



Wednesday, December 5, 2018 - Volume 11, Issue 9

Dominican Encounter: A life changing experience

During the last week of November, Mr. Borba and two of our students had an opportunity to participate in the Board's Dominican Encounter social justice trip. We bring you reflections from our students on their experiences from being a part of this excursion.

By Anica Sebamalai

Through the Dominican Encounter, there was so much I learned about. This experience was very life changing not only for me, but for all the students as well as the teachers. From what I have seen from the Bateyes to Barrio 41, it left me breathless and lost for words. Many thoughts and emotions came through my head from seeing what most haven't seen before. Yes, you can watch documentaries or go on google images, but you won't have the same effect as in having it right before your eyes.

Consuelo is a very lively community that me and many of the students were living in for 7 days. Everyone is so happy and very full with spirit! You'll see people laughing, children playing outside and you'll hear upbringing music almost everywhere you go! The quote "Money does not buy you happiness" is very true in a variety of ways. No matter how small they have, they still keep a bright smile on their face. Seeing the people made me realize that they are just happy to live there lives and to have a family that they love so dearly.

Life here in Canada, people are either always stressed or have many things on their mind that keeps them so busy. Once you think of it, it's like an endless cycle that never stops. We don't pay



By Shayna de Haan

Many have heard of some kind of saying to walk a mile in someone else's shoes to understand what they're going through, but this is simply a metaphor. The Dominican Faith and Hospitality trip is the closest way of making this metaphor literal. On the experience, students have an opportunity like no other to live and experience the life of locals in the Dominican.

Around 20 students from the Waterloo Catholic District School Board committed to this journey on Consuelo. In this week there were some challenging experiences such as living where houses do not always have access to 24-hour electricity and running water, but also wonderful ones such as the community and culture.

Visiting the *batays*, which is the land of sugar cane companies that the workers and families live on, was one of the most emotional and eye-

much attention to the problems that are happening around us. We focus more on ourselves and our wants and needs.

The things that we think is garbage, can actually be useful in so many ways. The people are so creative and I thought it was different, but in a positive way. They re-used items and turned it into something that either holds meaning or something that can be useful to them. We may think that it's not perfect, but to them it could bring them happiness.

I used to think that a documentary carries enough information to understand anything, but that is not completely true. By being there physically, made such a difference and it really left an impact on my life. I not only got to meet fantastic people, but I now have a second family all the way in Consuelo.

opening encounters. On the trip, they had several opportunities to speak with the people living in what many in Canada would consider hostile conditions.

The trip is very unique from any vacation or touring. It is a journey of engaging learning, reflection, and growth. Leaving the students described this trip as transformative, love, community, and joy. No pictures or words can truly express this experience, the inspiration, appreciation, and new homes and connections people leave with.





Administrative

Community Supports for the Holiday Season

By Ms. S. Ayerst, Social Worker

Christmas is a time for family and a time of joy and celebration. It can also be stressful.

The Community Outreach Program can help link families with supports and resources, such as Financial/Food Supports, Grief and Coping over the holidays, and subsidies for Children's Recreation Programs. For more information call (519) 742-8327 ext. 240 or email info@familyoutreach.ca
<https://www.houseoffriendship.org/how-we-help/family-neighbourhood-supports/>

Support is also available from the Self Help Foodbank, call (519) 622-6550 to see if you qualify. Registration is November 12 2018-December 10 2018.

If you or someone you love is feeling overwhelmed and hopeless over the holidays and you don't know where to turn, call HERE 24/7 1 (844) 437 3247, www.here247.ca.

Sensitive Santa

Is your child sensory sensitive? If so, they can still have a visit with Santa through the Sensitive Santa program on Sunday, 9 and 16 from 8:30 to 10:30 am.

This sensory friendly environment provides lower lighting and a quieter surrounding. Each family that attends will receive a complimentary photo with Santa to commemorate this magical holiday season. This special time to visit with Santa is reserved for children with social, emotional or behavioral needs. To keep this event sensory friendly and organized, we ask that each family register in advance. Space is limited.

Please contact hylandr@cambridge.ca or call (519) 740-4680 ext. 4292 to register.

Help us spread the word about this magical Holiday Event!

Sensitive Santa

*Sunday, November 25,
December 2, 9, and 16
8:30 am - 10:30am*

This sensory friendly environment provides lower lighting and a quieter surrounding. Each family that attends will receive a complimentary photo with Santa to commemorate this magical holiday season. This special time to visit with Santa is reserved for children with social, emotional or behavioral needs.

To keep this event sensory friendly and organized, we ask that each family register in advance. Space is limited.

We encourage you to share this information with educators, social workers, and medical professionals who work with children living with special needs.

**Please contact;
hylandr@cambridge.ca or call
(519) 740-4680 ext. 4292 to register**

Help us spread the word about this magical Holiday Event!



Grand River Transit: Cambridge high school students EasyGO fare card promotion

As part of the Region's Transit Supportive Strategy for the City of Cambridge*, all Grade 9-12 students attending a Cambridge high school in fall 2018 are eligible to receive GRT's new [EasyGO fare card](#) pre-loaded with \$24 in stored value (equivalent to 10 rides at the 2018 high school reduced fare rate). The cards are non-refundable, non-transferable, and are registered to each student. This promotion cannot be applied to the cost of a monthly pass. Cambridge high school students must request this promotion by December 31, 2018.

Who is eligible?

- Any Grade 9-12 student with a valid student card for a high school in Cambridge
- Any Cambridge high school student who has a Term Pass provided by Student Transportation Services of Waterloo Region.

Bring with you:

1. A printed and signed [consent form](#). All students 17 years old and younger must present a consent form signed by a parent or legal guardian to get the EasyGO fare card.
2. A valid Cambridge high school student identification card or timetable with student name.

Where to get your EasyGO Fare Card:

- [Ainslie Transit Terminal](#) or
- [Charles Street Terminal](#)

Additional Information:

- \$24 stored value can only be used when a monthly pass or term pass is not active on the fare card.
- \$24 value cannot be applied to the cost of a pass.
- One \$24 promotion per student. If a student's EasyGO fare card is lost or stolen, GRT will cancel the card and issue a new card with the remaining value on your account.
- The EasyGO fare card can be reloaded at GRT's Ainslie or Charles terminal, and online in future.

***Transit Supportive Strategy for the City of Cambridge**

As part of the approval of ION light rail transit in 2011, Regional Council approved funding for special projects to improve transit ridership in the City of Cambridge. The Transit Supportive Strategy for the City of Cambridge is to accelerate the implementation of light rail transit in that City.

News from Guidance

Who is your Guidance Counsellor?

Mrs. Lesley O'Toole: A-Di & International Students, ext. 5190

Mrs. Karla Arkell: Dj - Ki, ext. 5636

Mr. Nick Betik: Kl - Pl, ext. 5633

Mrs. Laura O'Neill: Po - Z, ext. 5634

Mrs. Christine O'Connor: Administrative Assistant, ext. 5631

Are you thinking of Graduating this year?

Students who are considering graduating this year and their parents are invited to sign up for our [Graduation information newsletter](#). Information that will help you as you move towards graduating will be sent to your email address: applying for scholarships, deadlines for college and university applications and more! You can easily unsubscribe at any time.

Post-Secondary Timeline

1. College and University visits that have been held at our school this fall will be coming to a close in November; however, there are still a few opportunities for students to attend a presentation. See the guidance office for more information on how to sign up for, and attend one of these presentations.
2. Grade 12 students should continue to do specific institution research at the E-info site (www.electronicinfo.com) for university and www.ontariocolleges.ca site.
3. PIN numbers for student applying to university are in the guidance office. Students planning to apply to university must use this personal PIN number to set up their account. Students planning to apply to college do not need a PIN number in order to set up their application account.
4. Now is a great time to arrange for a campus visit or tour at institutions that are of interest. The value of making a personal visit to a school should not be underestimated. Students who have visited campuses are finding this to be very beneficial in their decision making process. Most colleges and universities typically host these events in the fall, as well as in the spring. Specific dates can be found on the web sites of all university and colleges.
5. Review your semester two timetable to make sure that you have all of the necessary pre-requisite courses for the programs that you are interested in applying for.
6. Complete your Community Service Hours – AND – remember to hand them in!!
7. Be prepared to wait for confirmation of acceptance from schools. Each institution has its own timeline with regard to admission offers. Try not to let anxiety about acceptance interfere with your progress at school.

Cambridge Front Door Counselling

Walk-In Counselling Available at Cambridge "Front Door" Do you have concerns about your teenager's behavior, emotional state, or mental health? Are you concerned about possible self-harm or drug use issues? Are these issues creating family conflict for you? The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, the experienced counsellors there help identify issues and equip families with tools and strategies to address their concerns. The focus of the session is determined by each family's unique needs. The Cambridge office is located at 35 Dickson Street. Walk-In counselling hours are Tuesdays from 12 Noon to 7:30 PM (last appointment at 6:30 PM). Appointments are available on a first come basis and are free of charge. Family member directly involved in the concern are encouraged to attend.

Community Service Opportunities

In addition to fulfilling an important diploma requirement, volunteering provides students with a way to give back to their community. As opportunities become known to the guidance department, they will be announced on the announcement system, posted on the Guidance bulletin board and listed in the BENN.

It is a requirement of graduation that each student complete 40 hours of community service. There are many opportunities to fulfill this requirement. If you have already registered for Hour Republic check out the guidelines on the website www.hourrepublic.com. This website can also be used to track your hours and see volunteer opportunities.

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](#)

COMMUNITY JUSTICE INITIATIVES

7 Easy steps to finding a workable solution for all parties

By Shelley Schanzenbacher, Youth Services Coordinator, CJI

Let's Work it Out!

R

Reach Out

COME TOGETHER WITH THE PERSON
YOU ARE HAVING CONFLICT WITH



E

Engage in a Conversation



REMAIN CALM AND MAKE SURE
TO TALK ONE AT A TIME.

S

Seek to Solve the Problem

AGREE TO COME UP WITH SENSIBLE
SOLUTIONS YOU BOTH CAN ACCEPT.



O

Open Up



CALMLY COMMUNICATE YOUR SIDE OF
THE STORY TO EXPLAIN HOW YOU FEEL.

L

Listen Intently

LISTEN TO THE OTHER PERSON SO THAT
YOU UNDERSTAND THEIR POINT OF VIEW.



V

Voice Solutions



BRAINSTORM SOLUTIONS TO RESOLVE
YOUR CONFLICT TOGETHER.

E

End on a Good Note

AGREE TO THE SOLUTIONS; GIVE A
COMPLIMENT AND SHAKE HANDS.



©Pete Charrette (Cap'n Pete), 2016

Shelley Schanzenbacher is the Youth Victim Offender Reconciliation Service Coordinator at Community Justice Initiatives. She works with organizations to provide conflict resolution and a chance for participants to restore and rebuild their relationships. Her work with the St. Benedict community was featured in a piece on [CBC Radio](#) in February of this year. We are excited to have her as a regular contributor of the BENN Newsletter!

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.

Please visit:

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

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

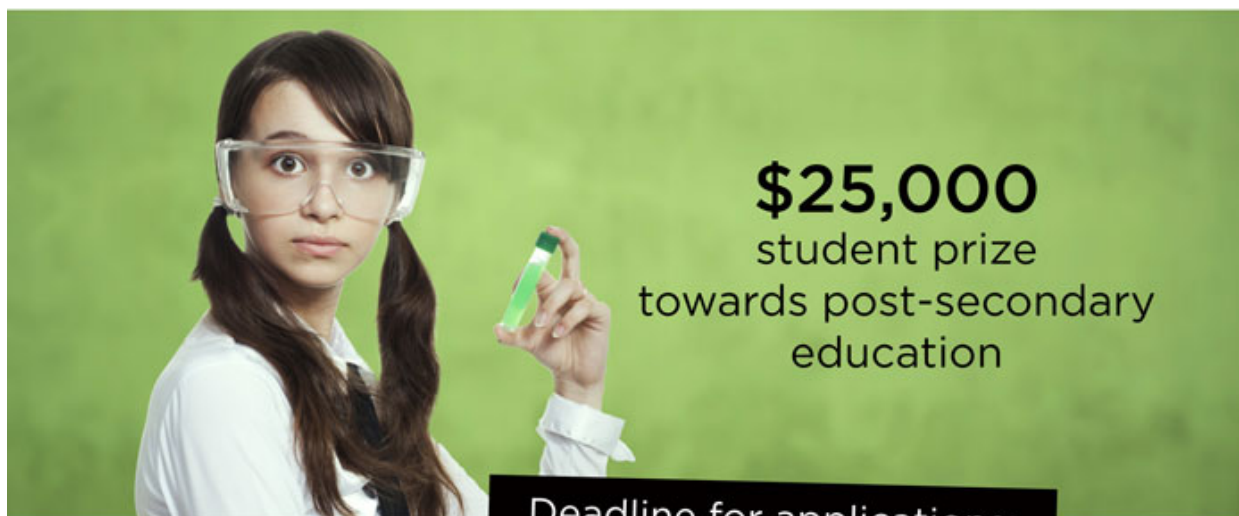
<https://wcdsb.ca/programs-and-services/advanced-placement/>



— HORIZON AWARDS —

Applications are now open!

Would you describe any number of your students as leaders, achievers, or innovators? Do they have limitless drive, ambition, and determination?



\$25,000
student prize
towards post-secondary
education

**Deadline for applications:
January 16, 2019**

Founded in 2016, the STEAM Horizon Awards invite Canada's youth to promote positive changes throughout their community using science, technology, engineering, arts, and math (STEAM).

Five Canadian students will be awarded \$25,000 each, to attend a Canadian university or college to study in a STEAM field. Two of these awards will be given to Indigenous students.

The winners will be invited to Ottawa and recognized at an award ceremony in April 2019.

More information about the prize program and **how to apply** can be found at **steamhorizonawards.ca**



Co-Op Career Fair

Monday, December 10

Please join us in the atrium on Monday
December the 10th at lunch to visit our co-op
career fair.

Come and talk with current coop students and
get the inside track about what it is all about!

E-waste Collection Update

Did you know?

We generate around 40 million tons of electronic waste every year, world wide? That's like throwing out 800 laptops every second!

The students of the BUSPRO class, who organized the e-waste drive at St. Benedict, would like to thank everyone who participated in the drive! Together, we collected 210 lbs of e-waste and took it to a recycling centre for safe disposal. The proceeds from the recycling centre were donated to help with the Service Learning course. One by one we can help save the planet by preventing e-waste from ending up in our landfills.

Sports

Sports Results

JUNIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, ES Pere-Rene-de-Galinee 0

SENIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, ES Pere-Rene-de-Galinee 0

SENIOR GIRLS ICE HOCKEY

St. Mary's HS 4, St. Benedict CSS 0

SENIOR BOYS ICE HOCKEY

St. Benedict CSS 5, St. David CSS 1

Resurrection CSS 3, St. Benedict CSS 2

JUNIOR BOYS BASKETBALL

St. Benedict CSS 48, Monsignor Doyle CSS 19

St. Benedict CSS 51, Rockway MC 47

SENIOR BOYS BASKETBALL

St. Benedict CSS 72, Monsignor Doyle CSS 26

St. Benedict CSS 76, Rockway MC 27

Clubs

Student Activities

The Arts

Other News



St Mary of the Visitation Parish

Start a New Tradition

Everyone Will Love

Join us for Christmas in Hespeler

Christmas Eve (December 24th)

(Carols 30 minutes before all Masses)

- * 5:00 p.m. - Family Mass with Pageant
- * 7:00 p.m. - Family Mass with Youth Choir
- 10:00 p.m. - Solemn Mass of Christmas

Christmas Day (December 25th)*

- 10:00 a.m. - Family Mass of Christmas Day

*Shuttle Service, Extra Parking and Children's Program

16 Cooper Street, Cambridge

519-658-4443

Website: www.stmaryhespeler.ca



With the beginning of Advent and in anticipation of Christmas, your school librarian Ms. Pilon along with Idea Exchange staff would like to wish the students and staff of St. Bennie's a very Merry Christmas.

To help everyone get into the Christmas spirit, Idea Exchange is offering several maker programs in December:

December 11: Get Crafty For Christmas

2:30 to 4:00 pm

Come to the library to make DIY Christmas gifts – beaded key chains, wire ornaments and yarn wall hangings. All materials provided.

December 17: Maker Monday - A Very Hogwarts Christmas

3:30 to 5:30 pm

This free program will give Harry Potter fans the opportunity to make Christmas ornaments, Harry Potter snowflakes and gifts for that ultimate Harry Potter fan in your family! All materials provided.

The Mini-makerspace will be open every school day during lunch hour and also from 2 to 3pm after school. The week of December 10 turn small rocks into fun Christmas decorations. The week of December 17, make your own unique mini-gift boxes. All materials provided.

Just a reminder that Idea Exchange is closed the following days during the Christmas Holidays:

Christmas

Monday, December 24-Wednesday, December 26

New Year's Eve

Monday, December 31, 2018 (early closing: 4:30)

New Year's Day

Tuesday, January 1, 2019



Calendar of Events

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

Wednesday, December 5

BENN Newsletter release

2:00pm: Rock Orchestra practice

2:00pm: Games Club

2:00pm: Girls Hockey vs St. David CSS

2:15pm: Homework Club

3:00pm: Sr. Girls Volleyball vs St. Mary's HS

3:00pm: Sr. Boys Basketball @ ES Père-René-de-Galinée

Friday, December 14

Advent/Christmas Basket Faith Assembly

10:35am: Hobbit and Lord of the Rings Club

10:35am: Star Trek Club

2:00pm: Doctor Who Club

Sunday, December 16

Third Sunday of Advent

3:00pm: Jr. Girls Volleyball vs St. Mary's HS
4:30pm: Jr. Boys Basketball @ ES Père-René-de-Galinée
7:00pm: Wintersong Arts Night

Thursday, December 6

SHSM Event: KIN Lab Days
8:00am: Wrestling Tournament at Jacob Hespeler
10:35am: E-car meeting
10:35am: Mario Kart club
10:35am: DECA Business Club
10:35am: Praise Choir
2:00pm: Doctor Who Club
2:00pm: Math Club
2:00pm: Boys Hockey vs Monsignor Doyle CSS
2:15pm: Homework Club
3:00pm: Midget Girls Volleyball vs Resurrection CSS 2
3:40pm: Midget Girls Volleyball @ St. David CSS 2
4:20pm: Midget Girls Volleyball vs St. David CSS 1

Friday, December 7

Professional Activity Day

Sunday, December 9

Second Sunday of Advent

Monday, December 10

9:20am: Co-Op Career Fair
10:35am: E-car meeting
10:35am: Finance Club
2:00pm: Girls Hockey vs Resurrection CSS
3:00pm: Sr. Girls Volleyball vs Monsignor Doyle CSS
3:00pm: Jr. Girls Volleyball vs Monsignor Doyle CSS
3:30pm: Jr. Boys Basketball @ St. Mary's HS
5:00pm: Sr. Boys Basketball @ St. Mary's HS

Tuesday, December 11

SHSM Event: Gesture Drawing: Training in a Technique
10:35am: Hobbit and Lord of the Rings Club
10:35am: Arts Council
10:35am: E-car meeting
10:35am: DECA Business Club
10:35am: Reach for the Top club

Monday, December 17

SAC Christmas Week
10:35am: E-car meeting
10:35am: Finance Club
2:00pm: Girls Hockey @ St. David CSS
3:00pm: Jr. Girls Volleyball vs St. David CSS
3:00pm: Jr. Boys Basketball @ St. David CSS
3:00pm: Sr. Girls Volleyball vs St. David CSS
4:30pm: Sr. Boys Basketball @ St. David CSS

Tuesday, December 18

SAC Christmas Week
SHSM Event: Officiating & Conflict Resolution Training
SHSM Event: Emergency Responses & Incident Management Training
10:35am: Hobbit and Lord of the Rings Club
10:35am: Arts Council
10:35am: E-car meeting
10:35am: DECA Business Club
10:35am: Reach for the Top club
10:35am: Champions for Change club
3:00pm: Boys Hockey vs Resurrection CSS

Wednesday, December 19

Paid Civvies Day - \$2 min.
SAC Christmas Week
BENN Newsletter release
SHSM Event: Ethics, Equity & Inclusion Training
8:00am: Wrestling Tournament at St. Mary HS
10:35am: Guitar Club
10:35am: E-car meeting
10:35am: Model UN Club
10:35am: Anime Club
11:30am: Swimming Mini-Meet #4
2:00pm: Rock Orchestra practice
2:00pm: Games Club
2:15pm: Homework Club
3:00pm: Sr. Boys Basketball vs Woodland Christian HS
3:30pm: Jr. Girls Volleyball @ Woodland Christian HS
3:30pm: Sr. Girls Volleyball @ Woodland Christian HS
4:30pm: Jr. Boys Basketball vs Woodland Christian HS

Thursday, December 20

SAC Christmas Week

10:35am: Champions for Change club
2:15pm: Boys Hockey @ St. Mary's HS

Wednesday, December 12

10:35am: Guitar Club
10:35am: E-car meeting
10:35am: Model UN Club
10:35am: Anime Club
1:00pm: Swimming Mini-Meet #3
2:00pm: Rock Orchestra practice
2:00pm: Games Club
2:00pm: Girls Hockey vs St. Mary's HS
2:15pm: Homework Club
3:00pm: Sr. Girls Volleyball @ Resurrection CSS
3:00pm: Sr. Boys Basketball vs Resurrection CSS
3:00pm: Jr. Girls Volleyball @ Resurrection CSS
4:30pm: Jr. Boys Basketball vs Resurrection CSS

Thursday, December 13

10:35am: E-car meeting
10:35am: Giving Back Club
10:35am: Mario Kart club
10:35am: DECA Business Club
10:35am: Praise Choir
2:00pm: Math Club
2:15pm: Homework Club
2:30pm: Boys Hockey @ St. David CSS
3:00pm: Midget Girls Volleyball vs Woodland CHS
3:00pm: Midget Boys Basketball vs St. David CSS
3:40pm: Midget Girls Volleyball @ Resurrection CSS 1
4:20pm: Midget Girls Volleyball @ Resurrection CSS 2
5:00pm: Midget Boys Basketball vs Resurrection CSS

The BENN Newsletter

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10:35am: E-car meeting
10:35am: Mario Kart club
10:35am: DECA Business Club
10:35am: Praise Choir
2:00pm: Math Club
2:15pm: Homework Club
3:00pm: Midget Girls Volleyball vs Woodland CHS
3:40pm: Midget Girls Volleyball @ Msgr. Doyle CSS
4:20pm: Midget Girls Volleyball vs St. Mary's HS

Friday, December 21

Christmas Assembly
SAC Christmas Week
Winter Solstice
10:35am: Hobbit and Lord of the Rings Club
10:35am: Star Trek Club
2:00pm: Doctor Who Club

Sunday, December 23

Fourth Sunday of Advent

Monday, December 24

Christmas Break Begins
Christmas Eve

Tuesday, December 25

Christmas Day

Monday, December 31

New Year's Eve

Tuesday, January 1

New Year's Day

St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge, ON N1R 5W1

Telephone: (519) 621-4050

FAX: (519) 621-4057

Attendance: (519) 621-4001