

Sydney Howarth's: 2026 Sneak Preview

January 2024



From My All About Me Presentation

My Hobbies

#2 - Singing

Like most people I've been singing along to songs since I was a baby but, now that I'm older I do it more intensely. I sing on Fridays in my musical theatre classes, in the Sutherland's choir, and with my vocal coach Kimberly! I really love singing because I can add so much acting and emotion into my words.





[Hidden Figures and the Soothing Equality of Math - The Atlantic](#)



My Favourite Movie: Hidden Figures

[Amazon.com: Hidden Figures : Henson, Taraji P., Monae, Janelle, Spencer, Octavia, Dunst, Kirsten, Costner, Kevin: Movies & TV](#)

Red Panda

If I were to be an animal,
I would be a red panda
because:

1. they're my favourite
2. they get to climb trees
3. they are so cute!





My Pet!

Name: Thor

Breed: Bichon
Frisee (Habibi
Bear)



My Favourite Food(s)

My favourite
type of food
because it covers
all the food
groups and tastes
really good.

Extras

School Meme



Life Hack

When buying an article of clothing think about at least three outfits from your closet that you could wear with it. If you can think of three then get it but if you can't think of three, put it back!

Using this hack will help you create less clothing waste and it will save you money!

A Song About School

Original Artist: Rachel Platten
Song name: Fight Song
Music/Original Lyrics: Google
Edited In Red By: Sydney H and Cassidy O

Like a student
In the classroom
Setting big ideas
Into motion
Like how a single word
Can make a brain open
We can all be together
And we can make an explosion

I raised my hand and used my voice
Determined to make a choice
I will say it loud tonight
Can you hear my voice this time?

This is my fight song
Make my life strong song
Prove I'm alright song
My skills are so strong
Starting right now I'll try hard
I'll play my fight song
And I'll try my best, but if I don't succeed
I'll try again with the fight left in me

Making friends and I'm getting sleep
Everybody's happy for me
Smile for me
Yeah they smile for me (smile for me)
And it's been three years I've tried my best
But there's so much more that I have left

Still believe
Yeah, I still believe

Know I've still got a lot of fight left in me

I raised my hand and used my voice
Determined to make a choice
I will say it loud tonight
Can you hear my voice this time?

This is my fight song
Make my life strong song
Prove I'm alright song
My skills are so strong
Starting right now I'll try hard
I'll play my fight song
And I'll try my best, but if I don't succeed
I'll try again with the fight left in me
A lot of fight left in me

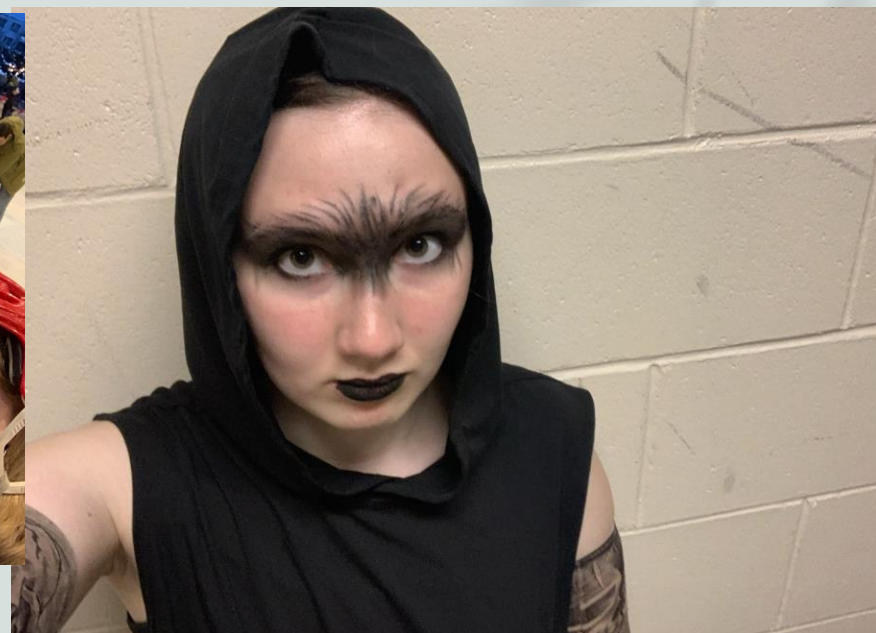
Like just one kid
In a big school
Making new friends
Joining new groups
Like how a single choice

Can make my life alter
I might only have one life
But I can make an explosion

This is my fight song
Make my life strong song
Prove I'm alright song
My skills are so strong
Starting right now I'll try hard
I'll play my fight song
And I'll try my best, but if I don't succeed
It'll be ok because of the fight in me

Self-Reflection

From the beginning of this course to now I've grown a lot as a person and a student, and I think this course has been essential in that growth.



Some Photos From This Year

Memorable Quote/Words To Live By

*SOMETIMES, TO
MOVE AHEAD
YOU HAVE TO
EMBRACE THAT
SOME OF THE
PEOPLE YOU
THOUGHT WOULD
BE WITH YOU,
WON'T BE
COMING WITH
YOU.*

© HELLOOCTOBER

[900+ Best Words to Live By
ideas | words, wise words,
words of wisdom \(pinterest.ca\)](#)

My Portfolios

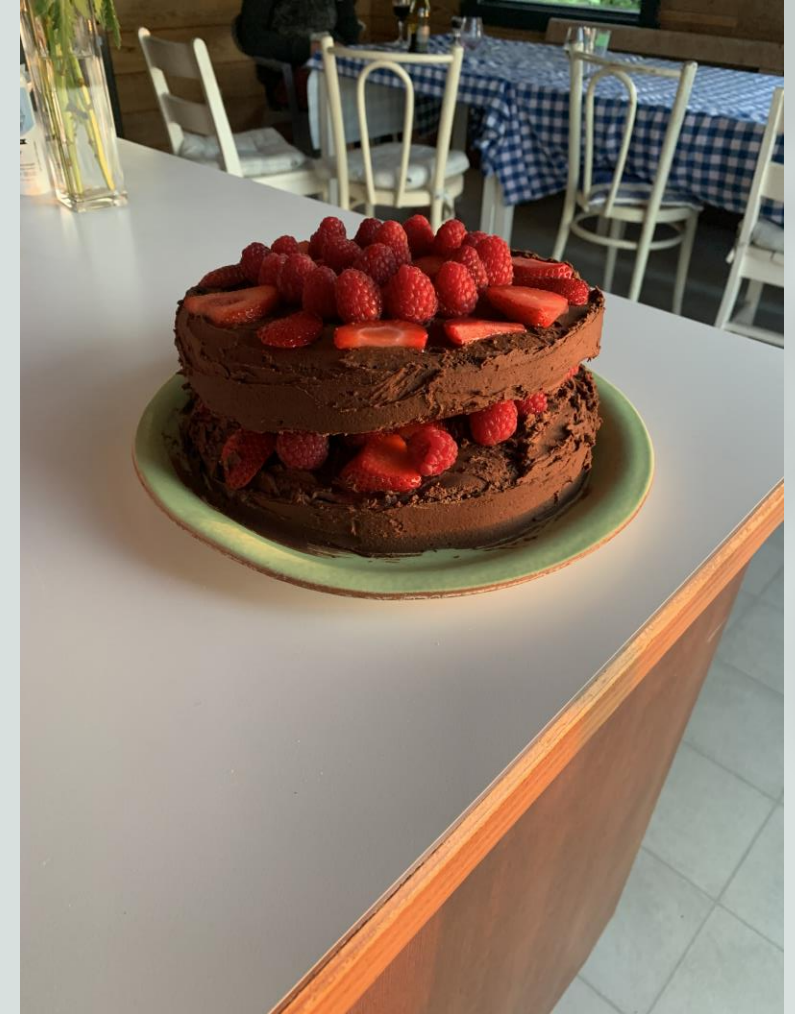
CLE Intro



My Dog Thor!



Baby Ballet



A Cake I Made Over
The Summer

CLE Intro Cont.

My Friend
Stole My
Phone
٩(●_●)٩

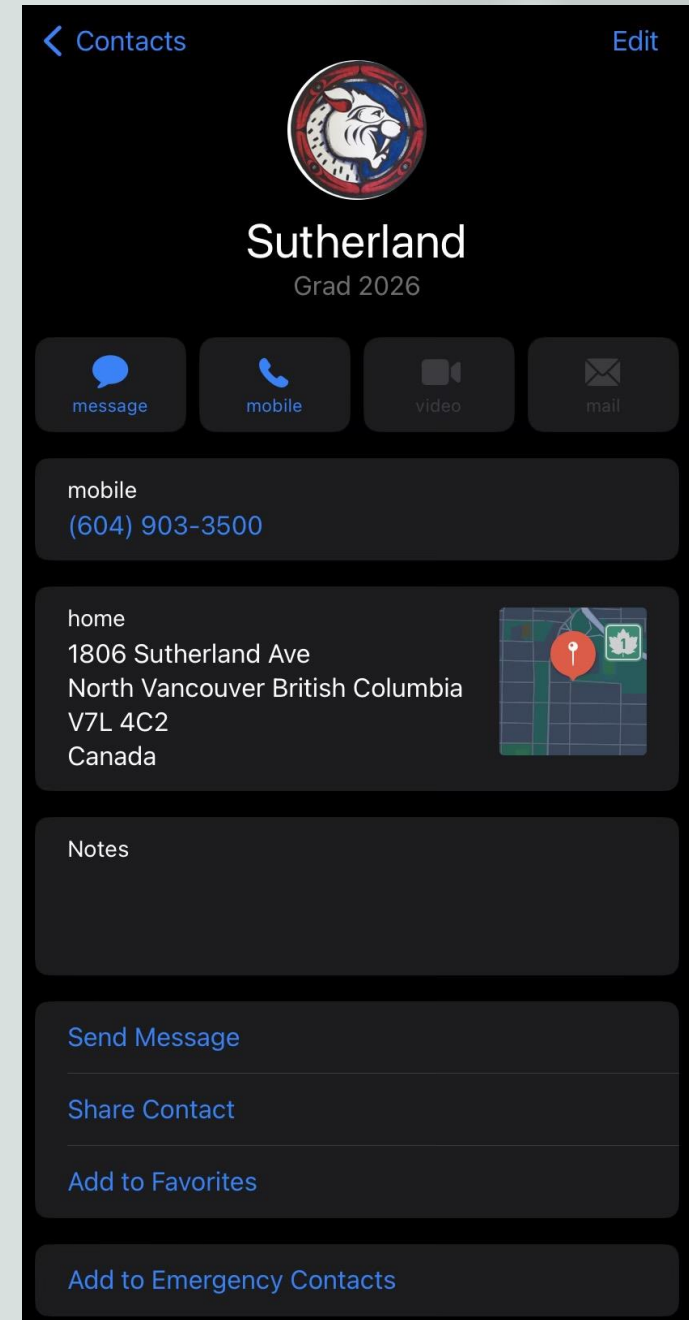


Photo Hunt
Challenge In
Whistler!



An Assignment That Made Me Feel Great! CLE Intro

- Taught me very valuable skills
 - o Learn how to navigate a website
 - o How to find a company phone number
 - o Learned how to find an address
 - o Learnd how to create a contact



CLE 1

All About Me

My Family and I in
New York



My Mom and I Seeing
"The Prom" at TUTS



Me as a Chicken in a
Production of Snow
White

CLE 1 Cont.

Me in a Production of Into The Woods



My Friends and I
Camping in America

Essential Questions for This Unit:

- How does knowing ourselves better affect our career choices and opportunities?
- How does developing our self-awareness help us to make life and career choices?

Throughout CLE1 I've learned a lot about myself. I've learned about my digital footprint, online safety, etc... Part of this model was taking little quizzes to figure out how I learn and who I could be when I grow up. I found out how compatible I am for certain jobs; my favourite was Speech Pathology because I find the voice and just the throat in general really fascinating. I also learned a lot about how I learn, I found out that I learn best through visual learning! Knowing all these things will help me in the real world because I'll know how to answer any questions my employer might have about what I could bring to the team. Knowing about my learning styles will also help me because now I can pick a job that will suit my learning styles and personality. I've had to think and make decisions a lot during this model, so I think I've used the thinking core competency very well in CLE1.

I've been talking about the core competencies in school since I was very little. The core competencies have been a very important part of my life for a long time, and I try to use them all the time in my day-to-day life. The core competencies have taught me a lot about how to understand myself. I think I've used all the core competencies in this model, but I believe that there's one that I used a little bit more than the others. I think that the core competency that I used most in this model has been the personal and social competency. The personal and social competency is all about being able to know who you are and how to survive and thrive in the real world. I'm very thankful to have the chance to develop these skills in a safe place like the classroom. Personal and social skills will be vital to my future seeing as I'm going into a job that values social skills almost above all else. I hope that I will be able to build these skills even more throughout the entirety of this course.

CCR CLE1

Example: I know that I really enjoy helping others, I love learning about the voice, and I really want to work in healthcare so that's how knowing myself and developing my self-awareness help's me make career choices.

FPPL CLE1

For this model, the First Peoples Principle of Learning was: "Learning involves recognizing the consequences of one's actions." In this model I've used this principle during most of my work but, I've used it especially in all the digital safety work I did because I had to learn how to keep myself safe online while also reflecting and changing the potentially unsafe or embarrassing actions I've taken online. Another example of when I've used this principle in my learning this model is when taking the surveys about career compatibility, I had to recognize the negative consequences should I not continue my education to a higher level therefore limiting me to a worse/less lucrative career. I believe that I've thoroughly incorporated the First Peoples Principle of Learning in this model and that is shown very well in my work and I'm aiming to continue to use this principle in my future life and work.

Example: I learned that if I'm not careful about posting harmful/embarrassing things online then it could really negatively impact my future career.

An Assignment That Made Me Feel Great! CLE 1



Me at The Columbia Ice
Fields in Banff



CLE 2

Mental Health

Me Seeing "The Phantom
of the Opera" In New York



My Dog Thor
Chilling on our Trip
to Qualicum



CLE 2 Cont.

Me Chilling in
Mexico





CLE 2 Cont.

My Friend, My Cousin,
and I at Vancouver
Pride (July 2022)

CCR CLE2

Example: I learned coping mechanisms to keep me healthy mentally, a specific mechanism I've learned is breathing slowly to make my heartrate slow and calm me down when I'm stressed.

CCR

For this unit the essential questions were:

- What is a healthy balance? How do you maintain this balance in life?
- How do personal choices affect one's health & life?
- How can we develop our skill set for continuous improvement and lifelong learning?

Throughout this unit, we've talked about mental health and how it affects everyone differently while also incorporating the essential questions into our work. I feel I've incorporated all the essential questions in my learning and work, a prime example of this is in the creation of my SMART goals. In my SMART goals, I had to make plans to accomplish my work in a healthy and timely way. Writing these SMART goals has also helped me develop my Communication core competency because I learned how to communicate to myself and a wider audience, how I would accomplish all these goals in a specific way. I believe that the smart goal that represents the essential questions the best is SMART goal 4 which is about sleeping 7 hours a night, 7 days a week. Another way I've incorporated the essential questions into my learning is through my research on mental health, in this unit, I tended to focus on the subject of DID (dissociative identity disorder) because that topic fascinated me. In my research, I learned about different coping mechanisms that everyone can use in their daily lives, and I've shown that in my Mental Health presentation.

FPPL CLE2

Example: I support myself and others by learning, more specifically I learned about DID which can help me understand people with the condition better

FPPL Reflection

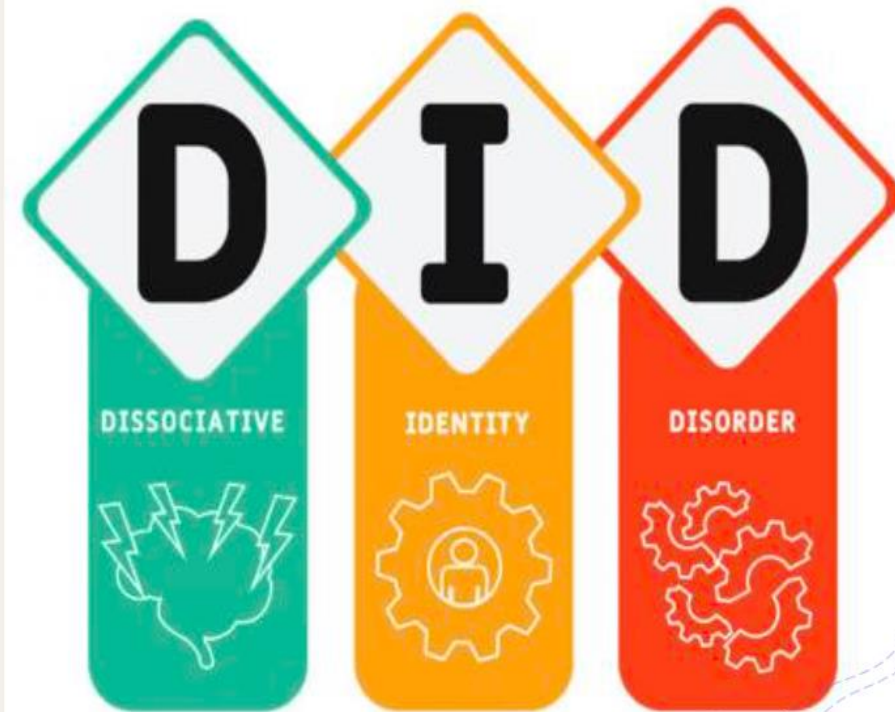
In this unit, the First Peoples Principle of Learning was: Learning ultimately supports the well-being of self, the family, the community, the land, the spirits, and the ancestors. I believe that I've incorporated this principle into my work through my research on the indigenous community and my reflection on myself and my mental health. You can see how I've incorporated this principle into my work through my mental health presentation on dissociative identity disorder because I include strategies that can help support people with DID seeing as there's no cure for the disorder. I feel that when I connect to myself and learn about myself then I get one step closer to really connecting to my history and my ancestors. Not just in this unit but throughout my entire life I try to honor the environment for example, when I was younger I used to be a part of the earth rangers program in which I would clean up the beach and other areas and that program has definitely helped me connect to this principle which in turn has helped me make my work the best it can be. In this unit, I've learned the skills needed to look into myself and recognize what I can do better to help my mental health and save our environment in the future.

An Assignment That Made Me Feel Great! CLE 2

Dissociative Identity Disorder

By: Sydney Howarth

October 5th, 2023



Helped me learn
more about a
topic that really
interests me



One Of The Photos
From My Headshots

CLE3

Career Exploration



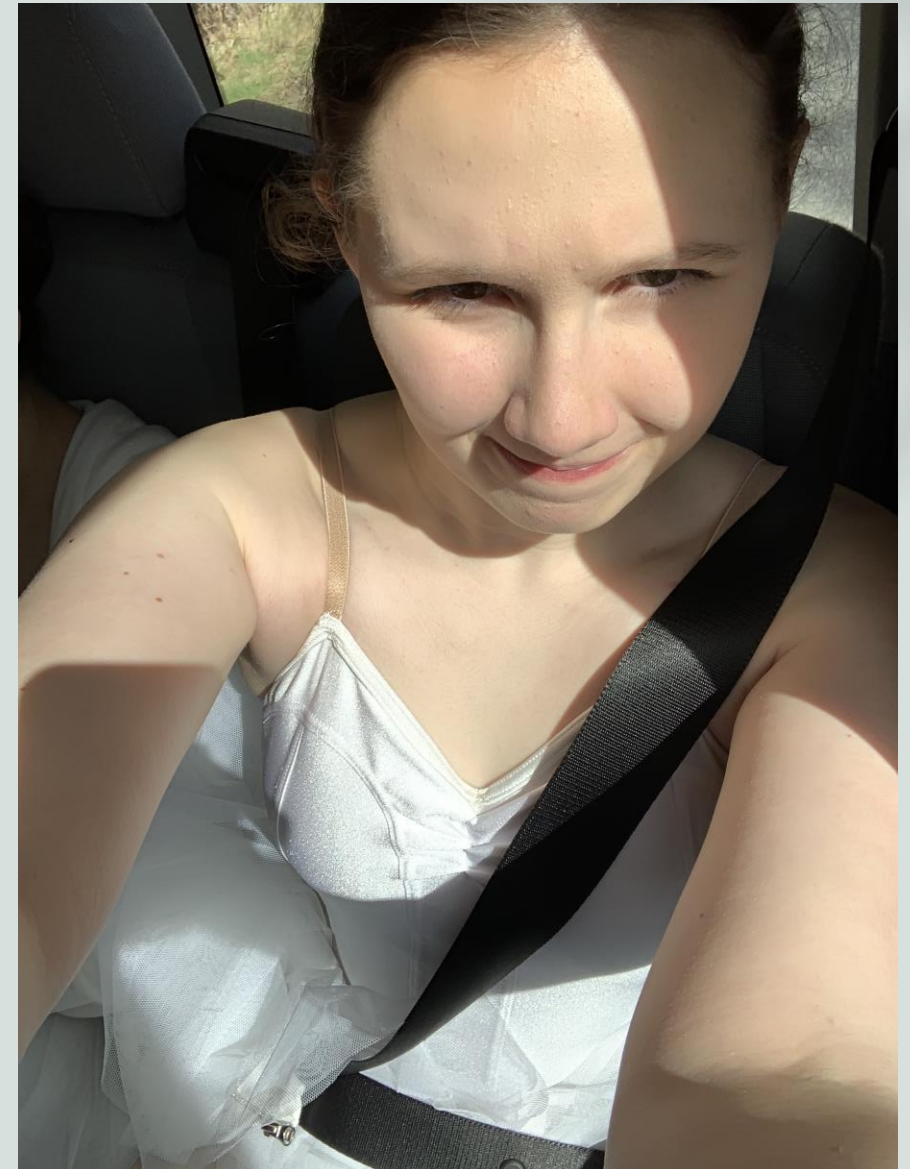
A Photo of the Cast From
The Production of Snow
White That I Was In.

CLE3 Cont.



Me at The Broadway Museum

Me in My Ballet Costume
From Last Season (2023)



CLE3 Cont.



Me Dying My Friend's
Hair

CCR CLE3

CCR

The essential question for this unit was “How do I best plan for success in a potential career? I believe I’ve shown my answer to this question very well with my work. The best example of my work to answer this question is the work values quiz and reflection, because it shows how I do my best work which will in turn help me plan ahead and do things that I enjoy so I can have an awesome career. I think that this question is a question that I’m going to continue to think about all throughout the rest of this CLE10 course, because I think it’s a very important question seeing as the answer will affect my life very dramatically going forward.

Example: I demonstrate this core competency through my work values quiz and reflection because It helps me understand how I work best which will in turn help me know what will make me successful

FPPL CLE3

Example: An example of this principle in my work is in my reflections, specifically my CLE3 self-evaluation

FPPL Reflection

The First Peoples Principle of Learning for this unit was “Learning is holistic, reflexive, reflective, experiential and relational (focused on connectedness, on reciprocal relationships, and a sense of place).” I’ve incorporated this principle in my work by reflecting on most of the activities we’ve

done in this unit and by connecting all my ideas throughout assignments. This is a very important principle that I’m going to incorporate in my day-to-day life and in my future work because I believe that it will help me achieve an even better quality of work. Another example of how I’ve incorporated this principle into my work is through the parent teacher conferences because even though I wasn’t there my mom could still see and understand my work clearly. Going forward I will use this principle in my schoolwork, personal life, and future career to help me be the best I can be.

An Assignment That Made Me Feel Great! CLE 3

Doing this assignment
made me feel safer

Family Emergency Kit:

- Food that doesn't spoil, such as canned goods, energy bars, or dried foods
- 4L of water per person per day, preferably in small, easy-to-carry bottles
- First aid kit
- Flashlight and radio (battery powered or hand cranked)
- Manual can opener
- Cash (small bills)
- Prescription medication
- Your emergency plan and contact information

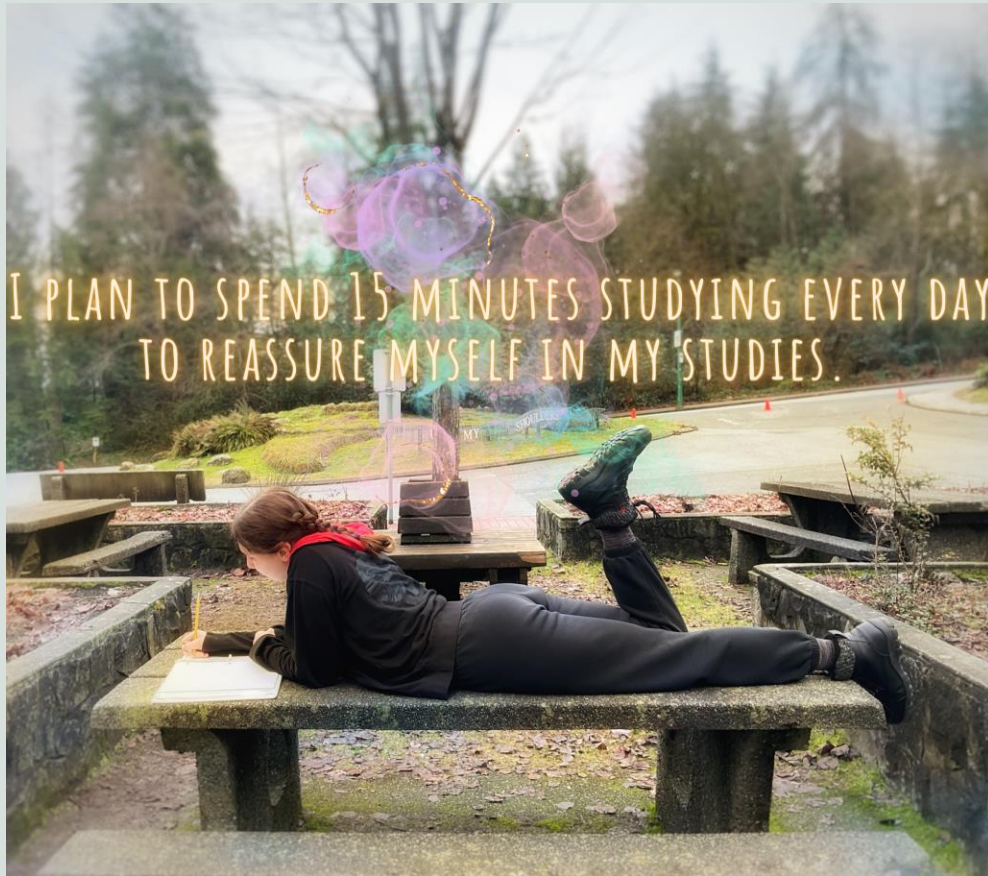
- Extra keys to your home and car
- Food and water for your pets
- Important documents (located in the safe)

Personal Grab and Go Bag:

- Extra Clothes: 1 set for warm weather, 1 set for cold weather
- Rain Jacket
- Non-perishable food (nutrient dense: beef jerky, beans, etc..)
- Extra water
- Phone charger and portable charger
- Flashlight (battery powered)
- Extra batteries
- Inhaler – Sydney (located in her room or in her school bag)
- Cash (in small bills)
- Emergency blankets
- Sweater

CLE4

Post-Secondary Preparation



Me setting educational goals for myself



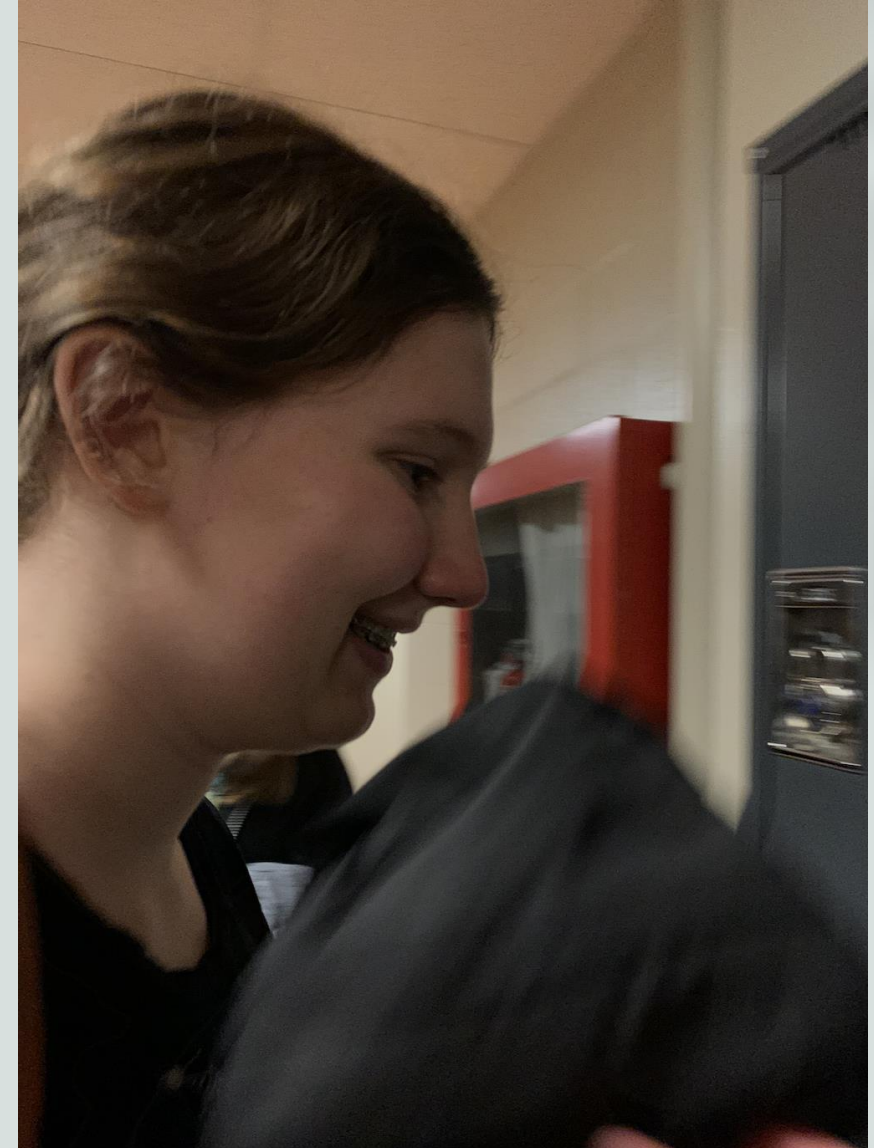
Me working with others as a team with others during our exhibition

CLE4 Cont.

Exploring different careers with friends!

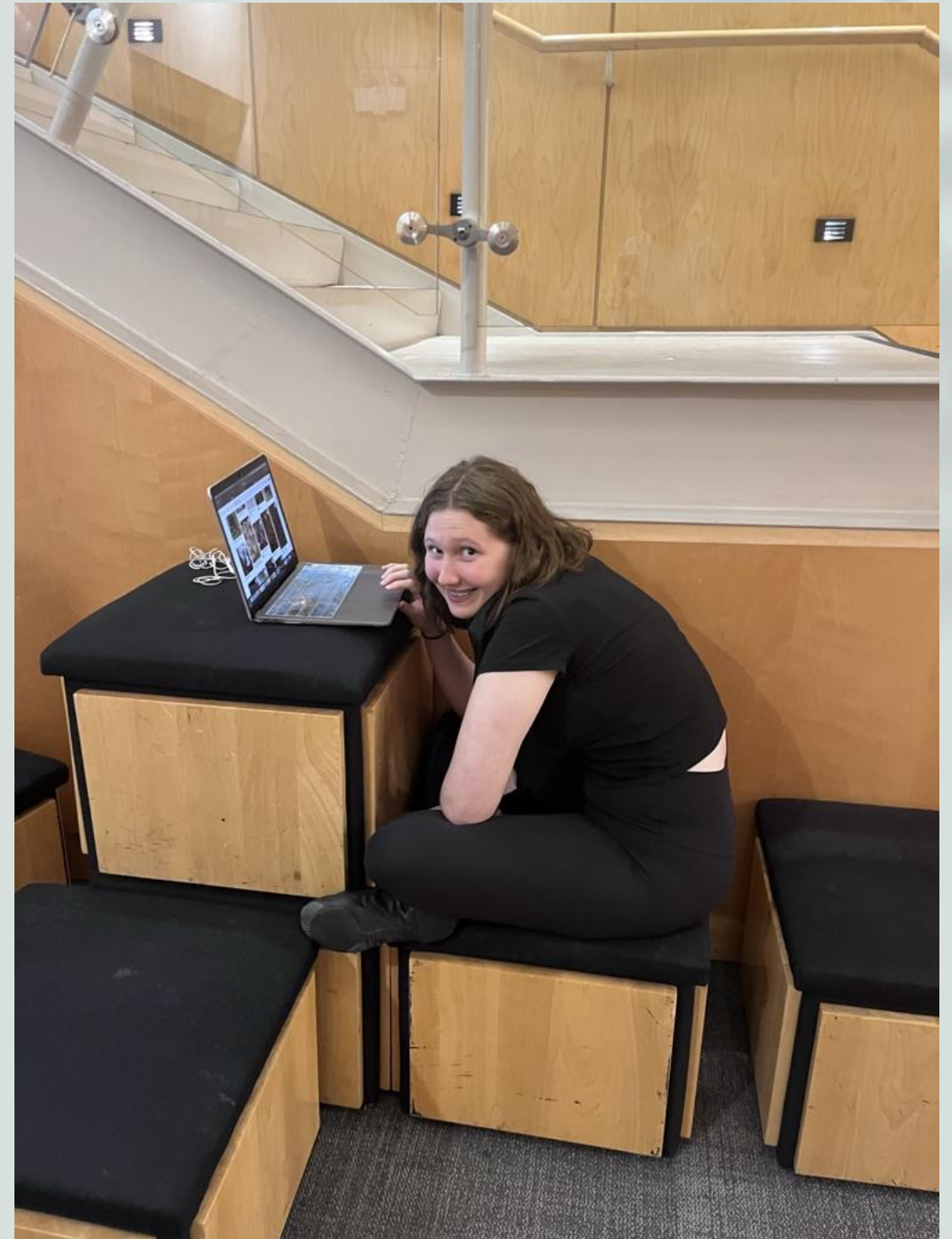


On my way to class!



CLE4 Cont.

Working Hard



CCR CLE4

Example: an example of these essential questions in my work is my dream job comparison chart because it helped me re-evaluate what job I wanted to pursue

Core Competency Reflection

In this unit the essential questions for the core competencies are “How can evaluating and re-evaluating our career paths impact our potential for success?” and “How can I prepare myself to follow my career choice?” I believe that I've incorporated these competencies through my work but, especially my planning. The planning that I've done has helped me get a better understanding of my choice and my path for my post-secondary education. The best example of the planning that I've done is my high school grad plan because I had to think about what prerequisite courses I would need to take for my future education. Another way I've demonstrated my understanding of these competencies is through the dream job comparison chart because it allowed me to really understand what my potential future jobs could include so I could make an informed decision about what I wanted my future to be. Going forward I will continue to re-evaluate my job prospects to make sure all my decisions are good ones.

FPPL CLE4

Example: one of my artifacts was to study for 15 minutes a day, this taught me to have patience when I was learning

First Peoples Principle of Learning

The First Peoples Principle of Learning for this unit was “Learning involves patience and time.” I’ve incorporated this principle in my learning because I’ve had to understand that I can’t learn everything at once and that I need to take breaks and not do everything at the same time. An example of this principle in my work is one of my artifacts has a goal that I created which states that I’ll study for 15 minutes a day to make sure that I understand my work. This shows the principle because it makes me accountable to be patient with myself while I learn because I won’t be intaking too much information at once. This is probably the most important principle to me because I find that I burn out fast when it comes to schoolwork so being able to be patient with myself and let myself take time to do things will help me not burn out which will improve my quality of work.



An Assignment That Made Me Feel Great! CLE4

Operation Christmas Child Made me Feel Like I
Was Helping Someone!

Camping With Friends



CLE5
*Financial
Literacy*

Giant Trampoline In Mexico



CLE5 Cont.



Friends In Whistler



Friends In Alberta

CLE5 Cont.

New York



CCR CLE5

Example: The best example in my assignments to show my understanding of the essential questions is the spring break budget trip plan because it shows how my surroundings helped me plan my budget

Core Competency Reflection

This unit's essential questions were “How does the world around us affect the life and careers choices we make?” And “How can we proactively affect the world around us?” I've shown my understanding of these questions through my assignments. The best example in my assignments to show my understanding of the first question is the spring break budget trip plan because it shows how my surroundings helped me plan my budget. Depending on what I was surrounded by my opportunities for a job would have differed by wage and by availability. I learned about proactively affecting the world during the career fair because there were multiple stands that talked about how I could make an impact on the world by choosing their program or career. I plan on going into the healthcare field. My current plan is to go into speech therapy but if I can get over my fear of needles then I'd love to be a nurse. This career will have a positive impact on my community because we're in desperate need of nurses and healthcare workers and me being one will help.

FPPL CLE5

Example: my financial terms document. I've learned that If I miss a payment on something then it could have catastrophic consequences

First Peoples Principle of Learning

This unit's First Peoples Principle of Learning concept was "Learning involves recognizing the consequences of one's actions." I learned about this concept and have shown my understanding through my financial terms document. In the financial terms document, I've learned that if I miss a payment, for example my taxes, the consequences could be catastrophic due to interest rates. I've also learned that I should be investing my money so that it can grow no matter how small the growth is. The third and maybe most important thing that I've learned in this concept is that I really shouldn't spend more money through a credit card than the money that's in my bank account because credit card interest rates are insanely high. As stated in the North Shore News article nurses and healthcare workers will be desperately needed in the future, which is good and bad. It means that since I'm planning to go into that field, I'll be able to get a job without much struggle which is good, but we still might have a nurse and healthcare worker shortage which isn't so good.

An Assignment That Made Me Feel Great! CLE5

My Spring Break Trip To Japan

BY: SYDNEY H



Helped Me
Learn To
Budget

CLE6

Relationships and Community Connections



Acting With Friends!

CLE6 Cont.

Battle Archery!



CLE6 Cont.

Grade 7
Graduation





CLE6 Cont.

Pride Victoria With My Mom!

CCR CLE6

Example: I've shown my answer to these questions with all my artifacts from CLE6 because they show the people around me who support me and help me expand my network

Core Competency Reflection

The essential questions for this unit were “how does networking affect career options?”, “how do people around you affect your career path?”, and finally “how do you create a support network that enhances your career opportunities?” I’ve shown my understanding of these questions through their incorporation into my work. I’ve shown my answer to the first question with part B of the soft skills assignment, the assignment is called the networking worksheet it seems pretty self-explanatory about how it shows my answer to the first question. My answer to the second question is shown through my artifacts because my artifacts show my relationships with people in my life and my community. These people have been the ones who’ve helped me in life and will continue to throughout the rest of my life. To answer the third question, I create support networks by finding trusted adults and friends like my classmates and teachers. These are the kinds of people who help me when I’m struggling with something like schoolwork or social situations, and they also provide me with comfort sometimes.

FPPL CLE6

Example: I've incorporated this principle into my work by my time performing in the Nutcracker because I helped other people learn the dances when they needed help

First Peoples Principle of Learning

The first peoples principle of learning for this unit was “learning involves generational roles and responsibilities.” I’ve incorporated this principle into my work by understanding the chain of command in certain career types. For example, when you're working you generally have a boss that you report to, and they have a boss, and so on... all the bosses teach each other throughout the generations. The other way I've incorporated this principle into my life and work is by teaching people younger than me about different topics like patience or other life skills. Teaching people that are younger (and even older) than me has helped me understand this principle because it’s taught me about how different generations learn, which in turn has taught me about how my generation and I learn.

An Assignment That Made Me Feel Great! CLE6

3. Be nice to everyone...simple.

Likeability is a huge factor in the hiring process, so it's imperative that you learn how to project a pleasant, helpful, and positive persona. In high school, you should hone this persona by being nice to all of your classmates. Lend a helpful hand to others when needed, avoid bully-type behavior, and smile at your peers as you pass in the hallways. Portraying this type of behavior will make you a more likeable person among your classmates (as you never know which of your peers may be able to assist with your career in the future) and will help prepare you for networking in the professional world.

Ask yourself:

- Am I a good person?

I think I'm a good person because I'm kind and empathetic, there's definitely things I could work on though like taking more action in social justice situations

- Do I think of others first?

I always try to put others first, but sometimes I also take my own self into account first which I believe is a healthy behaviour.

- Are you the partner everybody wants in school, or the one people avoid?

I tend to be the partner that everyone wants in school because I end up doing most of the groupwork which I'm usually alright with because if I do it then it'll probably be done to a better standard than someone else would have done it.

As I mentioned in a previous reflection, I try to be as nice and positive as possible, but something I should definitely work on is not gossiping as much as I do. I'm a bit of a gossip addict so I really want to work on keeping my opinions inside instead of sharing them all the time.

It Was Nice To
Reflect

Final CLE10 Reflection

Likes About the Course:

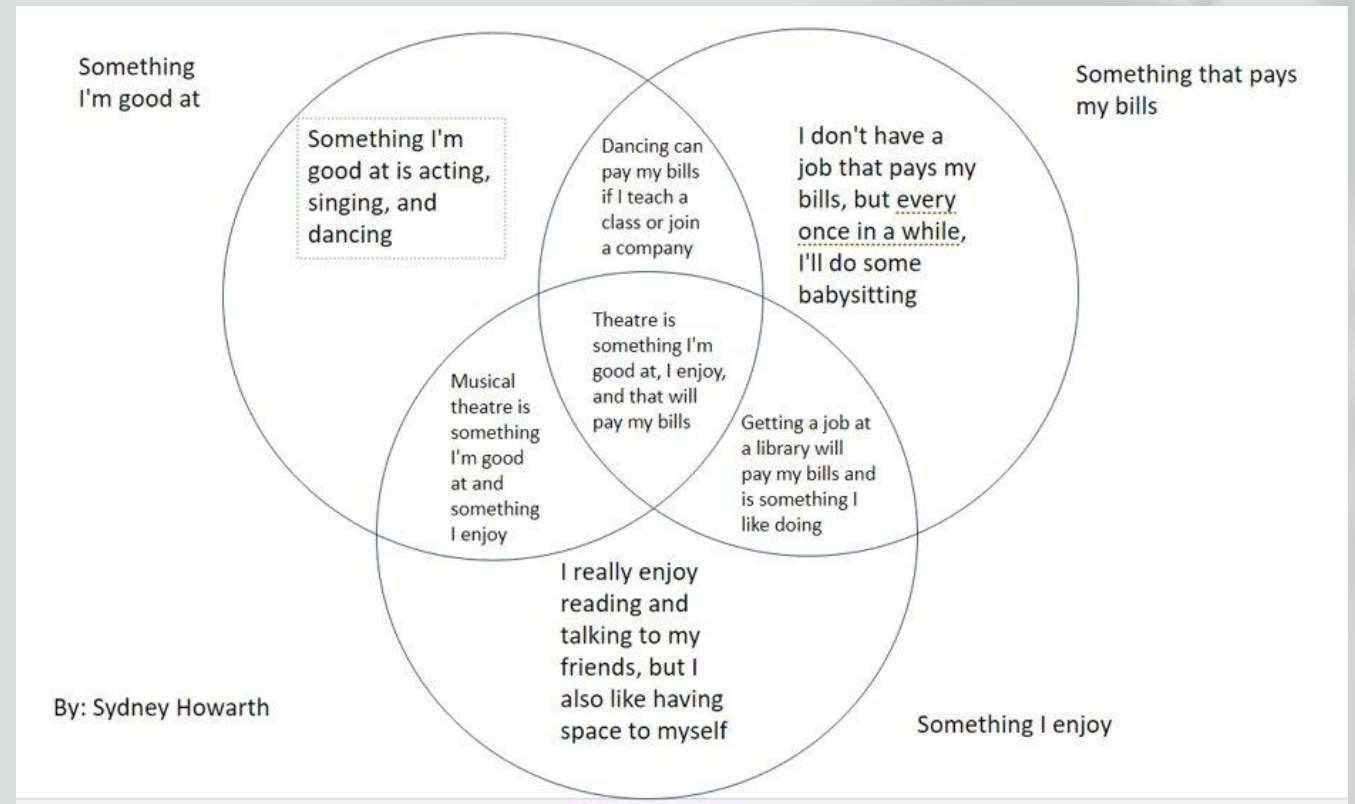
- All the new friends I've made/people I've gotten to know.
- The information I learned specifically about investment plans and potential universities for me to go to.

Dislikes About the Course:

- How loud the class could get sometimes.
- Sometimes the instructions for assignments were unclear.

Library Lab:

- Computers helped me.
- Shape of the classroom hindered me.



My best project so far this year has been the spring break budget planning project because I worked really hard on making all the calculations and I also kept a really close eye on my budget so that I never went over my limit.

Who Will I Be In 2026

In 2026 I Want To Have:

- A Plan
- Lots of Good Friends
- Graduated With Good Grades
- An awesome Support System



In 2026 I Want To Be:

- Kind
- Hardworking
- Attentive
- Creative
- Happy

A Moment of Thanks

I want to say thank you to all the people who've helped me get to where I am now. I wouldn't be the person I am now without all of you.

Thank You To:

- Mom
- Dad
- My Teachers (School and Extra Curricular)
- My Friends
- My Dog (Emotional Support)