



St. Benedict C.S.S., 50 Saginaw Pkwy, Cambridge, ON N1R 5W1 October 23, 2014 · Volume 7, Special Issue 2

Dear Waterloo Catholic District School Board Families,

The tragic events in Ottawa yesterday have concerned and impacted us all. We are shocked, saddened and our thoughts and prayers are with any and all who were directly impacted. We are thankful for the response of the police and emergency services and think of them as well.

Canada is a safe place to live and while such events are rare, they do create unease and raise questions. It is important to recognize our own reactions and to anticipate and understand the effects on those around us, including staff and students.

Some thoughts to keep in mind for ourselves and those we support include:

- Be aware of your own needs and do not ignore your response to these events. Talk to friends, family, colleagues, and administrators. If you are overwhelmed or feel further discussion would be helpful, seek professional help through:
 - KW Counselling (Walk in Counselling Thursdays 12pm–6pm) 519-884-0000
 - Here 24/7 – 24 hour telephone support 1-844-437-3247
- Model calm and control as children take their cues from the significant adults in their lives. Reassure them and explain that safety measures are in place and that adults are looking after them.
- Recognize that everyone, adults and children, respond differently to situations. Some may not focus on the events and there is no need for you or them to dwell on it. If there are questions answer them honestly in a developmentally appropriate way with continued assurance. Acknowledge the feelings expressed and help explore and put into perspective
- Limited exposure to media coverage for younger children can avoid them becoming overwhelmed. Be prepared to discuss with older children to process their reaction and questions. If in the coming days there are children who are exhibiting increased concern consider a referral to Social Work to meet with them.

Support yourselves, each other and those around you as we collectively respond to this tragedy. I have attached below the Prayer for Peace in the World by St. John Paul II, sent out yesterday by our Director Michael Schmitt as it provides an opportunity to collect our minds and hearts.

Sincerely,

Dan Witt

Principal

Immaculate Heart of Mary, help us to conquer the menace of evil, which so easily takes root in the hearts of the people of today, and whose immeasurable effects

already weigh down upon our modern world and seem to block the paths toward the future.

From every kind of injustice in the life of society, both national and international, deliver us. From readiness to trample on the commandments of God, deliver us. From attempts to stifle in human hearts the very truth of God, deliver us. From the loss of awareness of good and evil, deliver us.

From sins against the Holy Spirit, deliver us.

Accept, O Mother of Christ, this cry laden with the sufferings of all individual human beings, laden with the sufferings of whole societies. Help us with the power of the Holy Spirit conquer all sin: individual sin and the "sin of the world," sin in all its manifestations.

Let there be revealed once more in the history of the world the infinite saving power of the redemption: the power of merciful love. May it put a stop to evil. May it transform consciences. May your Immaculate Heart reveal for all the light of hope. Amen.

