you joined? What do you like about your school? Let us know! Email **international@publicboard.ca** and your work might be used in the next issue of The Ambassador. Be sure to include your name!



## Fall Sports

Wear your school colours and cheer on your Fall school sports teams!

- Basketball (girls)
- Cross country
- Football
- Golf
- Tennis
- Volleyball (boys)