



Wednesday, December 19, 2018 - Volume 11, Issue 10

## Celebrating Those Who Served and Continue to Serve

On Wednesday, December 19th we celebrated and honoured those who served and continue to serve our community and country in military efforts. Mrs. Temple was honoured and grateful to welcome Loretta Notten, our WCDSB Director; Trustees Wendy Price, Bill Conway and Brian Schmalz; Representatives of the local Royal Canadian Legions as well as our Mayor, Kathryn McGarry and students of St. Benedict who are cadets representing the Army and Air Cadet associations.

We began the celebration in prayer, asking God to guard our brave men and women in our military services. We asked for Him to watch over, protect them, and provide them with the courage to defend with honour, divinity and devotion. We also asked God to fill our men and women of service with joy, love and the presence of His Holy Spirit for this Christmas season and the whole year through.

This event came to be due to the art installation piece created in our school atrium by Ms. Weiler and her Art and Craft class. Many felt that this wonderful installation should continue to live on for our men and women of service. Ms. Weiler and her class created beautiful art pieces from the poppies that hung in the atrium. These gifts were shared with various representatives of the Local Royal Canadian Legions as well as some of our own staff, Mrs. McShane and Ms. Gill, who serve or who have family who serve, during today's presentation. We wanted to let these special military personnel know that they are thought of not only during the month of November, but all year long, especially at Christmas.

The celebration was a wonderful reminder of how much we care for, and appreciate, those who serve for us. Thanks to Ms. Weiler's class; various Air and Army cadets: Eric Malloy, Connor MacDonald, Dominick O'Handley, Ethan Miller, Nathan Dwyer, Emily Taborek, Ellie Stott, Gavin Morrison, and Shannon Buti-Young. Special thanks to Bill Kalbhenn for helping us honour the veterans in London, Ontario as well as Tony Smith from CIBC in Hespeler who sponsored the production of the poppy art pieces. Staples Cambridge and KKP Cambridge for expediting materials needed for the art pieces are also to be acknowledged. In addition, thanks to the many staff and students who also supported the event: Mr. Briere, Mr. Milardovic, Miss Pieper, Miss Whalen, Ms. Miller, Mrs. Rocha, Mrs. Pacheco, Mrs. McShane, and Ms. Gill. Thanks to the Vice-Principals: Mr. Borba, Mr. Jaeger and Ms. Reilly for their continued support of such events.

May all the men and women who serve our nation know that they are thought of and honoured at St. Benedict Catholic Secondary School. Thank you for your service.



## Administrative

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## January Exam Schedule

We are just over a month away from the final examination period! Exams run from January 25 to the 30th, with Credit Rescue available on Thursday, January 31.

# Bring Your Own Device and Purchase Program

## Partnership with STAPLES Canada for Chromebooks and Windows 10 Cloudbooks

WCDSB has made significant investments to ensure our students and staff have access to a variety of current technologies. The use of technology to support learning remains a key priority to ensure that students are equipped with the skills to flourish in an increasingly digital world. Chromebooks and Windows 10 Cloudbooks have proven to be versatile, reliable, and affordable digital tools in the classroom.

As students have engaged more with the technology that is available in their classrooms, many families have expressed interest in purchasing a device for their child to use at school and at home. Many parents have reached out, seeking advice about which technology would best support their child's learning, is reasonably priced, yet durable enough to withstand the wear and tear of daily use as it's transported back and forth to school each day.

More information can be found on the BYOD information page on the school board website:

<https://www.wcdsb.ca/programs-and-services/byod/>

If you are interested in pursuing this opportunity, you need to [download and print out this document](#) and take it to your nearest Staples store.

## Supports for Family, Students and Friends Over the Holidays

Although a time for Family, the Holiday Season can bring with it various stressors. There are many resources in our community that can assist families if needed. If you find yourself, your family, or friends needing support over the holidays, here is where you can call or reach out to for guidance and help.

### Mental Health

1. **HERE24/7** is a telephone service that can assist students and adults in need 1-844-437-3247 (always encourage people to Press the #1 option so that it can be answered by a live person).
2. **Front Door** is a walk-in service for kids/parents with kids under 18 where they can speak to a counselor for free on Thursdays from 9-3:30pm@ Langs 1145 Concession Rd Cambridge and are open during the week of Dec 24th and the week of Dec 31st. They can be reached at 519-749-2932

### Emergency sources of Food

1. **Cambridge Self Help Food Bank:** Drop by or call ahead of time (519) 622-6550. Families can access both food as well as gifts through their Christmas support program as well. Holiday hours

are: Dec 24th-9-12pm, December 25 & 26-closed, December 27th: 9-6:30pm, December 28th: 9-4:30pm, December 31st: 9-12pm, closed Jan 1st and then regular hours rest of the week. They have locations in Hespler and Preston.

2. **St. Vincent De Paul:** Our local Catholic Churches each have a group of volunteers who can help deliver food to residents in their local neighborhood (you do not have to be Catholic).

## Emergency Shelter

1. **Lutherwood Housing Centre:** drop by @ 35 Dickson St Cambridge or call ahead of time (519) 623-9380. They are closed Christmas Day, Boxing Day and New Years Day. Otherwise, hours are 8:30am to 4:30pm

## Violence

1. Women and Children who are in need of safety, **Women's Crisis Services** 519-742-5894
2. **Sexual Assault Support and Domestic Violence Treatment Centre** 519 749 6994

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# Grad Photos

**Beginning Tuesday, January 8**

*Limited appointments, book early!*

Book your appointment online at [prestigeportraits.ca](http://prestigeportraits.ca)



Each sitting includes an 11" x 14" Graduation Group composite (\$30 value)

A yearbook pose will also be provided for use in the yearbook. Each sitting includes proofs that will be sent to your home with a price list for additional package options.

# Ultimate Sitting

(regular in-studio price is \$50)

This includes several poses with background choices along with casual posing, an 11" x 14" grad group composite and yearbook photo provided.

\* School discount price: pay just \$40 tax included (save \$10). Payment can be made online or at the time of photography

***Book your appointment online today!***

Schedule your session online at [www.PrestigePortraits.ca](http://www.PrestigePortraits.ca), click on "locate your school", select "St. Benedict" and choose a time that's right for you! For more information, pick up a brochure from the Main Office. Photos begin Tuesday January 8.

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## **GRADE 8 PARENT INFORMATION NIGHT**



**St. Benedict Catholic Secondary School,  
Cambridge**

**Thursday, January 17, 2019 at 6:30 p.m.**

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## Self-Compassion

**Welcome** to the Umbrella Project! The Umbrella Project program is designed to help you and your family proactively build wellbeing and prepare for life's challenges. This can be done through practicing a set of skills that are known to improve our children's happiness and success. Much like an umbrella protects us from the rain, each of these skills forms a piece of an umbrella that protects us from life's rainy days and helps us learn and succeed.

This month, we are adding the skill that will help your child to be kinder to themselves in the face of failure and difficulties - **Self-Compassion**.

### Treat yourself as you would treat a good friend

Children who are low in self-compassion are often very hard on themselves. They can feel isolated and alone in their struggles and have a hard time moving on from failures. From a parenting perspective, it can be very difficult to convince children with low self-compassion that people aren't judging them as harshly as they are judging themselves.

One of the easiest ways to help your child practice their self-compassion is to start one step outside themselves. Ask them to think about how they would treat a good friend who is struggling and then reflect on whether they treat themselves with the same care.

This exercise is beneficial for everyone and most people are quite surprised when they take a moment to listen to what they say to themselves. The phrase "we are our own worst enemy" rings true here.

Here are a few simple steps to follow when you notice your child's self-criticism is becoming detrimental to their well-being:

1. **Have them bring to mind a good friend or someone they care about** and imagine it is their friend, and not them, experiencing the struggle.
2. **Ask your child these questions:** What would you say to your friend in this situation? How would you treat them? What do you think would happen if you said the same things to your friend that you are saying to yourself? Would it help them?
3. **Help your child remember that they can be a good friend to themselves.** Remind your child they should offer themselves the same amount of love, compassion, forgiveness and respect as they offer

everyone else.

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## 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 the Guidance Department

**By Mrs. L. O'Neill**

## The Application Deadline for University and College is approaching quickly!

Grade 12 students who are planning to apply to either college or university for the 2019 – 2020 academic year are reminded that the application deadline is quickly approaching. Please note the following:

- University applications are due January 16, 2019. Students need a PIN number to apply. These numbers are available for pick-up in the guidance office.
- College applications are due February 1, 2019.
- Apply early and avoid the stress of last minute on-line delays. Both the OUAC and OCAS sites become overloaded the closer it gets to the deadline date.
- Complete your Community Service Hours as soon as possible.
- Review your semester two timetable if you think that you need to make any changes.
- Information regarding university programs can be found at [www.electronicinfo.com](http://www.electronicinfo.com) and at [www.ontariocolleges.ca](http://www.ontariocolleges.ca) for college programs

## Grade 8 Parent Night

Our Grade 8 Parent Night will be held on Thursday, January 17, 2019 from 6:30 – 8:30 PM. The evening will begin with an information session in the gymnasium followed by an open house. Many areas of our school will be open for viewing and information about all of the wonderful things that our school has to offer. Please pass this message along to any neighbours in the community that have a student who is scheduled to begin high school in September, 2019. All Grade 8 students and their parents, regardless of where they are currently attending school are welcome to join us that evening.

## Course Changes for Second Semester

The month of January is a great time for students who are considering a course change for second semester to see their guidance counsellor to discuss this. All timetable changes must be approved by a parent or guardian. Your support in encouraging your sons and daughters to follow protocol is much appreciated by our department.

## Summer Employment Opportunity

The City of Cambridge is hiring interested and enthusiastic people to fill a variety of summer positions. Summer jobs with the city offer opportunities to meet new people, learn new skills, develop leadership skills, work in a safe environment, be part of a team while contributing to your community, as well as a chance to have some fun. Positions are available in aquatics, arts and culture, playgrounds and summer camps, inclusion services and general labour. For more information check out [www.cambridge.ca](http://www.cambridge.ca)  
G.B. Catering is looking for 100+ people to work in summer camp kitchens across Ontario. What are they looking for? Quick learners, hard-workers, fun-lovers, easy-goers . . . with enthusiasm. Ready to work hard and play hard? This job is for you! Please visit our web-site for more details. [www.gb.on.ca](http://www.gb.on.ca)

## Do you need help coping with the holidays?



Christmas is a time for family and a time for joy and celebration. It can also be a very stressful time for families with limited resources. Various outreach programs can link families with a variety of financial and food supports, grief and coping supports and subsidies for recreation programs. For more information, contact the Community Outreach Worker closest to you.

**Phone Numbers**

Kids Help Phone: 1-800-668-6868

Here 24 Seven (Crisis Line): 1-844-437-3247 (local and will link family with local services)

Front Door number (519) 749-2932 walk-in support available Thursday's at 1145 Concession Rd (Langs) between 10:30 and 4:30

Safe Haven Shelter (519) 749-1450

Family Counselling Centre of Cambridge and North Dumfries (519) 621-5090; walk-in support Thursday's 12-6pm

**Websites**

[www.kidshelphone.ca](http://www.kidshelphone.ca) - (24/7 online counselling service)

[www.yourlifecounts.ca](http://www.yourlifecounts.ca) - (24/7 online counselling service)

[www.mindyourmind.ca](http://www.mindyourmind.ca) - (info & tools to help manage stress & anxiety)

## Community Service Hours

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](http://www.hourrepublic.com). This website can also be used to track your hours and see volunteer opportunities.



## **Self-Compassion Tips: Umbrella Project Virtue of the Month**

- Drop self-judgement
- Stay present
- Do what brings you energy
- Put self-care first
- Have clear boundaries
- Show up for you first
- Say yes to you
- Allow yourself to fail
- Tame the inner self-talk
- Just keep swimming
- Put your oxygen mask on first
- Forgive yourself
- Practice moment by moment
- Say I am sorry
- You are not alone, God is with you.

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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](#)

## Academic

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### Enriching the Lives of Students

**By Mrs. D. Wittmann**

There 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/>

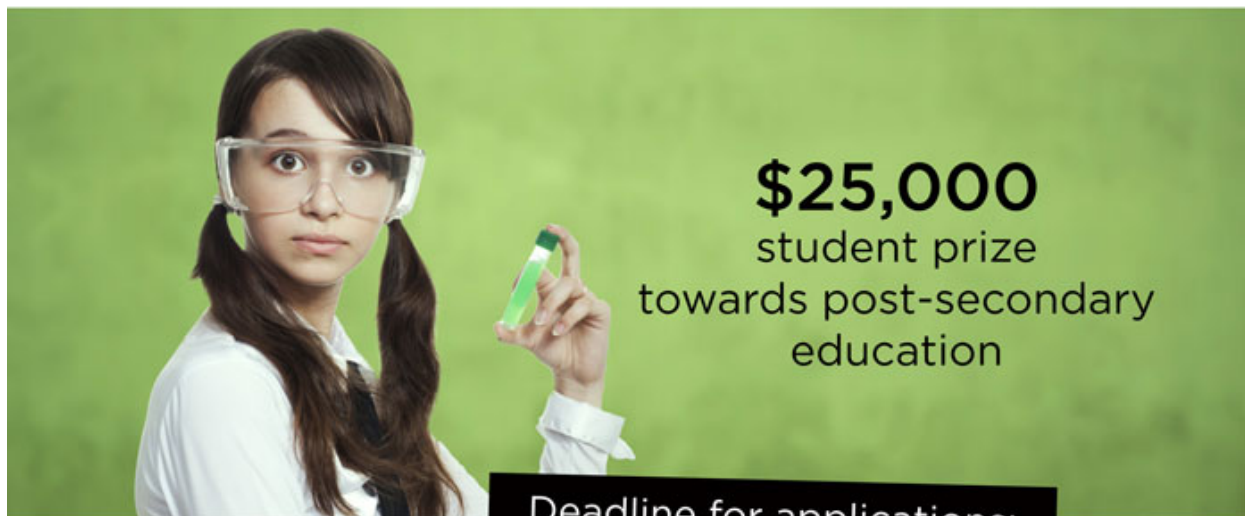
<https://wcdsb.ca/programs-and-services/advanced-placement/>



— 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](http://steamhorizonawards.ca)**



# Co-op Career Fair

By Mrs. M. Crowell

Thanks to all of the staff, students and employers who came out to speak with our coop students in the atrium last Monday.

The students did a great job showcasing what they are learning with our community business partners.

Central staff provided information about the OYAP and SHSM programs as well.



## Dance Class had a rockin' time in Toronto





**By Mrs. M. Rocha**

The grade 10/11/12 dance students had a memorable day during their trip to Toronto on December 5. The highlight of the trip was watching the musical “School of Rock” at the Ed Mirvish Theatre. The students were blown away by the fact that most of the cast was younger than them and also at how talented the young actors were! They were inspired by the professionalism and dedication of the kids on stage. The dance students also learned some great pointers about how to perform musical theatre effectively. It was easy for them to connect what they were seeing to what they learned in class during the musical theatre unit. The dance class also enjoyed time to shop and have lunch at the famous Toronto Eaton Centre. It was a perfect time to be there because it was so beautifully decorated for Christmas! We had an unforgettable day together- learning, laughing, bonding, and of course dancing in our seats...and on the streets- shhhhhh...you need to ask Zoey and Mrs. Rocha about that if you want more details :)

**And now for something completely different...**

What do you get when you cross a snowman with  
a vampire?

Frostbite

What do you get when you cross a duck with  
Santa?

A Christmas Quacker!

What do Elves learn at school?

The elf-abet

Why are Christmas trees so bad at knitting?  
Because they always drop their needles.

Why did Santa's helper see the doctor?  
Because he had a low "elf" esteem.



## Sports

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### Sports Results

#### **JUNIOR GIRLS VOLLEYBALL**

St. Mary's HS 3, St. Benedict CSS 1  
St. Benedict CSS 3, Monsignor Doyle CSS 0  
St. Benedict CSS 3, Resurrection CSS 0  
St. Benedict CSS 3, St. David CSS 1

#### **SENIOR GIRLS VOLLEYBALL**

St. Benedict CSS 3, Monsignor Doyle CSS 0  
St. Benedict CSS 3, Resurrection CSS 2

#### **SENIOR GIRLS ICE HOCKEY**

St. Benedict CSS 3, Resurrection CSS 0  
St. Benedict CSS 3, St. Mary's HS 2  
St. David CSS 5, St. Benedict CSS 0

#### **SENIOR BOYS ICE HOCKEY**

St. Benedict CSS 7, Monsignor Doyle CSS 3  
St. Benedict CSS 3, St. Mary's HS 1  
St. David CSS 6, St. Benedict CSS 0  
Resurrection CSS 4, St. Benedict CSS 2

#### **JUNIOR BOYS BASKETBALL**

St. Benedict CSS 40, Pere-Rene-de-Galinee 24  
St. Benedict CSS 58, St. Mary's HS 44  
Resurrection CSS 51, St. Benedict CSS 42  
St. David CSS 46, St. Benedict CSS 43

#### **SENIOR BOYS BASKETBALL**

St. Benedict CSS 76, Pere-Rene-de-Galinee 23  
St. Benedict CSS 53, St. Mary's HS 49  
St. Benedict CSS 52, Resurrection CSS 36  
St. Benedict CSS 64, St. David CSS 41

## Clubs

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### Eco Club takes action

This week the Eco Club rolled out its newest initiative to help reduce the amount of waste being sent to landfills. Each teacher was given a bag to collect any and all dried up markers (regular, highlighters, and dry

erase markers). These markers will then be transported to Crayola, who will then dispose of them appropriately and in an environmentally conscious fashion.

This will be an ongoing initiative. If you have markers at home that you would like to see recycled in an environmentally friendly manner, send them to the school.

Mrs. Weiditch's period 4 math class will also be practicing their data collection and recording skills by visiting some of our classrooms in order to determine how efficiently we are conserving energy and minimizing waste. This too will be ongoing initiative.

Students who wish to join the Eco Club can meet in Seminar Room 3.4 Monday at lunch to discuss other possible projects and initiatives for the club to undertake to make the planet a greener place!

## Student Activities

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### The Arts

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## Bennie's Explodes with Entertainment

By Mrs. M. Rocha

On November 23rd, the Service Learning Course students hosted the Entertainment Explosion fundraiser with tremendous success! Various amazing performers from the school and local community gave of their time and talent to support the Service Learning Course students in their efforts to raise funds towards their trip to Kenya with WE Charity in May. The audience was bedazzled by dancers, singers, spoken word artists, comedians, musicians and SUPER ROCKIN' bands! The energetic audience was awed by all they saw and heard! A special thank you to Mr. Renner and Mr. Blair for overseeing the tech aspects of the event. Their expertise and efforts were much appreciated! The students of the Service Learning Course would also like to send a HUGE THANK YOU to all of the performers for making the event an unforgettable one! Our WE service learning trip will be that much more cherished knowing that we have the support of the community every step of the way!





## Other News

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### *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](http://www.stmaryhespeler.ca)**

## *Dec. 24th Christmas Eve*

## *Dec. 25 Christmas Day*

5PM FAMILY MASS  
WITH CHRISTMAS PAGEANT

7PM FAMILY MASS

10PM SOLEMN MASS  
WITH SISTERS OF OUR  
LADY IMMACULATE CHOIR

10AM CHRISTMAS DAY MASS



### **ST. MARY OF THE VISITATION**

16 COOPER ST. HESPELER



### **CHRISTMAS EVE SHUTTLE**

PICK UP SPOT AT ST. GABRIEL SCHOOL  
3:30PM-8:30PM, EVERY 15 MINUTES



### **JINGLE JAM CHILDREN'S LITURGY**

CHRISTMAS PROGRAM FOR CHILDREN JK - GRADE 4  
5PM AND 7PM MASS



*We invite you and your family to join us at St Patrick's Parish as we celebrate the Nativity of Our Lord and Saviour, Jesus Christ. Please note that in Canada, the holy days of obligation are the following: every Sunday, Christmas Day (December 25) and the Solemnity of Mary, Mother of God (January 1).*

*Additional parking is available in the parking lot at the corner of Wellington and Main Streets, behind City Hall off of Cambridge Street and across from the David Durward Centre (Beverly and Dixon Streets). Please note that there is no street parking on Wellington Street.*

## *Christmas Mass Times:*

### **Fourth Sunday of Advent**

*Saturday, December 22 – 5 pm*

*Sunday, December 23 –*

*8 am – Said Mass at the Lady Altar*

*9 & 11 am – Sung Mass*

*Please note that these Masses fulfill the Sunday obligation only.*



### **THE NATIVITY OF OUR LORD**

*Christmas Eve, Monday, December 24:*

*4:45 pm – Children's Nativity Presentation*

*5 pm – Mass and Blessing of the Christmas Crib*

*7 pm – The Proclamation of Christmas followed by Mass in the Holy Night*

*10 pm – Solemn Mass of the Nativity with Incense*

*Christmas Day, Tuesday, December 25:*

*10 am only – Solemn Mass of Christmas Day with Incense*

### **Weekdays in the Octave of Christmas:**

*Wednesday, December 26 - Feast of St. Stephen - Mass at 8 am*

*Thursday, December 27 – Feast of St. John, Apostle and Evangelist – Mass at 5 pm*

*Friday, December 28 – Feast of the Holy Innocents – Mass at 8 am, adoration at 8:30 am, Benediction at 9:30 am*

### **THE HOLY FAMILY OF JESUS, MARY AND JOSEPH**

*Saturday, December 29 – 5 pm*

*Sunday, December 30*

*8 am – Said Mass at the Lady Altar*

*9 & 11 am – Sung Mass*

*Please note that these Masses fulfill the Sunday obligation only.*

### **SOLEMNITY OF MARY, MOTHER OF GOD – Octave Day of Christmas**

*New Year's Eve, Monday, December 31 - 5 pm – Sung Mass*

*New Year's Day, Tuesday, January 1 - 10 am only – Solemn Mass with Incense*



**McCARTHY**  
UNIFORMS



## Seasons Greetings!

Our team at McCarthy Uniforms would like to thank you for your business and support in 2018. Our 2018 back to school season was our best yet in terms of record delivery results and exceptional customer service reviews. We couldn't have done it without the tremendous support from our loyal customers! In case you missed it, you can check out some of our [back-to-school successes and highlights here!](#)

At McCarthy's, we believe in the power of uniforms to create community and we take great pride contributing to our communities, year-round. Our partnership doesn't begin and end with a transaction, but involves advancing the interests of women & youth here in Canada and abroad. Check out our kindness in action throughout the year in the video link below!

On behalf of McCarthy Uniforms, we wish you all the very best for the holiday season and in 2019.

# FREE Community Family Skate

*Building a connected, caring community.*

## **SKATE WITH PLAYERS FROM THE CAMBRIDGE REDHAWKS**

Sunday, December 30, 2018

12:30pm - 2:30pm

Cambridge Ice Centre



Reach Out Awareness  
and Support Event



Waterloo Region  
Suicide Prevention Council  
[www.wrspc.ca](http://www.wrspc.ca)

**FREE HOT  
CHOCOLATE**





## YOU'D SMILE TOO IF ONE OF YOUR STUDENTS WON \$3,000

### ENTER THE A&E® CANADIAN CLASSROOM'S LIVES THAT MAKE A DIFFERENCE ESSAY CONTEST

**GRAND  
PRIZE**

Student: \$3,000 Prize  
Department/Classroom of Teacher:  
\$1,000 Cash

**FIRST  
PRIZE**

Student: \$2,000 Prize  
Department/Classroom of Teacher:  
\$1,000 Cash

Students in grades 5-12 may enter by writing an essay based on someone they think made the biggest impact on Canadian society in 2018. Prizes are awarded for two grade levels: 5th-8th grade and 9th-12th grade. Two winners will be selected for each level. For official rules and a consent form, go to [www.livesthatmakeadifference.com](http://www.livesthatmakeadifference.com).

**The Idea Book For Educators®:** A&E has scheduled programs to complement curriculum in the areas of history, literature, performing arts, science and social studies. A free resource guide, including lesson plans to accompany some of these programs, a programming calendar and program descriptions, is also available.

For more information on all A&E educational programs, the Canadian Lives That Make a Difference Essay Contest, and how to sign up for *The Idea Book for Educators*, visit us online at [www.livesthatmakeadifference.com](http://www.livesthatmakeadifference.com).



Like us on Facebook at [www.facebook.com/LivesThatMakeADifference](http://www.facebook.com/LivesThatMakeADifference)



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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.

## Wednesday, December 19

**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:** 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

## Thursday, January 10

Graduation Photos  
**10:35am:** E-car meeting  
**10:35am:** Giving Back Club  
**10:35am:** Mario Kart club  
**10:35am:** DECA Business Club  
**10:35am:** Praise Choir  
**11:20am:** Winter Olympics  
**2:00pm:** Math Club  
**2:15pm:** Homework Club  
**3:00pm:** Midget Girls Volleyball @ Resurrection CSS 1  
**3:00pm:** Boys Hockey @ Monsignor Doyle CSS  
**3:00pm:** Midget Boys Basketball @ St. David CSS  
**3:40pm:** Midget Girls Volleyball vs St. David CSS 1  
**4:00pm:** Midget Boys Basketball vs St. Mary's HS  
**4:20pm:** Midget Girls Volleyball vs Msgr. Doyle CSS

## Friday, January 11

Saints Invitational Basketball Tournament  
Graduation Photos  
**10:35am:** Hobbit and Lord of the Rings Club  
**10:35am:** Star Trek Club  
**2:00pm:** Doctor Who Club

## Saturday, January 12

Saints Invitational Basketball Tournament

## Monday, January 14

Graduation Photos  
**10:35am:** Eco Club  
**10:35am:** E-car meeting  
**10:35am:** Finance Club  
**1:45pm:** Girls Hockey @ St. Mary's HS  
**3:00pm:** Jr. Boys Basketball vs St. David CSS  
**3:00pm:** Sr. Girls Volleyball @ ES Père-René-de-Galinée  
**3:00pm:** Jr. Girls Volleyball @ ES Père-René-de-Galinée  
**4:30pm:** Sr. Boys Basketball vs St. David CSS

Christmas Day

**Monday, December 31**

New Year's Eve

**Tuesday, January 1**

New Year's Day

**Monday, January 7**

School re-opens, regular classes

**10:35am:** Eco Club

**10:35am:** E-car meeting

**10:35am:** Finance Club

**3:00pm:** Jr. Boys Basketball @ Our Lady of Mount Carmel

**4:30pm:** Sr. Boys Basketball @ Our Lady of Mount Carmel

**Tuesday, January 8**

Graduation Photos

**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

**Wednesday, January 9**

Graduation Photos

**10:35am:** Guitar Club

**10:35am:** E-car meeting

**10:35am:** Model UN Club

**10:35am:** Anime Club

**2:00pm:** Rock Orchestra practice

**2:00pm:** Games Club

**2:00pm:** Girls Hockey @ Resurrection CSS

**2:15pm:** Homework Club

**3:00pm:** Sr. Girls Volleyball vs Rockway MC

**3:00pm:** Sr. Boys Basketball @ Resurrection CSS

**3:00pm:** Jr. Girls Volleyball vs Rockway MC

**4:30pm:** Jr. Boys Basketball @ Resurrection CSS

**Tuesday, January 15**

Graduation Photos

**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

**2:00pm:** Boys Hockey vs St. Mary's HS

**Wednesday, January 16**

Paid Civvies Day - \$2 min.

Graduation Photos

**8:00am:** Wrestling Tournament at Grand River CVI

**10:35am:** Guitar Club

**10:35am:** E-car meeting

**10:35am:** Model UN Club

**10:35am:** Anime Club

**2:00pm:** Rock Orchestra practice

**2:00pm:** Games Club

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

**2:15pm:** Homework Club

**Thursday, January 17**

Graduation Photos

**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

**4:30pm:** Midget Boys Basketball @ Resurrection CSS

**5:30pm:** Midget Boys Basketball @ St. Mary's HS

**6:00pm:** Grade 9 Cookies 'n' Cram

**6:30pm:** Grade 8 Parent Night

**Friday, January 18**

Graduation Photos

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

**10:35am:** Star Trek Club

**2:00pm:** Doctor Who Club

**The BENN Newsletter**

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