

Wednesday, May 15, 2019 - Volume 11, Issue 19

## **Administrative**

# Student Transportation Services of Waterloo Region surveys



We are asking parents and/or guardians to participate in a survey about their student's journey to school. The purpose of the surveys is to get a better understanding of the thoughts and opinions of the student's journey to school. We have created surveys for students using the school bus and for students who use other forms of transportation like walking or biking to school. Our goal is to enhance the student's experience and to improve our services in the future. The survey typically takes 5 minutes to complete and will be open until Friday, June 14th, 2019.

If you have any questions in regards to the surveys please contact the Morgan Potts at (519) 744-7575, extension 229 or at <a href="mailto:morgan\_potts@stswr.ca">morgan\_potts@stswr.ca</a>.

Thank you for providing your feedback. We appreciate the time you have taken and will actively use it to improve our services to you in the future!

#### **Transported Students Survey**

https://docs.google.com/forms/d/1YwWy\_uOoivH9fuAi1vijGlpKgAeyEzio3dPVp\_bvjCY/edit

#### Students in the Walk Zone

https://docs.google.com/forms/d/1m2TuB8c6xKF9VelV4uV1Hpml3gzMievYqsNw4aEKXdc/edit

## 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 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 tool 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: <a href="https://www.wcdsb.ca/programs-and-services/byod/">https://www.wcdsb.ca/programs-and-services/byod/</a>

If you are interested in pursuing this opportunity, you need to <u>download and print out this document</u> and take it to your nearest Staples store.



## Integrity

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're building the Integrity piece of your child's umbrella. Integrity is when we have a set of positive values and our actions in life match that set of positive values. If you look up integrity in the dictionary, it also means 'wholeness', when the things that we say and do match up with what we value.

## What is Integrity?

Integrity is when we have a set of positive values and our actions in life match those values. If you look up integrity in the dictionary, it also means 'wholeness'. When we say one thing and do another, it can make us feel like we always have something to cover up or hide. Integrity allows us to feel whole and take pride in and accountability for our actions.

Integrity also increases the release of oxytocin in our brain which is our bonding hormone and it makes us more trustworthy to others. Integrity is the number one quality people look for in a leader and will help our children feel proud of who they are.

## Umbrella Integrity Tip #1

#### Help your child find positive role models.

Many studies have shown that humans learn through modeling others. One great way to build integrity in your child is to help them find positive role models. These role models help them believe that it is possible to succeed without compromising our values. Having positive role models helps our children learn strategies for achieving their goals, decide what is socially acceptable and make a difference in the world. That's why the Umbrella Project is filled with stories and examples of people use all the Umbrella Skills to take on life.

Examples of integrity are everywhere. When you notice them in books, movies and stories be sure to talk about it with your kids. Look for examples of integrity in the people your children already admire and discuss them. Make integrity something that has value in and of itself. For example, there is value in not cheating on a test even though your friends did and got a better mark because of it.

It's choices like that that can make integrity difficult to use and it's important that children see those they admire making these difficult decisions. Making choices with integrity is not always the easiest choice and our kids need lots of examples of integrity to understand why it is the better choice.

## Umbrella Integrity Tip #2

#### Ask, 'How did you add value to someone else's life today?'

One of the biggest contributors to low integrity is over-focusing on our own success at all costs. Students will often lie, cheat, put friends down and behave in ways that don't match their values because they feel the need to compete with peers and win no matter what. Unfortunately, when we look at the research, we see that having integrity and strong relationships is a much better way to cultivate long term success. If others don't trust us, they are much less likely to support us and help us to be successful. One way to foster integrity in your child is to challenge them to add value to the lives of others each day. Talk about and celebrate these experiences as a family and add intention to giving back regularly.

By asking your children, "How did you add value to someone else's life today?", you can remind them to keep perspective on a bigger picture of success and build their integrity.

## Umbrella Integrity Tip #3

#### Create a set of family values.

What are your family values? Can your child discuss and defend them? Having a set of family values has a huge impact on the well-being of our children. It helps them to feel part of something bigger than themselves and identify healthy ways to behave and build their self-esteem. It also creates a set of guidelines that we can align our actions with. This helps to build and sustain integrity of thought and action and create meaning and purpose in our lives. Living with purpose and feeling strong doesn't have to be about achieving specific goals. How we show up everyday for our friends, colleagues and family can make us feel that we are living purposefully every day.

Start by brainstorming as a family the experiences and values that are most important to you. This exercise should be done as a family so that everyone has a say in creating and sharing what matters most to them.

Discuss each point that comes up and why it is important to the person who suggested it and to the larger group. Select the values that define your family and display them somewhere you can see them often. When your child displays these values, try to notice and point them out to your child.

Here are some of the ideas that came up in my family: generosity, honesty, sharing experiences and travel to broaden our minds, friendship, connecting with nature, giving back, a family that supports each other...

## **News from the Guidance Department**

By Mrs. L. O'Neill

## 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 <a href="https://www.hourrepublic.com">www.hourrepublic.com</a>. This website can also be used to track your hours and see volunteer opportunities.

## **Important Graduation Information 2019**

#### **OECTA WATERLOO BURSARY**

The main purpose of the bursary program is to provide financial assistance to graduating secondary students who are continuing their education. All awards will be made based on the expressed financial needs of the students and within the financial limitations of our Waterloo unit.

Please submit a completed application (available in Guidance) by Friday May 24th, 2019.

### ARE YOU GRADUATING?

Yes you may have 'registered' to graduate, BUT things can change IF:

- You have not completed your 40 Community Service Hours
- · You do not have 30 credits by June 26th

There will be a meeting at the beginning of June for all Graduates to help prepare them for the graduation ceremony – STAY TUNED!



## **BACK-TO-SCHOOL PROMOTIONS**

McCarthy Uniforms is your official school uniform headquarters! Shopping with McCarthy Uniforms will get you great deals on a number of school materials. Check out our upcoming back-to-school bundles and promotions to save big!







McCarthy Vouchers to be redeemed from October 15 - December 31, 2019







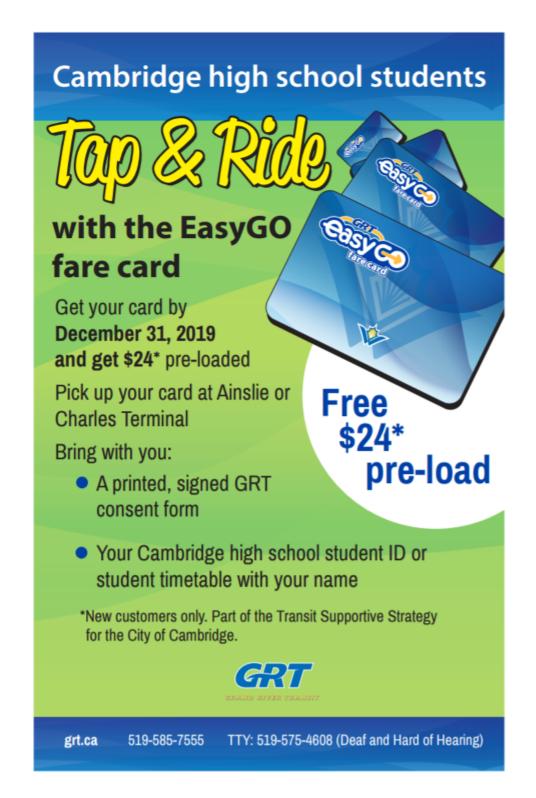


We believe in the power of uniforms to create community.

Visit us online at www.mccarthyuniforms.ca

## **Interested in Police Services?**

Students interested in attending the Cops and Youth program run by the Waterloo Region Police Services are asked to pick up an application in Guidance between now and the deadline of May 17. It's a great way to learn about all aspects of policing and it will grant more than 40 volunteer hours.



**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



### Registration is Open: It's Time to Sign Up for School!!

It's time to sign up for the 2019-20 school year – and registering to attend one of Waterloo Region's 44 **Catholic elementary schools** and five **Catholic secondary schools** has never been easier. In fact, a quality, inclusive, faith-based education is now just a click away for families of Kindergarten students thanks to the Waterloo Catholic District School Board's **Online Registration** system.

## **Academic**

## 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/



## Did you take Careers in summer school or online?

Grade 10's who took careers in summer school or online are being asked to watch for an invitation coming to their period 2 class shortly to invite them to an information session about the Specialist High Skills Major Program on Thursday May 23 during period 2. If you don't get an invitation please visit us in the coop office or guidance.





## Planning a Successful Transition to Post-Secondary School for Students with an Individual Education Plan (IEP)

Tuesday, May 28, 2019 6:30 – 8:30pm The Family Centre, Gym RSVP info@wrfn.info

This session is for parents and high school students who have an IEP who are planning to go on to University or College after high school. Planning for the transition to post-secondary school starts before high school ends, because when high school ends, so does the IEP. A successful transition to post-secondary school starts with information and an action plan.

#### Come to this session to learn about:

- After the IEP: How to request accommodations at post-secondary school
- Differences between high school and post-secondary school (college and university)
- Students' experience with receiving accommodations at college/university
- · Rights and responsibilities of students with disabilities
- Self-advocacy and changing roles
- Assessing readiness for college/university
- Planning a successful transition
- Resources

## Community Agency Information Night for families of



## St. Benedict and Monsignor Doyle



## Wednesday May 29, 2019

5:00 p.m. - 7:00 p.m.

#### Location:

Clemens Mills Idea Exchange located beside St. Benedict School. Parking is available at the front of the school.

Join us to learn about the many amazing Cambridge and Kitchener-Waterloo agencies and services that can support a smooth transition to an active, enjoyable adult life! Each agency will have information set-up for parents to view and ask questions.

"A come and go event".

Please respond by Monday May 20, 2019 to:

Ellen Missio – St. Benedict Pat Grasso – Monsignor Doyle

This evening is geared towards families of students in the ACTIVE and Community Living Programs as well as any families interested in the resources offered by Developmental Services Ontario.

## Science team at University of Guelph Olympics 2019

By Ms. S. Skinn

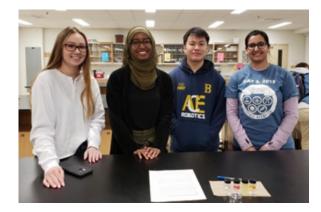
On Thursday May 9, 2019 our science team headed to the University of Guelph for the Science Olympics competition (for a list of the team members see below). This is a variety of STEM based competitions set up by the University of Guelph for high school students and includes events like "phurious phowl physics", "chemical conundrums", "molecular art", "the science of the brain" and of course the yearly science scavenger hunt! Our team was 2nd in the senior scavenger hunt and 3rd in the junior scavenger hunt. Our "budding bird biologist" team also placed 2nd overall.

In the middle of the day the physics department at the university decided to break the elephant toothpaste world record! This is based on a chemical reaction of the decomposition of concentrated hydrogen peroxide.

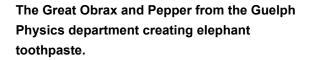
While at the university a few students also competed in the University of Waterloo chemistry contest ("Chem13") online. Congratulations to Bianca Angheluta, Curtis Hall, Muna Mohamed, Jacquelyn Ogata-Bean and Dennis Tran for completing this very difficult contest – we are anxiously awaiting results!

Our next competition is at the University of Western Ontario on May 23.











Top: Anna, Muna, Denis and Aariana looking fresh for their competition Bottom: Madeleine, Piper, Ryleigh and Allison



## ARMY RESERVE CO-OP EDUCATION PROGRAM

The Canadian Army Reserve CO-OP Program includes basic military training, first-aid, navigation, field craft, career awareness, communication, self defense and training as a Gunner (Guelph), Combat Engineer (Waterloo), or Infantry Soldier (Kitchener/Cambridge).

Motivated students should identify themselves to their respective CO-OP Teachers and ensure that they are properly enrolled in the CO-OP Program and complete a consent form. The CO-OP Program runs Tues - Fri from 12:30 to 5:30 pm.

Online Application Can Be Found At: https://forces.ca/en/apply-now,

All Applicants Must

Be 16 Years Old

Have 15 Credits

Be a Canadian Citizen

### **CO-OP Benefits**

- 2 4 School Credits
- Competitive Salary
   Self Confidence
- Teamwork

- Leadership
- Valuable Training
- Discipline
- Lifelong Friendships
- Travel, Adventure and Challenge





### NEXT INFORMATION SESSION

May 30th, 2019

Doors Open 6:30 pm Presentation 7 pm Kitchener Armouries, 350 East Ave., Kitchener, ON, N2H 1Z5

### Zoom into the Workforce 2019

What a fantastic trip!! We took 24 students who all represented our school in such an amazing way. They had the opportunity to participate in many trade related careers, everything from Drone Technology to Motorcycle Repair to Hairstyling!! Thanks to the Saints who represented us so well and to Ms. McKellar for being our champion.

## Looking for EXTRA HELP with school!? Need a quiet space?



## Homework Club

## **Wednesday & Thursday After School**

2:15 - 3:30 pm in Room 212



**Sports** 

## Attention all Senior Football Players

If you have not submitted your permission form to Coach Vale or Coach Lowes for the spring camp, please do so as soon as possible. You will not be fitted for equipment next Tuesday without a signed form in prior to that day.

### Saints Athletes

## **Athletic Banquet**

## Thursday June 6th starting at 4pm

Tickets will be available to be picked up next week in the Phys. Ed. office

## **Sports Results**

#### **SENIOR GIRLS SLO PITCH**

St. Mary's HS 7, St. Benedict CSS 4
Monsignor Doyle CSS 14, St. Benedict CSS 3
St. David CSS 17, St. Benedict CSS 2
Resurrection CSS 14, St. Benedict CSS 13

#### **SENIOR BOYS SLO PITCH**

St. Benedict CSS 17, St. Mary's HS 13

#### **VARSITY GIRLS SOCCER**

Resurrection CSS 1, St. Benedict CSS 0 Woodland Christian HS 1, St. Benedict CSS 1 St. Benedict CSS 1, ES Pere-Rene-de-Galinee 0 St. Benedict CSS 5, Monsignor Doyle CSS 0 St. David CSS 1, St. Benedict CSS 0

#### **SENIOR BOYS SOCCER**

Resurrection CSS 2, St. Benedict CSS 2 St. Benedict CSS 3, Woodland Christian HS 1 St. Benedict CSS 4, ES Pere-Rene-de-Galinee 0 St. Benedict CSS 2, Monsignor Doyle CSS 0 Monsignor Doyle CSS 4, St. Benedict CSS 3

## **Varsity Girls at home Thursday**

Hey Saints!

Come out tomorrow afternoon at 3:15 and show your school spirit while supporting the varsity girls lacrosse game and enjoy freezies for \$1.00!

## Senior Saints soccer season ends in quarter finals

By Mrs. A. Borba

The senior boys soccer team season came to a close yesterday in their quarter final game against Doyle in penalty kicks. Coaches Borba, Jansen and Offak would like to congratulate their team on a great season and hard fought last game, the coaches couldn't be more proud! Thanks for the laughs, competitive spirits and dedication to the team.

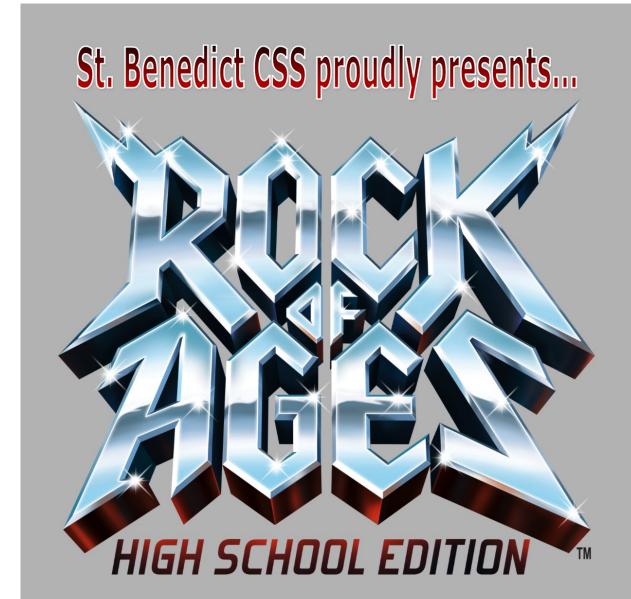
## **Student Activities**



Looking to get more involved in life at Bennies? Love to plan, organize and run events? Want to develop leadership skills with an awesome group of peers?

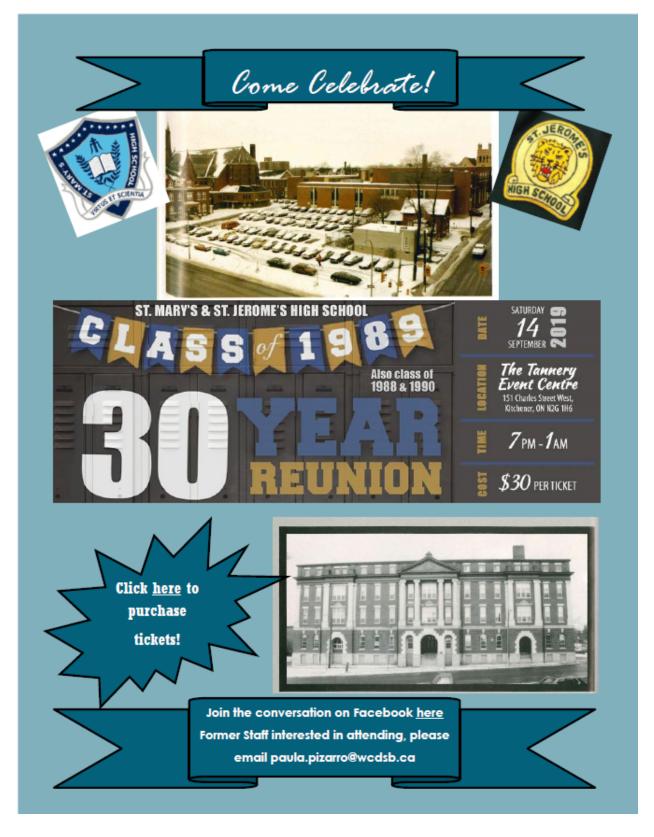
Then Student Activities Council may be for you! Application packages are available this week in the SAC office. Don't delay, pick one up today!

## **The Arts**



7:00 PM, May 30 - June 1 ticket info: stbenedict.wcdsb.ca

**Other News** 



It is our 30 year reunion from SMH/SJH. Please join us for a night of great music and friends and celebrate our past 30 years...how has it been that long???

We look forward to seeing everyone from far and wide. Get your tickets early. This space has a max capacity of 250. We will be starting the music at 7pm. So get your dancing shoes on and head out to The Tannery Event Centre downtown Kitchener.

Please invite anyone you can remember for this event. We do not want anyone left out.



## Let's Talk!

a free program for immigrants aged 14-17 in secondary school

Make new friends! Explore career options! Figure out how to achieve your career and education goals Develop a stronger sense of belonging in Canada Connect with mentors in your dream career Learn new types of art

Register Online: https://www.kwmc.on.ca/lets-talk

Where: Kitchener Public Library, 85 Queen Street North, Room A (bus passes available)

> Meet up every Thursday from 5PM to 7PM! (we'll have food!)

Fall 2018 Winter 2019 Spring 2019

October 11 - November 29 February 7 - March 28 April 25 - June 13









Having "The Talk"...

Talking with your teen about cannabis may seem hard, but what you say does have an impact. To ensure you're prepared, practice live with our kids before speaking with yours.

An expert will also be on hand to provide advice and help guide you through the discussion.

#### Facebook Live Event Dates

June 11 at 7:30 pm Dimitri + Dr. Richard Bélanger July 16 at 7:30 pm Talyssa + Dr. William Barakett

## Participating experts

#### Anne Élizabeth Lapointe

Executive Director of the Centre québécois de lutte aux dépendances et de la Maison Jean Lapointe, Anne Élizabeth has implemented several prevention programs, in addition to publishing many articles and studies.

#### Dr. William Barakett

A family doctor, researcher and President the Quebec Cannabis Registry, Dr. Barakett is a respected expert in the field of addiction treatment.

#### Dr. Richard Bélanger

Pediatrician Dr. Bélanger is, among other things, an assistant professor in the Pediatric Department of the Université de Laval. His main research area is the use of psychoactive substances among youth.



#### FOR STUDENTS ENTERING GRADES 7, 8, AND 9!

Inspiring the next generation of skilled trade and technology professionals!

Explore skilled trade and technology careers as you **build**, **fix**, **design**, and **create** your way through this fun, week-long day camp experience.

## Hosted at the following locations:

#### July 8 - 12

Conestoga College, Waterloo Georgian College, Midland Confederation College, Thunder Bay

George Brown College, Toronto Linamar, Guelph (All-Boys Camp)

#### July 15 - 19

Conestoga College, Kitchener (All-Girls Camp)

Loyalist College, Belleville Humber College, Toronto Cambrian College, Sudbury Bruce Power, Tiverton

#### July 22 - 26

Conestoga College, Guelph Centennial College, Toronto Humber College, Toronto Georgian College, Owen Sound

#### July 25 & 26

Kenjgewin Teg, M'Chigeeng (FNMI-Oriented)

#### July 29 - August 2

Sault College, Sault Ste. Marie Algonquin College, Ottawa Mohawk College, Stoney Creek Centennial College, Toronto

#### August 12 - 16

Algonquin College, Ottawa St. Clair College, Windsor Linamar, Guelph (All-Girls Camp) Durham College, Whitby Collège Boréal, Timmins (Francophone Camp)

> 9:00 a.m. - 4:00 p.m. Daily Cost: \$225/camper

#### Visit **skillsontario.com/camp** to register!

More locations, like Collège Boréal (Sudbury), are tentative. Make sure to check our website for updates. **Space is limited**.







### **Calendar of Events**

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

BENN Newsletter release 2:00pm: Games Club 2:15pm: Homework Club

Thursday, May 16

8:00am: Track & Field: District 8 Championships

10:35am: E-car meeting10:35am: Giving Back Club10:35am: Mario Kart club10:35am: Praise Choir2:00pm: Math Club

2:00pm: Sr. Girls Slo Pitch @ Msgr. Doyle CSS 2:00pm: Sr. Boys Slo Pitch vs ES Père-René-de-

Galinée

2:15pm: Homework Club

**3:30pm:** Sr. Boys Slo Pitch vs St. David CSS **3:30pm:** Sr. Girls Slo Pitch vs St. David CSS

Friday, May 17

**8:00am:** Ultimate Frisbee Championships **10:35am:** Hobbit and Lord of the Rings Club

10:35am: Star Trek Club

2:00pm: Rock Orchestra practice

2:00pm: Doctor Who Club

Monday, May 20

Victoria Day

Tuesday, May 21

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

10:35am: Arts Council10:35am: E-car meeting

10:35am: Reach for the Top club10:35am: Champions for Change club

10:35am: Finance Club

2:00pm: Sr. Boys Slo Pitch @ Msgr. Doyle CSS 2:00pm: Sr. Girls Slo Pitch vs St. Mary's HS

2:15pm: Concert Band

**3:30pm:** Sr. Girls Slo Pitch vs Resurrection CSS **3:30pm:** Sr. Boys Slo Pitch @ Resurrection CSS

Wednesday, May 22

Spring Concert

8:00am: Track & Field: CWOSSA Championships

10:35am: Guitar Club 10:35am: E-car meeting 10:35am: Model UN Club 10:35am: Anime Club 2:00pm: Games Club 10:35am: Hobbit and Lord of the Rings Club

10:35am: Star Trek Club

2:00pm: Rock Orchestra practice

2:00pm: Doctor Who Club

Monday, May 27

**10:35am:** Eco Club

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

Tuesday, May 28

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

10:35am: Arts Council10:35am: E-car meeting

10:35am: Reach for the Top club10:35am: Champions for Change club

2:15pm: Concert Band

Wednesday, May 29

BENN Newsletter release Paid Civvies Day - \$2 min.

SAC BBQ Blast

10:35am: Guitar Club 10:35am: E-car meeting 10:35am: Model UN Club 10:35am: Anime Club 2:00pm: Games Club 2:15pm: Homework Club

Thursday, May 30

10:35am: E-car meeting10:35am: Giving Back Club10:35am: Mario Kart club10:35am: Praise Choir2:00pm: Doctor Who Club

2:00pm: Math Club 2:15pm: Homework Club

7:00pm: ROCK OF AGES: High School Edition

Friday, May 31

Professional Activity Day

**8:00am:** Track and Field: OFSAA Regionals **7:00pm:** ROCK OF AGES: High School Edition

Saturday, June 1

**8:00am:** Track and Field: OFSAA Regionals **7:00pm:** ROCK OF AGES: High School Edition

Monday, June 3

2:15pm: Homework Club

#### Thursday, May 23

Prom

8:00am: Track & Field: CWOSSA Championships

10:35am: E-car meeting 10:35am: Mario Kart club 10:35am: Praise Choir 2:00pm: Math Club 2:15pm: Homework Club 8:00am: Tennis: OFSAA Championship

**10:35am:** Eco Club **10:35am:** E-car meeting **10:35am:** Finance Club

Be sure to visit the calendar on the school website for more updates and detailed information about upcoming events.

#### The BENN Newsletter

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#### St. Benedict Catholic Secondary School

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Telephone: (519) 621-4050 FAX: (519) 621-4057

Attendance: (519) 621-4001