



Wednesday, September 1, 2021 - Volume 14, Issue 1

Message from Administration

We hope you've had the opportunity to relax during the summer break and we certainly hope this letter finds you and your family in good health and enjoying the remaining days of summer. As you can probably imagine, this summer has offered a great deal of anticipation, challenge, and excitement as we prepare for the return to school for 2021-22 school year. On behalf of the St. Benedict staff, we are excited to welcome all our students and families back for the 2021-2022 school year!

Last year presented a number of challenges and for some, 2020 was an extremely testing time. As an administrative team we were both heartened and in awe of the strength of our community and the ways in which compassion and generosity were shown in equal measure.

Last year presented a number of challenges...

We will take this opportunity to welcome back our Saints students and welcome all new families joining us this year. We hope you quickly feel the strong sense of community that makes our school special. We may not know what lies ahead, but we have learned from last year – and the strength of our community, the commitment of our staff and the culture of care that we have in our school will continue to move us forward.

We look forward to working closely with our students, parents and community members, thanks for your ongoing support.

We look forward to seeing you soon.

Opening Week Schedule

Our school year will begin with a staggered start

- **Sept 7th** – grade 9 & 10, Community & Active Living students – **Dress Down day for students**
– NO UNIFORM REQUIRED ON DAY ONE
- **Sept 8th** – grade 11 & 12, Community & Active Living students – **Dress Down day for students**
– NO UNIFORM REQUIRED ON DAY ONE
- **Sept 9th & 10th** – **ALL Students** in attendance, in uniform

- **HYBRID** Students – you will be contacted by your teacher(s) with further details to connect to the class

We endeavor to focus our attention on a smaller group of students each day to review safety protocols and allow for new students to familiarize themselves with the campus.

All students will attend school on **September 9th** and onward in full uniform.

Uniforms

St. Benedict has a limited supply of **used uniform** for distribution. Click [here](#) for more information. Otherwise, new uniforms can be purchased through [McCarthy's](#).

More Highlights

- Properly fitted masks are to be worn in the building
- Hand hygiene is more important than ever – sanitize and wash regularly
- Lockers are available for student use – students will be permitted a 5 minute time limit at lockers
- The cafeteria will not be open for general use at lunch
- Student timetables and locker information will be available through the [Aspen Portal](#) on August 31st, 2021
- [St. Benedict School Year Calendar](#)
- Mandatory start up forms are available on [School Cash Online](#) on August 31st, 2021

Aspen Instruction Manuals

[Aspen Student Portal Account Creation Instructions](#)

[Aspen Student Portal Login Instructions](#)
[Accessing Aspen Parent/Guardian Portal Instructions](#)

If you are having any challenges getting registered for a portal access account, please contact the Aspen home support line 519-578-3677 ext. 2316

If students are experiencing difficulty accessing their timetables through the Aspen Student Portal, they are welcomed to come to the main office for assistance.

Your Admin Team

Mrs. M. Ingoldsby (Principal) A-BI
 Ms. E. Riley (Vice Principal) Bo-G & International
 Mr. R. Stehlik (Vice Principal) H-N
 Mr. R. Roque (Vice Principal) O-Z

Your Guidance Team

Mrs. L. O'Toole A-DI
 Mrs. K. Arkell Do-Ki
 Mr. N. Betik Kl-Pl
 Mrs. L. O'Neill Po-Z
 Mrs. L. Varriano Lane International/ICP

Registration Information & Timetables

Student timetables are accessible through the [Aspen Student Portal](#). Please visit our website at [St. Benedict Start-Up Procedures & Information](#) for more information and instructions.

School Uniform Policy

Uniform policy will be in effect starting **September 9, 2021**. Spirit wear days will continue as in the past (spirit tops with uniform bottoms on Wednesdays).

School Start Up Information

The first day of the 2021-2022 school year will be on **Tuesday, September 7, 2021**. Click [here](#) to view the most up to date school calendar.

Learning kits will be provided on students' first day of school.

School Cash Online Important Reminder

School Start-Up Forms and Fees

2021-2022 Consent Forms are MANDATORY for all Students

- Consent forms and fees are accessible through [School Cash Online](#) beginning August 31, 2021
- A detailed checklist, that outlines all required consent forms, fees, and information documents by grade level can be found on our school website under Parents > Current Students > Start up Procedures and Information or click [here](#).
- Instructions for creating a School Cash Online account can be found on our school website under the "September Start Up" tab at the top of the screen; scroll down and click on "School Cash Online Creating an Account"
- If you encounter any difficulties, please contact the main office 519-621-4050

We kindly ask families to submit all forms and fees no later than October 15th.

Student timetables for 2021-2022 will be made available to students through the Aspen Student Portal and to parents/guardians through Aspen Family/Parent Portal in late August when the Ministry of Education confirms the September to January learning delivery model. Students and families will be notified of the publication of schedules to the Aspen portal through School Messenger and Newswire.



Parents/Guardians: Please ensure you have registered for the Aspen Family/Parent Portal and notify the school of any changed to your personal email address or primary phone number during the summer.

Please visit our school website > Parents > Start Up Procedures or click [here](#) for the most up to date information.

Secondary Junior Pack

- 3 writing pads, lined and hole punched
- 1 40-page exercise book
- 1 box of 12 mechanical pencils
- 2-pack of white plastic eraser
- 12-pack blue BIC pens
- 1 red BIC pen
- 1 clear plastic protractor
- 2 pack correction tape
- Pencil crayons, 24/Pack
- 1 Plastic 30cm ruler
- 1 UHU Glue Stick
- 2 highlighters
- 1 black whiteboard marker

Secondary Senior Pack

- 3 writing pads, lined and hole punched
- 1 40-page exercise book
- 1 box of 12 mechanical pencils
- 2-pack of white plastic eraser
- 12-pack blue BIC pens
- 1 red BIC pen
- 2 pack correction tape
- 1 Plastic 30cm ruler
- 2 highlighters
- 1 black whiteboard marker

Still need to get school supplies?

If you are looking for what course specific supplies you may need to purchase to prepare for the new school year, please check out the "What You Need" page on the school website by clicking on the image.



Taking Art?

Make sure you have what you need...

If you are in an introductory art course (AVI 10I or AVI 20I), you can find most of the following items at a dollar store or at any arts and crafts store in the city.

Required materials:

Notebook/binder, sketchbook, a pencil drawing set including H, B and HB pencils, a 30 cm ruler, a white eraser, black ultra-fine tip Sharpies and a pencil crayon set (Crayola, Staedler, Prismacolor, etc.).

WCDSB COVID-19 Operational Guidelines & Updated Daily School & Child Care Screening

As we get ready to head back to school, we are truly looking forward to a year that allows us to embrace a renewed love of learning, within our faith-based communities.

We remain very grateful for your continued support as we navigate life in the COVID-19 era, and remain ready and willing to assist you as we transition back to what will undoubtedly be a #WCDSBAwesome year!

Please review our full [Operational Guidelines](#) to ensure you understand how we are ensuring a safe and happy return to school.

In addition, please be aware of the ongoing expectation that all students, staff and visitors are expected to each day complete the required provincial government [COVID-19 Daily Screener](#) online, or [download and print a hard copy](#) for daily reference.

Student Bus Transportation

School vehicles can operate at full capacity. The seat directly behind the driver in school buses should be empty to maintain physical distancing between the driver and students. This distancing may not be applicable to other vehicles such as vans or cars. Where school vehicles are able to operate at less than full capacity students should be seated in a manner that maximizes physical distancing. Active forms of travel (for example, walking and cycling) are encouraged to ease pressure on transportation demand. Windows should be opened when feasible to increase ventilation.

The use of non-medical masks for students in grade 1 to 12 is required on school vehicles. Exceptions should be made for students with medical conditions or special needs that prevent masking.

Students should be assigned seats and a record of the seating plan. Students in the same household or are in the same classroom cohort should be seated together where possible.

Significant Days & Dates

Click [here](#) to view the most up to date calendar information.

Christmas Break:

December 20 to 30, 2021 (Classes resume January 3)

March Break:

March 14, 2022 to March 18, 2022

Professional Activity Days:

Monday, September 1, 2021

Tuesday, September 2, 2021

Friday, October 8, 2021

Friday, November 19, 2021

Wednesday, February 2, 2022

Friday, April 8, 2022

Friday, June 3, 2022



Stay Connected with St. Benedict's!

Twitter

[@StBenedictCSS](#)

Instagram

[@bennies_sac_updates](#)

BACK TO SCHOOL 2020

CYBER SHOPPING FOR YOUR SCHOOL UNIFORM!

hassle-free, fast & easy shopping @ www.mccarthyuniforms.ca

The graphic is set against a light blue grid background. It features several decorative elements: a large blue circle with a red and white crescent on the left; a smaller blue circle with a red and white crescent on the right; and a large blue circle with a red and white crescent at the bottom right. There are also several plus signs scattered across the grid.

Did you know our school has a custom e-store with call-center and web chat support? Avoid long lines and take advantage of easy installment payment options by visiting mccarthyuniforms.ca to shop for your 2021 school uniform!

Mental Health and Supports

Parent Wellbeing Series:

A series of four 10–20 minute videos focusing on parent/caregiver wellbeing:

1. Self-Compassion
2. Recognizing Signs of Internal Struggle
3. Radical Self-Care
4. Daily Anchors and Guided Meditation

You may wish to ask your child/teen if they know about the services available through KidsHelpPhone (a free, 24 hour anonymous counselling and support to children/teens who are struggling with a wide range of issues (i.e. mental health, break-up's, friendship problems, bullying, etc.)

<https://kidshelpphone.ca/>

Phone: 1(800) 668–6868

Text CONNECT to 686868

Messenger, and live webchat

Let them know it's okay to ask for help if they are struggling, and check out the Kids Help Phone webpage together to see what kinds of resources and information they have. Teens may also want to check out the Jack.org Covid-19 Youth resource hub: <https://jack.org/covid>.

If you require additional supports our local child and adolescent mental health services are here to support you. Please contact them directly for the most up-to-date information on the services available:

Front Door: Access to Child and Youth Mental Health Services:

Access point for Waterloo Region mental health services for children and youth

<https://www.frontdoormentalhealth.com/> (519)749–2932

Here 24/7: 24 hour Crisis service, and access point for Mental Health and Addictions services in Waterloo Region (16+): 1-844-437-3247 <http://here247.ca/>

If this is a medical emergency please contact 911 or visit your local emergency department.

Websites & Apps:

On WCDSB's main [Mental Health and Wellbeing Page](#) you can also find general information about:

- mental health 101
- links to age-appropriate videos that can teach your family self-care strategies such as deep breathing, muscle relaxation, mindfulness, etc.
- recognizing signs that your child/teen is struggling
- tips for having conversations with your child about mental health
- where to go for help, including a wide range of local supports

<https://mindyourmind.ca/> (info & tools to help manage stress, crisis and mental health concerns)

<https://anxietycanada.com/> (info & tools to help manage anxiety)

<https://bouncebackontario.ca/> free online/phone skill-building program to manage mild-moderate symptoms of anxiety/depression. Age 15+

Apps: Insight Timer, Abide, Woebot, Mind Shift, Calm, BeSafe, Always There

Please note there are mental health supports available to all Canadians during covid at Wellness Together Canada <https://ca.portal.gs/>, as well as <https://info.mindbeacon.com/btn542> for residents of Ontario.

News from Guidance

Who is your Guidance Counsellor?

Counsellor's Name	Ext	Last names
Mrs. O'Toole	5190	A – D
Ms. Arkell	5636	Do – Ki
Mr. Betik	5633	Kl – Pl
Mrs. O'Neill	5634	Po – Z
Ms. Varriano Lane	5635	International Students/ICP

Welcome back to all our students, we look forward to seeing you again or meeting you for the first time! We hope you had a safe and restful summer and are ready for a new school year.

This week our Guidance counsellors will be working to correct and adjust timetables. Changes will be available by completing the guidance counsellor's google form (on the school website by going to Student Services > Guidance) before September 13.

Please do not email or call Guidance counsellors directly to make timetable changes. Only students that complete the google form will be able to make a change. Priority will be given to students who need to make the following changes:

- I am missing the pre-requisite (I am in grade 10 science, but didn't take grade 9 science)
- I already have this credit (I completed a course in summer school)
- I am missing a course (I only have 1 course this quadmester)
- Pathway change (I am in academic, but want to be in applied)
- Post-secondary requirements (I now need Calculus for Health Sciences)

Please double check your schedules prior to the start of school (after September 3). Some counsellors are still making changes from outstanding requests.

Guidance Google Classrooms

Once again, the Guidance department will have google classrooms available to share information with our students. Please consider joining the classrooms:

Grade 9 and 10 – <https://classroom.google.com/c/Mzg1OTc4MjA0MDk1?cjc=7c3t6un>

Grade 11 and 12 – <https://classroom.google.com/c/Mzg1OTc4MjA0MjMz?cjc=mxmohzx>

Ontario Universities Virtual Fair

Ontario's universities are excited to host the Ontario Universities' Fairs (OUFs) this fall. The OUFs will consist of 2 virtual events:

- Saturday, September 25, 12 – 2 pm
- Tuesday, October 26, 5 – 7 pm

All Ontario universities will participate in these free events and anyone may attend – pre-registration is not required.

Each event will be divided up into four 30-minute sessions, where students can learn about the universities of their choice and ask questions. Some universities will offer presentations in French. These events are a great opportunity to get answers about programs, admission requirements, student life and much more.

- Students should visit the [OUInfo website](#) before the event to learn more about Ontario's universities – like which universities offer the programs they're interested in – to help them decide which sessions they want to attend.
- Suggest students check out the [event schedule](#) to see what each university will offer during their session and to plan their time wisely.

Ontario College Virtual Fair

This year's information fair will be a virtual event. Attendees will be able to speak with faculty and staff from 24 of Ontario's colleges in a fully interactive virtual environment. Prospective students can participate in information sessions, learn more about available programs, and how to apply to college. Visit the [OCVF website](#) for registration information.

- Wednesday, November 4, 2020 4 pm – 8 pm
- Thursday, November 5, 2020 9 am – 1 pm

Academics

Clubs

Student Activities

Other News

Calendar of Events

Thursday, September 2

PA Day

9:00am: Previously Owned Uniform
Distribution Event

Monday, September 6

Labour Day

Tuesday, September 7

Grade 9 & 10, Community & Active Living
First day of the 21-22 school year

Wednesday, September 8

Grade 11 & 12, Community & Active Living
BENN Newsletter release

Friday, September 10

Last day for course changes

Monday, September 13

8:00am: Photo Day

Wednesday, September 22

BENN Newsletter release

Tuesday, September 28

8:00am: Terry Fox Run

6:00pm: Catholic School Advisory Council
Meeting

Wednesday, September 29

8:00am: Terry Fox Run (rain date)

Thursday, September 30

Orange Shirt Day

Be sure to check out the
calendar on the school
website for updates!

The BENN Newsletter

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