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Wednesday, June 28, 2018 - Volume 10, Issue 24

## Congratulations Graduates!



Last night at the Dom Cardillo Arena in Kitchener we celebrated our 2018 Graduation. The evening started with a beautiful a capella version of O Canada by Mr. Renner and several members of the graduating class. Under the direction of Master of Ceremonies Mr. Milardovic the graduating class received greetings from the Board, the City of Cambridge, and representatives of the provincial and federal government. What followed was a celebration of graduate accomplishments with the Community Awards. We are very thankful for the support of the groups and organizations which sponsor the awards. Many of the deserving students were genuinely touched to receive the awards.

For the musical interlude, Joseph Mendonca delighted the audience with a very powerful rendition of "The Prayer" on guitar.

What followed was the Awards of Honour, with the pinnacle being the Valedictorian Award. This award, selected by the graduating class, was given to Noah Guerin. Noah did a fantastic job recounting the last four years at St. Benedict, and encouraged the graduates to continue to strive for greatness in all they do. It was a very emotional evening for many grads, as for some this may be the last time they see some of their friends as they head off to post-secondary.

Congratulations once again, dear graduates! We are so proud of you, for all you have done, and for all you

have yet to do. you most definitely exemplified what it means to be *a celebration of people*. One by one YOU as People Of Faith have built this incredible Heart Of The Community! Continue to "B Awesome"! Peace and God Bless. You will always be a Saint.



## Report Card Pick-up

Monday, July 16 to Thursday, July 19

Monday, July 23 to Thursday, July 26

The main office is open from 7 am to 2 pm.

Report cards will not be mailed home.

## GARAGE SALE

To Support the Service Learning Course

Wednesday, August 29,  
8:00am to 8:00pm



On Wednesday, August 29 from 8 am to 8 pm, the students who are enrolled in the Service Learning Course are hosting a COMMUNITY GARAGE SALE. The sale will take place at the back courtyard of the school where there is plenty of space to browse through the unique items! All profits will benefit the student's efforts to fundraise for their trip to Kenya in May. In Kenya, the class will be hosted by WE Charity and will be learning first hand about the work that WE has been doing there. The students will be participating in various activities such as a school build, meeting the Mamas who participate in beading for alternative income and interacting with the school children. The Service Learning Course takes place during second semester and it focuses on local and global social justice issues and putting our faith into action. Please support our GARAGE SALE which in turn will allow our students to participate in a transformative life experience!

If you have any items that you would like to donate for the sale or if you have any questions about the Service Learning Course, please contact Marisa Rocha at [marisa.rocha@wcdsb.ca](mailto:marisa.rocha@wcdsb.ca).

June, 2018

Dear Parents and Caregivers,

With the summer break approaching, we wanted to communicate some updates and reminders to students, parents and caregivers. We know that having supportive and honest conversations with young people about substance use is important in their ability to make healthy and safe choices for themselves and in supporting others. Here are some ideas that might help:

- The most important part of talking with your child is giving them time to share their worries or questions. Listen carefully and try to understand what they know about substance use. Ask questions to help them think about how they feel about drugs (including alcohol) including the risks associated with their use.
- Substance use and overdose can affect any family in our community. The youth in your life might be faced with choices about their own substance use or the choices of the people they know. Take time to talk about the signs and symptoms of overdose and the importance of calling 911 in an emergency.
- Make a safety plan with the young person(s) in your life:
  - Discuss the harms of mixing drugs and alcohol (including increased risk of overdose).
  - Discuss the Good Samaritan Law: it protects from prosecution due to simple drug possession charges for anyone who calls 911 in an overdose emergency. Let them know it is safe to call 911 if they or someone they know are in trouble. Develop a plan with your child about what to do if they need help. Let them know that their safety is most important.
  - If you think your child may use alcohol or drugs or be in situations where drugs are being used, talk to them about the importance of staying with a friend to help keep each other safe. ◦ Talk about how opioids (like fentanyl) can be mixed in with other drugs. Fentanyl has been found in drugs that you can swallow, smoke and inject.
  - If you think your child is using substances, naloxone is an important tool for preventing a fatal opioid overdose. Naloxone can be found at many locations throughout our Region.
  - To start the conversation, please look for a new video to be released by the Waterloo Region Crime Prevention Council about the Good Samaritan Act and the importance of calling 911 for help. The link to the video will be available at [www.overdoseprevention.ca](http://www.overdoseprevention.ca) by July 15, 2018.

For more information about work being done in Waterloo Region related to substance use and overdose, and for helpful resources, visit [www.waterlooregiondrugstrategy.ca](http://www.waterlooregiondrugstrategy.ca).

Dr. Hsiu-Li Wang, Acting Medical Officer of Health

Bryan M. Larkin, Chief of Police

Loretta Notten, Director of Education – WCDSB

John Bryant, Director of Education – WRDSB



**JUNE 30**

Clemens Mill temporarily closes.

**JULY - AUGUST**

Facility renovations.

**SEPTEMBER 4**

Clemens Mill RE-OPENS!

## CLEMENS MILL (CM) SUMMER BORROWING

**Extended Loans:** Items borrowed from CM as of Saturday, June 9 are due back to CM on September 16, 2018. New DVDs, Video Games, and Rapid Reads are due back by their regular date, to any other location.

**Hold Pickup:** Hespeler is the default hold pickup location, unless an alternative location has been requested.

**Returns:** During renovations, CM items can be returned to any location except CM.

**Questions?** Call 519.621.0460

This summer, we invite you to enjoy the Clemens Mill outdoor park and discover other Idea Exchange locations in Cambridge:

Queen's Square 1 North Square, 519.621.0460

Preston 435 King Street East, 519.653.3632

Hespeler 5 Tannery Street, 519.658.4412

Old Post Office (Opening in July) 12 Water Street South, 226.533.2767

[ideaexchange.org/clemensmillupdates](http://ideaexchange.org/clemensmillupdates)

Idea Exchange wants to remind you about an amazing new way to learn this summer: Lynda.com Library -- a service that helps you acquire the most in-demand professional and technological skills. You can learn more at [Idea Exchange](http://Idea Exchange). Check it out and sign up now, for free!

## Administrative

## News from Guidance

By Mrs. L. O'Neill

Have a great summer! We will see you in the new school year!

## Transportation Changes for 2018-2019 School Year

Transportation details for the 2018 - 2019 school year will be available on Monday August 20, 2018. Parents can login and view your child's transportation details by going to [www.stswr.ca](http://www.stswr.ca) and following these easy steps:

- Click on "Student Login"
- Enter your child's Ontario Education Number (OEN) The OEN can be found on your child's report card—Numbers only, no spaces, no dashes
- Enter your child's birth date—dd/mm/yyyy
- Enter your house number only
- Select the school your child is attending from the drop down menu



**Please note:** any address changes need to be done through your school. If you are moving this summer or change caregiver arrangements for the fall, you should communicate the change of address to your child's school as soon as possible.

You can also visit [www.stswr.ca](http://www.stswr.ca) to see bus delays and cancellations, subscribe to receive e-mail notifications for late buses and closures and follow us on Twitter.



## WOMEN IN SKILLED TRADES (WIST) GENERAL CARPENTER PRE-APPRENTICESHIP PROGRAM

**Learn new skills** while creating promising economic opportunities in an exciting, hands-on work environment. The **average starting annual income** for participants who complete the program is **over \$30,000**.

BEGINS **September 10, 2018** WATERLOO  
CAMPUS

### FREE TUITION AND TRAINING

#### ADMISSION REQUIREMENTS

- OSSD or GED\*
- 16 years of age or over
- A resident of, and able to work in Ontario
- Proficient in English language

\* Those not possessing OSSD or GED may still be considered

#### ADMISSION PROCEDURES

- Attend a program information session\*
- Attend an assessment session
- Be selected for a personal interview
- \* See reverse side for session dates and locations

**Hands-on, in school training for 26 weeks with an 8 week paid work placement.**



## College or University Financial Assistance

### Financial help for students attending university and college in 2018-19

Is your child making plans to attend college or university next fall? Visit [Ontario.ca/OSAP](https://ontario.ca/OSAP) to see what financial aid is available to help pay for tuition and other expenses. Apply early and use the OSAP comparison tool to help your child make the best choice for their future.

Find out more and apply at [Ontario.ca/OSAP](https://ontario.ca/OSAP)

## Community Supports

### CRISIS SUPPORTS

Here 24/7 at 1 (844) 437-3247 or [www.here247.ca](http://www.here247.ca)

Kids Help Phone at 1 (800) 668-6868

Front Door (519) 749-2932, <http://www.frontdoormentalhealth.ca>

Is your family struggling with conflict or parenting challenges? If so, the walk-in counselling program at Front Door can help.

### Walk In Counselling

Tuesday: 12pm - 6:30pm at 35 Dickson St., Cambridge (Lutherwood)

Wednesday: 12pm - 6:30pm at 1770 King Street E., Kitchener (Front Door)

Thursday: 9am - 3:30pm at 1145 Concession Rd., Cambridge (Langs)

Saturday: 9am-3:30pm at Front Door, 1770 King Street E., Kitchener (Front Door)

\* Free/No appointment necessary - for families with children up to 18/ students 17 years and under

### Township Services\*

Monday: North Dumfries Community Health Centre - Langs, 2958 Greenfield Rd, Ayr Tuesday: Wellesley

Township Community Health Centre, 1180 Queens Bush Rd, Wellesley Thursday: Interfaith Community

Counselling Centre, 23B Church St., New Hamburg Thursday: Woolwich Counselling Centre, 65 Memorial Ave, Elmira

\*Township residents may schedule an appointment by calling Front Door at 519-749-2932.

### Counselling

Looking for ongoing counselling – call the Family Counselling Centre of Cambridge and North Dumfries (FCCCND) at (519) 621-5090. They also have a walk-in counselling clinic on Thursday's from 1-7:30 pm.

They are located at 18 Walnut Street in Galt. FCCCND offers a sliding scale for fee payment, can work with some EAP programs, OW and ODSP benefits.

## Substance Use

Are you concerned about your teen's substance use but aren't sure how to share your concerns or what to do to help? Call Ray of Hope for more information (519) 743-2311. <http://youthaddictions.ca>

## Community Outreach Program – other supports

The Community Outreach Program helps families link with community resources such as: recreation /summer camps – fees and subsidies, food supports, clothing supports, child care and other family needs.

Contact the Community Outreach Worker closest to you at (519) 742-8327

Cambridge Family Early Years Centre Tammy ext. 254

Cambridge Self Help Food Bank Sam ext. 250

Fiddlesticks and Greenway Chaplin Community Centre Patti ext. 252

Preston Central and Langs Farm Crystal ext. 256

Preston Heights Community Group Abby ext. 255 Hespeler/Shamrock Suzy ext. 253

Hespeler/GROW Crystal ext. 256

## Grief/Loss

Hospice Waterloo Region provides support to teens and children who have experienced the death of a loved one. Irena at (519) 743-4114; <http://www.hospicewaterloo.ca>

The Coping Centre offers a peaceful place for support, understanding, compassion and encouragement in the uniqueness of one's grief journey. (519) 650-0852; <http://www.copingcentre.com>

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## Support Catholic Education





The number of Catholic ratepayers in Waterloo Region has fallen in the last number of years to below 100,000. This has happened at the same time Waterloo Region's population has grown significantly. To help counter this downward trend, in conjunction with our annual Kindergarten sign-up campaign, we are also launching a campaign to increase the number of "official" Catholic school supporters in Waterloo Region.

[Learn More Here](#)

# Used Uniform Sale!

St. Benedict C.S.S. is proud to announce that we will once again be hosting a used uniform sale!

***Date: Thursday, August 30, 2018***

***Time: 12pm—4pm***

***Location: Gym 1***



**Note:  
Location  
Change**

***Items sell for \$10.00 each or 3 for \$25.00***

**(maximum of 6 items per family)**

Funds raised from the uniforms support the St. Benedict Family Crisis Fund and Student Services Fund.

## Academic

## Enriching the Lives of Students

**By Mrs. D. Wittmann**

There are many opportunities for students to enhance their learning experience: Enrichment courses, LEAP, OYAP, UCEP, Co-op, Home Build, SHSM, and Skills Canada. Visit the Enrichment blog for information on all these opportunities. The Blogroll contains a plethora of learning enhancements. To learn more about what we offer, click on [Enrichment@St.Benedict](#).

## English Corner

**By Mrs. D. Wittmann**

To receive an Ontario Secondary School Diploma (OSSD) each student must obtain four credits in English (one credit per grade). Visit the English blog to read the course offerings provided by the Saint Benedict English Department. The Blogroll has great resources for both students and parents. Enjoy! [English@St.Benedict](#) blog.

## Advanced Placement at St. Benedict

**By Mrs. D. Wittmann**

Advanced Placement (AP) is an internationally recognized program that allows students to enrich the Ontario Curriculum with the goal of achieving university accreditation.

### What does the research say about AP students?

Research shows that the best predictor of whether or not a student completes a university degree is not their high school grades or standardized tests. Rather, the best predictor is how many challenging courses a student has taken in high school. Students who challenge themselves with AP courses and exams are much more likely to complete a university degree in four years or less.

**Visit the Enrichment blog and Advanced Placement blog:**

<https://enrichmentatstbenedict.wordpress.com/>

## Sports

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## Student Activities

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## Your Student Activities Council for 2018-2019

**Co-Presidents**

Maddy DeSousa  
Avery De Gouveia

**SAC Advisor**

Ms. Ashley Kreuger

**Arts**

Curtis Hall (Executive)  
Karina Gugliemi  
Shay Herold  
Mya Hansen

**Athletics**

Kyanna Vi (Executive)  
Hannah Lee  
Bryson Meadus  
Amanda Meisner

**Communications**

Samantha MacDonald (Executive)  
Emma Biffi (Yearbook Rep.)  
Savannah Danayan (Secretary)  
Nickolas Martins (Member)

**Social Justice**

Jasmine Hersh (Executive)  
Alyssa Simpson

**Special Events**

Shayna DeHaan (Executive)  
Tolu Ackinyemi  
Ashley Isaacs  
Bethany Lewis

**Spirit**

Jeremy Fuellos (Executive)  
Emma Braga  
Bailey King  
Alexia Lewis

**Synergy**

Kate Bain (Executive)  
Jenna Elises

Congratulations to those who have been selected,  
and a heartfelt thank you to all students who  
applied.

## Clubs

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## The Arts

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## Other News

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### Parish Connections

## St. Mary of the Visitation Parish: Message from the Pastor

**By Father F. Freitas**

It is hard to believe how quickly the school year has passed and come to an end. I would like to thank you for your faith, trust, and commitment to the mission of our parish schools. What a joy it is to be Pastor of St. Mary of the Visitation Parish and our Hespeler Catholic Community. A singular aspect of such joy is my involvement with our parish schools. While this year has been blessed with liturgical celebrations, what

always brings me the greatest joy is when I see families from our school communities joining in on the Lord's Day at Mass here in our parish Church, it is in this action, that the fullness of Catholic Education is made most real – when Church, Home and School – gather for the Eucharist.

We look back with fondness upon the numerous academics, spiritual and extra-curricular activities which have filled this past year with busyness but also with blessing. These become realities because of the diligence of our young people and their parents, but also due to the commitment of our school staff. To each of them, from the front office, to the classroom, to behind the scenes – a sincere and prayerful thanks for all you do.

I wish you all a very happy, safe and enjoyable summer. Please be sure to take time as a family to talk, play, and pray together. I look forward to seeing you often as we gather on the Lord's Day at Mass at St Mary of the Visitation Parish where there is something for everyone and a place for all.



Are you tech savvy? Ready to share your audio/video skills with the world? St. Mary of the Visitation Parish in Hespeler is looking for you. A great experience to add to your resume. See Fr. Freitas! [Drop him a line](#) or call him at 519 658 4443

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## Calendar of Events

Be sure to visit our school website for an updated calendar with detailed information links for most calendar entries.



**Sunday, July 1**

Canada Day

**Monday, July 16**

7:00am: Report card pick-up

**Tuesday, July 17**

7:00am: Report card pick-up

**Wednesday, July 18**

7:00am: Report card pick-up

**Thursday, July 19**

7:00am: Report card pick-up

**Monday, July 23**

7:00am: Report card pick-up

**Tuesday, July 24**

7:00am: Report card pick-up

**Wednesday, July 25**

7:00am: Report card pick-up

**Thursday, July 26**

7:00am: Report card pick-up

**The BENN Newsletter**[Unsubscribe](#) | [Manage subscription](#)**Monday, August 6**

Civic Holiday

**Tuesday, August 28**

8:00am: Link Crew training

**Wednesday, August 29**

8:00am: Link Crew training

8:00am: Service Learning Course Garage Sale

8:30am: Registration: grades 9 and 12

**Thursday, August 30**

8:30am: Registration: grades 10 and 11

12:00pm: Used Uniform Sale

**Monday, September 3**

Labour Day

**Tuesday, September 4**

8:00am: First day of school

**Wednesday, September 5**

8:00am: First day of classes

**Tuesday, September 11**

2:00pm: Course Change Deadline for Semester 1

**St. Benedict Catholic Secondary School**

50 Saginaw Parkway, Cambridge, ON N1R 5W1

Telephone: (519) 621-4050

FAX: (519) 621-4057

Attendance: (519) 621-4001